

N&RN APB

Health & Well-being Sub-group update

28th September 2011

The purpose of this report is to expand on the progress being made on updates in the Area Action Plan.

Teenage Pregnancy

Since the last report further information has been released by Connexions indicating that of current teenage mothers or pregnancies in Weaverham there are 8, aged 18 or 19. However, in Rudheath there are 11 mothers or pregnancies ranging from the age of 15 to 19. Leftwich has the youngest mother or pregnant teen at 14 years old. It may be too early to tell whether current work in Weaverham has made for this change but it seems clear that other areas need to be considered within teenage pregnancy plans.

Ward Councillor Charles Fifield and Parish Councillor Gillian Edwards are keen to support work to reduce teenage pregnancies. The Primary Care Trust is surveying the local pharmacies to check the ease of access of the morning after pill. The mobile phone app for teenage pregnancy should be launched during October. This and the Z card providing information about sexual health need to be distributed to the teenagers. The activities available for teens in the area are also being reviewed and new services are being offered please see below.

Now that the schools are back from the summer recess a meeting will be arranged between the junior schools, senior school, School Health Advisor and related professionals to ensure a coordinated approach. Connexions have agreed to the arranging of a survey of the teenager's views to understand what they need and want will also be on the agenda.

Lifestyles

A number of opportunities have arisen to increase provision to support healthy lifestyles, targeting areas of greatest concern.

- Big Lottery funding, £2,500, is enabling 3 new physical exercise classes. Arrangements are being finalised but plans are to hold a Zumba Gold (for the older population) and a Lads and Dads circuit training class, both to be held in Rudheath. A new teen zumba class is planned for Weaverham. The purpose will be to increase the uptake of physical activity and to improve fitness levels.
- A food worker is also due to start providing two sessions (approximately 3 hours) a month. A plan is being put together to utilise the time to best effect linked to the Community Engagement Plan activity and to see if there is demand for more services of this kind.
- A bid for funding to support a Community Health Worker to work jointly across Northwich and Winsford APB areas is being submitted later this month.
- According to the Sport England data most people in, and around, the areas of Northwich would like to cycle more to keep fit. Partners are

currently putting together plans to start a regular family cycle ride at Roker Park. The initial 6 week start up period will also include bike maintenance. The APB members will be asked to 'get on their bikes' for the launch.

APB Decisions

- Approve the business case within the funding agenda item to introduce the cycling initiative.