

## **Report to Health Scrutiny Committee**

# **Mayor's Healthy Living Campaign**

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**3 September 2019**

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### **Purpose of the Report**

To provide Health Scrutiny Committee with an update on the Mayor's Healthy Living Campaign 2019/20.

### **Requirement from Health Scrutiny Committee:**

Health Scrutiny Committee is asked to note the update and to continue to support the Mayor during her time in office.

## **Mayor's Healthy Living Campaign**

### **1 Background**

- 1.1 For 2019/20, Councillor Ginny Alexander will be the Mayor of Oldham. The Deputy Mayor will be Councillor Jenny Harrison, who is also the Chair of Oldham's Health and Wellbeing Board.
- 1.2 During the Mayor's term in office, she will be focusing on the following health and wellbeing themes, as part of her Healthy Living Campaign:
  - Mental Health and Emotional Wellbeing
  - Healthy Eating
  - Early Detection and Diagnosis of health conditions
- 1.3 The Mayor will explore opportunities to role-model and promote health and wellbeing messages as part of her mayoral duties. Council officers and local health partners will also support the Mayor to develop a work programme to support her Healthy Living Campaign.

### **2 Current Position**

- 2.1 The Mayor has been using her social media channels to promote her Healthy Living Campaign and share information and advice on her chosen themes, as well as sharing detail about a number of local services and organisations with provide health and wellbeing support as part of her attendances at the Carers Fun Day on 13 June and the Time to Celebrate Volunteering Event in July.
- 2.2 As part of her Mental Health and Emotional Wellbeing theme, the Mayor has shared information about local and national organisations that support mental health. She has also been sharing suggestions for promoting and maintaining good mental health, such as exercise via the many walking groups available in Oldham.
- 2.3 The Mayor has been sharing advice regarding healthy nutrition and hydration to promote Healthy Eating. She also visited the Sholver and Moorside Community hub for their annual Flower and Vegetable Show where she saw a variety of home-grown fruits and vegetables.
- 2.4 Finally, as part of her Early Detection and Diagnosis of Health Conditions campaign theme, the Mayor has a Health Check at The Crossley Centre Summer Fun Day. She has been sharing advice regarding regular health checks and screening programmes to ensure early detection of any health conditions.

### **3 Plans for 2019-202**

- 3.1 Officers from the Public Health service are currently exploring opportunities with the Mayorality Support team for the Mayor to be involved in events supporting the programmes addressing Nutrition and Hydration for over 65s, Suicide Prevention and activity as part of the Whole School and College Approach to Mental Health and Emotional Wellbeing.
- 3.2 The Health Scrutiny committee will be updated throughout the year as to the activity the Mayor has been involved in to promote healthy living in the borough.

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#### **4 Recommendation**

- 3.1 Health Scrutiny committee is asked to note the update and continue to support the Mayor during her time in office.