

# Annual Report 2007–2008



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## *Chair's Report*

2008 has been a difficult year for us in Newcastle. The loss of Bob Stewart was totally unexpected, but the respect Bob held in the community was manifested by those many friends and colleagues who attended both his funeral service, and the celebration of his life and achievements.

The Healthy City philosophy has been about community involvement, championing those groups who feel unrepresented, developing and building networks, supporting funding applications and through the European WHO Healthy City movement, sharing best practice and developing wider networks both in Europe and the UK.

When tragedy occurs, there is a temptation to either implode, or to fight on and maintain Bobs legacy. The Board took a brave and conscious decision to review our direction of travel, by engaging Sue Sterling to help us think our way forward against increasing difficult financial pressures on our traditional funding agencies.

We have now secured funding which should provide some stability for Healthy City, and we now plan to move forward with the appointment of the new Chief Executive and support team in the New Year. One of many key tasks will be the need to rekindle our partnerships with all stakeholders and build the Organisation.

I must single out both Heidi and Chris for the excellent work they have done during this difficult period, and to thank the Board for maintaining their commitment to the Healthy City ideal. A number of Board members have decided to stand down after many years of support, on behalf of the membership may I take this opportunity of saying thank you and to wish them well for the future.

Healthy City has held a unique position in Newcastle for 15 years, I hope it will be relevant and around for the next 15 years.

**Tim Hibbert** Chair, 2008.

## *Bob Stewart*

Bob Stewart, Chief Executive Officer of Newcastle Healthy City died unexpectedly in January 2008.

He was appointed as the first NHC CEO in 1991 and a driving force in its development. His passionate beliefs and respect for people and their views shone through - as did his cheeky sense of humour. Bob was a very special person who's legacy stretches across the city and beyond.



## *Acting Chief Executive's Report*

During this reporting period Newcastle Healthy City experienced the devastating loss of our chief executive Bob Stewart. This loss was felt by many people across the world.

As many know, there is no such thing as a 'holding' situation in the voluntary and community sector and the need to respond to change and develop our work is constant.

We continue to face the challenges of delivering premium services with limited resources. Finding alternative sources of sustainable funding is a continuous quest. The pages of this report will show the value of our work.

I would like to take this opportunity to thank my colleagues in all of the projects for the support generously given and the sterling work they continue to deliver. Also sincere thanks to the Board of Directors for their support during this difficult period. A special mention needs to be given to Chris Kennedy who joined NHC in 1993 and is working hard to keep Bob's dream alive.

The next year will see the recruitment of a new CEO and the beginning of the next phase of development for NHC.

**Heidi Jobling**

## *Action for Health - Senior Citizens in Newcastle*

Over the past year, Action for Health - Senior Citizens in Newcastle (AFH-SCIN) has continued to represent the views of older people about health and social care services by:

- \* engaging in discussions about plans and policies with the providers of services at regular monthly meetings;

- \* participating in conferences and workshops on health issues;
- \* using performance and drama to highlight the views of the users of services to a variety of audiences;
- \* providing 10 teaching sessions for nursing and social work students at Northumbria and Durham universities.

At the end of the year in March 2008 members of AFH-SCIN and Old

Spice are devising and rehearsing performances for the launch of the Telecare Strategy, and a Dignity in Care event in April, and are preparing to attend Senior Games in Horsens, Denmark in May, thus continuing NHC's relationship with Horsens Healthy City.

**Vera Bolter**



Older Person Friendly City Report Launch 2007 – left to right – Bill Ions, Bronwen Fitchett, Bob Weiner and Vera Bolter

## BANwaste

BAN Waste is a community-based organisation with 120 members, working towards practical implementation of a zero waste strategy in Newcastle.

We believe that preventing incineration, maximising recycling and composting rates, and reducing landfill will lead to a cleaner environment for all. It has worked to stimulate public interest and debate on waste issues and to find ways to involve the public in decision-making.

This year we have held 3 Open Forum Events for members, the community and council representatives.

Presentations and Discussion were given on:-

- \* Different types of Waste Technologies
- \* Reprocessing of Recyclable Materials
- \* 'Keep it Source Segregated' – benefits of keeping materials separate.

It included presentations from national speakers from the recycling industry and included participative workshops.



2nd of August 2007 - signing up to the Climate Change Bill campaign. Frances Hinton, Dan Alliband, Nick Fray, Alice Massey, and Steve Manchee

In addition we have held stalls at key events and festivals to promote waste awareness, recruit and involve people in recycling initiatives, and organised members visits to sites of interest such as the Wormeries Research Centre in East Yorkshire.

**Dan Alliband**



## Carers Centre Newcastle



The latest figures on carers are from the 2001 Census. This indicated that there are 6 million carers throughout the UK, 10% of the total population. The official figure from the Census is that there are 26,000

people in Newcastle upon Tyne providing regular care, this figure represents 9% of the population of the City.

Carers Centre Newcastle support carers through the provision of information, guidance, emotional support, training, activities and events that promote the health and wellbeing of carers, plus services and support for local carers groups.

2007 to 2008 has been successful and there are measured improvements in the facilities available, the number of carers accessing Centre resources and the range of initiatives is constantly being improved and increased.

To continue to achieve our development objectives to enable us to provide a quality service to Newcastle carers we have recognised the need to strengthen existing services and explore the possibility of developing new, innovative services.

June 2008 saw the publication of the long awaited National Carers Strategy by the government. The implications for social care and health are

far reaching and CCN will endeavour to work with stakeholders to implement some of the targets set out in the strategy.

The Carers Centre is working towards becoming members of the Princess Royal Trust for Carers, the national network of Carers Centres. Membership of the PRTC will bring a wealth of opportunity to the Carers Centre, giving us access to a huge store of knowledge and experience, advice and information from a charity that is the largest provider of comprehensive carers support services in the UK.

**the number of carers accessing Centre resources and the range of initiatives is constantly being improved and increased.**

In conclusion the development of the Centre is showing improvements that benefit carers in Newcastle. In order to continue the progress being made it is essential that both the development of policy and the application of suitable resources also continue; ultimately to provide a resource that is capable meeting health and Social Services objectives, but most importantly that it meets the needs of carers in Newcastle.

**Katie Dodd**

## Community Empowerment Network

Over the last year NCEN has continued to work with their INFRANET partners to ensure the perspective of the geographically based networks are involved in the Newcastle Partnership. Within the Newcastle Partnership structure itself the Community Voices (CV's) have continued to play an active part in the various boards.

Work has continued in partnership with Newcastle City Council's Community Development Unit (CDU), a key area of which has been the work with the Outer West Area Forum.



*'Where is the BME Voice' Event, 2008*

The work with the CDU is being further developed through the development of a Black and Minority Ethnic Network (BME) for Newcastle.

The Network, which has been co-ordinated jointly between NCEN, the

CDU and the Black Ethnic Community Organisation Network (BECON) is aimed at bringing all the BME communities in the City together to provide a strong voice for them at all levels.

We have developed stronger links across the North Central area through Network North, who has hosted the Small Sparks fund this year. The fund is aimed at ensuring people with learning disabilities become active members of their local communities. We have also been involved in the development of the city-wide Community Development Strategy (now known as a Visioning Framework).

We have co-ordinated a variety of training including media training and conflict resolution training. Bill Jackson, who left NCEN earlier this year, was instrumental in developing a training programme focussed around enabling community representatives to engage effectively with public sector bodies.

**Jennifer Turnbull**

Communications Officer

## Community Food Initiative

By the end of March 2008 the number of Community Food Initiatives in Newcastle reached 70.

These are projects that aim to increase access to healthy, affordable food within disadvantaged or marginalised communities. They include community cafes, food growing projects, healthy cooking programmes and community run fruit and vegetable stalls.

We continued to support these projects in a number of ways:

- ✱ Facilitated food networks in east, west and north west Newcastle with a total membership of over 100 groups and organisations.

- ✱ Provided small grants – allocating £1500 for 4 projects to get started.

- ✱ Offered developmental support to a number of new and existing projects.

- ✱ Supported Deaflink Healthy Eating and Exercise project – following a successful research project by Deaflink we were involved in the development of a healthy eating training resource accessible for deaf

people.

- ✱ Set up a new website [www.healthycity.org.uk/newcastlefood](http://www.healthycity.org.uk/newcastlefood)

- ✱ Provided advice, information, a newsletter and a directory of Community Food Initiatives.

- ✱ Developed links with regional and national organisations and food related strategies.

- ✱ Involved in Newcastle's Obesity Strategy ensuring the role of CFIs is recognised and supported.

All of the above achievements will continue to develop into 2008/09.

**Clare Levi & Cath Stoddart**  
**Nicola Cowell (Maternity Leave)**

Article from the Chronicle

### Catering for deaf

A NEW DVD training pack has been developed by Newcastle Deaflink in partnership with the Community Food Initiative. In May 2007, the two Healthy City initiatives secured funding from the Neighbourhood Renewal Fund to carry out research to identify the gaps and barriers in current services promoting healthy eating and physical activity for the deaf community and to develop resources to meet this need. Independent deaf researcher Verity Joyce was commissioned to work alongside key partners including Newcastle Primary Care Trust

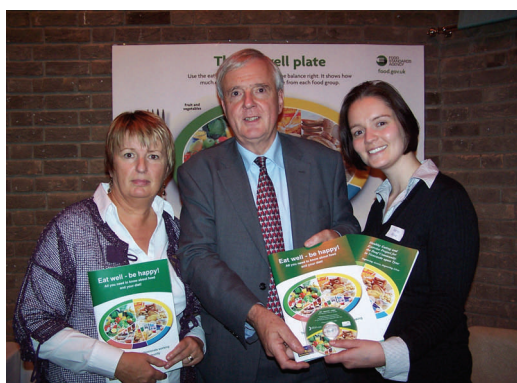
Health Improvement Team, Newcastle Nutrition, the West End Health Resource Centre and Newcastle City Council Leisure Services. Verity worked with the deaf community to find out what they wanted to improve in terms of recognising knowledge and skills in relation to food. The research explored the effectiveness of existing healthy eating and physical activity resources, which led to the development of resources aimed at breaking down barriers experienced by the deaf.

Ch Exha 22/10/08

## Deaflink

We work for an improvement in access to information, reduce health inequalities, and promote access to employment, leisure and social opportunities using advocacy models of practice with the deaf communities.

On 30<sup>th</sup> September 2008, Deaflink Newcastle celebrated their achievements over the last 5 years. Cllr John Shipley came to open the event with the launch of a new logo, and the launch of the first fully accessible Healthy Eating DVD aimed at the Deaf community.



Rhona Stanbury, Cllr John Shipley & Verity Joyce

This was followed by presentations from each of the groups within Deaflink, such as the Deafblind Pop In, the Healthy Deaf Minds Forum, and the Hard of Hearing Rehab group.

Despite a difficult year with the loss of funding from the Big Lottery, which resulted in the reduction of staff and hours for the project coordinator, Deaflink has managed to gain funding through small pieces of



research and funding through the Neighbourhood Renewal Fund for the Healthy Eating project and Durham PCT for the Healthy Deaf Minds Forum which is open to deaf people with mental health issues and professionals who work in the mental health field.

We have also been able to do some awareness raising – Sound Off was developed to raise awareness of the lack of subtitling on television, which reduces access to information and social enjoyment.

The loss of funding from the Big Lottery resulted in the reduction of staffing

Volunteers helping with the 'Sound Off' campaign



Deaflink are looking to a more sustainable future and is passionate about working in partnership with those organisations who wish to make their services inclusive and accessible to all D/deaf, Deafblind and Hard of Hearing people.

**Rhona Stanbury**

## HAREF

The Health and Race Equality Forum (HAREF) is a well established network of over 100 practitioners who work with diverse Black and minority ethnic (BME) communities.

The forum began and continues to exist in response to documented inequalities linked to ethnic background. It is driven by the passion of the people involved in the network to address health inequalities and maximise the wellbeing of local people, and in supporting communities that are often marginalised and whose voices are particularly important in highlighting inequalities and unmet health needs.

The forum responds proactively to new issues, fed by the perspectives of service users in diverse communities. It is a mechanism for both celebrating things that work well and identifying gaps in service provision and coordinating action to address gaps.

HAREF has developed a key role in working to support public health

**HAREF is driven by the passion of the people involved to address health inequalities and maximise the wellbeing of local people**

work in the city working closely with the professionals. BME communities benefit from HAREF because it works to reduce barriers to services.

The forum encourages people to access services, for example preventative services such as flu vaccination, chlamydia screening, and cancer screening (Healthy Communities Collaborative). Outcomes include increased knowledge of services in the short term and improved quality of life at all stages of the life-course in the longer term.

The overall aim is always to make sure that services are delivered as effectively as possible, for improvement in the quality of life of people who live north of the River Tyne.

**Ann McNulty**



**quality of life**  
partnership

## Quality of Life Partnership

The Quality of Life Partnership continues to evolve and develop and has made significant progress during the last year in making Newcastle a better place for older people to live in. The breadth of work undertaken by QOLP is extensive and there is only scope in this report to mention a few highlights:

*Everyone's Tomorrow – Newcastle's Strategy for Older People and an Ageing Population.* QOLP has supported the Older People's Strategic Board to conduct an in-depth review of progress against the five aims of the Strategy. This has revealed that there is a lot of excellent work taking place in the city for the benefit of older people, but there is still a great deal to do.

One of the key areas for further development is in the provision of Information, Advice and Advocacy. QOLP has secured additional investment from the Joseph Rowntree Foundation and Adult Services for service development. This work will build on the very successful Information NOW website, which recently won 'Highly Commended' in the national Association of Social Care Communicator Awards.

Another major area of development for QOLP is the New Leaf, New Life Active Ageing Programme. This 3 year programme aims to develop mainstream services which enable older people to stay fit and active.

A range of innovative programmes are already underway.

In addition to supporting the existing Trades Register and Hop to the Shops service, QOLP is working actively with partners to develop new services which provide older people with 'that bit of help'.

QOLP could not achieve what it does without the contribution of older people as our work is driven primarily by what older people tell us they need. The Elders Council is a key partner within QOLP and continues to go from strength to strength both through its membership which covers all parts of the city, and the wide range of activity undertaken by older people. This includes publication of a regular newsletter and hosting a community radio programme; working groups and regular involvement in all the QOLP work programmes.

QOLP continues to be a member of the Healthy Ageing Sub-Network of the WHO Healthy City programme. We have regularly contributed to the sub-network meetings and have presented our work at WHO conferences and business meetings.

there is a lot of excellent work taking place in the city for the benefit of older people

**Barbara Douglas**



## WHO Healthy Cities Programme

Newcastle joined the WHO Healthy City Network in 1995 and became a designated city in 2004. Newcastle's involvement in this Programme has been co-ordinated by NHC, developing the 4 main themes of Phase IV of the Healthy Cities programme - Healthy Ageing; Healthy Urban Planning and Health Impact Assessment; A City Health Profile and Plan.

During this four year period we have been able to share our experiences on an international stage, a recognition and accolade to the great work that is being undertaken here in Newcastle.

We have actively participated in the activities of the National Healthy Cities network attending events across the UK and been able to implement our learning in service delivery.

We contributed papers to WHO Healthy City programme business meetings e.g. Year of Exercise and Sport and the Strategy for Obesity (2006) and Developing an Older People's Strategy (2007).

Newcastle was inspired to organise its own successful Senior Games as part of the Year of Exercise and Sport, which included participants from other European Healthy Cities.

Involvement in the WHO Healthy City programme has provided

opportunities for teams to learn from other cities. We arranged visits to Belfast; Liverpool; Paris and Milan to learn about their Healthy Ageing, Health Impact Assessments and Healthy Urban Planning programmes.

In the past year we had 2 Students from Germany on placement with us focussing on trying to move forward the Healthy Urban Planning work. You can view the newsletter they produced on our website.

Newcastle City Council have submitted an expression of interest to be a designated WHO Healthy Cities in Phase V.

The themes for Phase V (2009-2013) have been identified as:

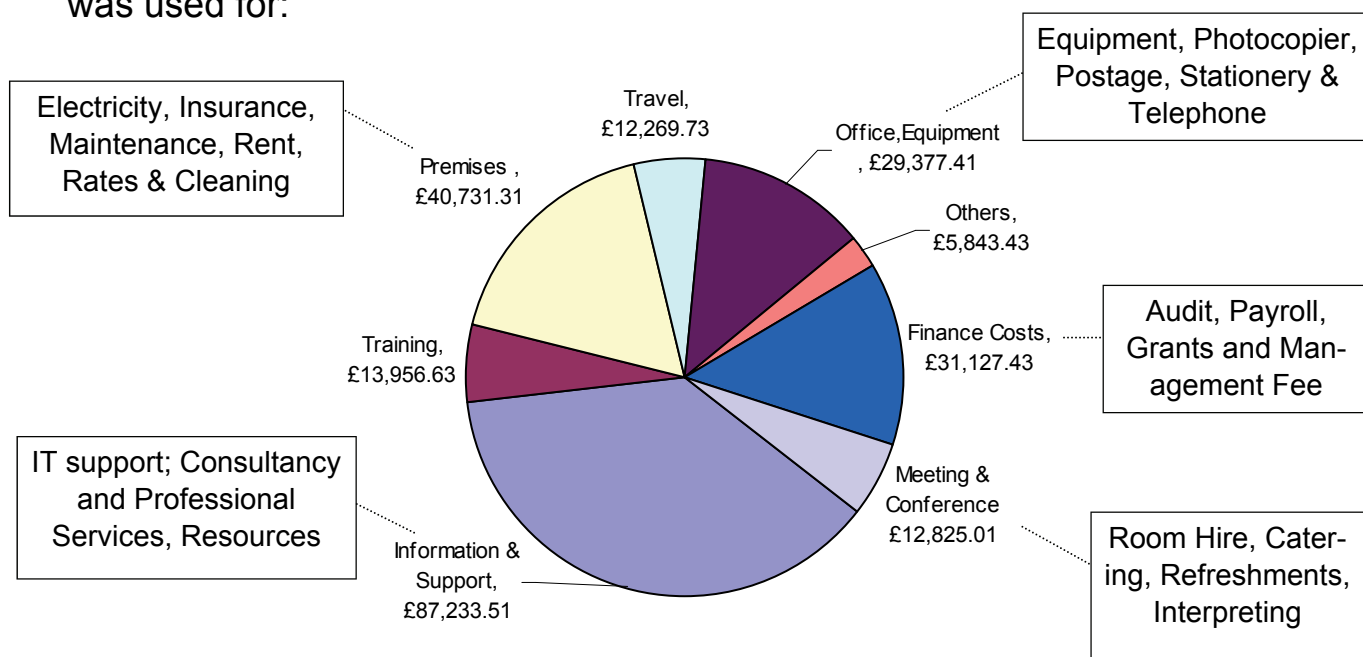
- 1] **Caring and Supportive Environment;**
- 2] **Healthy Living**
- 3] **Healthy Urban Environment and Design.**

In order to benefit fully from being a member of the WHO Healthy Cities programme, it is important that there is full commitment from the City of Newcastle to both supporting our involvement in the programme and making the most of the benefits.

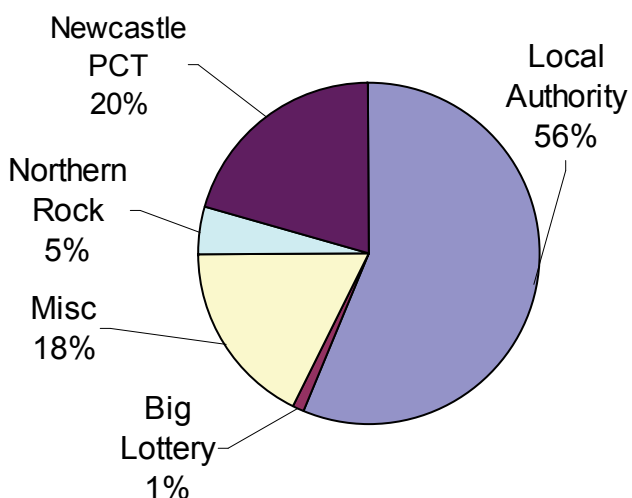
## Finance

This page is an outline of our income and expenditure for 2007/2008. A copy of our audited accounts prepared by H W Auditors can be made available upon request.

In this year we spent **£815,068.98** - of which 71% (**£581,704.52**) was used on salaries, pensions and National Insurance. The remaining **£233,364.46** was used for:



### INCOME - 2007/08



The total income for the NHC and the projects last year was £1,019,317, of which over £167,000 are restricted reserves for 2009/10.

The 3 largest projects - Carers Centre; QoLP and NCEN had a combined income of £673,118.

**THANK YOU TO ALL THE INDIVIDUALS AND ORGANISATIONS WHO HAVE FINANCIALLY CONTRIBUTED TO NEWCASTLE HEALTHY CITY**

Newcastle

Healthy City

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## *Contact the Projects*

### **Action For Health**

c/o 0191 233 0200

### **BANwaste**

0191 211 3593

### **Carers Centre**

0191 260 3030

### **Community Empowerment Network**

0191 211 3583

### **Community Food Initiative**

0191 211 3585

### **Deaflink**

0191 211 3594

### **Health and Race Equality Forum**

0191 211 3595

### **Quality of Life Partnership**

0191 233 0200

The NHC aims are to:

- \* promote the health of Newcastle citizens
- \* reduce inequalities in health between communities within the city

by;

- \* looking at health issues holistically, recognising the social, environmental and economic perspectives
- \* building partnership with all stakeholders to address these issues in a practical way
- \* involving communities who are affected

We have a history of excellence in supporting and developing community led initiatives. A core part of our work is encouraging partnerships and participation from hard to reach out to groups. We believe that for communities to be healthy and happy there has to be a real involvement, choice and ownership.

This is about

- providing practical support to issues and problems that bring people together in local communities.
- working together, building networks and a holistic approach.
- reducing inequalities by allowing people to have a say and to take control.

**If you would like a copy of this report in larger print or a copy of our audited accounts then please contact Chris Kennedy at our office above.**