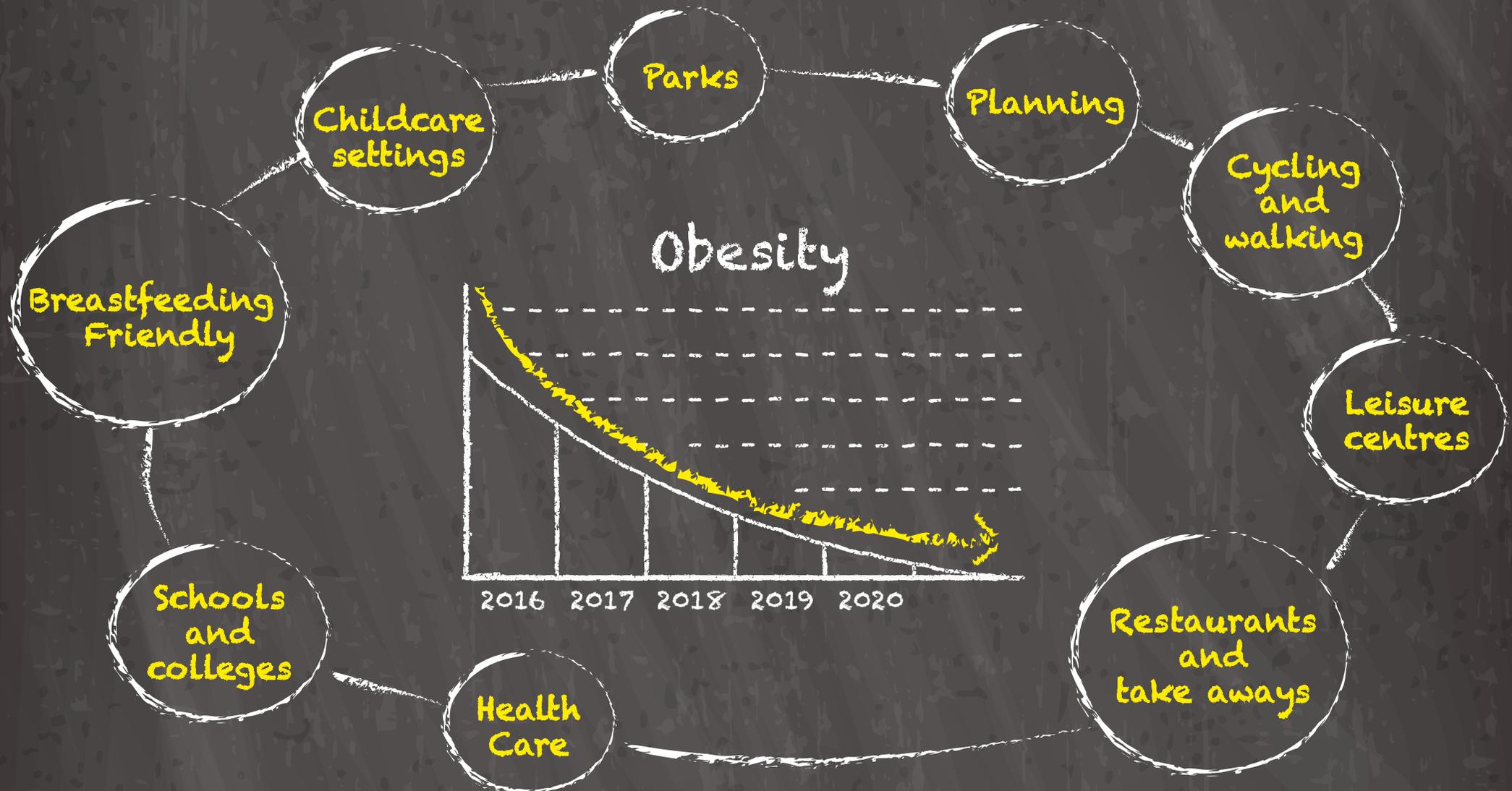


Tackling obesity in Lewisham: a whole system approach

Annual Public Health Report for Lewisham 2016



Foreword

“The return of public health functions to the control of local councils brought great opportunities. However, Government cuts to our funding mean we have tough decisions to make, so that our remaining resources have the most impact on the most vulnerable and needy in Lewisham’s communities.

In years gone by, public health work focussed on providing clean drinking water, improving poor sanitation and eliminating epidemic diseases. In the twenty first century, public health interventions have become more sophisticated, tackling health inequalities, addressing issues such as smoking, excess alcohol use and obesity, all precursors of premature mortality.

There is cruel irony in the fact that, whilst, in many regions of our world, people are starving, in Lewisham and elsewhere in the UK, obesity is on the increase. Obesity is a major contributor to health inequalities, and we can all contribute to its remedy. The total amount of sugar we

consume is a significant factor in excess calorie intake. We are pleased to be working towards becoming the first Sugar Smart borough in London.

This Annual Public Health Report highlights that it is not just our health colleagues who will deliver this strategy, but every Lewisham Council Directorate has a part to play. Beyond the Council, we must engage employers and businesses so our approach is embedded throughout Lewisham Borough.

We welcome the Annual Report of the Director of Public Health and commend it to our readers.”

The Mayor, Sir Steve Bullock
Councillor John Muldoon



Introduction from Director of Public Health – Dr Danny Ruta

The world is hitting the peak of a truly global epidemic of obesity... and that makes it a pandemic. Most people don't think of it that way, because unlike swine flu, the obesity pandemic is taking years to spread through the human race, not months. It may be a slow burn, but the death toll is way higher than any infectious pandemic we've ever seen. It's affecting global populations in different ways; in low income countries for example the highest obesity rates are seen amongst the wealthiest, whilst in high income countries like the UK obesity rates are twice as high amongst the poorest compared with the well off.

The world's scientists agree that however the obesity pandemic is playing out across the globe, the underlying cause is the same... it is a normal response, of normal human beings, to an environment that has become very, very abnormal. We haven't become lazier, or greedier, since the 1980s. What has changed to some extent is the amount of energy we need to burn to get through the day, but what has changed dramatically is the amount of high energy, high fat, and very high sugar food that surrounds us.

When it comes to similar global cities – Paris, New York, Sydney, Madrid – London tops the obesity league table. London's childhood obesity rates are worse than the rest of England, with over 22% of 10–11 year olds classified as obese. Obesity will kill more of our children than

smoking, alcohol and drugs, and if we don't reverse the epidemic, then for the first time in hundreds of years, our children might experience a shorter life expectancy than their parents.

In 2016 Lewisham Council was awarded National Pilot status for a whole system approach to tackling obesity, one of only four local authorities in the country and the only London Borough. A whole systems approach not only supports individual behaviour change, but it brings about healthy eating and increased physical activity indirectly by creating a less 'obesogenic' environment in which people live. This involves and engages stakeholders across society and includes schools, the NHS, food retailers, food manufacturers and suppliers, town planning, transport, sport and leisure, the voluntary sector, and many other sectors.

Our whole system approach to reduce the impact of the 'obesogenic' environment includes engaging the wider Lewisham Partnership to form a Lewisham Obesity Alliance. There is already a huge amount of good work taking place in Lewisham, we have made some progress but we need to do even more. The Alliance will initially focus on three key actions to create healthy environments: Sugar Smart Lewisham; the Lewisham Daily Mile; and Use of Lewisham's Parks.



Lewisham's whole systems approach to obesity action plan

The Lewisham Obesity Action Plan has its overarching aims as:

- Promote an environment that supports healthy weight and wellbeing as the norm, making it easier for our residents to choose healthier diets and active lifestyles
 - Supporting our communities and families to become healthier and more resilient, which will include addressing the wider determinants of health
 - Tackle the weight issues of those who are already overweight and obese

We will strive to do this through work over four priority areas:

- **Children and Young People**
 - Breastfeeding
 - Introducing Solid Food
 - Schools
- **Increased Public Awareness and Engagement**
 - Journeys on foot or bike
 - Supporting active people
 - Knowledge

- **Health and Public Services**

- Health Services
- Engagement and Commitment
- Workplaces

- **Environment**

- Access to healthy foods
- Physical environment
- Public and Community settings

Work has already started on three key actions to create healthier environments, which are discussed in more detail in this report:

Food Become a Sugar Smart Borough

Physical activity Implement the Daily Mile in primary schools

Communities Improve access and appeal of parks for recreation

Wider Obesity Alliance Engage the wider Lewisham partnership into the whole system approach

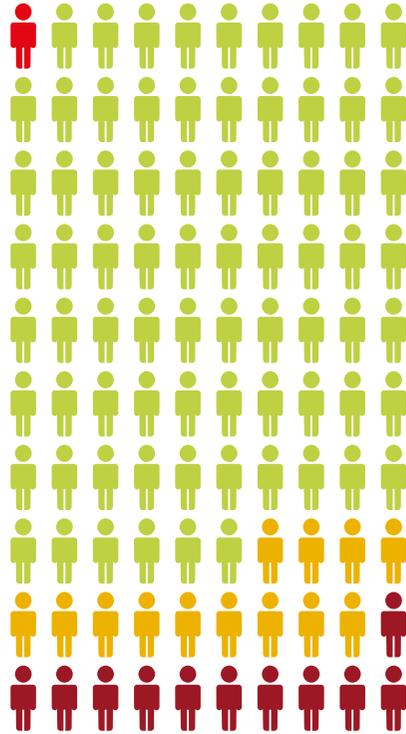
Our Goals

Change the impact of the obesogenic environment



Increase the proportion of residents with a healthy weight

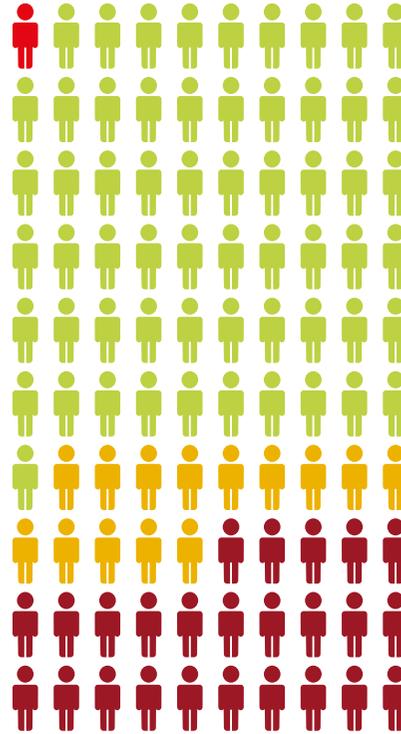
Where Lewisham is now on tackling obesity – the current picture



Childhood Obesity – Reception

Latest figures from the National Child Measurement Programme show that in 2014/15, 23.7% of children in Reception had excess weight (11.2% of which were obese). Levels continue to be significantly higher than the national average.

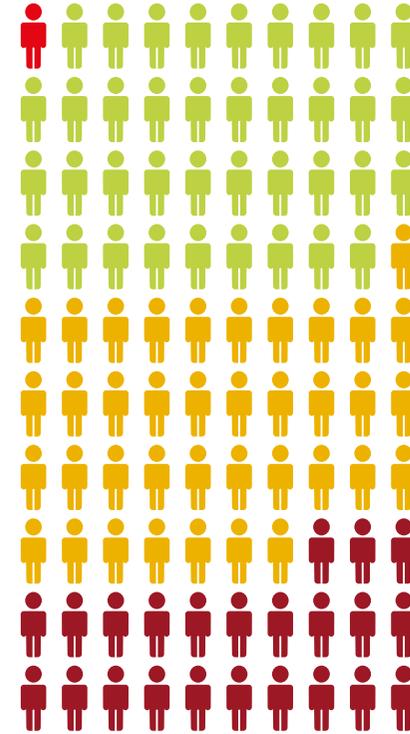
Children living in the most deprived communities are twice as likely to be obese or overweight as those in the least deprived for both age groups measured.



Childhood Obesity – Year 6

39.3% of children in Year 6 have excess weight (including 24.8% who are obese).

Key:



Adult Obesity

A modelled estimate of adult obesity prevalence in Lewisham is 23.7%, (2012) this is not significantly different to the England average, and indicates that around 53,000 residents are obese. Recently published data for Lewisham on the prevalence of excess weight (overweight and obese) in adults is 61.2%, similar to the national average but higher than the London average (57.3%). A similar level of excess weight (57.9%) is seen in adults aged 40-74 years - monitored as part of the NHS health checks programme. A concern is that GP Practices in Lewisham are notably under-reporting obesity.

Maternal obesity

Maternal obesity increases the risk of poor pregnancy outcomes and is a risk factor for childhood obesity. Data from Lewisham Hospital for 2015 indicates that 45.9% of women booking at the hospital in 2015 had excess weight, a slight increase from 2014. 16.1% of this group were obese.

Breastfeeding

Breastfeeding has many benefits which include reducing the risk of obesity and type 2 diabetes. It also reduces the risk to the mother of obesity. In Lewisham over 85% of women initiate breastfeeding, this is notably higher than the national average of 74%. Furthermore women in Lewisham are much more likely to continue breastfeeding as at 6–8 weeks following birth 74% of babies are breast fed, compared to 44% across England. Lewisham now has UNICEF Baby Friendly accreditation for the community with the maternity services working towards stage 3 assessment.

Introducing solid foods

It is recommended that solid foods should be introduced when babies are around 6 months old. National surveys show that most families introduced solids at an earlier age, three quarters (75%) had introduced solids by the time their babies were 5 months old. Babies that are not introduced to solid food before they are ready and introduced to a range of healthy foods are at reduced risk of becoming overweight. Encouraging the intake of a wide variety of healthy foods also helps develop good food habits in children and their families.



Physical activity

Just over half (57%) of Lewisham adults are classed as Physically Active, (achieving at least 150 minutes of exercise a week). This is in line with the England average. Inactivity levels are also comparable with over a quarter of adults achieving less than 30 minutes activity per week. Men are more likely to take part in sport and recreation than women. For those aged 15, only 11.3% were physically active for at least one hour per day seven days a week.



Diet

National surveys show that overall the population is still consuming too much saturated fat, added sugars and salt and not enough fruit, vegetables, oily fish and fibre. Only 44% of Lewisham adults meet the recommended 5 a day for fruit and vegetables which is lower than the national average.

Deprivation

Though improving Lewisham continues to be amongst the 20% most deprived local authorities in England. People living in the most deprived areas have poorer health outcomes and lower life expectancy compared to the England average. Child poverty though improving remains significantly higher than England at 26.7%. Food poverty has also been identified as a key issue. The Greater London Authority report, Child Hunger in London reported that 21% of parents surveyed reported skipping meals so that their children could eat and 9% of children in London said they sometimes or often go to bed hungry. If these figures were applied to Lewisham it is estimated that 19,000 parents in Lewisham skip meals so their children can eat and 6,000 children in Lewisham sometimes or often go to bed hungry. The inability for families to afford healthy diets for their children is likely to have an impact on our childhood obesity rates. Actions to tackle food poverty are incorporated in the action plans of the Lewisham Food Partnership.

Typical values	100ml contains	250ml contains	%GDA*	typical adult
Energy	199kJ 47kcal	500kJ 120kcal	6%	2000kcal
Protein	0.5g	1.3g		
Carbohydrate	10.5g	26.3g		90g
of which sugars	10.5g	26.3g	29%	70g
Fat	trace	trace		
of which saturates	trace	trace		
Fibre	trace	trace		
Sodium	trace	trace		
Salt equivalent	trace	trace		

*Guideline daily amounts

Vitamins/Minerals

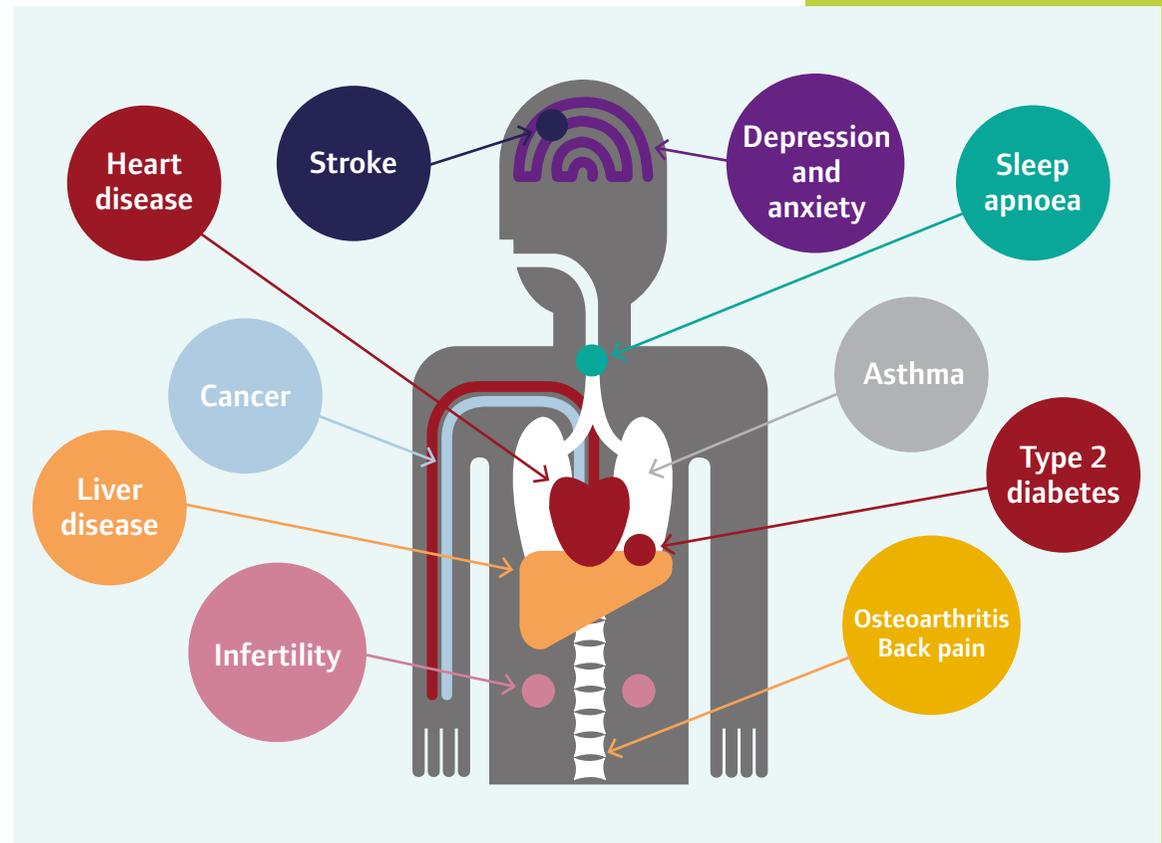
100ml contains 62.5mg (100% RDA)

Impact of obesity

Obesity is linked to many serious health risks in both children and adults. These include type 2 diabetes, cardiovascular disease, respiratory illnesses, joint and movement problems and breast and colon cancer. Not only are obese people more likely to develop physical problems they are also more likely to develop psychological problems such as depression and low self-esteem.

Obese adults are seven times more likely to become type 2 diabetic than adults of a healthy weight. Obesity also doubles the risk of dying prematurely.

The disproportionate impact of obesity is critical to Lewisham. As the 48th most deprived local authority in England, Lewisham residents are more vulnerable to becoming obese. Lewisham is also one of the most ethnically diverse areas of the country which also amplifies the issue as a number of black and minority ethnic groups are at higher risk of complications related to obesity such as Type 2 Diabetes.



Causes of obesity

In simple terms obesity is caused when energy intake from food and drink is greater than the energy used through activity. However, the reasons for the recent worldwide increase in obesity are much more complex and include a wide range of factors including behaviour, culture and the environment that impacts on the choices made over which an individual has little control. Long term sustained reduction in obesity levels will only be possible by a whole systems approach aimed at changing the obesogenic environment that we live in.

Obesity and sugar

Consuming too much sugar and too many foods and drinks high in sugar can lead to weight gain, which in turn increases the risk of heart disease, type 2 diabetes, stroke and some cancers. It is also linked to tooth decay.

Current sugar intakes are above the recommendations and is particularly high in school aged children, (teenagers in England are the biggest consumers of sugar sweetened drinks in Europe). Sugar consumption also tends to be highest amongst the most disadvantaged who also experience higher prevalence of obesity and its health consequences. In 2015 it was recommended that the average population maximum intake of sugar should be halved and that consumption of sugar sweetened drinks should be minimised by both adults and children.

The new maximum recommended daily intake of sugar is

Age	Recommended maximum added sugar intake	Sugar cubes
4-6 years	No more than 19g day	5 cubes 
7-10 years	No more than 24g day	6 cubes 
From 11 years	No more than 30g day	7 cubes 

This means that one 330ml can of soft drink with added sugar can contain more sugar than the daily recommendation.

In general the main sources of sugar in the diet are similar for both children and adults and the chart shows the main sources of sugar in the diet for children aged 4-18. Around 30% of the sugar in a child's diet comes from sugary drinks, such as fizzy pop, juice drinks, squashes, cordials, energy drinks and juice.

Where 4–18 year olds get their sugar intake from

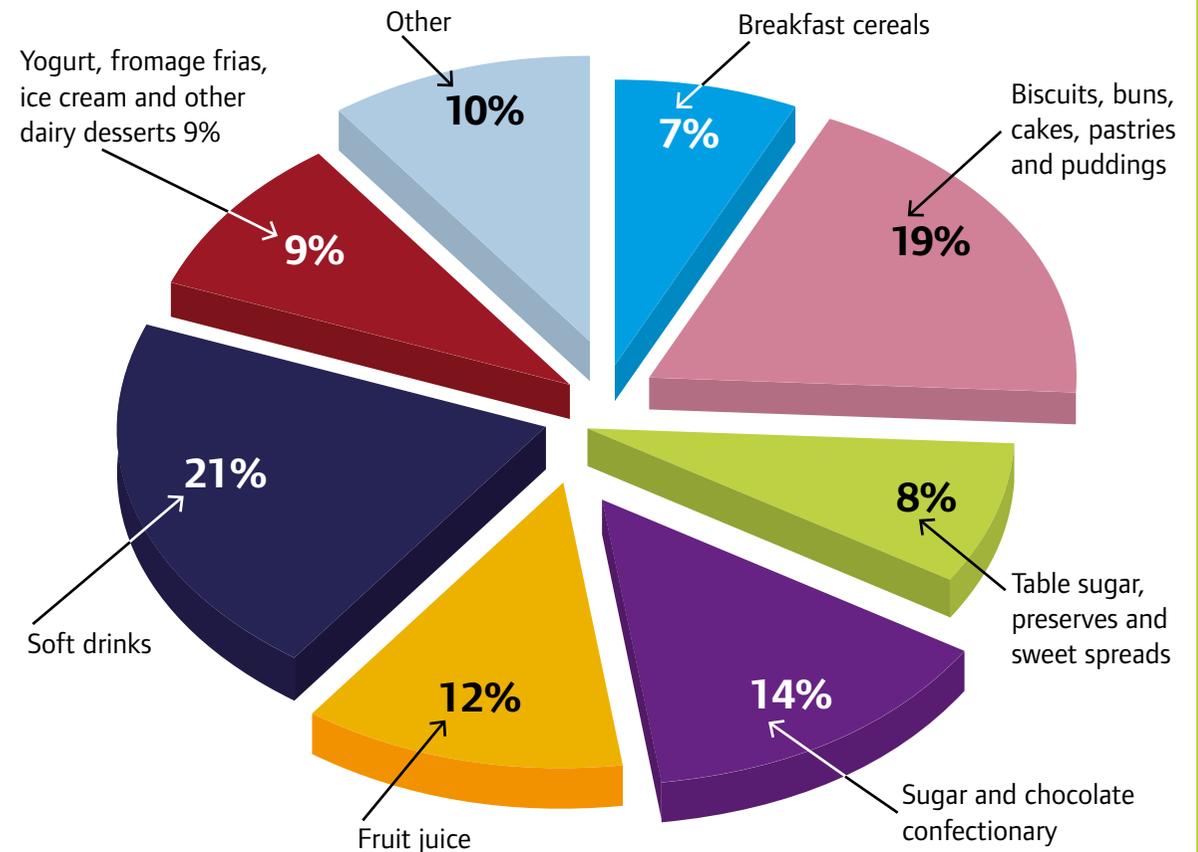
Soft drinks (excluding fruit juice) are the largest single source of sugar for children aged 11 to 18 years and, on average, those who consume them drink around 336ml per day (roughly equivalent to one can of a sugary drink). Soft drinks provide 29% of daily sugar intake, on average, for this age group as a whole. Table sugar and confectionery (21%) and fruit juice (10%) are also large contributors to the sugar intake of 11 to 18 year olds.

For younger children (aged 4 to 10 years) soft drinks; biscuits, buns, cakes, pastries and puddings; breakfast cereals; confectionery; and fruit juice are the major sources.

In adults (aged 19 to 64 years) table sugar; biscuits, buns, cakes, pastries and puddings; and soft drinks are the main sources.

Public Health England stated that no single action will be effective in reducing sugar intake. There is a need for a broad structured programme of measures that influence consumption, reduce the sugar content as well as supporting people to make healthier choices. The Government's childhood obesity - a plan for action included the introduction of a soft drinks industry levy to come into force in 2018 and a challenge to the industry to reduce overall sugar across a range of products that make the largest contributions to children's sugar intake by at least 20% by 2020.

Proportion of young people's sugar intake



Other measures that influence consumption and supporting people to make healthier choices can be tackled in our communities by working together to become a SUGAR SMART borough.

Sugar Smart



Lewisham together with Greenwich plan to become the first 'SUGAR SMART' boroughs in London.

SUGAR SMART is an exciting campaign to reduce the amount of sugar in our diets by raising awareness of the health impact of the high levels of sugar in foods and drinks and encouraging action to reduce sugar intake.

Local organisations, businesses and settings that join **SUGAR SMART** will pledge to make simple changes to promote healthier, lower sugar alternatives and limit less healthy choices. This will motivate change by helping local people to get 'sugar smart' and take control of their families' sugar intake.

www.lewisham.gov.uk/sugarsmart



Our vision
To be a Sugar Smart borough where our community is supported to make healthier, lower sugar choices

Join Our Sugar Smart Campaign

Whatever kind of organisation you are, why not join our Sugar Smart campaign

By joining the campaign and be promoted on the website your organisation will need to agree to:

- 1. State your commitment:** Tell your employees and the public that you are developing and implementing a Sugar Smart policy in your organisation.
- 2. Make 3 simple pledges to make healthy food and drink more affordable, accessible and promoted than less healthy food.**
- 3. Spread the word:** Spread the message about reducing the amount and profile of products high in fat, salt and sugar, to your customers, employees, suppliers and other key stakeholders and publicise your involvement in Sugar Smart.

Example pledges include:

- Reduce the amount of fizzy and high sugar drinks you sell and offer healthier options
- Actively promote free drinking water e.g. put in a drinking fountain
- Increase the price of fizzy drinks and sign up to give the proceeds to the Children's Health Fund or a local charity
- Provide information on healthy food e.g. posters, flyers, training
- Run promotions on healthier food and drink options



- Provide more healthy food and drink options
- Remove unhealthy vending machines from your premises, or work with vending suppliers to ensure mainly or only healthy produce is sold

Examples of organisations and settings that are already on the way to be Sugar Smart are provided in the following sections.

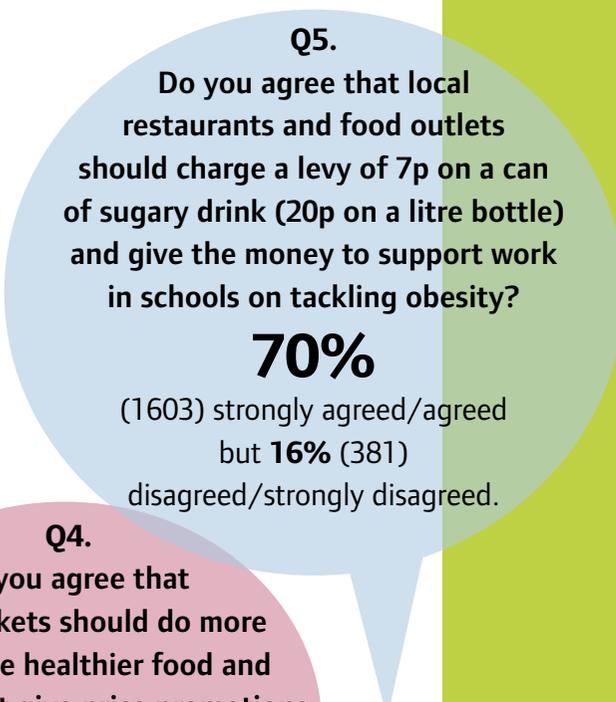
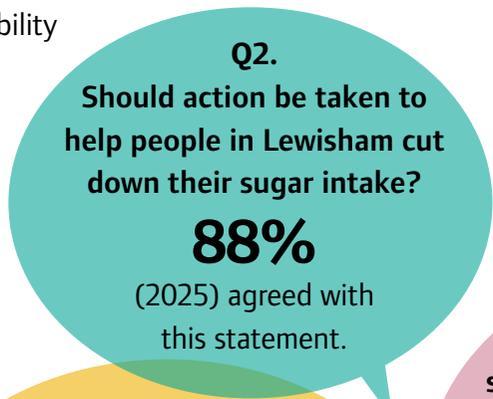
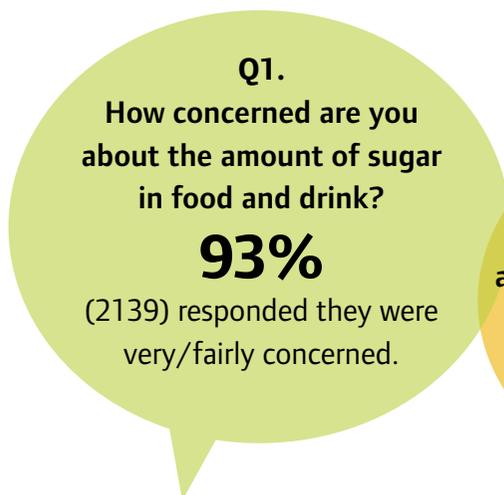
Join us in our journey to become a Sugar Smart borough by signing a commitment to be Sugar Smart by sending your details to Alex.Allen@lewisham.gov.uk.

www.lewisham.gov.uk/sugarsmart

Responses from Lewisham Life survey

A survey took place in the 2016 summer issue of the Council's resident magazine, Lewisham Life, which over 2,600 people responded to. The survey asked about people's views on the amount of sugar in food and drink and what actions should be taken to help reduce sugar in our environment.

Respondents were strongly in favour of measures such as supermarkets stopping price promotions on sugary drinks and snacks and reducing the availability of high sugar products in public places.



Case study sections

The following pages outline some of the key work which focus on creating healthier environments that is happening across Lewisham, presented as case studies.

Contact details have been provided if you would like to find out more, or get involved.



Baby Friendly Initiative

Breastfeeding improves the health and wellbeing of both mothers and babies. Evidence shows that for both mother and baby, in the longer term, breastfeeding reduces the risk of obesity.

One of the key actions to support more women to breastfeed in Lewisham is working towards achieving UNICEF UK Baby Friendly accreditation through the implementation of the Baby Friendly practice standards. As well as working to protect, promote, and support breastfeeding, the UNICEF Baby Friendly revised practice standards introduced in 2012 also aim to strengthen mother-baby and family relationships for all babies, not only those who are breastfed.

The UNICEF UK Baby Friendly Initiative is an externally evaluated programme recognized to improve breastfeeding rates and the health and wellbeing outcomes of all infants. The process consists of implementing the standards in stages over a number of years.

Stage 1: Assesses the plans and processes to implement the standards

Stage 2: Assesses staff knowledge and skills

Stage 3: Assesses parents experiences when the standards have been implemented



Standards have been developed for maternity, neonatal, health visiting and children's centres.

Lewisham Health Visiting service achieved their Stage 3 award in July 2016 with the support of Lewisham Children's Centres and Lewisham Council's Public Health Team.

Lewisham Maternity services are preparing for their Stage 3 assessment in December 2016

To find out more about breastfeeding support in Lewisham go to www.lewisham.gov.uk/breastfeeding

Breastfeeding support

A range of breastfeeding support services are available across the borough to support women. This has been achieved through collaborative, integrated working across the partnership organisations that make up the Lewisham Breastfeeding working group.

Breastfeeding drop-ins. The informal drop-ins are held in a variety of locations in Lewisham. Trained volunteers and qualified professionals are on hand to answer any questions and give extra support.

Breastfeeding peer support.

One of the key successes has been the peer support programme; 104 local mothers have attended infant feeding education and training since 2010 and there are currently 33 volunteer peer supporters actively supporting mothers in breastfeeding drop-ins and on the postnatal ward. Some volunteers have been supporting women for several years alongside health visitors and midwives.



Breastfeeding friendly

The Breastfeeding Friendly scheme is designed to make it easier for mothers to find places that they are welcomed to breastfeed when they are out and about in Lewisham. Although mothers have the right to feed anywhere, some find going out with a new baby a daunting experience and it can be helpful to know which premises support breastfeeding mothers if they need to feed their baby in public. All Lewisham libraries, leisure centres as well as lots of cafes, restaurants and businesses are already part of the scheme.

Look out for these signs



Early Years Settings

Early Years settings play a vital role in laying foundations for lifelong health and wellbeing and provide the ideal environment to establish healthy eating habits and access to safe and stimulating physical activity opportunities. The most effective way to improve health in Early Years settings is through a whole setting approach that engages children, parents and the wider community.

Settings are encouraged to adopt the 'Eat Better, Start Better' food based guidelines for early years settings and 'Move More' physical activity guidance. Examples of the excellent work that is already in place promoting healthier environments to support healthy eating habits and activity are showcased in this section.



Blossom Years Nursery, Downham

Issue: Children were observed drinking fizzy sugary drinks on their way into the nursery.

Action: Information about the effects of sugar and the wider impact of fizzy drinks etc was shared with parents via our newsletter. Water and milk are the only drinks provided at snack times and meal times.

Result: The children's behaviour has improved and as a result they are enjoying the activities on offer much more.

Strong Tower Nursery, Deptford

Issue: Children were observed coming into the setting hungry and were consequently very distracted from settling to activities; Parents generally not well informed about healthy eating; Most children still in nappies as it was felt easier than going through potty training.

Action: Provide food whenever necessary, rather than expecting them to wait until the next snack or meal time; Ensuring fresh fruit and vegetables that are cooked on site is always available; parents included in menu planning; redevelopment of the outdoor are to increase physical participation.

Result: Children are much more able to focus and settle and their wellbeing has improved as well as developing their physical skills and remain active.



Strong Tower Nursery

Zeeba Daycare Nursery, Deptford

Issue: Children were observed bringing unhealthy foods into the setting; Parents generally not well informed about healthy eating; Children were underachieving in Personal, Social and Economic Development; Some children overweight and unfit; Some children still in nappies as it was felt easier than going through potty training.

Action: Eat better, start better programme implemented; Parents included in menu planning; Healthy eating encouraged, staff eating with children at meal times; Investment in physical equipment; Partnership with outside agencies; Provide parents with guidance and tools to support potty training – We produced a handbook.

Result: Children have a better understanding of healthy foods; Children are more active and taking part in activities; Most children are potty trained in partnership with parents.

For more information please contact Zeeba Daycare on 020 8694 6980 or lieslh@zeebadaycare.co.uk



Faith Montessori Nursery, Forest Hill

Issue: Children were observed not eating their vegetables. They were picking them out of their food and leaving them on the side of their plates. Staff spoke to the children and found out they hadn't ever tasted them but just 'didn't like them!'

Action: Staff shared stories like Oliver's Vegetables and Oliver's Fruit Salad and provided opportunities for children to engage in messy play and investigate different foods; Supported children to prepare a variety of foods, enabling

them to try out new and different tastes; Children got to eat what they had made; A wider variety of foods were provided in the role play areas and children used the familiarity they had gained through the stories to develop their knowledge and understanding.

Result: Children have been much more willing to try out new foods. They have enjoyed and taken pride in preparing and eating their own foods.

Children's Centres

Lewisham has a network of Children's Centres, located across the borough who all play a vital role in improving the health outcomes of families with young children, distributing Vitamin D drops, promoting immunisations and ensuring participation in play sessions. Children's Centres are particularly committed to encouraging healthy eating and preventing obesity as part of a general focus on healthy lifestyles. Breastfeeding is encouraged at all times, and many of the centres have a Breastfeeding Café on site.

Pre-School Learning Alliance 'Food Explorers'

This course encourages children from the youngest possible age to handle, smell and taste new foods, teaches the families about all aspects of nutrition, and supports parents and carers to think about ways healthy eating principles can be part of their everyday lives.

A wide range of food is explored, focusing on different food groups each week, encouraging children to look at the food closely, anticipate the taste and then try it and talk about it. Being with their peers helps children decide to try things they might never try at home.

The course also helps parents and carers understand about food labels, hidden salts and sugars, eating well on a budget and portion size. Evaluations of the course are highly positive, with 90% of parents stating they gained a much better understanding of how to support their child's healthy eating.



Follow-up work is done too – phone calls to parents about 3 months after one course ended highlighted that quite a few parents were struggling with understanding about hidden salts, so they were all invited back to a one-off session just looking at this aspect. At the end of this session, 100% of attendees stated they now understood how to identify hidden salts and what common foods contained them.

Pre-School Learning Alliance Outdoor Learning

PSLA also have an extensive focus on outdoor learning as a means of promoting physical and mental health and wellbeing in children of all ages and their families.

Many of the sessions in PSLA Children's Centres therefore encourage children to be active and immersed in physical play outdoors, and some sessions focus on this specifically such as Mud, Mess and Magic at Bellingham Centre. A new course called OWL BABIES was devised during this year and run at Manor House Children's Centre – this focuses on encouraging the youngest babies to be active in the open air.

In many of the PSLA pre-schools OWL (outdoors while learning) is also a focus. At Cherry Blossom Pre-school in Beckenham Place Park, children are outdoors all day, using the indoor area as a resource for their play only. A huge mud kitchen encourages children to use their muscles to lift pots full of mud, ladle 'dinner' and transport mud around, and a rope swing suspended from a large tree encourages children to feel the joy of moving and being active outdoors.

www.lewisham.gov.uk/myservices/education/earlyyears/childrens-centres/



Primary schools

The school environment is hugely influential on children's behaviour, both through the influence of the curriculum, and the culture of the school. There is a growing evidence base on the effectiveness of school-based intervention to promote health, diet and physical activity. Schools also provide a range of valuable opportunities for engaging families and the wider community.

This section provides information on three whole school approaches that support healthier lifestyles for our children together with case studies on the benefits for schools.

Daily Mile

Originally created by a primary head teacher in Stirling, this simple, 'no cost' initiative has swept the UK. Two Lewisham schools have already started running the daily mile as a whole school approach, and several more are planning to start in September 2016.

The scheme was created by Elaine Wyllie, a primary school headteacher in Scotland, who wanted to tackle poor levels of fitness in her school. Children are encouraged to run or walk a mile every day in their playground with their classmates and teachers. An initial Scottish evaluation has demonstrated impressive outcomes in terms of reduced prevalence of childhood obesity and improved levels of cardio respiratory fitness. Anecdotal evidence suggests improvements in attendance, behaviour and educational attainment.



St George's CE Primary School

St George's CE Primary School in Forest Hill was one of the first schools in Lewisham to introduce the daily mile as part of regular school activities. The whole school takes it in turn to run or walk for 15 minutes every day. The Daily Mile has gone down a storm, with pupils collectively clocking up enough miles to reach Australia since it was introduced in September 2015.



Our vision
All Lewisham primary schools will be encouraged to allow all children in the school to run outdoors for 12 minutes each day, as part of the Daily Mile initiative.

Geraldine Constable, St George's CE Primary School headteacher, introduced the activity in her school after seeing the impact of the scheme. She said: "We decided to adopt the Mile a Day having seen a BBC report on a school in Scotland. To me it seemed the ideal way to allow our children to have an opportunity to engage in daily exercise additional to their PE lessons and playtimes. We have found that doing the mile during the school day actually helps re-energise children and improve their focus back in the classroom. This initiative has been so popular with children and staff that we are now looking to develop a parents' 'Mile a Day' group in the local park!"

Councillor Paul Maslin, Cabinet Member for Children and Young People, recently joined pupils for their daily run along with Perry Vale ward councillor and Daily Mile champion, Susan Wise. He said: "The benefits of regular exercise on improving the health and wellbeing of children are well documented and this is a fantastic way of getting children physically active. I can clearly see how much St George's pupils are enjoying this and that can only be a good thing. I know that there are many schools in Lewisham that are interested in taking up this initiative and I heartily encourage them to do so."

For more information and resources on The Daily Mile see www.thedailymile.co.uk

Join us in becoming a Daily Mile schools, contact Alex.Allen@lewisham.gov.uk

Sugar Smart

St William of York have agreed to be Lewisham's first Sugar Smart Primary School. They will help produce resources and pledges to support other schools to sign up to the campaign. The school has already been proactive in highlighting the amount of sugar in the diet and makes sure that healthy eating is embedded in the curriculum.

Sharon Lynch the headteacher at St William of York said when she heard about the Sugar Smart campaign "This sounds very exciting! We would be more than happy to be involved'. In a primary school, we don't 'sell' much sweet food, but we do have a 'healthy tuck shop' so we could certainly do a bit more analysis of the sugar content. Our Year 6 recently had a great display highlighting how much sugar is in various drinks which was on the main thoroughfare into school. It was really eye catching, and shocking, and generated a lot of discussion. It was just after Jamie got the 'sugar tax' announced in the budget."

www.lewisham.gov.uk/sugarsmart



Healthy Schools Programme

Healthy Schools London is an Awards Programme that supports schools that are working to improve children and young people's well-being. It is based on a whole school approach through 5 themes:

- Personal, Social, Health and Economic Education
- Healthy Eating
- Physical Activity
- Emotional Health & Wellbeing
- Environment

Evaluation of the national Healthy Schools programme showed positive outcomes on physical activity and healthy eating. Participating schools also reported reduced incidence of bullying, improved behaviour and improved attendance.

Many Lewisham schools are already promoting and supporting health promotion interventions at their schools to encourage health and wellbeing, like Active Travel, cookery programmes and other healthy lifestyle initiatives. The awards are for schools to recognise their achievements in supporting the health and wellbeing of their pupils and over 30 schools in the borough have already signed up to the award. Four schools have already achieved bronze award, these are Sir Francis Drake, Greenvale, Donderry and Stillness Infant.

Headteacher of Donderry, Tracey Lewis comments: "We are delighted to announce that Donderry Primary School



in Donderry has achieved the Healthy Schools Bronze Award following our review of practices in promoting health and wellbeing. This award recognises how as a school we support the health and wellbeing of the school community. The areas included in the scheme are those of Healthy eating, Physical activity, Emotional health and well-being, and Personal, Social Health Education (PSHE).

Our main aim is to help our children stay healthy and happy as they grow up: to lead a healthy lifestyle, to make healthy food choices at lunchtime and to be active at and on the way to school. We also want to help them learn about their health, and develop their motivation and self-respect to make healthy choices. The school will continue to work towards achieving a Silver Award and eventually a Gold Award."

For more information on the Healthy School Programme visit www.healthyschools.london.gov.uk



Secondary schools

Bonus Pastor Catholic College in Downham is set to become the first Lewisham Sugar Smart Secondary School.

Headteacher Ruth Holden states, "I am excited about becoming Lewisham's first Sugar Smart School because there is a clear and visible correlation between unhealthy eating and high sugar foods and drinks, and general underperformance. Foods that are high in sugar do make children behave in a negative way; they are either completely hyper active and cannot behave appropriately, or they are tired and lethargic and cannot work.

Paying attention to this matter and aiming to keep the school and students sugar smart, will help battle with this problem and I am sure will impact positively on students' achievement."

Sugar Smart Pledges which the school are considering include:

- Increasing the use of parent mail rather than students having money to pay for food.
- Ensuring that Chartwells our caterer do not serve any sugary drinks
- Debating the sugar tax law through our student voice and British Values agenda
- Using our Citizenship programme to educate further on nutritional advice and healthy choices workshops
- All students to receive Nutritional workshops through their core Physical Education lessons – starter activities for every core PE lesson



- In Food Technology lessons for Year 7 and 8 students, we could adapt schemes of work to promote the benefits of healthy choices
- Bring in outside experts to model healthy cooking and menus and develop a buzz around health
- Introduce a healthy schools week
- Student voice and student council – taking on and leading on healthy eating and drinking following their own produced audit and survey
- Use of professional role models to advise on their own experiences
- Display and promotion around the school of healthy foods and drinks
- Have access to drinking fountains
- Run competitions of health foods through our House system

Healthy street food offer

Chartwells who deliver the council school meal contract have been undertaking exciting new work on the school menus' offer for secondary schools. Bonus Pastor was one of a small group of pioneer national schools to trial out a new healthy street food style offer. The process involved student and staff insight and feedback, parent / governor tastings and kitchen staff development training.

The insights gave some clear themes that would need to be considered when building the food offer. Students are increasingly influenced by the high street and are eating a wider variety than they have done in the past. Customisation and choice in what their meal is made up of was important with pupils preferring grab and go to a traditional plated meal. They expected a variety of cuisine but also the need to feature the favourite Italian and American dishes.

The new offer includes a range of global dishes, high street inspired food offers (American/Tex Mex, Wings and things, Speedy Italian) and Light and Simple cold grab and go meals.

The trial of the new food offer has been a success with a marked increase in engagement and uptake levels with the student population. The next phase will see this healthy street food offer launched in all Lewisham secondary schools this academic year.



“ Students attitudes and expectations around food are changing ”

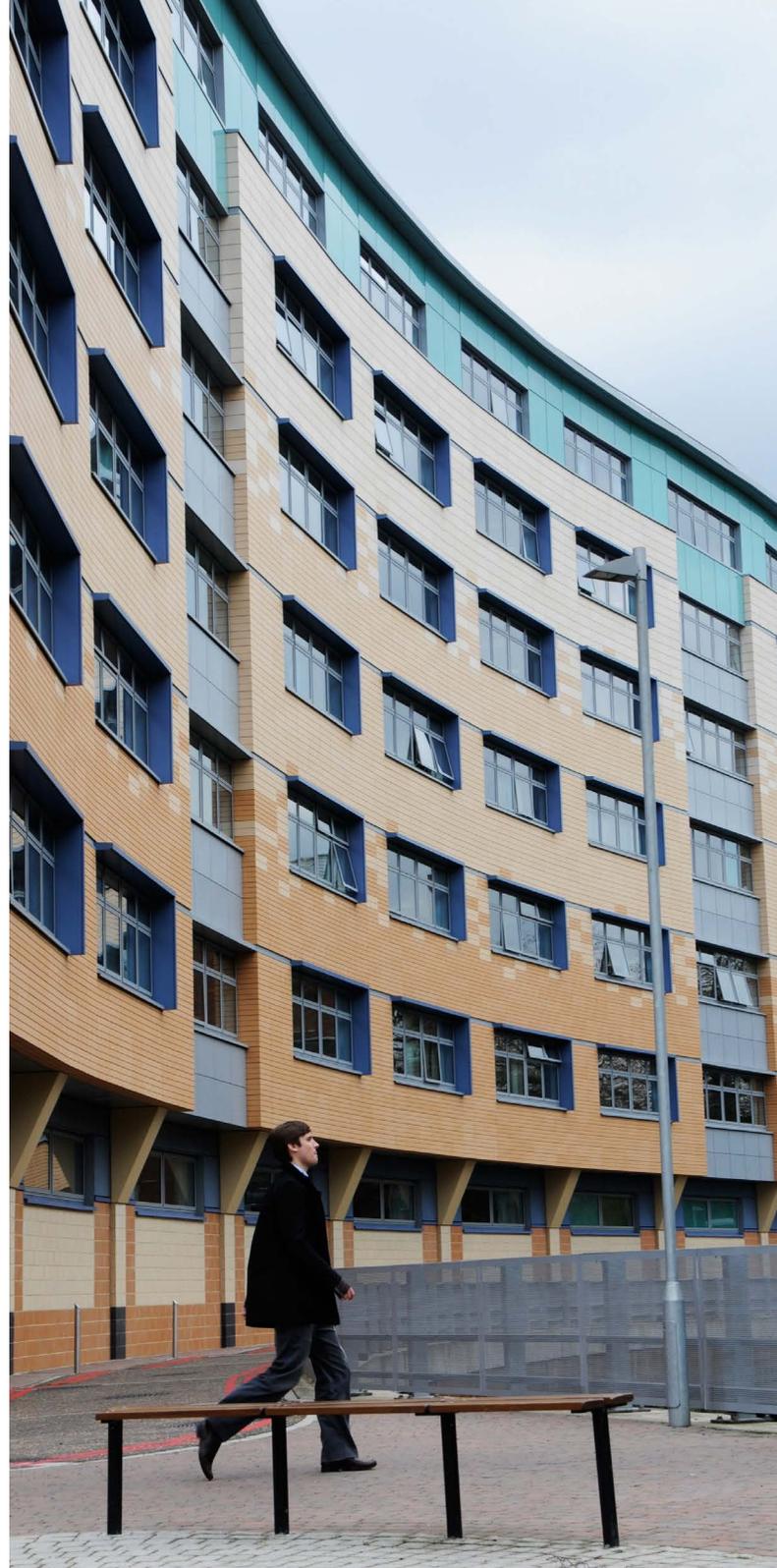
University Hospital Lewisham

Lewisham and Greenwich NHS Trust (LGT) is an acute and community healthcare provider, employing over 5700 members of staff. The Trust delivers services across two large acute hospital sites, University Hospital Lewisham and Queen Elizabeth Hospital, Greenwich and within community settings.

This year the NHS included a national scheme to improve the health and wellbeing of their workforce. Not only will staff benefit from the scheme but evidence outlines a link between better staff health and impact on patient care.

An area of action in the national scheme is providing healthier food for staff, visitors and patients. One reason for changing the food environment in NHS premises is that it has previously been estimated that many (over 50%) of NHS workforce are overweight or obese. Diet plays an important role and on average we consume too much sugar which is leading to high rates of tooth decay, obesity and type 2 diabetes.

Keith Howard, Director of Estates & Facilities for Lewisham and Greenwich NHS Trust has signed the Trust up to SUGAR SMART and has pledged to provide more healthy food and drinks options and to work towards healthy food standards and to encourage the Trusts' retailer partners to do the same for staff, visitors and patients visiting the Trust.



**SUGAR
SMART**
LEWISHAM

Keith Howard said: "I am delighted to support the Sugar Smart Initiative and for the Trust to be playing its part in the reduction in the consumption of sugar that has led to increasing obesity and Type 2 diabetes within our local community".

The Trust is working on a number of initiatives which include:

- Removing chocolate and crisps from till points.
- Publishing nutritional information on the coffee shop menu board, this will include the fat content and sugar content.
- Improving the vending machine options by offering healthier eating food and drink items for example low calorie drinks, small portion sizes of chocolate bars and healthier eating snack bars.
- Advertising the nutritional content of food and drink items on vending machines across site.
- Promoting healthy 'meal deal options'. In the restaurant at University Hospital Lewisham the meal deal will include a jacket potato, fresh fruit and low calorie drink.
- In the retail outlets chocolate bar and crisp promotions have been moved away from the till points and healthy alternatives are being offered in prominent positions.



The Trust is working in collaboration with our retail partners to undertake regular monthly audits to review progress on healthy eating and identify any areas of opportunity. Our retailers are included in the Trust's catering working group meetings where healthy eating initiatives and the CQUIN targets are discussed with clinical staff and our dietician along with opportunities for advertising healthy eating products.

www.lewisham.gov.uk/sugarsmart

Sports and Leisure Centres

Opportunities to get fit and keep active are available right across the borough in nine leisure centres and beyond. The council works in partnership with two leisure management companies to run these centres.

www.lewisham.gov.uk/inmyarea/sport/facilities

Fusion Leisure Centres

In 2015/16 there were 1.26 million visits across the Fusion sites, an increase of 8% on the previous year.

Various healthy lifestyle events and initiatives that have recently been run at Fusion centres include:

- 8 weeks free girls football sessions at Bellingham Leisure & Lifestyle Centre, delivered by Dalmain Athletic Girls Football Club; plus two tournaments for local schools.
- Glass Mill is delivery and collection hub for Lee Greens community veg scheme
- Breastfeeding Welcome
- Fusion have worked with Contact a Family, (a charity for families of disabled children) to promote what the venues offer for disabled residents
- Ladywell Arena hosted the annual disability sports day at the centre. The event attracted users from across South east London, with over 150 participants
- Glass Mill have hosted weight management classes for young people in the borough in conjunction with MyTime Active
- The Bridge Leisure Centre hosted a Great British Tennis Weekend in partnership with the LTA



Downham 1Life Leisure Centre

In 2015/16 there were 484,750 visits to the centre, an increase of 7% on the previous year.

Various healthy lifestyle events and initiatives are constantly running at Downham including:

- Healthy Walks are run in partnership with Lewisham & Greenwich NHS Trust
- Family open days with free gym and swimming
- Healthy lifestyle advice sessions and stand in the centre
- Breastfeeding Welcome
- The personal training offer has been re-launched to make it more attractive for the customers and staff alike. There are now new personal trainers on board, who are additional to the fitness instructor team and are now delivering an average of 20 per week. The Leisure Centre also hosted its first biggest loser course.
- The 1life activity camp runs during the school holidays, in partnership with Fit for Sport. The camp regularly saw over 40 children per day



- Awarded external funding to run sessions for young people, which have included circuits, boxing, girl's football and group ride.
- The embedded sessions for older people at the centre continue to run successfully, for example line dancing, who are still attracting over 50 participants per week and regular 60+ classes of 60+ Aqua and Zumba Gold.

1Life
Live more. Live well.

How we're doing:

- Swim school take-up is at its highest level to date in both Fusion and 1Life leisure centres
- School swimming and galas continue to be delivered
- Free swimming available for residents over 60s
- Be Active provides concessions and free access to leisure activities across the borough. Across Lewisham there were almost 4,000 Be Active members in 2015–16.

For more information on the Be Active scheme including who is eligible please see www.lewisham.gov.uk/inmyarea/sport/be-active-discounts

Sport in the borough

A number of sports receive grant funding to increase participation including Basketball, Boxing, Football and Tennis.

Basketball

London Thunder is an affiliated basketball club based in Lewisham. The club exists for the benefit of those who wish to develop their skills in the sport of basketball. The ethos of the club is through basketball to offer participants the opportunity to be healthy, enjoy, achieve and have fun in a safe and supportive environment. There are various basketball schemes running across the borough aimed at a variety of ages, many of which are based from the purpose built facility 'The Thunderdome' in South Bermondsey.



The club also offers the chance to train as a coach and a wheelchair programme.

Additionally London Thunder runs Basketball Clubs in secondary school sites across the Borough. The clubs run for 30 weeks at each school on selected days targeting 11–18 year olds, but are also open to linked local primary school pupils and Not in Education Employment or Training (NEET) 18–24yr olds.

www.thunderbasketball.net

Tennis

We have also recently entered into a long term partnership with the Lawn Tennis Association which has resulted in a development plan to refurbish tennis courts in the borough's parks. Sport England has recently provided some funding that will help us to develop a Playing Pitch Strategy to make better use of our current facilities.

GoodGym

GoodGym Lewisham launched in January 2016 and meets weekly at the Glass Mill Leisure Centre when the group runs to complete tasks for the local community. There have been over 1,300 sign ups since the scheme began. Projects worked on include the upkeep of community gardens and parks in Lewisham with visits to Honor Oak Adventure Playground, Goldsmith's Community Centre and the Woodpecker Youth Club.

What is GoodGym?

GoodGym is a community of runners that get fit by doing good. We support isolated older people and do manual labour for community organisations as part of our workouts. As a result, we reduce social isolation, bring communities together and motivate people to get fit.

www.goodgym.org/areas/lewisham



Wheels for Wellbeing – Disability Cycling

Wheels for Wellbeing (WfW) is an award-winning charity supporting disabled people of all ages and abilities to enjoy the benefits of cycling. Cycling can be easier than walking, a way to keep independent, fit and healthy, a mobility aid, and a useful form of everyday transport.

The programme includes:

- weekly inclusive cycling 'drop-in' sessions
- led rides around Ladywell Fields during the summer months
- children/young people sessions in school holidays
- creating cycling 'mini-hubs' at local venues so that they can support access to cycling as flexibly as possible, for their own users

The programme also came in response to parents and carers of disabled children expressing a desire for increased physical and social activities for their children, including activities where their children can learn specific skills.

Over 100 participants a year take part in Lewisham.

www.wheelsforwellbeing.org.uk



Trinity Laban

Trinity Laban Conservatoire of Music and Dance is the UK's only conservatoire of music and contemporary dance. Leaders in music and contemporary dance education, they also provide exciting opportunities for the public to encounter dance and music, and access arts health programmes.

The '**Retired not Tired**' programme of work has been running since 2011. The programme is specifically targeted at older people aged 60 and above from Lewisham and includes a mixture of music, dance and combined music and dance groups, providing regular opportunities for participants to take part in creative activity, interact socially and develop new skills. Sessions are led by experienced practitioners from the Trinity Laban's Learning and Participation department, supported by its team of project managers.

Each group has a creative focus: practitioners work with participants' ideas, skills and creative talents to produce their own creative outputs. Groups have been specifically programmed in different geographical locations around the borough and reach a range of different sub-groups of older people, in terms of age, ethnic and socio-economic backgrounds. The four groups comprise:

- All Singing All Dancing – a joint music and dance group originally based in Catford and now meeting in Bellingham;



- Dance for Health – a group combining movement with Pilates based at the Laban Centre, Deptford;
- Arts Befriending Group – social arts group based in Sydenham partnered with Ageing Well, Lewisham;
- Bellingham 'Young at Heart' Club – a social and creative group based in Bellingham Green.

Research suggests the programme has a powerful social impact on participants. Survey responses from 'Dance for Health' and 'All Singing All Dancing' also suggested high levels of perceived health benefits. This was recorded in general terms (>90% state a "significant" or "huge" impact on their health) and across specific domains, with participants noting improvement in postural awareness, balance confidence and flexibility.

PULSE is a week intensive dance programme for 7-13 year olds, aimed at young people in Lewisham who do not access dance/physical activity and/or are above a healthy weight. Pulse took place for the first time in August 2013. During the programme participants were able to learn different dance styles, learn about healthy ways to fuel the body, watch professional dance performances, and create dances to show to family and friends.

PULSE not only embraces the National Obesity Observatory advice of introducing children to improved nutrition and increased levels of physical activity, the programme also tackles the issues of deprivation and diversity by providing the free classes via the inclusive, team-building, medium of dance.

For more information about Trinity Laban's Dance and Health Programme, please contact Louisa Borg-Costanzi Potts, Learning and Participation (Dance) Programme Manager.

T: 020 8305 3964

E: l.potts@trinitylaban.ac.uk



Parks

Lewisham has a wealth of green spaces however currently only 13.2% of Lewisham adults make use of outdoor space for exercise or health reasons.

Nature's Gym is a great way to improve fitness and help the environment by taking part in conservation activities in Lewisham parks and nature reserves. It is free of charge and all equipment is provided. It is a joint initiative run by Lewisham Council and Glendale, the council's parks' maintenance organisation, to increase physical activity and encourage people to come and volunteer in an outdoor environment. It helps people to get closer to nature and benefits mental well being as well as physical health.

The sessions take place every Thursday and once a month on a Saturday from 11am –2pm. Nature's Gym cater for a range of abilities and there are usually a variety of tasks to carry out. Tools and refreshments are provided and there is a mid-session tea break. Nature's Gym provides a great opportunity to meet people, find out about the local area, learn new practical skills and make a positive contribution to the local environment.

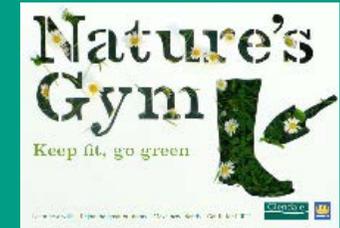
A recent survey has shown many volunteers come to get fit in an outdoor environment . Earlier this year, volunteers were asked why they come to Nature's Gym with responses such as 'wanting to get some exercise' and "keeping fit by working in the outdoors".

Work completed by volunteers this year

- planted hundreds of metres of hedgerow habitat for nesting birds and invertebrates, planted trees, bulbs and flowers.
- removed hundreds of invasive plants from Lewisham rivers.
- cleaned up litter, created pathways and natural fences for improved accessibility and protection of woodland flora; including huge swathes of bluebells in Beckenham Place Park creating a beautiful public display.
- created new meadow habitats (the rarest habitat in Lewisham important for declining bees and butterflies).
- maintained several ponds to encourage amphibians, built several stag beetle log piles, planted community orchards and worked with park friends groups to help them maintain their local parks and nature reserves.
- In 2015 Nature's Gym provided 2685 volunteer hours to help Glendale maintain the parks.

For more information on Nature's Gym please see their blog:
www.natureconservationlewisham.co.uk

If you'd like to join a session of Nature's Gym please contact: naturesgym@lewisham.gov.uk.



Outdoor Gym

What are Outdoor Gyms?

Outdoor gyms include much of the same equipment found in an indoor gym, but the difference is that they are specifically designed for outdoor use.

Outdoor gyms are suitable for people of all ages and fitness levels, and you don't need any experience to use them. Low impact and intuitive to use – and instructions are included. Best of all, there are no expensive membership fees to pay so it is perfect for those who cannot afford to use a gym.

These gyms have now become a regular sight in open spaces across the UK, often near children's playgrounds, which encourages parents to use them while their kids play.

These spaces have been designed to provide low-impact training in an intuitive and easy way. The various machines target the lower body, upper body and core, not to mention cardiovascular and weight-based strength exercises.

The spaces appear to appeal to individuals who normally struggle to find the time or money to attend a regular gym, and 26% of users are new to exercise.

Outdoor Gyms are also located in Home Park, Bell Green and Northbrook Park in Lee.



Home Park outdoor gym

For more information on Outdoor Gym's and other exercise and fitness activities in Lewisham Parks:
www.lewisham.gov.uk/inmyarea/openspaces/activities/

Or contact Glendale
Tel: 020 8318 3986
www.glendale-services.co.uk

Mayow Park, Sydenham

A public consultation was undertaken in October 2014 asking park users what preference they had with regards either outdoor gym equipment or trim trail equipment, together with any comments or suggestions they had. The results were that both types of equipment were welcomed.

The works were completed February 2015.

On 25 March 2015 local councillors, Lewisham Greenscene officers and Glendale officers attended the official opening of the gym facilities in the park, which had been provided and installed by HAG-SMP.

Cllrs Best and Onikosi spoke about the value of this equipment as a way of developing personal health and how it would enhance the park experience. They thanked the officers who had been involved in bidding for funds and choosing the equipment and they cut the ribbon. Martin a Personal Trainer from HAG-SMP was on hand and able to show people how to get the best from the equipment.



70%
of respondents said they had used the outdoor gym, within this group, almost half said they used it at least once a week.

Planning

Through its Planning Core Strategy Lewisham is committed to improving health and well-being and to reduce health inequalities across Lewisham by providing decent quality housing, access to employment and training, and encourage healthy lifestyles and opportunities for increasing physical activity (such as walking, cycling and running). By being dedicated to **Building a sustainable community** Planning play a vital role in providing opportunities for people to live healthy lifestyles and improve well-being. This is as important to older people as it is to the young. Health is far more than the absence of illness, rather it is a state of physical, mental and social well-being. A person's health is therefore linked not only to age and gender but also to wider factors such as education, employment, housing, social networks, air and water quality, access to affordable nutritious food, and access to social and public services in addition to health care. It is about lifestyle: physical exercise, improved diet, cleaner air, and mental well-being through stress reduction, engagement and socialisation (including employment).



According to the National Obesity Observatory, Lewisham has the 13th highest density of hot food takeaways per head of population in England. Concerned about high levels of obesity and comparatively high levels of deprivation, Public Health and Planning colleagues began to investigate a locally specific policy that could reduce the number and location of takeaways as part of its existing healthy weight strategy. The teams worked closely over two years to prepare an evidence base document setting out the local issues and rationale for a planning policy that could restrict takeaways. This joint approach proved pivotal to later success.

“ Thanks to this, fast food shops by the school gate in Lewisham have had their chips ”

Councillor Alan Smith



The Council adopted a restrictive planning policy in relation to hot food takeaway uses as part of its Development Management Local Plan in November 2014. The policy seeks to prevent the establishment of new hot food takeaways within 400 metres of any primary or secondary school. In areas further away from schools, the policy seeks to limit the number of takeaways by applying a maximum percentage in town centres and parades. As the Local Plan progressed through the decision-making process, the policy gained leverage in planning decisions. In the latter stages of preparation and following adoption **the policy was used successfully to refuse five applications in 2015/16 alone**. The policy has been used in discussion with applicants resulting in a number of withdrawn applications.

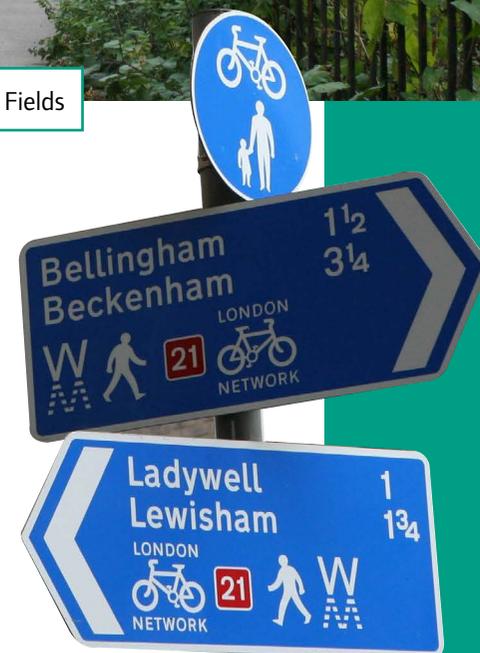
“This is a success story in making connections, joining up our health aspirations and our powers as a planning authority. Thanks to this, fast food shops by the school gate in Lewisham have had their chips.”

Councillor Alan Smith, Lewisham Council's Cabinet Member for Growth and Regeneration

New residential developments within the borough take physical activity into consideration within the planning process. The Catford Green development by Catford stations has opened up a new cycling and walking link to Ladywell Fields.



New cycling and walking link to Ladywell Fields



The Food Environment

Lewisham Food Partnership

Lewisham has established a partnership of community members, public and voluntary services to help secure a healthier and sustainable food future for the borough. The aim of the food partnership is to transform the food environment as part of the whole system approach to obesity, reducing health inequalities and improving the health outcomes of our residents.

Bringing together a wide variety of partners allows a more joined-up approach, improving collaboration and increasing awareness of what is going across the borough.

The partnership developed action plans to help address a wide range of issues, including access to healthy foods, building community knowledge and skills, food waste, procurement and food poverty. Examples of some of the initiatives to transform the food environment are included in this report.

The borough has now signed up to the Sustainable Food Cities Network in order to share ideas and learn from others working towards similar goals.

For more information on Lewisham Food Partnership contact:

Gwenda Scott, Public Health Lewisham
Gwenda.scott@lewisham.gov.uk



Lewisham was recognised as a leader borough in the 2015 Good Food for London awards for being consistently in the top five boroughs for their involvement in improving London's food. The report measured progress over 10 actions to support healthy and sustainable food.

Healthier catering commitments

The scheme developed for London supports food businesses to make straightforward changes to menus and food preparation which helps make food healthier. The small changes not only improve diet but also help the business itself save money. The simple steps help to reduce the salt, fat and sugar content of meals offered. This year the Sugar Smart campaign will be embedded in the scheme and food businesses will be asked to make an additional pledge on sugar.

The focus of the Healthier Catering Commitments will be on fast food outlets and businesses near schools. This will include supporting 14 local businesses to renew their commitment to the scheme. These small changes to improve the food offer will have an impact on thousands of meals served each year.



LEWISHAM
training kitchen

“The Training Kitchen run by Chartwells as part of the school meal contract is an amazing facility and community project that is all about helping people of all ages to cook and eat well. The team includes a training and development chef and nutritionist. The Training Kitchen based at the Green Man is available to the whole Lewisham community, with a focus on primary and/or secondary school children on Tuesdays and Thursdays and the local community on Fridays.

“The Training Kitchen doesn’t just teach people to cook; it teaches them to take fresh seasonal ingredients and turn them into simple, nutritious balanced dishes. This is particularly important for children; enabling them to develop healthy habits from a young age and utilise these skills as they leave home and go on to full-time work or further study”. *Chartwells nutritionist*

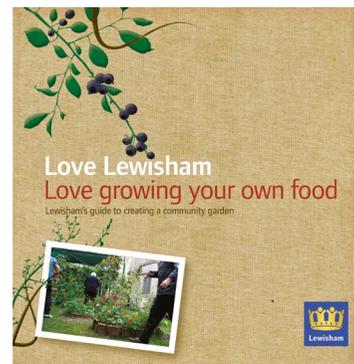
Community food growing

Lewisham now has more than 60 community gardens including orchards, kitchen gardens, and flower gardens. Some of the gardens are within parks or work with friends of parks groups. The majority are self-running and have their own support networks including a vibrant website which provides information on activities, events such as open days and training opportunities. www.lewishamgardens.webs.com

Two Lewisham gardens took part in Capital Growth's Urban Harvest Feast in September. Activities at Wildcat Wilderness in Catford included baking bread on a campfire, showing visitors how to make chutneys and jams and teaching people about bees and beekeeping. During the evening they hosted a community BBQ and lantern evening.

Sydenham Gardens held an open volunteer session, tours and community day at their new site, the De Frene Market Garden.

The council has also produced a guide to community gardens which provides general advice about starting, developing and running a community garden, as well as outlining some of the key issues involved.



Be Inspired Lewisham

Greenwich Co-Operative Development Agency recently began delivering a range of community nutrition and physical activity initiatives in Lewisham. The service aims to improve people's knowledge and skills on food choices through training, workshops and working with community organisations to stimulate volunteering around good food and physical activity.

The service also delivers community cookery clubs, including three for Lewisham Homes. Two of the cookery club tutors are Lewisham residents. The cookery clubs consist of 5 weeks cooking sessions combined with healthy eating messages followed by a visit to a local community garden in the sixth week.

Attending the cookery clubs not only brings about positive changes in food choices around sugar, fat and salt but also improvements in wellbeing.

"After five weeks of attending a participant fed back how much of a difference the cookery club had made to her well being. She was much more confident within herself, the cookery club enabled her to improve her social and communication skills, she no longer feels nervous and feels a lot happier within herself".

A participant attended the Lewisham Library Cookery club in September 2014. She enjoyed the sessions so much she expressed an interest in taking healthy eating further –



doing the Open College Network (OCN) Healthy Eating and How to Run a Cookery Club course available as part of Lewisham's Health Improvement training offer. She went on to successfully complete the OCN 12-week training course. She then volunteered on two series of cookery clubs and also at community events. She will now be mentored at the Green Man cookery club over 5 weeks. Upon successful completion she will Tutor one of the November cookery clubs.

gcda.coop/2016/04/28/run-cookery-club-training-course/

**Lewisham cookery
club participant**



Accredited training



Volunteer



Cookery Club Tutor

Transport

Quietway Route

Lewisham is part of London's first Quietway which opened for cyclists and pedestrians in June 2016. The new Quietway (Q1) is a continuous sign-posted route that links Greenwich and Waterloo by traffic-free paths and quieter backstreets.

The 9km route passes through four London boroughs – Greenwich, Lewisham, Southwark and Lambeth. It is clearly marked with distinctive purple branded wayfinding signs and includes over 2km of traffic-free paths for cyclists and improved pedestrian facilities throughout. Pedestrians will benefit from new or improved crossing facilities and wider footways alongside the improvements for cyclists, which will make the route safer and more attractive for walking as well as cycling.

The Lewisham section of the route runs from the new cycling and walking shared use path which runs round the back of Millwall FC's New Den stadium, along Surrey Canal Road, through a number of quiet streets in Deptford before crossing Deptford Creek at Half Penny Hatch Bridge into the Royal Borough of Greenwich.

The route was delivered in partnership with four south-east London boroughs, Transport for London and Sustrans, the cycling and walking charity.



Edwards Street Cycle Track

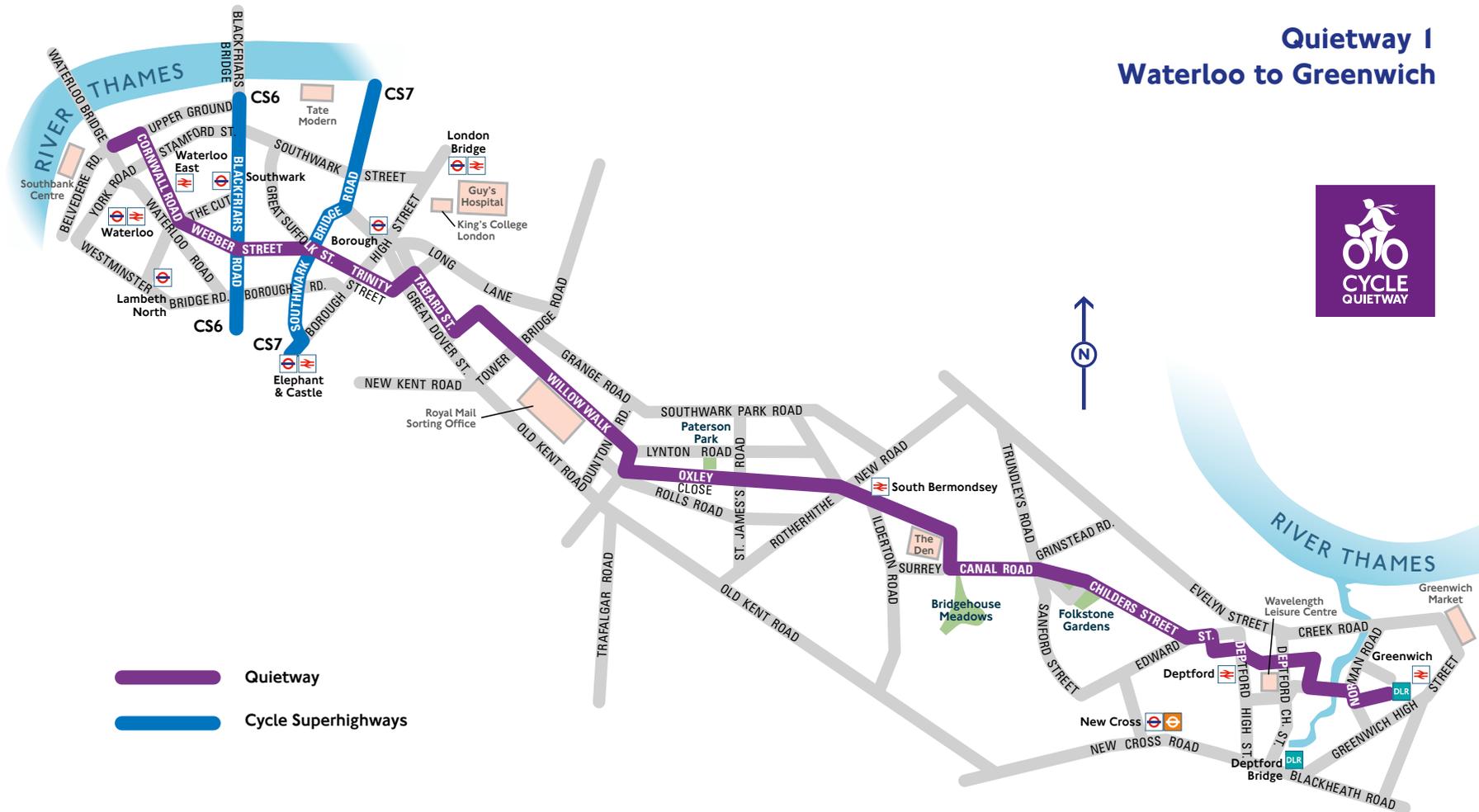


It is the first Quietway route to be opened with six more additional routes due to be completed by spring next year. The route is being advertised to new and novice cyclists as an ideal way of getting in to central London on the safest and quietest route possible.

“Q1 is amazing, it has changed my commuting routine consistently, thank you so much!”

Sara

Quietway 1 Waterloo to Greenwich



Correct as of July 2016

MAYOR OF LONDON



Dr Bike

Dr Bike sessions are offered throughout the year to help people get their bikes back on the road. Often the biggest cause for not cycling is that the bike is off the road. The habit of not cycling takes hold and a cyclist can be lost to public transport. By offering free servicing and checks on bikes it helps keep people on their saddle. The checks are usually held in cafes around the borough, advertised through the café and on the Lewisham website.

At other events such as Exchanging Places, where cyclists can experience sitting in the seat of a lorry, Dr Bikes are the lure for them to stop and take some time with the Police and road safety staff to talk about the blind spots on lorries.

www.lewisham.gov.uk/myservices/transport/cycling



**Get a free
bike
safety
check
here**



Adult Cycle Loan Scheme

As one of the largest employers in the borough, the Council has an important role in setting an example to other organisations of the need to travel in sustainable ways. It is also responsible for promoting general road safety to its own staff, people working within the borough and residents.

Lewisham is committed to improving cycling facilities, both infrastructure and education and training, as well as the safety perception of cyclists travelling through or within the borough.

The Road safety Team have offered courses designed to attract cyclists of all ages, and genders to take up cycling as a real alternative to driving or public transport use.

A key challenge has been trying to fill a missing link between taking a lesson or two and actually investing in a bike.

Lewisham made a decision to offer anyone who works, studies or lives in the borough an opportunity to borrow a bike for £10 for one month in conjunction with London Cycling Campaign (LCC).

For one month an adult can borrow a new or very nearly new bike to try out. At this point the bike is fitted to the rider, a cycle helmet, high visibility waistcoat, bike lights and maps are given. A cycle instructor is available to offer tips for riding if needed and the opportunity to book a lesson or have a route planning ride is offered.



When the bike is dropped off the following month, the bikes are serviced and checked for the next pick up session. No bikes go straight back out to new cyclists without a service and check.

Every participant receives a 1 year membership of the LCC, cycling goodies such as lights, a pump etc, and the knowledge that in the month loan period they will know that cycling fits in to their lifestyle.

www.lewisham.gov.uk/myservices/transport/cycling/Pages/Cycle-loan-scheme

Since the scheme started over 1,200 people have taken up the cycle loan and results have been highly positive:

- 46% of cyclists are using their loan bikes more than 3-5 times a week with 11% using the bike daily.
- 60% of those using a loan bike are cycling more than they initially expected!
- 66% said they feel safe when riding in Lewisham.
- 89% are now looking to buy a bike, of which 45% buy a bike through the scheme, ie. the bike they have borrowed for a month!
- 30% of cyclists are using the bike for commuting, with a further 48% for fitness and leisure.



Positives of the scheme:

- people can try out a bike without having to spend too much In times of austerity this has been well received and highly appreciated by residents and employees alike
- the scheme supports the Road Safety Plan in getting more people cycling more safely
- participants can take one to one lessons, or take part in a 5 session adult bikeability course
- there is a ripple effect, those involved in the scheme are influencing their friends and relatives

Resources and information

Change for Life – Sugar Smart Website

www.nhs.uk/sugar-smart/home

Lewisham Health Improvement Training

www.lewisham.gov.uk/myserVICES/socialcare/health/improving-public-health/Pages/Health-improvement-training.aspx

Eat Better Start Better

www.childrensfoodtrust.org.uk/childrens-food-trust/early-years

Breastfeeding Friendly Scheme

www.breastfeedingnetwork.org.uk/bfn-breastfeeding-friendly-scheme

The Baby Friendly Initiative

www.unicef.org.uk/babyfriendly

The Daily Mile

www.thedailymile.co.uk

Physical activity for early years – every movement counts

www.bhfactive.org.uk/userfiles/Children_under_5_infographic_FINAL.pdf

Healthy School Programme

www.healthyschools.london.gov.uk

Sport Facilities in Lewisham

www.lewisham.gov.uk/inmyarea/sport/facilities

Making Every Contact Count

www.makeeverycontactcount.co.uk

Lewisham Health and Wellbeing information

www.lewisham.gov.uk/health

