



## **Annual Review 2019**





























Pelfast is at the heart of the WHO European Healthy Cities Network of more than 100 cities and 20 national networks.

Pelfast Healthy Cities
has represented Belfast
within the WHO European
Healthy Cities Network since
1988, working with partner
organisations and stakeholders
across the city, to deliver actions
that fulfill the goals of each
phase of the WHO European
Healthy Cities Network.

Belfast Healthy Cities has over 30 years of experience in challenging health inequalities, improving health and wellbeing for all our citizens and in working in partnership with Government at all levels.



## **Vision and Mission**

**Our Vision** 

Our vision is to be a leader in creating a healthy, equitable and sustainable city.

**Our Mission** 

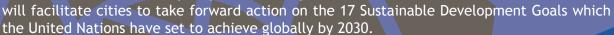
Our mission is to promote health and wellbeing, provide inspiration and facilitate innovative collaborative action and good policies through:

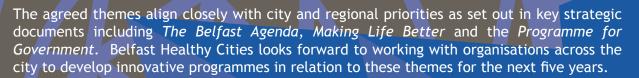
- leadership and learning from the WHO European Healthy Cities Network.
- supporting research, sharing evidence and building capacity.
- introducing and piloting innovative concepts and approaches.
- maximising partners impact on health and inequalities.

Our Annual Review of 2019 presents the highlights of a very busy year for Belfast Healthy Cities.

Following the successful hosting of the World Health Organization International Healthy Cities Conference, Changing Cities to Change the World, in October 2018, a major focus during the year was to prepare for the City of Belfast to apply to participate in Phase VII of the WHO European Healthy Cities Network.

Phase VII (2019-2025) of the Network will take forward the goals set out in the Belfast Charter, which was agreed at the International Conference. There are six key themes: People; Place; Planet, Peace; Prosperity; and Participation. The themes





During 2019 we continued to work with our partner organisations to take forward our agreed programmes of action. Our progress in each programme is described in this report. One particular initiative which we were very pleased to participate in was the completion of a report for the Care Zone in North Belfast. The report, launched in October 2019, aims to support health professionals, planners and other policymakers who are working with local communities, to develop more targeted community-based interventions for improved health outcomes.

I would like to thank Permanent Secretaries and government departments, City Council elected members, Chief Executives, senior staff, partner organisations and the many individuals and organisations who have contributed to the work of Belfast Healthy Cities during the past year.

I would also like to thank my colleagues on the Board of Directors for their help and commitment to the work of the organisation. In 2019, three of our long standing Board Members came to the end of their terms of office. We are very grateful to Dr Bernadette Cullen, Dr Geraint Ellis and Mr Robin Hawe who have each made an outstanding contribution during their time on the Board. We wish them every success for the future.

I would also like to pay a particular tribute to our Chief Executive, Joan Devlin, and our team of dedicated staff for their major contribution to the organisation in delivering on the successful initiatives set out in this report.

David Stewart, Chair





ach year, the annual review provides the opportunity to reflect on the year's programmes but this year, as a transitionary year between Phase VI (2014 - 2019) and Phase VII (2019 - 2025) of the WHO European Healthy Cities Network, it is an opportunity to reflect on the significant amount of work that has been carried out over the last five years.

One of the key programme areas introduced during Phase VI has been the Health Literacy programme. It continued to expand this year and contained a number of key elements including delivery of a health literacy training programme with a range of health and social care professionals and members of the community and voluntary sectors using the training programme that we agreed

with the University Medical Centre Groningen, The Netherlands; a successful Health Literacy seminar that was held in June and the beginnings of two new programmes including the development of a school health literacy resource and a 'train the trainers' programme.

We continued to have a strong focus on place and health, finalising the online version with the Education Authority of the Healthy Places, Healthy Children resource, which is available on our website. Proposals developed by children across schools continue to be delivered at the local level. The concept of Child Friendly Places programme is now being embraced by Belfast City Council and government departments and we are pleased this year to have had the opportunity to work with MAG (Ministerial Advisory Group for Architecture and the Built Environment) in developing a resource on design guidelines for child friendly places. This will accompany our publication *Placemaking: Engaging Children & Young People*, which was launched in early December at a seminar aimed at planners, developers and health professionals, demonstrating the added value of membership of the Healthy Cities Network in supporting learning and sharing across the cities in the network.

We have been involved in delivering a number of other programmes including training on inequalities and walkability assessments, as well as contributing to programmes at the local community level. Staff continue to present the results of our programmes at local and European conferences. It has also been a year of beginning considerable preparation for the city's application to Phase VII.

I would like to thank government departments and public sector organisations who have made an important contribution to the preparations for Belfast's application; to members of the voluntary and community sector who provide motivation for all of us to continue to improve our efforts in our overall goal of achieving a healthy city. Sincere thanks go to the Board of Directors, especially to those who fulfil a number of tasks in supporting governance and programmes; to the chair who provides consistent high level support and to the staff team whose commitment and dedication has resulted in successful programme delivery.

Joan Devlin, Chief Executive



## Belfast Healthy Cities continues to pioneer Healthy Literacy programmes, including delivering Health Literacy training to pharmacists in Belfast, Derry and Enniskillen as part of the Northern Ireland Centre for Pharmacy Learning and Development (NICPLD) and Continued Professional Development (CPD) and to dentists throughout Northern Ireland Medical & Dental Training Agency (NIMDTA).

In March, Anne McCusker, Programme Manager, Belfast Healthy Cities attended the 4th European Health Literacy Conference in Dublin and was invited to participate in the expert panel in the plenary debate on 'How to build health literate societies'. This session also included contributions from representatives from Austria; Ireland; Finland; USA; and World Health Organization Regional Office for Europe.

## 'A Whole of Society Approach' Seminar

ow levels of health literacy are associated with poorer access to health services, poorer communication with health-care professionals, lower adherence to treatment and poorer self-management of health conditions. Improved health literacy can therefore contribute to reducing health inequalities, strengthening health and improving health-care efficiency.

Belfast Healthy Cities facilitated a Health Literacy Seminar 'A Whole of Society Approach' on Wednesday 19 June with speakers from across the UK and Ireland. Chaired by Dr Bernadette Cullen, the speakers included Chief Medical Officer, Dr Michael McBride; Gillian McCarroll, Ballybeen Women's Centre; Jim Phillips, Centre for Empowering Patients and Communities (CEmPaC); Helen McNamee, Community Development and Health Network; Edel Fortune, St Patrick's Mental Health Service; and Professor Gill Rowlands, Institute of Health and Society, Newcastle University.

The recent draft World Health Organization (WHO) Roadmap on health literacy recommends a four level approach. The seminar presented case studies at the four levels: policy; organisational; community and individual and explored the way forward to strengthen health literacy in Northern Ireland.



## **Health Literacy Communication Training Programme**

Belfast Healthy Cities, in partnership with Community Development and Health Network, delivered a Health Literacy Communication Training Programme to 17 Integrated Care Partnerships across Northern Ireland through the Health and Social Care Board (HSBC) Making Every Contact Count programme.

The training is a fundamental way to help and support health care professionals to consider a health literacy approach to ensure more effective communication of health messages.

This programme was designed by University Medical

care professionals across multiple disciplines from the Netherlands, Ireland and Italy as part of IROHLA (Intervention Research On Health Literacy among Ageing population) - a 3 year European health literacy project. Delivery in Northern Ireland is through a Memorandum of Understanding between Belfast Healthy

Center Groningen (UMCG) working with health Cities and UMCG.

The Health Literacy Communication programme was targeted at those working in primary care settings across a range of provider organisations and sectors including GPs, practice nurses, practice staff, community pharmacists, community pharmacy staff and those working in the community and voluntary sector.

## International Journal of Environmental Research and Public Health

'he International Journal of Environmental Research and Public Health published an article on the findings of Health Literacy training delivered across Northern Ireland, Italy and the Netherlands. Anne McCusker, Belfast Healthy Cities, is an author of the article titled 'Positive Outcomes of a Comprehensive Training for Health Professionals in Three European Countries: A Multi-centre Pre-post Intervention Study.'



## **Online Teaching Resource**

elfast Healthy Cities and **D**the **E**ducation Authority launched their online teaching resource for schools earlier this year. The resource aims to promote the link between the environment and health. The 'Healthy Places, Healthy Children' resource, which was designed by Belfast Healthy Cities for Key Stage 2 children, is supported by the Public Agency, Northern Ireland Housing Executive and the Education Authority (EA).

The resource, which complements the Northern Ireland Curriculum, the World Around Us, introduces children

to the links between the built environment and health and well-being over the course of seven units. It provides an opportunity for children to research their local area: develop proposals on how to make their local environment more child friendly; and provides guidance on how to share their proposals with local decision makers.

St Kevin's Primary School, Belfast piloted the resource where pupils undertook a research project which assessed the area around their school and identified how it could be improved



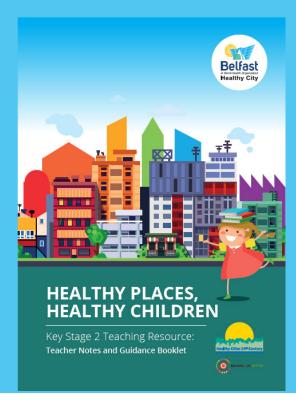
pupils.

The Healthy Places, Healthy Children Key Stage 2 Teaching Resource is publicly available for use by teachers, after schools clubs and other groups through the Belfast Healthy Cities

The Ministerial Advisory Group for Architecture and the Built Environment (MAG) also worked with Belfast Healthy Cities in promoting the use of the online resource in making the built environment more child friendly.

## Deanby Garden

ur Lady's Girls' Primary School opened their new Deanby Garden and outdoor classroom. Our Lady's had piloted the Healthy Places, Healthy Children teaching resource and combined their work on the outdoor classroom with the garden project taking place at the same time. Belfast Healthy Cities joined the other partners at the school in April, when pupils and teachers officially opened the classroom and garden.



## **Healthy Waterford**

Chris Karelse presented the Healthy Places, Healthy Children Teaching Resource at Designing Communities: the importance of place in promoting health in Waterford. The seminar brought together key stakeholders - Planners, Architects, Engineers, Community Groups and Public Health - to generate conversation about the impact of the Built Environment on our health and well-being.

## Walkability

Aimed at encouraging communities in Belfast to travel more actively, both for transport and leisure purposes, the Community Active Travel project is a three-year initiative funded by the Public Health Agency and delivered in partnership with Sustrans. Alongside this project, Belfast Healthy Cities has conducted walkability assessments with local residents in twelve communities across Belfast to provide a baseline insight into the community's perceptions regarding walking and walkability in the local neighbourhood. A number of videos of these assessments have been produced and can be viewed on the Belfast Healthy Cities website.

The walkability assessment tool was designed by Belfast Healthy Cities and its intended outcomes are to increase knowledge and evidence of the assets and challenges to walking in the participating communities and extrapolate the key issues that are relevant across the city so that walkability can be approved for all. The approach is also intended to give local residents an opportunity to share their views and ideas on their neighbourhood environment and inform consultations on local masterplan developments.



This tool has been reviewed with Alzheimer's Society to consider elements of Dementia Friendly communities, and walks will be conducted with dementia-friendly communities programmes across Belfast.

This work contributes to the delivery of the Agefriendly Belfast Plan 2018-2021.



ed by Lighthouse in North Belfast, the Care Zone project is based on a community development model that seeks to support local residents to build hope and trust in the local community, with the longer term aim of improving mental health and wellbeing and reducing suicide levels and inequalities. This approach favours collaborative ways of working between partners including the active involvement of local residents and local community groups in order to encourage and enable them and to build capacity to support them to take action and find local solutions.

Belfast Healthy Cities supported the Care Zone pilot in the production of the final report and by producing a comprehensive health profile of the area. The report, which was launched in October by Lord Mayor, Councillor John Finucane, and Chief Medical Officer Michael McBride, set out 48 recommended actions including better access to mental health services, a mobile health information facility and an emphasis on transparent decision making.



A key resource to this process has been the creation of Community Champions, trained by Ulster University and Belfast Healthy Cities. Meetings are now taking place to explore how priorities within the recommended action can be delivered.





## **Healthy North Belfast**

ealthy North Belfast is a partnership project led by Ashton Community Trust which aims to highlight health and life inequalities experienced by communities across North Belfast as a call to action for change using an Appreciative Inquiry approach.

The findings of the recent health survey and community conversations were presented at a 'have your say' workshop on 27 June. Belfast Healthy Cities is a member of the Task Force and Steering Group and assisted during the Discovery and Dream stages, to date, of the Appreciative Inquiry. Working Groups are now established to take forward the findings from the consultation process.

## Reducing Inequalities: Getting Results Training Programme

The Belfast Healthy Cities Reducing Inequalities: Getting Results Programme was once again delivered this year in partnership with Developing Healthy Communities/Derry & Strabane Healthy Cities. The programme, which has been supported and facilitated by WHO Expert Advisor and Specialist in Health Equity in All Policies Erica Ison, saw four modules delivered to participants in Derry City & Strabane in February and March.

The training aims to build capacity for community and health professionals to reduce inequalities affecting health and well-being, as well as enhancing collaborate working through strengthening understanding of inequalities, and building capacity within organisations to reduce inequalities.

## WHO/Europe High-level Conference on Health Equity

nne McCusker attended the WHO/Europe High-level Conference on Health Equity, which took place 11-13 June 2019 in Ljubljana, Slovenia. Hosted by the Government of Slovenia, the Conference brought together delegates from Member States, international organisations, Healthy Cities Network and civil society to discuss solutions to reduce health inequities and accelerate progress towards better health, well-being and prosperity for all in the Region.

The Conference in Slovenia highlighted the 5 essential conditions needed to live a healthy life:

- good-quality and accessible health services;
- income security and an appropriate, fair level of social protection;

- decent living conditions;
- good social and human capital; and
- decent work and employment conditions

Evidence and new tools presented at the Conference show how addressing these conditions can transform the lives of those being left behind and simultaneously increase well-being and prosperity for the whole of society.

The Conference programme offered insights into how, by shifting to integrated solutions and empowering approaches, countries can make real progress in reducing gaps in health and well-being - even in the short term.



he UK Healthy Cities Network held its first meeting since 2017 in October, bringing together city coordinators and politicians from cities across the network.

Elisabeth Bengtsson from WHO Europe attended and presented on the key goals and themes of the Phase VII and its links with the UN Sustainable Development Goals (SDGs). Anne McCusker gave a presentation on Belfast Healthy Cities' Health Literacy programme.

# Children's Engagemen

Belfast Healthy Cities has published guidelines for engaging children and young people in the development and delivery of built environment policies and the design of urban development projects that contribute to improved health and well-being.

The key message of this publication is that engaging children offers real benefits to all parties involved in the placemaking process. Active engagement of children and young people contributes to creating places that support everyone, including vulnerable groups; supports effective use of resources and user-friendly service; and develops the skills and confidence of children and local communities.





## limate NI Health

new Climate NI Health and Wellbeing Platform has been launched, in collaboration Awith Belfast Healthy Cities and the Department of Health. The Platform aims to share information and guide action on climate change within the wider health community in Northern Ireland. The new Knowledge Hub provides a forum for sharing and discussing articles; a library for new guidance, case studies and reports; and also a section to list relevant events. Input from a range of professionals will help to develop a community with lively discussion on the uncertainties and available information and strategies which relate to anticipated health impacts of Climate Change.



dverse Childhood

Taskforce meeting for the Prevention Adverse Childhood of Experiences (ACEs) took place in Oslo on 1 November.

The WHO Regional Office for Europe in conjunction with the City of Oslo organized meeting bringing together city and national network representatives. This is a new area of work



for both WHO and the Healthy Cities Network and the prevention of violence, including violence against children, is a key objective of the Copenhagen Consensus of Mayors: Healthier and Happier Cities for All.

Belfast was represented at this meeting by Helen McKenzie, Project Leader for the Early Intervention Transformation Programmes at the Safeguarding Board for Northern Ireland (SBNI).

## Place-Making for a Healthier Belfast - Creating Child Friendly **Environments**

n December Belfast Healthy Cities hosted a seminar for policy makers, planners and health professionals, which looked at the link between the build environment and health & wellbeing. The focus of the seminar was the importance of engaging with children and young people when shaping the built environment.

By 2050 70% of the world's population will live in urban areas, and 60% of urban dwellers will be under the age of 18, which means it is more important than ever that the built environment is properly designed and managed to meet the needs of children.

The seminar heard from the NI Commissioner for Children & Young People, Yiasouma, Dr Maria Nordstrom, Swedish University of Agricultural Sciences, Dr Kate Bishop, University of New South Wales, Belfast Resilience Commissioner, Grainia Long, Denise Cahill, Cork Healthy Cities, Marianne Mannello, Play Wales, and Alan Herron & Angela Stallard, Playboard.





# **Healthy City Awards**

Cince 2012 the Belfast Healthy Cities Thas recognised the work which is being undertaken right across Belfast to improve health and wellbeing with the Healthy City Awards.

Each year both the number and quality of the applications is increasing, highlighting the value so many people place on making this city a better place to live.

In 2018 award winners included Chinese Welfare Association, **Footprints** Women's Centre, The Odyssey Trust Company Belfast Giants, Groundwork NI and Jump, Jiggle & Jive.

The award ceremony for the 2019 Healthy City Awards will take place in December.





## Political Briefing

he local government elections in May offered the opportunity to connect with candidates and ensure that the key issues of health and well-being facing the city are at the forefront of business in Belfast City Hall. Belfast Healthy Cities 2019 Political Briefing for A Healthier, Happier Belfast included the 'Belfast Healthy Cities Charter', which candidates from all parties signed up

The charter reflected the principles of the Belfast Charter, which was signed by mayors and politicians from cities from across the globe at the Belfast WHO International Healthy Cities Conference in October 2018. It highlighted the policy areas and practical ways the city can look at to help improve the health of its citizens and sets out the political commitment for healthy cities across the world to prioritise health and wellbeing for all.





The Healthy City Explorer Award offers the opportunity for applicants living or working in Belfast from community, voluntary, public and business sectors to visit a European destination to explore their approach to addressing a key issue relating to health inequalities.

The winner of the 2019 award is Danny Cooper from Disability Sports NI, who visited Utrecht in the Netherlands and Hannover in Germany in October. Danny is the Wheelchair Basketball Club Development Officer within Disability Sports NI and the main purpose of his Explorer visit was to gain an understanding of how healthcare professionals, specifically physiotherapists and occupational therapists, work in partnership with delivery organisations to ensure people with physical disabilities can access sport and active recreation.

Danny also looked at policies, procedures and practices in increasing participation, particularly among female and junior level participants.













n November, Belfast's Lord Mayor, Cllr John Finucane, gave his continued support to Belfast's application to be a member of Phase VII (2019-2024) of the World Health Organization (WHO) European Healthy Cities Network at a workshop involving key players across all sectors in the city and Northern Ireland.

Belfast has been a member of the World Health Organization for 30 years, and in that time the city has learnt much from participating in the



network which includes cities from across Europe. The WHO European Healthy Cities network carries out its work in 5 year phases, and the priorities for the forthcoming Phase VII period were agreed at the International Healthy Cities Conference in Belfast in October 2018.

The overarching goals for the Phase VII are:

- (i) fostering health and well-being for all and reducing health inequities;
- (ii) leading by example nationally, regionally and globally; and
- (iii) supporting implementation of WHO strategic priorities.

These are supported through delivery on 6 themes; People, Place, Participation, Prosperity, Peace, and Planet. As part of the application to be included in the Phase VII process Belfast has to outline how it will deliver on each of the themes.





IMPLEMENTATION FRAMEWORK FOR PHASE VII (2019-2024)

OF THE WHO EUROPEAN HEALTHY CITIES NETWORK:

GOALS, REQUIREMENTS AND STRATEGIC APPROACHES

FINAL





Belfast Healthy Cities continues to be recognized internationally through inclusion in journals and publications.

## **Urban Planning for Healthy European Cities**

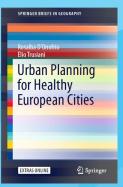
The Urban Planning for Healthy European Cities publication by Rosalda D'Onofrio and Elio Trusiani from the School of Architecture and Design at the University of Camerino, Italy features an 'expert knowledge' chapter written by Jonna Monaghan and Laura McDonald, entitled 'Creating healthy & child friendly places in Belfast'.

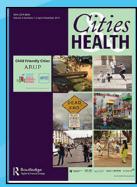
## The City at Eye Level for Kids

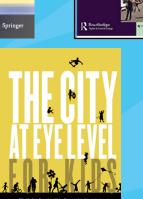
The City at Eye Level for Kids edited by Rosa Danenberg, Vivian Doumpa, Hans Karssenberg features a chapter Taking Action for Child Friendly Places' written by Jonna Monaghan and Sonia Langasco.

## Cities & Health

The Cities & Health journal, February 2019, features a Belfast Healthy Cities article: 'Engagement of children in developing healthy and child-friendly places in Belfast'.







## **Belfast Healthy Cities Board of Directors**

**David Stewart** Karen Casson Michael Gibbs Bernadette Cullen Justine Daly **Geraint Ellis** 

Bryan Nelson Elma Newberry

Nigel McMahon Danny McQuillan

Elizabeth Mitchell Carol Ramsey Christine Robinson Chair

Ulster University, Vice Chair Different Tracks Global, Treasurer

Independent

Strategic Investment Board Queen's University Belfast

Belfast Health & Social Care Trust Northern Ireland Housing Executive

Department of Health

Extern

Independent Independent

Belfast City Council

## **Belfast Healthy Cities Staff Team**

Joan Devlin Chris Karelse Julie McAllister Anne McCusker Caroline Scott

Chief Executive **Project Officer** 

Officer Manager/PA to Chief Executive

Programme Manager

**Events & Communication Coordinator** 

## ird member

## **Belfast Healthy Cities Project Limited**

(A company limited by guarantee, not having a share capital)

## BALANCE SHEET

for the year ended 31 March 2019

	Notes	2019 £	2018 £
Fixed Assets Tangible assets	10	5,289	7,619
Current Assets Debtors Cash and cash equivalents	11	88,706 239,991	94,781 316,267
Creditors: Amounts falling due within one year	12	328,697 (50,028)	411,048 (98,520)
Net Current Assets		278,668	312,528
Total Assets less Current Liabilities		283,958	320,147
Funds Designated funds Unrestricted funds		238,208 45,750	277,104 43,043
Total funds	13	283,958	320,147

These financial statements have been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.

Approved by the board and authorised for issue on 2319 19 and signed on its behalf by

Dr David Stewart

Director

## INDEPENDENT AUDITOR'S REPORT

## to the Members of Belfast Healthy Cities Project Limited

(A company limited by guarantee, not having a share capital)

## Matters on which we are required to report by exception

In the light of our knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified material misstatements in the Directors' Report.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of directors' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or

## Responsibilities of Directors for the financial statements

As explained more fully in the Statement of Directors' Responsibilities, the directors are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as they determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Directors are responsible for assessing the company's ability to continue as a going concern, disclosing, as applicable, matters related to the going concern and using the going concern basis of accounting unless management either intends to liquidate the company or to cease operations, or has no realistic alternative but to do so.

## Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an Auditor's Report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is contained in the appendix to this report, located at page 20, which is to be read as an integral part of our report.

Mr Robert Barr (Senior Statutory Auditor)

for and on behalf of MULDOON & CO

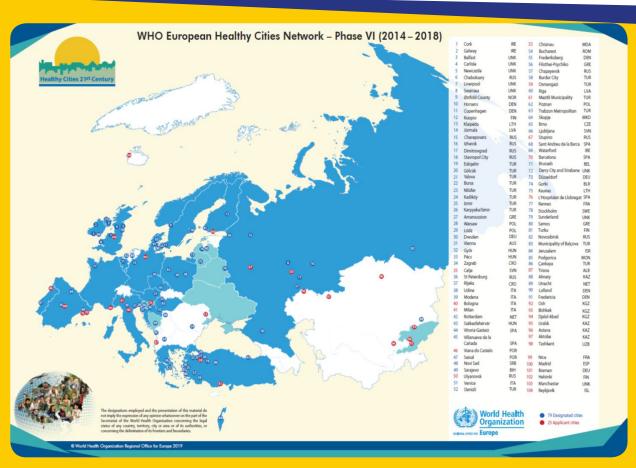
Chartered Accountants and Statutory Auditors

16 Mount Charles

Belfast BT7 1NZ

Date: 23 5/19





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