

Fuel Poverty and Health Programme

Leicester Energy Action

Funded by LLR Integrated Care Board

Delivered by NEA and Leicester City Council – Public Health Division



Leicester, Leicestershire
and Rutland





“Public health is the science and the art of preventing disease, prolonging life, and promoting physical health and efficiency through organized community efforts”

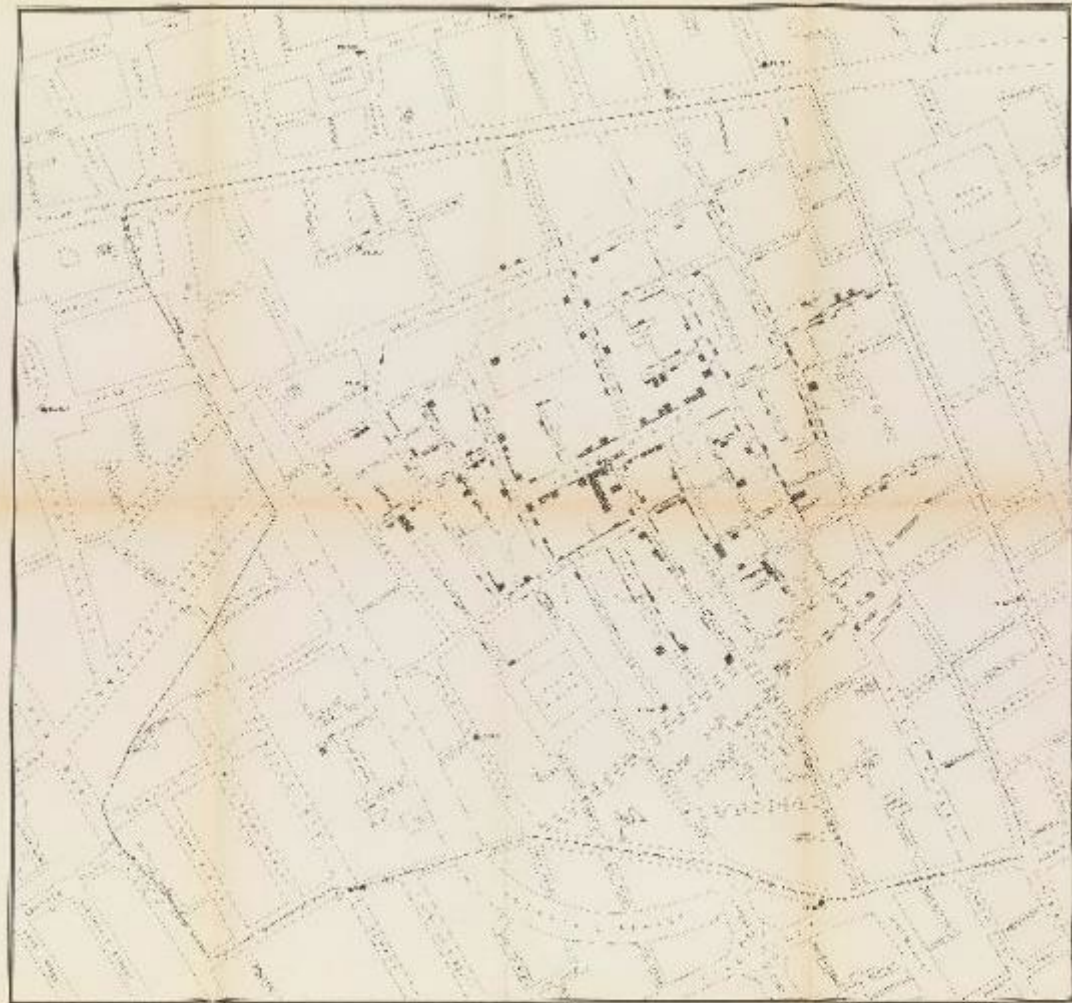
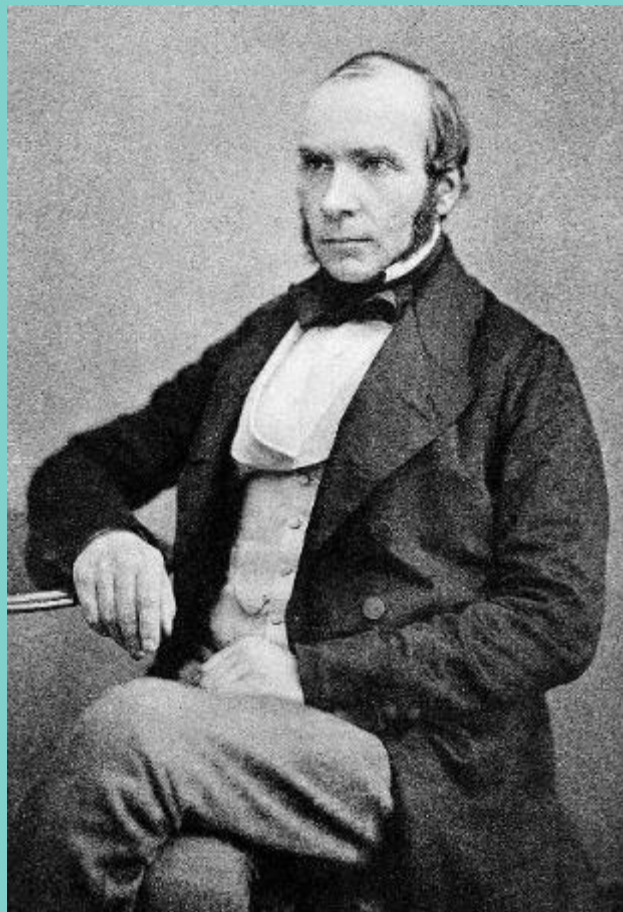
Charles-Edward Amory Winslow 1877 - 1957
Founder of the Yale Department of Public Health

Source: Winslow CE. The untilled fields of public health. Science. 1920 Jan 9:23-33

Public Health is defined as “the art and science of preventing disease, prolonging life and promoting health through the organized efforts of society” (Donald Acheson, 1988).



John Snow

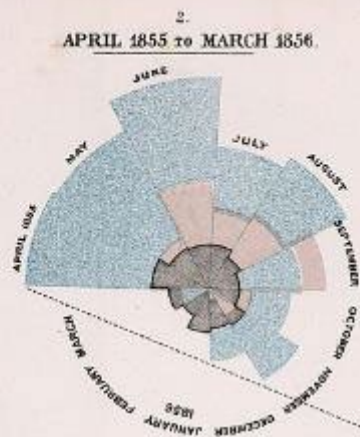


Map of London showing the distribution of cholera cases in 1854. The dots represent individual cases, and the shaded area indicates the area of highest concentration.

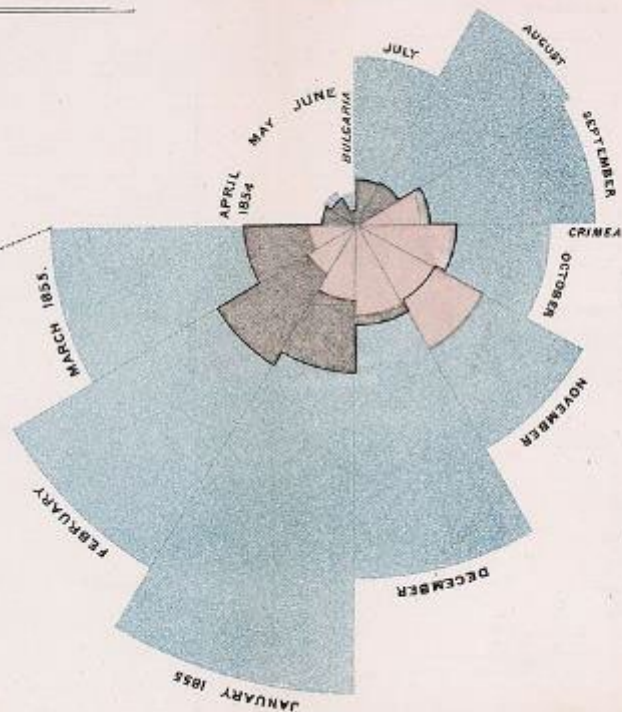


Leicester
City Council

DIAGRAM OF THE CAUSES OF MORTALITY IN THE ARMY IN THE EAST.



1.
APRIL 1854 to MARCH 1855.



The Areas of the blue, red, & black wedges are each measured from the centre as the common vertex.

The blue wedges measured from the centre of the circle represent area for area, the deaths from Preventible or Mitigable Zymotic diseases, the red wedges measured from the centre the deaths from wounds, & the black wedges measured from the centre the deaths from all other causes.

The black line across the red triangle in Nov^r 1854 marks the boundary of the deaths from all other causes during the month.

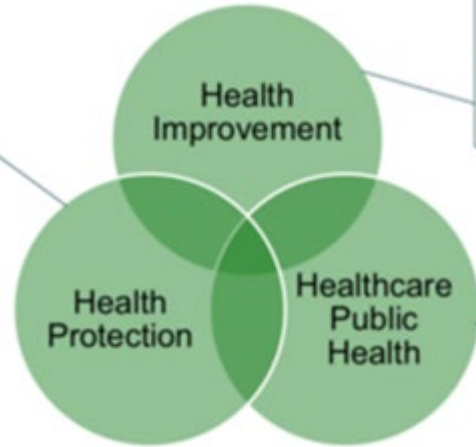
In October 1854, & April 1855, the black area coincides with the red, in January & February 1856, the blue coincides with the black.

The entire areas may be compared by following the blue, the red & the black lines enclosing them.

Public Health is more than just epidemiology...

3 domains of public health

1. Infectious diseases
2. Emergency response
3. Environmental hazards



1. Wider factors that affect health and wellbeing
2. Healthy lifestyles and choices
3. Inequalities

1. Disease prevention
2. Service improvement
3. Evidence based practice
4. Equity of provision



Taking a public health approach

Populations not individuals

A focus on prevention

Understanding the causes of the causes

Intelligence use of data and evidence to inform policy

Partnership working across health and care services and with the community

Prevention – working upstream



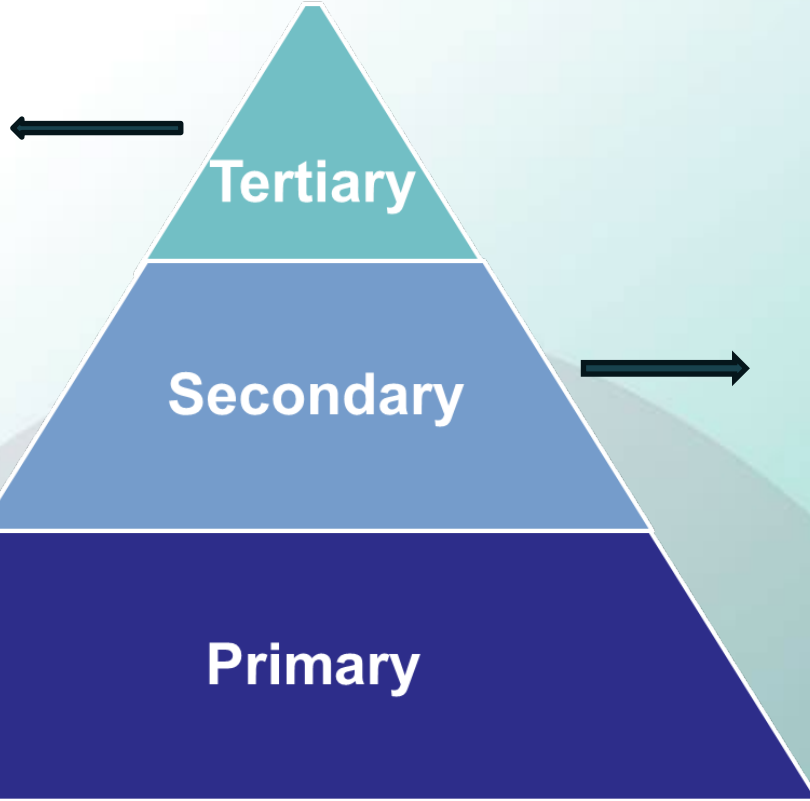
This is where public health works (or tries to!)

Prevention can be:

- Preventing ill-health
- Reducing progression of illness
- Reducing impacts of ill-health

What is Prevention?

Reduce or minimize the consequences of a disease once it has developed. Eliminate, or at least delay, the onset of complications and disability due to the disease.



Designed to prevent a disease or condition from occurring in the first place

Identify a disease at its earliest stage so that prompt and appropriate management can be initiated.

The wider determinants of health...

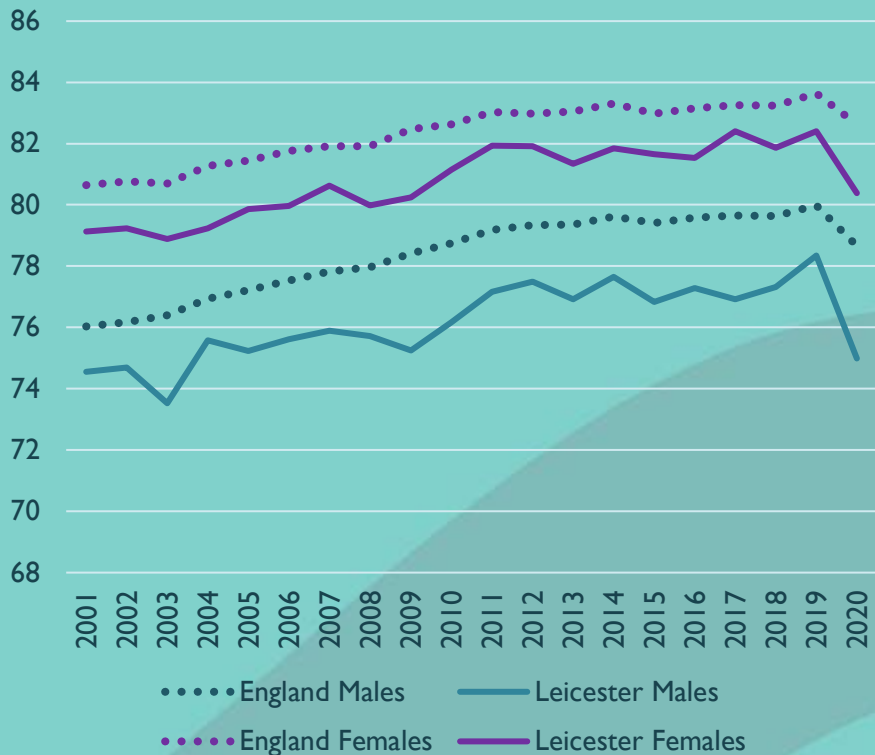
... are the building blocks of a healthy society



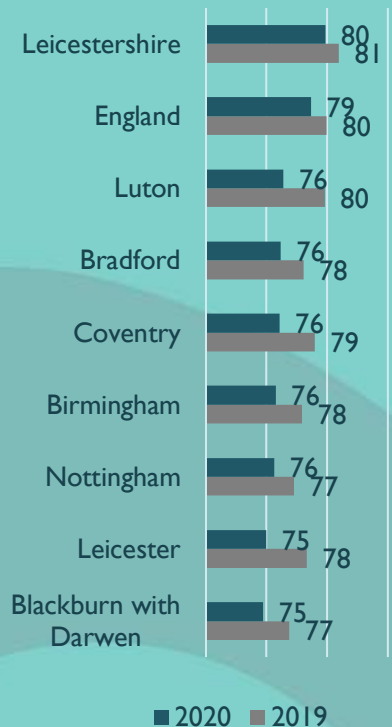
The Wider Determinants of Health, The Dahlgren-Whitehead rainbow model, 1991
[\[ARCHIVED CONTENT\] The Dahlgren-Whitehead rainbow - Economic and Social Research Council \(nationalarchives.gov.uk\)](#)

Leicester experiences lower life expectancy: Latest life expectancy data shows falls in life expectancy in the most recent year (2020). For Leicester males life expectancy has fallen from 78 to 75 and for females from 82 to 80. Areas across the country have experienced falls but urban areas have been disproportionately affected.

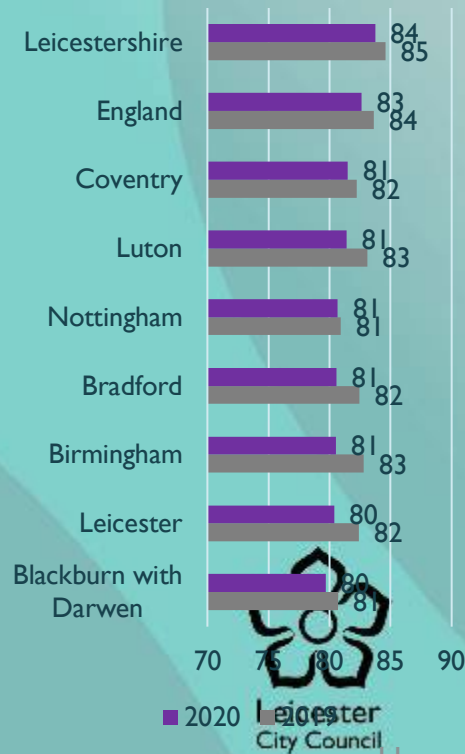
Life expectancy: Leicester and England



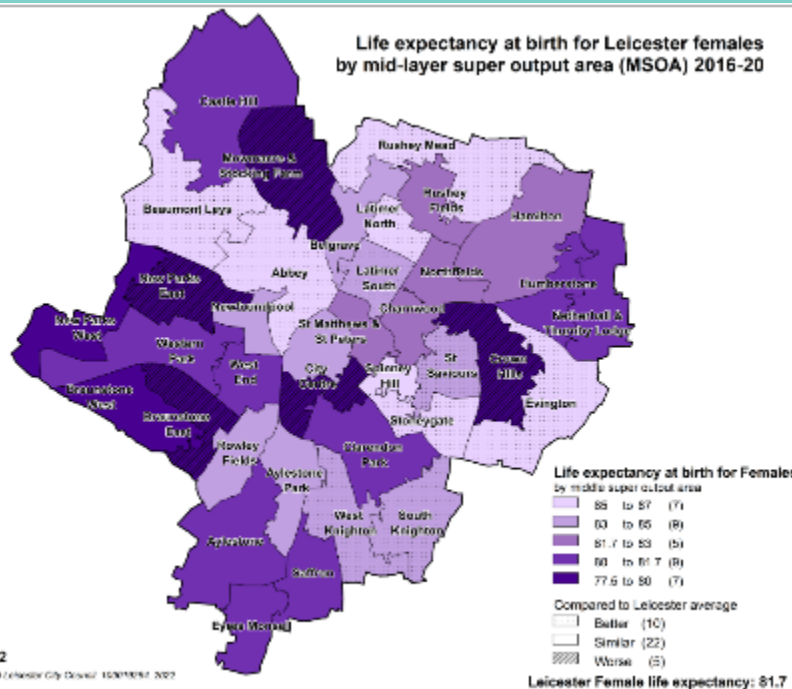
Life expectancy for males 2019 and 2020



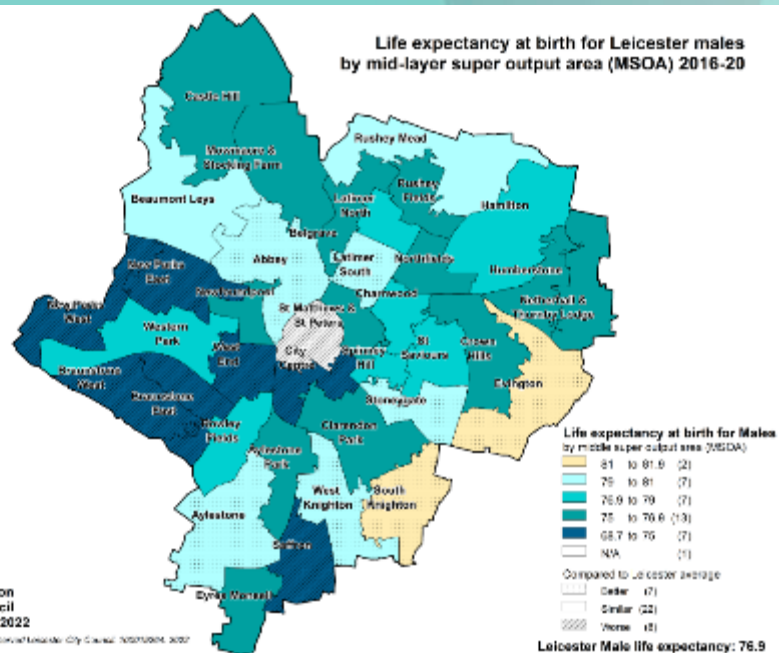
Life expectancy for females 2019 and 2020



Life expectancy: Life expectancy across the city shows clear links with deprivation.



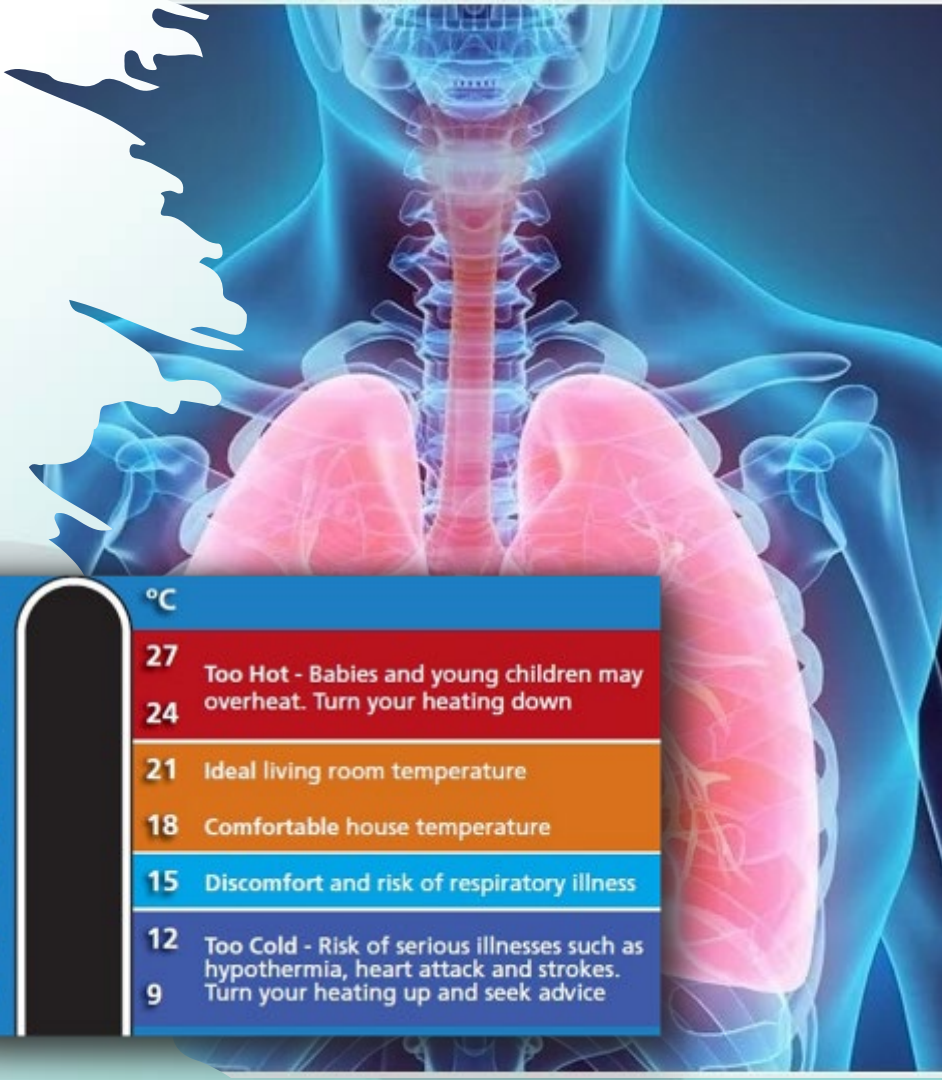
- Across Leicester, there is a gap of 13 years between areas with the highest and lowest life expectancy for males
- Areas of lowest life expectancy are City Centre, Braunstone, New Parks and Saffron.
- Areas with highest life expectancy are Evington, South Knighton and West Knighton



- Across Leicester, there is a gap of 9.5 years between areas with the highest and lowest life expectancy for females
- Areas of lowest life expectancy are New Parks, Braunstone, West End and Saffron
- Areas with highest life expectancy are Beaumont Leys, Stoneygate, Abbey Rushey Mead and Evington

Health impacts of living in a cold home

- Lowers immune system, increasing the risk of contracting colds/flu – viruses which thrive in colder environments
- Causes and/or worsens cardiovascular and respiratory illness, strokes, heart attacks, heart disease, asthma
- Increases likelihood of trips and falls in the house
- Worsens pre-existing chronic medical conditions including chronic obstructive pulmonary disease (COPD).
- Estimates suggest that some 10 per cent of excess winter deaths are directly attributable to fuel poverty and 21.5 per cent are attributable to cold homes.
- Fuel poverty has a significant impact on mental health, increases likelihood of social isolation, and is a known risk factor for suicide.



| °F | °C | |
|----|----|---|
| 80 | 27 | Too Hot - Babies and young children may overheat. Turn your heating down |
| 75 | 24 | |
| 70 | 21 | Ideal living room temperature |
| 65 | 18 | Comfortable house temperature |
| 60 | 15 | Discomfort and risk of respiratory illness |
| 55 | 12 | Too Cold - Risk of serious illnesses such as hypothermia, heart attack and strokes. |
| 50 | 9 | Turn your heating up and seek advice |

Damp and mould



- Inadequate ventilation, excess moisture, inadequate insulation, inadequate heating
- Respiratory impacts, particularly for children; asthma, skin problems, coughing/sneezing, sinusitis, rhinitis, headaches and migraines, watery, itchy eyes
- Fundamentally linked to fuel poverty

Cost of Living vulnerability index: Leicester Local Authority is ranked 8th out of 307 local authorities in this index. The poverty rank determines existing levels of poverty while the work rank relates to those in the labour market but on the cusp of poverty.

| Local Authority: 20 most vulnerable to Cost of Living | Poverty Rank | Work Rank | Food Insecurity (% of all adults) | Fuel Poverty (% of households) | Child Poverty (% of children) | Claimant Count (% of working age population) | Economic Inactivity (% of working age population) | Low Pay (% of jobs) |
|--|--------------|-----------|-----------------------------------|--------------------------------|-------------------------------|--|---|---------------------|
| Middlesbrough | 21 | 1 | 13.7% | 16.5% | 39.4% | 7.6% | 29.2% | 26.0% |
| Kingston upon Hull, City of | 6 | 11 | 20.7% | 19.6% | 36.3% | 7.4% | 23.9% | 23.0% |
| Blackburn with Darwen | 13 | 9 | 18.2% | 16.4% | 36.1% | 6.1% | 27.7% | 23.0% |
| Burnley | 18 | 6 | 17.4% | 16.4% | 35.8% | 6.5% | 26.7% | 23.0% |
| Sandwell | 3 | 23 | 23.7% | 20.9% | 40.0% | 7.3% | 21.4% | 23.0% |
| Hyndburn | 23 | 5 | 19.1% | 15.6% | 35.9% | 6.0% | 27.7% | 24.0% |
| Barking and Dagenham | 1 | 29 | 18.6% | 22.5% | 48.1% | 7.5% | 34.7% | 15.0% |
| Leicester | 30 | 2 | 11.5% | 19.0% | 37.9% | 5.7% | 28.2% | 27.0% |
| Blackpool | 29 | 6 | 16.8% | 16.3% | 34.1% | 8.6% | 23.3% | 32.0% |
| Wolverhampton | 8 | 20 | 14.4% | 21.1% | 38.9% | 8.0% | 24.7% | 18.0% |
| Birmingham | 19 | 14 | 11.8% | 21.2% | 42.5% | 9.1% | 27.8% | 18.0% |
| Doncaster | 25 | 12 | 14.2% | 17.8% | 34.7% | 5.3% | 24.9% | 25.0% |
| Walsall | 11 | 25 | 13.9% | 19.4% | 38.9% | 6.4% | 25.4% | 18.0% |
| Bradford | 5 | 40 | 19.9% | 18.4% | 37.7% | 7.4% | 23.3% | 17.0% |
| Rochdale | 45 | 10 | 12.2% | 15.7% | 36.0% | 6.7% | 30.5% | 20.0% |
| Newham | 2 | 64 | 17.4% | 21.7% | 50.0% | 7.8% | 23.7% | 14.0% |
| Rotherham | 31 | 22 | 13.7% | 17.0% | 34.3% | 5.3% | 25.6% | 20.0% |
| Bolton | 67 | 2 | 11.1% | 14.8% | 37.0% | 6.3% | 29.9% | 23.0% |
| Manchester | 24 | 31 | 11.5% | 19.8% | 41.8% | 6.6% | 23.9% | 18.0% |
| Coventry | 7 | 53 | 16.9% | 18.8% | 36.5% | 4.9% | 26.3% | 16.0% |

Source: Centre for progressive policy: The levelling up outlook 2022

Energy bills



Prices have gone up



Pre-payment meters



Can't afford to heat homes



Gas-capped properties



Spiral of debt



Need to resolve debt coming into winter

REDUCING HEALTHCARE INEQUALITIES

CORE20

The most deprived 20% of the national population as identified by the Index of Multiple Deprivation



The Core20PLUS5 approach is designed to support Integrated Care Systems to drive targeted action in healthcare inequalities improvement

PLUS

ICS-chosen population groups experiencing poorer-than-average health access, experience and/or outcomes, who may not be captured within the Core20 alone and would benefit from a tailored healthcare approach e.g. inclusion health groups



Target population

CORE20 PLUS 5

Key clinical areas of health inequalities

1



MATERNITY
ensuring continuity of care for women from Black, Asian and minority ethnic communities and from the most deprived groups

2



SEVERE MENTAL ILLNESS (SMI)
ensuring annual health checks for 60% of those living with SMI (bringing SMI in line with the success seen in Learning Disabilities)

3



CHRONIC RESPIRATORY DISEASE
a clear focus on Chronic Obstructive Pulmonary Disease (COPD), driving up uptake of Covid, Flu and Pneumonia vaccines to reduce infective exacerbations and emergency hospital admissions due to those exacerbations

4



EARLY CANCER DIAGNOSIS
75% of cases diagnosed at stage 1 or 2 by 2028

5



HYPERTENSION CASE-FINDING
and optimal management and lipid optimal management



SMOKING CESSATION
positively impacts all 5 key clinical areas

Leicester City Council and National Energy Action



NHS investment in tackling wider determinants of health



Recognises the serious health impacts that fuel poverty inflicts



Strategically delivered to support people in the most deprived areas of the city



Delivered locally by a team based in the City

Leicester Energy Action

January 2023
Project
underway

Recruitment
and training

Project
infrastructure
and processes.
Outreach
underway.

February 2023
- Advice
Service
Launches. LCC
Housing
Teams/Comm
unity Groups

March 2023 -
First C&G
Training
Course. 89
Referrals to
the Advice
Service.

April to
September
2023 -
growth of
the service

NHS Teams,
social
prescribers,
further
community
group/VCS
connections -
many more...

Advice Service
referrals
averaging
around 30 per
week and
growing.

2 further C&G
courses
delivered,
webinar
courses
consistently
oversubscribed
Primary School
Sessions
successful

October to
December
2023 (close of
year one) -
Being ready
for Winter.

- Advice Service
- Outreach
- Training
- Education





Energy efficiency/health impacts

Damp/mould in properties

Managing energy debt/negotiating with suppliers

Linking to government support/tackling barriers such as digital exclusion

Linking to existing retrofit schemes

Long-term solutions as well as short-term remedies

Partnership in action

- Gas capped property – couldn't afford to put credit on gas meter – LCC couldn't carry out annual gas fill and test to ensure that the supply to the property was safe.
- Referred by STAR – Supporting Tenants and Residents - LEA referrals on their core checklist.
- Advice service arranged for credit on the meter and liaised with the council to perform a gas fill and test.
- Unfortunately, client taken into hospital while the case was underway - credit on the meter expired, and the appointment was missed.
- Linked up partnership working –further credit arranged. Worked with LCC to escalate the situation ensuring that the appointment was rearranged and carried out in the client's absence, meaning that when she returned from hospital, she had a warm home to come to.
- Not finished. Shirley collected evidence for and completed a fuel debt relief application. This was a forced pre-payment meter case - now with NEA policy team. Short term and long-term solutions.



Shirley Rollins
Leicester Energy Action Advisor

Claire's Story

Claire is 69, living in three-bedroom house. Language barrier and a visual impairment - unable to read fuel bills and other correspondence

Had an unsuccessful knee replacement - cannot walk without assistance. Long term illness and fear of not been able to afford to keep her family warm

Claire's health conditions leave her isolated, suffering with severe depression and anxiety, and she had a debt of £680.10 with British Gas

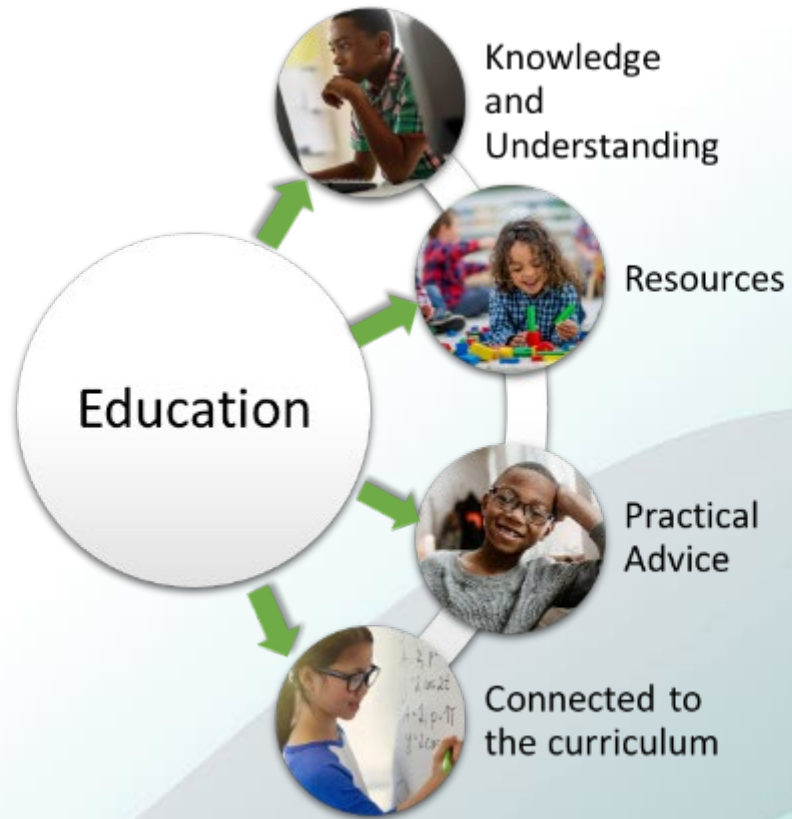
Claire was also struggling with food - not accessed local food banks as anxious about facing stigma

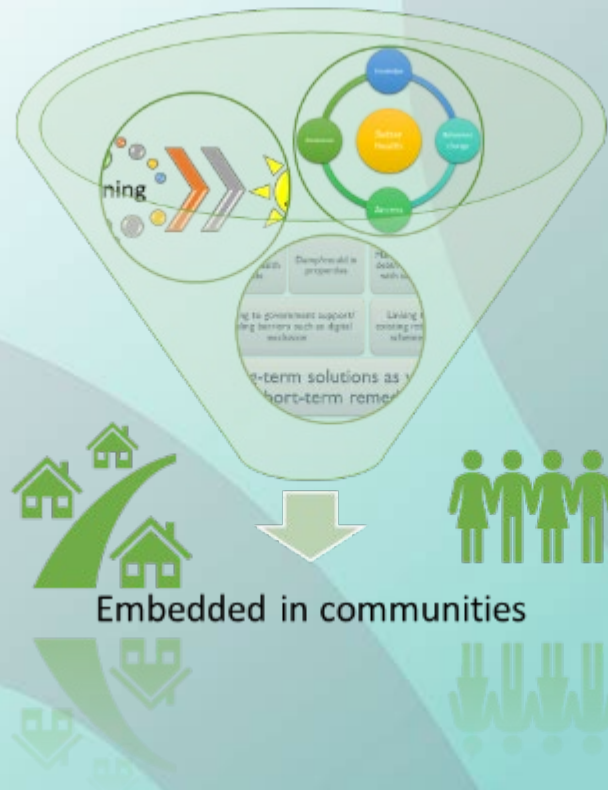
- Conducted a home visit and a conference call with client and supplier - uncovered that the client was in credit.
- We worked with British gas to reduce the Claire's monthly payments from £92.82 to £69.01 per month for the next 12 months.
- We put Claire on the priority services register, and so now she will be sent bills monthly in large print



- Referred to We Care UK for a food parcel - tailored to the clients' needs and delivered to her home.
- Signposted to Zinthyia Trust for benefits advice, Age Concern for befriending, Vista Blind for assessment and support, and applied for the Severn Trent Water Big Difference Scheme.
- Worked with Claire around efficient use of appliances, healthy room temperatures, heating and hot water controls, keeping warm and healthy in colder weather, and low-cost energy efficiency behavioural changes.







Winter warmth packs



Funds would support Winter Warmth Support Packs for our most vulnerable and at-risk clients.



Each pack contains household energy efficiency items and guidance.



Packs are developed by our Fuel Poverty Programme partners, National Energy Action.



Distribution to discharged NHS patients returning to cold homes, to homes identified by Health Visitors, and to patients on virtual wards.

Thermometer card.

Warm, wearable Blanket.

Vacuum flask.

Windable torch

LED Lightbulbs.

Draughtproofing strips.

Internal door draughtproof

Radiator Reflector Panels

Packets of soup

Hoodies

Home energy checklist electricity appliances usage

NEA Leaflets

Further info leaflets

Baby Cardigans

• Warm Welcome

- Public Health, Adult Learning and Neighbourhood Services – free activities in a safe space

- Community Centres and Libraries

- Information on website

- [Warm welcome awaits at Leicester libraries this winter](#)

- Let's Get Resourceful courses

- Eat well on a budget

- Keep warm in the home

- Sew to save

- Taster sessions

- Jewelry, festive cards gonks and more....

A Warm Welcome awaits at your local library

Dark evenings and cold winter months can be challenging. Our Warm Welcome Spaces offer a friendly, safe space to keep warm, have a hot drink, make friends and use our free services.

leicester.gov.uk/warmwelcome



Free activities and support

'Let's Get Together'



Let's Get Together

- Meet new people in familiar locations
- Come and join us for tea walks, light gardening, crafts and other activities or simply for tea and chat
- Explore volunteering opportunities across the city

Find out more at leicester.gov.uk/bringingpeopletogether or email: bringingpeopletogether@leicester.gov.uk

Free activities :

- Together Tables * Health Walks
- Sociable strolls * Gardening
- Volunteering opportunities



Leicester Adult Education

Let's Get Digital

The internet can be great for your health and wellbeing!

Sessions are happening across the city!

Join us at your local venue.

Learn using your own smartphone or tablet. You can also loan a device for free from the library.

Our two, 3-hour sessions will teach you the skills to get online and help you to feel safe at the same time:

- Create safe logins for useful online accounts
- Access health services securely
- Use the internet to improve your wellbeing
- Reduce isolation by being more connected.

Call 0116 454 1900
or visit leicesteradulthood.ac.uk, Belvoir Street, LE1 5QL for more information and to book onto a course.

[Facebook](https://www.facebook.com/leicesteradulthood) [Instagram](https://www.instagram.com/leicesteradulthood) leicesteradulthood.ac.uk

2 free 3 hour sessions.

- Social needs online
- Medical needs online

Email: bringingpeopletogether@leicester.gov.uk

'Let's Get Growing'



Let's Get Growing!

Find out how to grow your own food for free at events all over the city

Let's Get Growing!

Free activities:

- Food growing courses
- Short workshops * Free seeds
- Advice and support
- Volunteering opportunities

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- Food growing courses
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Core workstreams

- Advice Service
- Outreach
- Training
- Education
- Data

Energy Awareness
6281-01
Examination

LEICESTER
ENERGY
ACTION

Mosaic 1898 and
Leicester Energy Action
21 AUGUST 2023
ENERGY
AWARENESS
SESSION

"Thanks to you now my gas bill is affordable. £100 per month instead of £70 per week"

NEA / CITY & GUILDS LEVEL 3 AWARD IN
ENERGY AWARENESS 6281-01

HANDOUTS (England)

Fuel poor households

| | | | |
|--------------------|--------|--------------------|--------|
| ● Leicester South | 19.8% | ● Leicester East | 20.1% |
| ● East Midlands | 14.2% | ● East Midlands | 14.2% |
| ● National average | 13.23% | ● National average | 13.23% |