
**Manchester Health and Wellbeing Board
Report for Resolution**

Report to: Manchester Health and Wellbeing Board – 9 March 2016

Subject: Green and Healthy Manchester: a prospectus for joint action on health and climate change

Report of: Jonny Sadler, Programme Director, Manchester Climate Change Agency

Summary

‘Tackling climate change could be the greatest global health opportunity of the 21st century’. This was the central finding of the Lancet’s 2015 health and climate change commission and adds to the growing body of evidence setting out the links between the two issues.

This paper and the attached draft ‘Green and Healthy Manchester: a prospectus for joint action on health and climate change’ sets out a Manchester-specific understanding of the relationship between these issues. It identifies five priorities where joined-up action could deliver more cost-effective and sustainable improvements to health and climate change, and the commitment of the current Green and Healthy Manchester Partnership to work with other partners to take forward the delivery of these priorities. The views of the Health and Wellbeing Board are invited on the use of the Prospectus as the starting point for joint action on health and climate change and their role in its implementation.

Recommendations

The Board is asked to:

1. Comment on the proposal to use the draft Prospectus as the starting point for joint work on health and climate change and to provide any comments on its content.
2. Comment on the proposal to use the Partnership as the mechanism for delivering the Prospectus.
3. Consider joining the Green and Healthy Manchester Partnership as a collective and/or as the individual organisations that make up the Board.
4. To note the zero carbon Manchester 2050 work, the establishment of a health-focussed element of the evidence base, and the potential to include a public health objective in the forthcoming climate change plan.
5. Recommend a member of the Health and Wellbeing Board to join the Manchester: a Certain Future Steering Group on a permanent or time-limited basis to support the zero carbon work.

Board Priority(s) Addressed:

Health and Wellbeing Strategy priority	Summary of contribution to the strategy
Getting the youngest people in our communities off to the best start	
Educating, informing and involving the community in improving their own health and wellbeing	The Prospectus sets out four areas for community-focussed action that will build capacity, knowledge and skills in Manchester communities.
Moving more health provision into the community	
Providing the best treatment we can to people in the right place at the right time	
Turning round the lives of troubled families	
Improving people's mental health and wellbeing	The Prospectus' five priorities have been established based on published evidence which sets out the mental health and wellbeing benefits of action in these areas.
Bringing people into employment and leading productive lives	The Prospectus includes 'Skills and Jobs' as one of the five priorities.
Enabling older people to keep well and live independently in their community	Each of the five priorities are relevant to older people, including those where older people (and other vulnerable groups) are identified as being priority groups for action.

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Background documents (available for public inspection):

The following documents disclose important facts on which the report is based and have been relied upon in preparing the report. Copies of the background documents are available up to 4 years after the date of the meeting. If you would like a copy please contact one of the contact officers above.

- Green and Healthy Manchester: a prospectus for joint action on health and climate change
- Green and Healthy Manchester: evidence base (to be published March 2016¹)
- Refreshed Manchester Health and Wellbeing Strategy
- Manchester: A Certain Future² (Manchester's climate change strategy 2010-20)

¹ At www.manchesterclimate.com

² <http://macf.ontheplatform.org.uk/content/whats-our-plan>

Introduction

1. There is a growing body of evidence setting out the relationship between climate change and public health and wellbeing. In 2015, the Lancet published the findings of its health and climate change commission, 'Health and climate change: policy responses to protect public health'³, stating as its central finding that 'tackling climate change could be the greatest global health opportunity of the 21st century.'
2. Based on the Lancet report, and the increasing number of other reports that are available on this subject, the relationship between health and climate change is becoming increasingly clear.
3. Some of the changes to the climate that are already being experienced, with forecasts for further and ongoing changes, present a clear and growing risk to public health and wellbeing. These include increased flooding and the consequential impact on physical and mental health that can come as a result, heat stress, disruption to services, spread of diseases outside of their original range, and other risks.
4. A changing climate can also present opportunities for improved health. For example, increased winter temperatures which will reduce the vulnerability of elderly citizens to cold-related deaths and illnesses. And through the delivery of actions on climate change that simultaneously help to achieve improved health outcomes.⁴

Background

5. At the July 2015 meeting the Health and Wellbeing Board discussed the recently published Manchester Green and Blue Infrastructure Strategy 2015-25 and welcomed the focus on the potential for green spaces and waterways to make significant positive contributions to public health outcomes. This included the finding that Manchester's parks help to save the NHS £6-10m per year through enabling active lifestyles.
6. Building on this work, the Board invited information on other areas of environment and climate change policy where further public health and wellbeing benefits could be achieved.
7. The work set out below has been developed by the Manchester Climate Change Agency, working with ten of the city's third sector organisations who have extensive experience of working with local communities to build capacity, skills and deliver practical projects that improve the local environment and health.
8. Underpinned by a robust evidence base (to be published March 2016), the draft 'Green and Healthy Manchester: a prospectus for joint action on health and climate change' has been designed to provide a practical, outcome-focussed approach to

³ Health and climate change: policy responses to protect public health, Lancet Commissions
<http://www.thelancet.com/commissions/climate-change-2015>

⁴ Living With Environmental Change Report Card 2015
<http://www.nerc.ac.uk/research/partnerships/lwec/products/report-cards/health/>

understanding and most importantly realising the potential for joined-up work to deliver health and climate change benefits in the city.

9. In preparation for the publication of the draft Prospectus, and in order to help establish joined-up public policy that could help to drive its implementation, the Manchester Climate Change Agency and MACF Steering Group submitted a response to the Manchester Health and Wellbeing Strategy consultation⁵. The response is supportive of the refreshed strategy and includes a small number of recommendations for improving the links between and climate change.

Green and Healthy Manchester: a prospectus for joint action on health and climate change

10. The draft Prospectus provides a short, evidence-based introduction to the rationale for joined-up action on health and climate change, and sets out five priority areas for action:
 - Greening the city
 - Healthy homes
 - Community food growing and cooking
 - Walking and cycling
 - Skills and jobs
11. The draft Prospectus is attached for comments, as an appendix to this report.

Next Steps for Joint Action on Health and Climate Change

12. As set out in the draft Prospectus, the current Green and Healthy Manchester Partnership has committed to and is already in the process of developing and delivering practical projects that will deliver positive health and climate change outcomes.
13. The current Partnership is keen to work with other partners, particularly those in the health and social care sector on additional joint activities.
14. In January 2016 the Council adopted the Manchester Strategy 2016-25 as the overarching policy framework to guide and drive the city's growth and development over the coming decade. Among the commitments is that by 2025 Manchester will 'play its full part in limiting the impacts of climate change' and 'be on a path to being a zero carbon city by 2050'.
15. Work is currently underway to further define these commitments and to set out a strategy for achieving them. It is intended that the strategy includes a robust understanding of the need and opportunity for action on climate change to include health and wellbeing benefits as a key driver for action, building on the evidence base described above, plus other evidence that can be identified in due course.
16. This work is currently at an early stage but is expected will require the guidance and input of an expert(s) from Manchester's health and social care sector. On that basis

⁵ <http://macf.onthepatform.org.uk/content/macf-health-wellbeing-steering-group-response>

the MACF Steering Group would like to invite a member of the Health and Wellbeing Board to join them. The Steering Group are happy to consider this as a permanent membership or on a time-limited basis to support the development of the zero carbon plan.

Recommendations

17. Recommendations are at the front of this report.

DRAFT

**GREEN AND
HEALTHY
MANCHESTER:**

A PROSPECTUS FOR JOINT ACTION ON HEALTH AND CLIMATE CHANGE

THE GREEN AND HEALTHY MANCHESTER PARTNERSHIP

The Green and Healthy Manchester Partnership is made up of 10 organisations who share a vision to make Manchester a healthy, happy, green city for everyone who lives, visits and works here. Between the partners they have many years of experience working with Manchester's communities to deliver inspiring, life-changing award-winning projects. This prospectus sets out their public commitment to continue with this work, with a particular focus on contributing towards the delivery of Manchester's Health and Wellbeing Strategy and climate change strategy, Manchester: A Certain Future (MACF).



Manchester Climate Change Agency

Established by the MACF Steering Group and Manchester City Council in 2015, the Agency works with partners to engage individuals and organisations in Manchester to take action on climate change. The Agency coordinates the Green and Healthy Manchester Partnership.

Groundwork Manchester

Groundwork is a federation of not-for-profit trusts that are changing places and changing lives, one green step at a time. They provide training and create jobs, reduce energy and waste, re-connect people with nature and transform whole neighbourhoods.

Red Rose Forest

Red Rose Forest is the Community Forest group for central and western Greater Manchester. They work with local communities, businesses and partners, to develop well-wooded, multipurpose landscapes and improve the quality of life in the area. They are working to transform the city into a greener, healthier and more satisfying place to live, work and invest.

Cooler Projects

A Manchester based Community Interest Company that delivers projects and advocacy to create a low carbon future. Its founders and associates have wide and substantial experience in community engagement, coaching, project delivery and advocacy. They are aiming to make Manchester the first Carbon Literate City in the UK.

Hulme Community Garden Centre

The Garden Centre was created in 1993 by 3 local residents. This city centre Community Garden Centre provides an oasis of welcoming green space which makes it easy for people to participate in gardening, allotment growing, community food growing and horticultural therapy. From children's activities, to supported training sessions; the garden centre introduces people to a way of life that can help them to improve their wellbeing in the longer term.

EMERGE

EMERGE provides the full range of waste, recycling and confidential shredding services to businesses and schools, and promotes sustainable resource management by offering advice, information and educational services within the wider community. They have a strong environmental and person-centred ethos. The real '3Rs' (Reduce, Reuse and Recycle) of sustainable resource and waste management are at the heart of everything they do.

Manchester Environmental Education Network

MEEN supports Sustainability Education in formal and informal settings across Greater Manchester. Our networks of school staff, NGOs and businesses share good practice, policy and contacts. We work with schools on climate change, such as delivering the Carbon Classroom and an Inter-generational project, host the GM Growing Schools Hub, and deliver a range of other innovative projects around environmental history, and creating forest gardens and peace groves.

Manchester Environmental Resource Centre Initiative

MERCI is an independent charity, established in 1996, working to turn ideas into actions for a sustainable future, creating a future that is greener, safer, healthier and equitable. They began by buying a semi-derelict silk mill in Ancoats and restoring it into Bridge 5 Mill. The Mill now hosts other organisations working for sustainability and social justice and is one of Manchester's most sustainable conference venues.

Carbon Co-op

Carbon Co-op were established in 2008 and incorporated in 2011. They are a group of Greater Manchester residents who have begun to carry out changes in their own houses and communities. They have teamed up with housing specialists to look at what else they can do to their local areas. They offer advice, assessments and training to householders interested in retrofitting their homes with energy saving improvements. They also run a series of Green Open Homes events and tours throughout Greater Manchester.

Sow the City

Sow the City is an award-winning social enterprise based in Manchester. Established in 2009 with a few packets of seeds and some compost, they are now one of the leading specialist food-growing companies in the city. They want to build a healthier city where everyone can grow their own food, the kind of city you want to live in.



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OUR VISION...

We believe that Manchester is already a great city for the people that live and work here. But we also believe that things can and should be better, particularly for our most vulnerable communities. Our vision of a green and healthy Manchester is based on the city's health and wellbeing and climate change strategies:

↳ A city where the people of Manchester live longer, healthier and more fulfilled lives, where our communities and businesses are prepared for the hotter drier summers, warmer wetter winters, storms and heatwaves that we expect due to climate change, and where large-scale emissions of carbon dioxide (CO₂) have become a thing of the past. ↳



OUR AIM

We believe that our vision is shared by many individuals and organisations around the city, passionate about making positive changes to their own lives and of others. In producing this prospectus our aim is simple:

To work together as a partnership, with other organisations and with the city's many and diverse communities on inspiring activities that deliver life-changing improvements to people's lives and which will help Manchester to become a healthy, happy, zero carbon, climate resilient city.



OUR PRIORITIES

Our vision, aim and our commitment to achieving them come from each partners' many years of experience of working with the city's communities to deliver a wide range of incredible projects.

Some of these projects started with us trying to tackle climate change and went on to also achieve health and social outcomes. Some projects worked the other way round. And many were designed to achieve both things from the start. What is clear to us is that almost always it is possible to deliver well-designed projects that achieve both climate change and health benefits, and that this approach provides a more cost-effective and impactful way of doing things than some of the more traditional approaches that tackle health and climate change as separate issues.

Starting with research to identify the areas of activity that can best deliver both sets of outcomes, our priorities for action have been selected based on the ability to make direct contributions to delivering the Manchester Health and Wellbeing Strategy and Manchester: A Certain Future.

They are:

- Greening the city;
- Healthy homes;
- Community food growing and cooking;
- Walking and cycling;
- Skills and jobs.

Funding and Delivery

For each priority there will be a range of different activities, partners and funding options that will best enable us to take action in that area. Our intention is to work together as a partnership to deliver both discrete, time-limited projects as well as commissioned activities where funding is available.

GREENING THE CITY

Why is greening the city important?

A study from the *British Medical Journal* found that residents were three times more active and 40% less obese in areas with higher levels of greenery and even altering urban spaces to promote 'greening' results in increases in physical activity. Evidence also suggests that mental well-being is greater in natural environments. Living in an area with high levels of green space leads to a decrease in mental distress compared with living in areas with little green space, once factors such as age, gender and income have been statistically accounted for. Green spaces can aid flood water absorption meaning a lower risk flooding and the mental distress and economic cost that comes as a result. Open green spaces retain heat which reduces the chance of heatwaves in cities. Green areas can also create a sense of pride in local communities, lead to people looking after their neighbourhoods better and reduced anti-social behaviour.

How is Manchester doing?

58% of Manchester is a green space or waterway. We don't currently have a way of measuring their overall health value but it's reasonable to say that some areas are well used for recreation, exercise and relaxation, giving positive health

outcomes, whereas some need work and long-term commitments to encourage more people to use them. The city centre has a relatively low level of green and blue infrastructure provision, which is expected in a densely developed area. Improving our current green and blue spaces is very important to create an attractive area for residents, workers and visitors.

Manchester has 138 parks. 31 of which have been awarded green flag status. Manchester's parks save the NHS an estimated £6-10m each year through helping people to exercise, with the potential for many more residents to use them as part of healthy lifestyles. From larger areas like the river valleys and major parks, through to smaller community green spaces and even private gardens, we can all access some green or blue space in the city and perhaps even get involved in improving and looking after it.

Improving the quality of existing green infrastructure in Manchester could therefore have a positive impact on the wellbeing of local people

What is the Partnership currently doing and planning to do next?

Groundwork, Red Rose Forest, Hulme Community Garden Centre and Sow the

City are our experts in this area. Their main current and planned projects are:

- **City of Trees** – Red Rose Forest and the Ogleseby Charitable Trust are working with communities and organisations across Greater Manchester to transform the landscape by planting 3 million new trees, and restoring 2,000 hectares of existing woodland into well-managed places that everyone can all enjoy;
- **Green Streets** – this long-standing Red Rose Forest project will continue to transform the city's streets and public spaces by planting trees, green walls and green roofs;
- **Hulme Community Garden Centre** have ongoing volunteer opportunities. They are also running a free course for people who are out of employment and looking for a horticulture related job;
- **Connecting Collyhurst** – supported by Groundwork, this project with the local community is designed to create a green route through the diverse neighbourhoods of Collyhurst. The route is designed to encourage exercise and healthy lifestyles (including food growing), build community capacity and capture the Collyhurst story.



What can you do?

Residents and communities

- Plant wild flowers in any green space you have around your house. There are many places that give free flower packs e.g. Grow Wild;
- Search around for companies that give free packs of garden information e.g. RSPB and get involved in their Bird Watches and other events;
- Support your local park by volunteering to help with the upkeep – contact your local Friends of Park Group or set up a new one!;
- Don't drop litter in parks and streams;
- Plant a tree in your garden – but make sure it is an appropriate one and planted in the right location!;
- Adopt your local street tree by keeping the area around the base of the tree free from rubbish and weeds.

Businesses

- Create a green space on your roof. This could be maintained by the staff, and they will enjoy using it as a place for lunch or a break from their desk;
- Plant a Bee World in your business to provide a food source for bees and other pollinators www.foe.co.uk/bees
- If you have got space, plant a tree in your grounds, this will give you much needed shade on a hot summer's day!

Schools

- Create a wild flower meadow in your school grounds, let the children look after it;
- Arrange for a local wildlife expert to visit the school to educate the children about what they can find in the greenspaces;
- Plant a Bee World in your school grounds to provide a food source for bees and other pollinators www.foe.co.uk/bees
- Why not plant an orchard, they are good for bees and you can eat the fruit or press them to make fresh juice.



Case Study: Sow the City

A random knock on the door inspired Christian from Old Moat to have a go at turning his neglected back garden back to its original purpose; an allotment. The process revealed Christian had key strengths in gardening. He was signposted to 'Old Moat Greenies' where he applied his joinery skills to making around 50 raised beds for new members in their gardens. He was then employed by Sow the City to assist with the door-knocking that got him involved in the first place; and in turn his enthusiasm became a catalyst for more local people to get involved. He has now moved on to full time employment and his garden is a tenant demonstration food growing site.

Christian has now improved his health and well-being, increased in confidence, found a rewarding job, pride in his neighbourhood and improved his diet. Along with health and environmental benefits to the local and wider community, the Old Moat Greenies provide a great example of what a green and healthy Manchester can look like.

HEALTHY HOMES

Why are healthy homes important?

The links between poor housing and health are increasingly well recognised. This issue is particularly problematic for older and younger people. Poor thermal efficiency of housing has been linked to the following key health areas:

- Excess winter deaths which are almost three times higher in the coldest housing;
- Excess winter deaths linked to cardiovascular and respiratory diseases;
- Children living in cold homes are twice as likely to suffer from respiratory problems;
- Damp and mould are more likely to occur in cold, poorly insulated homes;
- Fuel poverty and cold housing has been shown to have negative mental health impacts for all age groups;
- Increased risks of cold and flu and exacerbation of existing conditions like arthritis;
- Cold housing can also indirectly affect educational attainment, emotional wellbeing and resilience of children, dietary opportunities and choices, dexterity and lead to an increased risk of accidents and falls.

In 2014, the number of households in fuel poverty in England was estimated at 2.34 million, or just over 10% of all English households. This figure hasn't changed significantly in recent years, highlighting this as a longstanding and complex issue that national and local Government, housing associations and their partners are currently far from resolving.

The Fuel Poverty (England) Regulations 2014 set a fuel poverty target to ensure that as many fuel poor homes as is reasonably practicable achieve a minimum energy efficiency rating of Band C by 2030. This includes short-term milestones for as many fuel poor homes as is reasonably practicable to achieve a minimum energy efficiency rating of Band E by 2020, and Band D by 2025. Many groups think that this still isn't quick enough given the scale and impact of the problem.

How is Manchester doing?

Despite work by Manchester City Council and partners over many years, Manchester is currently in the top ten local authorities in England seeing an increase in fuel poverty. More than 37,000 (18.6%) of Manchester households are unable to afford to heat and power their homes to the level necessary for health and wellbeing. In some lower super output areas this figure is as high as 41.3%.

On average, between 2010 and 2015, there were 3,484 Excess Winter Deaths (EWDs) each year in the North West, 222 of these in Manchester. Respiratory disease caused the largest number of EWDs, a condition that is often caused or exacerbated by living in cold damp homes.

During the period 2012-14 causes of premature death from all circulatory disease, and all heart disease for those under 75 years were significantly worse in Manchester than the English average. People with pre-existing illness such as Chronic Heart Disease (CHD), Stroke and Chronic Obstructive Pulmonary Disorder (COPD) were significantly worse in Manchester than the English average, due to damp or cold houses.

For further information on Manchester's progress in insulation and solar PV installations, take a look at the interactive tool on the Government's website [www.gov.uk: http://tools.decc.gov.uk/en/content/cms/statistics/local_auth/interactive/interactive.aspx](http://tools.decc.gov.uk/en/content/cms/statistics/local_auth/interactive/interactive.aspx)

What is the Partnership currently doing and planning to do next?

Carbon Co-op and Groundwork are our experts in this area. Their main current and planned projects are:

- Groundwork are currently working with British Gas to deliver a Green Doctor Service. Green Doctor's provide independent, impartial advice to homeowners on energy use. They explain what changes they could make to reduce their bills and make their house overall more energy efficient and warmer. The project specifically focuses on people who are vulnerable due to long term, chronic health conditions made worse by living in an inadequately heated home. The project improves health and well-being by supporting vulnerable people to live in warm homes and reducing the stress caused by high fuel bills;
- Carbon Co-op's current programme includes a series of seminars for householders on procuring and planning energy efficiency retrofit works, hosting Green Open Homes weekends, and providing Carbon Literacy certified Retrofit Advocacy Training to train people in the skills to discuss and knowledgeably promote climate-friendly homes.



What can you do?

Residents

- Look into whether you can get help addressing fuel poverty through Manchester City Council. You can apply through their website - www.manchester.gov.uk and search for 'Help in Fuel Poverty';
- Assess whether changing your gas and electricity provider might save you money or offer you a greener tariff. You can search on the internet for comparison websites such as www.uswitch.com or www.simplyswitch.com
- If your boiler is more than 10 years old, consider investing in a new, more energy efficient one;
- Ensure your loft insulation is at the recommended 270mm thickness;
- For the longer term, create a retrofit plan for your home, considering insulation options, including internal or external insulation, triple glazing and importantly a ventilation strategy;

- Apply to Manchester Care and Repair for a 0% HELP (Home Energy Loan Plan) loan for up to £10,000 to fund energy efficiency works in your home
www.careandrepair-manchester.org.uk/manchester-services/hrst/the-home-energy-loan-plan
- Turn down the thermostat to the lowest comfortable temperature, being careful to ensure it's not too low; 18°C is the World Health Organisation's recommended minimum and it may need to be higher for older and vulnerable people;
- Install solar panels on your roof – though significantly reduced in 2016, the Government's 'Feed-in Tariff' incentive scheme will pay you for the energy you generate;
- Think how you use the energy in your home, on heating and lighting, washing machines, hairdryers, ovens, kettles, computers and mobile phone chargers. All use energy. Make sure you switch them off and don't just leave them on standby.

Businesses

- Promote energy efficiency advice to your staff.

Schools

- Teachers can look out for signs of fuel poverty and poorly heated homes among the students they teach. These may include students suffering chronic health problems such as persistent coughs or skin conditions;
- Educate students on how they can make their houses more energy efficient through using efficient lightbulbs, and not having windows open when the heating is on.

COMMUNITY FOOD GROWING AND COOKING

Why is community food growing and cooking important?

Growing and buying fruit and vegetables locally can help to improve health and wellbeing and has a much lower environmental impact than food available from most supermarkets. Gardening or community food growing projects can improve physical health, provide the platform for social interactions and create opportunities for people to simply enjoy being outside with nature. When combined with the opportunities for people to learn about how to cook healthy meals and to learn new skills it is not surprising that there has been something of a revolution in community food growing projects over the last few years.

So much so that health and social care organisations are increasingly looking to move funding into community food growing and cooking projects as a preventative healthcare measure, delivering much better value than treating the physical and mental symptoms of poor diet over a person's lifetime. Among the growing range of initiatives offering support is 'Growing Health', a national project run by Garden Organic and Sustain. The project supports organisations throughout the UK to deliver therapeutic and social horticulture, community farms, shared gardens, and activities in rehabilitation, residential and care homes.
www.sustainweb.org/growinghealth/

How is Manchester doing?

Across the city interest and action in community food continues to grow. 65 organisations are currently supported through the Public Health Manchester funded 'Growing Manchester' scheme to support communities, schools and students to grow their own food. Nine growing projects have been created through the Real Food Wythenshawe project which is now in its third year. Popular training sessions for communities continue at Hulme Community Garden Centre and Debdale Eco Centre.

MetMunch based at Manchester Metropolitan University runs training, community pop-ups and interesting science experiments to get people engaged in growing and eating healthy food. The University of Manchester have worked with the local community to create 'Incredible Edible' spots around the University and Levenshulme.

The FareShare Greater Manchester project to redistribute usable surplus food has increased year on year – from 23 tonnes to 135 tonnes over the last three years. And in 2016 the Real Junk Food Project will open its first Manchester café – taking perfectly good food that would otherwise go to landfill to produce delicious 'pay as you feel' meals, and help educate people about how to prevent food waste.



Sow the City used the 'HACT' calculator for the Southway Housing Trust Growing Communities programme recently. This is a £35,000 food growing programme in South Manchester with food and veg growing courses, volunteering/employment opportunities (through their Growing Champions strand), exercise opportunities and events. Using the 'HACT' system they found that £316K of social impact on wellbeing was developed through the programme.

What is the Partnership currently doing and planning to do next?

Hulme Community Garden Centre, Sow the City and Groundwork are our experts in this area. Their main current and planned projects are:

- Hulme Community Garden Centre (HCGC) are continuing to run their garden centre which provides garden plants and fruit and vegetables with a dedication to organic and peat free principles wherever possible. They also have a volunteer programme which runs

daily with sessions geared towards differing abilities and needs. As well as this programme, they also have a well-being service which offers supported sessions for those with more complex needs;

- HCGC provide a variety of courses and workshops in schools and adult-focussed groups in local communities;
- Having delivered horticulture as part of a diverse curriculum at Loreto High School in Chorlton for five years, Groundwork are now

rolling the programme out to other interested schools;

- Sow the City are delivering the City Council's community food growing programme – 'Growing Manchester'. It supports up to 65 community groups with training, advice, networking and inspiration;
- Sow the City are also contributing to the European City of Science which is taking place in Manchester in 2016. They will have an installation called 'An Allotment of the Future'.

Case Study:

Hulme Community Garden Centre

In 2011 Hulme Community Garden Centre Change acquired the car park opposite to their gardens. They found that under the tarmac was 700mm of compacted rubble and further down 300mm of clay, but no soil. With the help of a British Telecom worker and his JCB, they dug a trench along the main path and replaced the concrete rubble with soil and wild flower seeds. The benefits of using wild flower seeds are that they require a small amount of soil, but bring a big difference to the wildlife. The wild flowers include poppies, cornflower, cow parsley, evening primrose and many more.



What can you do?

Residents

- Eat SMART: S – Smaller amounts of meat, fish and dairy, M – More plants, beans and pulses, A – Avoid processed and junk food, R – Reduce food waste, T – Think about where your food is from;
- Consider having a Meat Free Diet or reduced meat and fish consumption e.g. 'meat free Mondays';
- Find out how to cook healthy meals on a budget;
- Try and buy local produce to reduce your carbon footprint and support local businesses;

- Grow your own vegetable patch in your garden;
- if you have a group of residents that would like to turn an unused path of land into a food growing project contact Food Futures and apply to join Growing Manchester;
- Sow the City provides food growing workshops and advice to community groups, housing providers, businesses, individuals and the voluntary sector.

Schools

- Teach students about healthy eating;
- Have meat free school meals;
- Create areas where students can grow their own produce that they can go on to make their own meals with;
- For advice, visit: www.countrysideclassroom.org.uk

WALKING AND... CYCLING



Why is walking and cycling important?

The benefits of regular exercise are well documented; 15 mins of exercise can add three years onto your life. This can be done in various ways; from maintaining a healthy weight, keeping fit and healthy, getting kids more active and generally enjoying the outdoors – walking and cycling are free and fun ways of keeping healthy.

In 2007, Cycling England calculated that if by 2015 the number of cycling trips increased by 20% (returning to 1995 levels), over £500 million could be saved by preventing ill-health. This would reduce levels of pollution and decrease congestion in and around the city.

When looking at the savings in the UK made through active travel's ability to improve health £107 million could be saved by reducing premature deaths, £52 million could be saved by lowered NHS costs, £87 million could be saved by reducing absences from work.

Those who use public transport are 25% less likely to be obese compared with those who don't. Each additional hour spent driving per day carries a 6% increased risk of becoming obese.

How is Manchester doing?

66% of people in Manchester don't reach the recommended level of exercise. The NHS in Manchester is trying to get more people moving by making walking more accessible and providing information to help people find the closest walk to them:
www.gettingmanchestermoving.nhs.uk.

From 2005 to 2014, pedestrians coming into the city centre has increased by 67% during peak hours and 50% in

off-peak hours. Cycling has increased by 291% in peak hours, and 175% in off-peak hours.

The Wilmslow Road Cycleway, being built in 2016, will run 7km from Didsbury into the heart of the city centre and link the student residential area of Fallowfield with the two universities and Central Manchester University Hospitals along the Oxford Road Corridor. Once completed, it will help contribute to Manchester's vision of becoming a cycling city.

What is the Partnership currently doing and planning to do next?

Red Rose Forest are our experts in this area. Their main current and planned projects are:

- Red Rose Forest have improved access to several woodland areas and parks to make them more attractive and usable for local communities. Many of these are in places that already attract visitors through regular activities and events.



Case Study:

Manchester's Green Corridor

Manchester has a Green Corridor walking route, which is made up of 14 routes connecting many of the green spaces and tree-lined streets around the city. Each route is 4 miles on average. There are a set of leaflets that provide all the information you need to make the walk easy, interesting and as enjoyable as possible. All routes have been selected for quality, accessibility, facilities, and local interest points - and each area has been assessed for risks. All routes marked with a distinctive red arrow logo.

Manchester also has an established network of trained walk leaders and has the ability to continue to deliver walk leader training in the future. This initiative is a partnership between Manchester City Council, Manchester Mental Health and Social Care Trust's Physical Activity Referral Scheme and Public Health Development Service, the Red Rose Forest and The Ramblers Association.

What can you do?

Residents

- Find your local park and see if they have any groups you would like to join. E.g. running groups, walking/rambling groups;
- Get your old bike out of the shed and have a family cycling day;
- If possible, walk or cycle to work at least once a week – it's good for the environment and your health;
- Find a walking group:
www.walkit.com
- Use public transport to get around the city;

Businesses

- Make sure there is somewhere for your staff to store bikes and get changed when they get to work;
- Put a scheme in place where your staff get benefits or prizes for walking/cycling to work;
- Produce a green travel plan - support is available from TfGM:
www.tfgm.com/travelchoices

Schools

- Create walk to school days;
- Educate children where their local parks are and how best to use them;
- Have a cycling day for all pupils;
- Produce a green travel plan - support is available from TfGM:
www.tfgm.com/travelchoices

SKILLS AND JOBS

Why are skills and jobs important?

Having a meaningful, secure job is a major factor in a person's health and wellbeing. As the Manchester Health and Wellbeing Strategy sets out, people in work live longer, healthier lives. Being out of work can lead to poor physical and mental health across all age groups, with major impacts for the individual concerned as well as their partner and family. Being out of work is associated with a 20% higher rate of preventable deaths, and those who are out of work long term experience a much higher incidence of psychological problems than those in work. Being out of work is also associated with higher rates of alcohol and tobacco consumption and lower rates of physical activity.

How are we doing in Manchester?

Manchester has some significant challenges in terms of its out of work population. As of February 2015 there were 51,859 people claiming out of work benefits in Manchester (including Universal Credit claimants not in work). The proportion and numbers of residents claiming a health-related benefit has increased over the past year. 51.5% of those claiming sickness-related benefits in Manchester have mental health as the primary health condition, but we know that mental health problems will also co-exist with the primary claiming condition in other claimants. The second most common category of health condition is muscular-skeletal disorders.

What is the Partnership currently doing and planning to do next?

Almost all activities that the Partnership delivers can have benefits in terms of people's skills, experience, employability, social skills and confidence to find a job. Some activities are designed specifically to achieve these benefits, while in others they are just part of the wider set of co-benefits that come with community-based action on climate change. As the shift to a global low carbon economy continues, so will the growth in demand for people with knowledge and skills of climate change and environmental improvement.

In addition to the activities described in other sections of this document, the following examples set out how the Partnership is supporting people to develop their skills and employability:

The Carbon Literacy Project was started in Manchester, coming out of the original MACF document in 2009. The project offers one day of training to anyone who lives, works or studies in the city and wider areas. The one day training educates people about climate change, their carbon footprint and how they can do their bit. It also helps people to use these skills at home, at work, or at school, college or university. The training is designed to lead to climate conscious behaviours, like more active travel, healthier diets, and less home energy wasted.

Hulme Community Garden Centre run a programme to help give unemployed people the skills and confidence they need to get back into employment. Some of the volunteers that visit them have been referred by the Job Centre and other organisations helping unemployed people to gain further experience that enhances their CV.

"I've got a part time job now, as an assistant gardener at Adlington Hall, and I can't thank Hulme Garden Centre to have helped me through my studies and even helped me with a mock interview!"

'Lindsay' (Gardener)

Groundwork offer occasional and informal volunteer opportunities which can include helping out on their projects or getting involved with local organisations that are looking for volunteers. Volunteering with Groundwork can improve your work experience and broaden a person's horizons. You can also get involved with environmental, community or youth issues



MEASURING SUCCESS

This prospectus has been developed to make the case for joined-up action on health and climate change, built on an evidence base that outlines the potential benefits of adopting this approach, and to set out the Green and Healthy Manchester Partnership's commitment to implementing it in the city.

On that basis we want to make sure that we can measure the extent to which we are achieving these potential benefits. To do this our activities will be measured against the relevant objectives of the Manchester Health and Wellbeing Strategy and Manchester: A Certain Future.

Health and Wellbeing Strategy

Objectives:

- Getting the youngest people in our communities off to the best start;
- Improving people's mental health and wellbeing;
- Bringing people into employment and ensuring good work for all;
- Enabling people to keep well and live independently as they grow older;
- Turning round the lives of troubled families as part of the Confident and Achieving Manchester programme;
- One health and care system – right care, right place, right time;
- Self-care.

Manchester: A Certain Future

Objectives:

- Reducing carbon emissions;
- Preparing for and adapting to a changing climate;
- Educating all residents and organisations to understand climate change and what they can do to help tackle it;
- Transitioning to a low carbon economy, including creating new skills and jobs.

To do this we will work the University of Manchester, Manchester Metropolitan University, the University of Salford and others with the expertise to undertake robust academic evaluation of the impact that we are having.

Progress and news stories will be reported through the Manchester: A Certain Future website:

www.manchesterclimate.com

and through the publication of an annual Partnership report.

Get Involved and Further Information

If you are an organisation or funder who would like to work with us then please get in touch at:

info@manchesterclimate.com

For further information on Manchester: A Certain Future and the great work happening across the city on climate change then please visit:

Website:

www.manchesterclimate.com

Twitter:

@macf_mcr

Facebook:

www.facebook.com/manchesterclimate

For more detailed information on greening the city have a look at Manchester's *Green and Blue Infrastructure Strategy 2015-25* and the *Action Plan for 2015-18*, available from *www.manchesterclimate.com*. They both contain specific information and commitments on using green and blue spaces to help improve the health of the city's residents.

