

Report to Health Scrutiny Sub-Committee

Mayor's Healthy Living Campaign

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Purpose of the Report

To provide the sub-committee with a status update on the Mayor's Healthy Living Campaign.

Requirement from Health Scrutiny Sub-Committee:

Health Scrutiny sub-committee is asked to note the update and support the Mayor during his time in office.

Mayor's Healthy Living Campaign

1 Background

- 1.1 Each year, the Mayor is approached to see whether they have any particular areas of health and wellbeing they would like to actively support and raise awareness of during their term in office.
- 1.2 For 2018/19, Cllr Javid Iqbal will be the Mayor of Oldham. One of the themes that the Mayor has committed to supporting is increased physical activity, with a particular focus on walking.
- 1.3 The Health Scrutiny committee will be kept updated through the year as to the activity the Mayor has been involved in to promote healthy living in the borough.

2 Current Position

- 2.1 The Mayor continues to explore opportunities to role-model and promote increased physical activity as part of his mayoral duties.
- 2.2 The Mayor continues to walk regularly and raise awareness of the benefits of walking with the aim of encouraging those who do no or very little physical exercise to engage in an accessible activity in a local community setting.

3 Plans for 2019

- 3.1 The Mayor will participate in a Triathlon on 28 April 2019.
- 3.2 Cllr Iqbal is currently exploring the feasibility of hosting a Charity 10k Run, "MayorJavs 10k Fun Run". It is anticipated that this will take place in April 2019 and the Mayor will share details with the sub-committee once they are confirmed.
- 3.3 The Mayor is also planning to participate in the Cycling Colour Blast in Summer 2019. The 3km cycle ride is organised by Albility Wheelz Cycling Centre who are operated by POINT and provide opportunities for children, young people and adults with additional needs and/or disabilities to access a wide range of adapted and universal cycles in Alexandra Park. Details are to be finalised for the event but will be shared with the sub-committee once confirmed.

4 Recommendation

- 4.1 Health Scrutiny sub-committee is asked to note the update and support the Mayor during his time in office.