

# Campaign for a hea

A major campaign has been launched to improve the health and wellbeing of people in Royal Greenwich over the next three years. Obesity and mental health are top of the list for action. Councillors, health leaders and community groups have pledged to work together to get results.

**M**ORE than 100 people representing health and public services, community organisations, businesses, schools, colleges and community groups, got together for the official launch of "Healthy Greenwich, Healthy People" – a new health campaign, last Wednesday (October 14).

It was held at The Valley, Charlton, with council leader Cllr Denise Hyland (pictured right) chairing the conference. The local Health and Wellbeing Board pinpointed obesity and improved mental wellbeing as areas to focus on to prevent wide-ranging poor health, disability and even premature death in the coming years.

A key theme of the strategy is that tackling obesity and improving mental wellbeing needs efforts from many people and organisations. For example, employers are being encouraged to help reduce stress in the workplace, while the council is promoting walking and cycling.

Cllr Hyland said: "Obesity and poor mental health have a huge impact on the lives of the individuals and on their families. They also place enormous pressures on health and social care services at times of reducing budgets.

"The council and our health partners share a determination to tackle these issues. We already support several successful projects that are making an important difference to people's lives. But there is a pressing need to step up our efforts, and we are committed to increasing the scope and range of services, and to work even more closely with the local community to help people turn their lives around."

Dr Ellen Wright, Clinical Chair of NHS Greenwich Clinical Commissioning Group



(CCG), and Vice-Chair of the Greenwich Health and Wellbeing Board, said: "The job of any GP is to help people get healthy and stay healthy. There are no easy solutions to issues such as obesity or poor mental health, but the best way to deal with complex health problems is when GPs, the community and voluntary sector, the council, local employers and educational institutions, and patients all work together. The NHS in Greenwich is fully behind the new 'Healthy Greenwich, Healthy People' strategy. It is a blueprint setting out what all of us in the borough need to do in order to achieve real health improvements."



## Help with mental health

ONE in four people will have mental health problems at some time in their lives. And organisations in the borough agree that mental health concerns everyone, whether it is about a diagnosis or maintaining good mental health through life's ups and downs.

A week of special activities took place in the borough to mark World Mental Health Day on Saturday, October 10, climaxing with a day of music, dance, celebration and information about mental wellbeing in Woolwich. Greenwich Mind provides online information about how people can look after

their mental wellbeing through its 'Feelgood Greenwich' website at [www.feelgoodgreenwich.co.uk](http://www.feelgoodgreenwich.co.uk)

Local organisations offering help include:

**Greenwich Time to Talk** which aims to increase access to talking therapies, at [www.oxleas.nhs.uk/services/service/gttt](http://www.oxleas.nhs.uk/services/service/gttt)

**Mindline**, a phone-based support service operated by Greenwich Mind at [www.greenwichmind.co.uk](http://www.greenwichmind.co.uk)

**The Big White Wall**, which provides support through a safe online community guided by trained professionals at [www.bigwhitewall.com](http://www.bigwhitewall.com)

**The Recovery College** in Woolwich which provides educational courses designed to improve wellbeing, create shared learning experiences and development opportunities. It is at [www.recoverycollegegreenwich.org](http://www.recoverycollegegreenwich.org)

Oxleas NHS Trust has set up, **HeadScape** a referral and self-help website to provide support for range of mental health issues that may be affecting children and young people. It is at [www.headscapegreenwich.co.uk](http://www.headscapegreenwich.co.uk)

You can also find out more about any of these by calling the Feel Good line on 07557 230560

MORE than 450 students have enrolled in courses at the Recovery College in Woolwich since it opened nearly a year ago. It operates as a charity that offers community-based support to local people with mental health problems, and is run by Bridge Mental Health.

Nearly four out of every five staff members have lived the experience of mental health problems, and they work with the students to deliver courses which help with their recovery. Workshops include assertiveness and improving self-esteem. Many students have gone on to jobs or further training through partnership as a result.

Student Angela said: "I've taken the

assertiveness, IT and courses. These have been able to produce a support group I am affected by substance college has made me even more potential the confidence to a The tutors are so caring with mental health like this college in c

Student Tanya said person but this college from a mainstream very friendly and yet pretend to be anyone - if I'm having a bad day, and the supportive."

# Healthier tomorrow



SCHOOLS play an important role in helping to keep children fit and physically active. One that is totally committed is Cardwell Primary in Frances Street, Woolwich. It has organised workshops from Paralympian Andy Barrow, a wheelchair basketball tournament, a sponsored skip, football training, and a visit from Charlton Athletic player Callum Harriott. Pupils and staff volunteered their time to make the events a big success.

The school was commended by the London Mayor when they won the award for sports and healthy living in this year's Team London Schools Awards. They were one of six winners chosen from a thousand London schools.

Headteacher Carol Smith said: "It's about looking after whole child to ensure they are in a healthy condition physically and mentally to achieve their best potential, both academically and socially. We have just had a new playground finished, and that will encourage more sport and other things that make you healthy, such as walking and cycling."

KEEPING WELL: residents of all ages, including pupils at Cardwell Primary school, take part in healthy living activities

## Health partners tackle obesity

**O**BESITY is one of the biggest causes of preventable illness and death. It increases the risk of diabetes, heart disease and liver disease.

Several projects are running in the borough to help tackle obesity. They include:

**Greenwich Get Active**, which organises thousands of physical activity sessions for people. Since 2012 it has signed up more than 7,500 people.

**Good Food in Greenwich** which is a network of businesses, individuals and organisations working towards a fairer, healthier, more sustainable food system.

**Greenwich Community Cookery Clubs**, a free, open access, cook and eat programme delivered as a course of weekly sessions over five weeks.

**The Healthier Catering Commitment**, which signs up food outlets and cafes to improve the food they sell by making small changes such as offering healthier options.

**Targeted courses** for families with overweight children at leisure and children's centres.



and creative writing enabled me to attend for families misuse. The I realise I have and given me achieve much more. ring and people issues need places order to grow." d: "I'm an anxious ege is different college. It's u don't have to ne but yourself day I can have taff are really

