



# **South Yorkshire and Bassetlaw Integrated Care System**

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Practitioner – Barnsley Council**

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Principal – Sheffield City Council**

# Session Overview

- Governance Arrangements
- Funding Allocation & Membership
- Examples of local projects
- Examples of ICS projects
- Next steps

£ £3.9 billion total health and social care budget

1.5 million population

72,000 staff across health and social care

37,000 non-medical staff

3,200 medical staff

835 GPs / 208 practices

6 acute hospital and community trusts

5 local authorities

5 clinical commissioning groups

4 care/mental health trusts





# Governance Arrangements

Governance of the South Yorkshire and Bassetlaw Integrated Care System Suicide Prevention programme of work will be via:

**1. Place based suicide prevention groups, including representation from:**

- Health and Wellbeing Board Members
- Council Cabinet Members
- Clinical Commissioning Groups
- South Yorkshire and Nottinghamshire Police
- Mental Health and Acute Providers
- Voluntary and Community Sector Organisations
- Experts by Experience
- Schools, Colleges and Universities

**2. SYB ICS Suicide Prevention Programme Steering Group and Directors of public health, through the ICS-wide Public Health Reference Group**

**3. SYB ICS MHL D work stream executive steering group, reporting to the SYB ICS Collaborative Partnership Board**

**4. NHS England North Region Suicide Prevention Collaborative**

**5. NHS England National Suicide Prevention Programme supported by NCISH**



# Funding Allocation

**£555k in Year 1, £555k Year 2, £294K Year 3**

## **ICS Suicide Prevention Group established**

- Public Health Chair

## **NHSE priority work areas**

- Reducing suicide and self-harm in mental health services
- Reducing self-harm in community and acute services
- Suicide prevention in men and work with primary care

**80/20% split between local work/ICS level projects.**

## **ICS collaborative projects – Task and finish group approach**

- Support with local media organisations & sensitive reporting
- Real Time Surveillance
- Bereavement Support
- Coroners Audit

## **Place Based Approaches**

- Targeted work with Men
- Grants
- Local campaign work
- A&E Follow-up after a suicide attempt
- Training

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24,786

People reached

3,092

Engagements

Boost Post

462

25 comments 118 shares

Impressions	50,723
Engagements	6,480
Likes	911
Shares	245



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25,937

People reached

3,388

Engagements

Boost Post

449

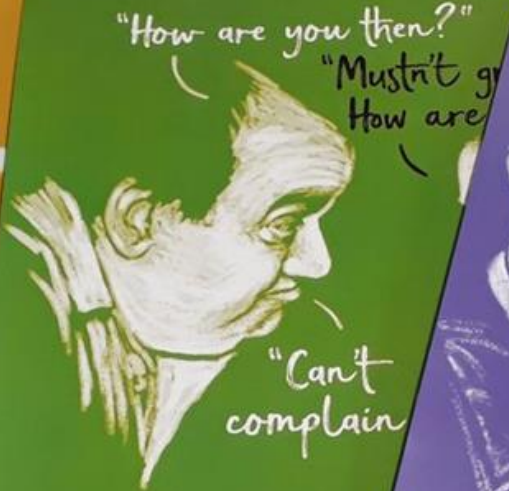
29 comments 127 shares

<https://www.barnsley.gov.uk/Alrightpal>



Your mate might be struggling to talk about their mental health. [www.sheffieldmentalhealth.org.uk](https://www.sheffieldmentalhealth.org.uk)

76% of suicides in 2014 were men.  
1 in 40 people think about suicide each year.  
Samaritans: Freephone 116123  
National men's helpline CALM: 0800 58 58 58



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<https://www.youtube.com/watch?v=LQtWXAjug3o>

# HOW TO RECOGNISE THAT SOMEONE YOU KNOW MAY BE THINKING ABOUT SUICIDE

It can be very hard to tell if someone is thinking about suicide, especially as they will often do everything they can to hide the true situation from family and friends.

Looking out for some of the signs below may help.



## CHANGES IN THE WAY THEY ARE BEHAVING

Such as:

- Significant change in mood – do they seem more anxious, agitated, depressed, quiet?
- Significant changes in appearance, personal hygiene, weight loss
- Loss of interest in things they previously enjoyed doing – perhaps they don't want to see family or friends or have lost interest in hobbies
- Increased alcohol/drug use



## THINGS THEY ARE SAYING

This could be things they say in person or online.

- 'I can't sleep'
- 'I don't want to wake up'
- 'I feel hopeless'
- 'There's no point in going on'
- 'Nothing matters anymore'
- 'All of my problems will end soon'
- 'No one can do anything to help me now'
- 'I wish I was dead'



## RECENT TRAUMA OR STRESSFUL EVENT

Has the person experienced a bereavement, the loss of a partner, breakdown of a relationship, redundancy, diagnosis of health problems?



## MAKING PREPARATIONS

This might include:

- Giving away possessions
- Looking for means to hurt or kill themselves such as hoarding tablets
- Someone to look after their pets
- Saying goodbye





# THE AFTERMATH OF SUICIDE AND THE ROLE OF MEDIA WORKSHOP

FRIDAY 17<sup>th</sup> MAY 2019 - NEW YORK STADIUM, ROTHERHAM

IN THE LAST 5 YEARS, 44 FAMILIES NEEDED TO HAVE TAKEN THEIR LIFE

WRITING MY BOOKS HAS HELPED ME CHANNEL MY FEELINGS

ARTICLES SHOULD END POSITIVELY

PEOPLE NEED TO KNOW THAT SUICIDE EXISTS

IT NEEDS TO BE RESPECTED

WE NEED TO SHARE SUCCESS STORIES BEYOND MENTAL HEALTH

THE MEDIA NEEDS TO HELP FAMILIES NOT JUST WRITE STORIES

OUR AMBITION: REDUCE SUICIDE AND SELF HARM

23 ORGANISATIONS WORKING TOGETHER

BETWEEN 2015-2017 44 PEOPLE TOOK THEIR OWN LIFE

SHOCK IS THE BIGGEST KILLER OF THEM UNDER 50

**OUR GOAL:**  
TO ENSURE EVERYONE HAS THE BEST START IN LIFE AND LEADS A HAPPY AND HEALTHY LIFE

WE NEED TO KEEP UP TO SPEED

IT'S AN OPPORTUNITY TO TALK AND HAVE THE CONVERSATION

HOW WE CAN WORK BETTER TOGETHER

IT'S GOING TO BE POWERFUL...

**SANITISATION**  
- PRIORITY TOPIC CONCERNS  
- YOUTH SUICIDES  
- SUICIDE CLUSTERS  
- NOTION SUICIDE METHODS  
- SOCIAL MEDIA

**ONLINE PEOPLE WILL OVER IDENTIFY WITH CHARACTERISTICS**  
- MORE VULNERABLE AND  
- FEELS WITH ANOTHER PERSON  
- FEELS LIKE THEY'RE BEING  
- TALKED TO  
- FEELS LIKE  
- SINCE 2010  
- JOURNALISTS HAVE  
- BECOME MORE AWARE  
- OF HOW TO COVER THE  
- TOPIC OF SUICIDE

**SHOWING HOPEFUL STORIES OF RECOVERY IS... POWERFUL**  
- SHARE LOCAL CASE STUDIES AND RAISE AWARENESS

ONLINE IN THE MEDIA  
- LENA FRISER, SUICIDALIST

A BIG CULTURAL SHIFT IS NEEDED!!

SPEAKING TO ORGANISATIONS' CONTENTS CONTRIBUTIONS

**HOW MUCH OF THE MEDIA IS DRIVEN BY OUR NEED AS CONSUMERS?**

TRAINING OF JOURNALISTS IN NEWSROOMS

**EDITORS CODE OF PRACTICE:**  
- ACCURACY  
- PRIVACY  
- INTERVIEW AND GRIEF AND SHOCK  
- SENSITIVITY OF SUICIDE  
- REPORTING OF SUICIDE  
- TRANSPARENCY/DISCRETION

**IPSO:** NEWSPAPER AND MAGAZINE EDUCATE OFFER HELP TO THE PUBLIC ABOUT CONCERNS ABOUT BEING CONTACTED BY JOURNALISTS  
- WE ARE KEEN TO SUPPORT JOURNALISTS AND HOW THEY REPORT

**CAN IPSO READING ARTICLE**  
- WE CAN'T TAKE ARTICLES DOWN  
- I SUGGEST YOU MAKE THE EDITOR AWARE OF THE ARTICLE

**NO ONE REGULATES NETFLIX!**

WHAT HAS HELPED YOU JOURNALISM?  
- WRITING  
- SPEAKING

THERE IS MORE WE CAN LEARN...

**WHAT IF A JOURNALIST REACHES REQUIREMENTS?**  
- YOU CAN REQUEST CORRECTION

IS REPORTING DIFFERENT BASED ON INDUSTRY?  
- NO, THE SAME RULES APPLY AROUND SUICIDE

PUTTING A BARRIER BETWEEN THE PERSON AND INFORMATION

"WE NEED TO SHARE WHAT WE ARE DOING..."

**DO WE REALLY KNOW THE IMPACT OF SOCIAL MEDIA?!**

QUESTIONS TO SPEAKERS AND LISTEN AND REFLECT

DO WE REALLY KNOW THE CONTENT OUR CHILDREN ARE ACCESSING

HOW CAN WE REDUCE HARM IT INFLUENCES?

SOCIAL MEDIA AND THE IMPACT ON YOUNG PEOPLE - RACHEL GILLOT

THE GOVERNMENT ARE STARTING TO TAKE NOTICE

**THERE'S SO MUCH WE NEED TO DO...**  
⇒ WE WILL CREATE A PLAN

**WE NEED TO SHARE THE HOPEFUL STORIES.**

I ASK YOU TO HAVE A 'SOMETHING' DAY

- READ
- CONNECT WITH OTHERS
- BE ACTIVE
- DO SOMETHING FOR SOMEONE
- TAKE NOTICE

DIANNE LEE

**200** BRITISH SCHOOL CHILDREN TAKE THEIR LIVES EACH YEAR

IT TAKES EVERYONE!!

CONTENT ENCOURAGES SELF-HARM WHICH LEADS TO SUICIDE

SWICIDE ISN'T A HASHTAG

**PARTNERS IN OTHER SECTORS CAN HELP**

SUPPORT \$ EXPERTISE IS OUT THERE

STANDARISE TOP TIPS FOR PARENTS

SHARE GOOD PRACTICE WITH PARENTS AND FAMILIES

SHARE POSITIVE STORIES ACROSS AREAS

WHERE'S ?? SOCIAL ?? RESPONSIBILITY

HOW DO YOU KNOW IF YOUR CHILD HAS SET UP A FACE ACCOUNT AND LIES ABOUT THEIR AGE?

ONLINE PEOPLE BUYING DIFFERENT LIASONS

THERE'S PRESSURE TO BE PERFECT

OFFER SAFE SPACES WITH POSITIVE MESSAGES

WHAT DO WE DO ABOUT THE DAWNING WORK PEOPLE ARE SEARCHING FOR?

WE ARE DEVELOPING A SAFE GUARDING CURRICULUM IN SHEFFIELD WITH A HEALTHY RELATIONSHIP PACK

**INSTAGRAM HELPED KILL MY DAUGHTER**

JOIN OUR VIRTUAL CLUB

IT IS LIFE OR DEATH

"I FOUND THINGS OUT THAT I WEREN'T READY TO KNOW"

"FEELS DEFENSIVE WHEN PEOPLE WERE TALKING"

"BE RESPECTIVE"

"I ASK YOU TO RESPECT MY FAMILY"

"PEOPLE WERE SHOCKED"

South Yorkshire and Bassetlaw Integrated Care System

LOCAL STORIES...

**DO WE REALLY KNOW WHAT OUR KIDS ARE ACCESSING ONLINE??**

INKYTHINKING.COM

## **Our pledge to report responsibly on suicide**

In 2018 more than 6,500 people in the UK took their own lives, the highest level in nearly 20 years.

One death from suicide is too many, and the impact of every life lost is felt by family, friends, colleagues and the communities we live in.

We want Sheffield to be a place where no one takes their life, and everyone has a role in achieving that, in particular our local media.

### **What we are pledging to do**

Reporting on suicide isn't easy. Balancing the public interest with the sensitivity of such a traumatic event can be difficult, but there are lots of little things that we can do that will make a big difference to the loved ones of the person who has sadly passed away.

Below are a series of actions we are pledging to take when reporting on suicide:

- We will be sensitive and always put ourselves in the position of a family member or loved one who is reading.
- We will ask ourselves is this level of detail necessary? Being mindful of the fact that information on location, method and specifics can encourage others.
- We will challenge stigma around mental health, encourage people to talk about how they're feeling and ensure that information on local help is included in any coverage.
- We will work with local NHS services and charities to check on the appropriateness of coverage.
- We will encourage staff to undertake suicide awareness training to better understand the role journalists have to play in reporting on suicide.

By working together with our partners across the city we hope to make Sheffield a place where everyone has access to support if they are in a crisis.

Signed



# Real Time Surveillance

- South Yorkshire Police recruited a Suicide Prevention Project Support Worker on a fixed term three-year contract. The worker will provide a countywide service.
- This post, coordinates and supports the collation of data across South Yorkshire Police in relation to suspected suicides, and we aim to move on to attempted suicides.
- Information about suspected suicide and suicide attempts will be shared by SYP with agreed partners, in a timely manner through the development and implementation of an early alert system.
- Real Time Surveillance Steering Group meeting to allow overview and monitoring of the performance of the Service.
- The total Services cost is £90,850 (including agreed on-costs) for the period 1st April 2019 to 31st March 2022.



# Real Time Surveillance

## **Service Description**

- Information about suspected suicide and suicide attempts is shared by SYP in a timely manner
- Localities within South Yorkshire are responsive to a potential suicide or contagion;
- Those affected or bereaved by suicide are identified and offered timely and evidence based support with consent
- Localities use the information to enable them to learn lessons to prevent further loss of life.

Sudden death via 999/101 reported

Incident created and assigned reference number

Risk assessed and officer deployed

Sudden death protocol  
Officer attends and submits GEN18

1. SYP Officer to run BI search every working day

2. SYP Officer completes Death by Apparent Suicide (DAS) form

7. Post holder will seek consent from the next of kin, following a minimum of 2 working days, to share their contact details with the appropriate public health department so that relevant support can be offered

7a. Yes - consent given. SYP Officer Makes Referral into AMPARO and Sends letter & Help Is at hand

4. If the DAS suggests that children could be bereaved or affected then post holder to ensure GEN117 completed and sent to appropriate MASH

3. Post holder to ensure all relevant information from GEN18 is included on the DAS

7b. No – consent not given. Letter and information pack sent to next of kin by SYP Officer

5. Post holder to contact each Safer Neighbourhood Service (or equivalent) every working day to cross reference local intelligence with BI (et al) search

6. DAS form(s) securely emailed to appropriate public health department and copied to relevant Safer Neighbourhoods Team within maximum of 2 working days

End of Process

# DEVELOPING A SOUTH YORKSHIRE & BASSETLAW APPROACH TO BEREAVEMENT BY SUICIDE

- 24th July 2019

**DR NAV AHLUWALIA**  
- EXECUTIVE MEDICAL DIRECTOR, RCHS

- WHEN SOMEONE TAKES THEIR LIFE, EVERYONE IS AFFECTED IN A WAY NO OTHER DEATH IMPACT
- IT'S UNIQUE IN ITS ABILITY TO SHOCK
- STORIES SHOULD BE THE START OF A JOURNEY - LEARN LESSONS ABOUT WHAT WORKS & WHAT DOESN'T
- USE EVIDENCE TO DO THE RIGHT THING & TUNE TO THE INDIVIDUAL
- GALVANISE MOMENTUM
- SHARE & BE FLEXIBLE
- CONTINUOUS LEARNING JOURNEY WILL CREATE MOMENTUM

**GREEN FELL**  
- PRESIDENT OF PAUL HEATH, SHEFFIELD CIVIL SOCIETY

- WE NEED TO TAKE A WHOLE POPULATION APPROACH TO RESPONDING TO SUICIDE
- PREVENT-REACT-RESPOND
- IN 2018, WHO PEOPLE TOOK THEIR LIFE IN SOUTH YORKSHIRE & BASSETLAW
- 135 OTHERS ARE AFFECTED EACH TIME SOMEONE TAKES THEIR LIFE
- THE RIGHT SUPPORT REALLY MATTERS
- CURRENTLY, OUR RESPONSE TO UNEXPECTED DEATH IS PATCHY!

**ANDREA WILKINSON-THURSEN**

- IF YOU DON'T DEAL WITH TRAUMA PEOPLE WILL GET STUCK IN A LOOP
- WALK WITH PEOPLE THROUGH GRIEF
- HOUSES TURN INTO CRIME SCENES
- WE ANSWER CHILDREN'S QUESTIONS & THIS STABILISES THEM & GIVES CONTROL.

ALL THE FIRST RESPONDER WANTS TO DO IS SAVE THEIR LIVED ONE

WE ARE THE PILOT IN THE STORM - WE JUMP ABOARD BUT DON'T TAKE OVER.

**SURVEY**

- WHEN & HOW MANY - THE MOST CHALLENGING TIME?
  - EXPLAINING TO CHILDREN
  - MIXED EMOTIONS
  - STIGMA
- WHAT HELPED? - WHAT COULD HAVE BEEN DONE DIFFERENTLY?
  - TALKING & LISTENING
  - EMPATHY & FLEXIBLE WORKING
  - SOCIAL NETWORKING
  - ONE OF THEM CALLED THEIR INVESTMENT COULD HAVE BEEN LESS CEMETIALIZED
- HOW CAN WE IMPROVE FROM THE RESPONSE TO SUICIDE AS A COMMUNITY?
  - TALKING & LISTENING
  - DEVELOPMENT OF PEER SUPPORT
  - SUPPORT FOR CHILDREN
  - HAVE A PROCESS IN PLACE TO ASSIST A FAMILY, ESPECIALLY ONE'S WITH CHILDREN

**GUILT & SHAME**

- IT'S ABOUT GIVING PEOPLE CONTROL & OWNING THEM TIME TO TAKE A RESPONSIBLE SERVICE
- IT DEPENDS ON THE RELATIONSHIP WITH THE DECEASED
- YOU NEED A TWELVE MONTH
- I MIGHT HAVE ONLY HAD A DAD FOR 20 YEARS BUT I HAD A WONDERFUL DAD AND NOT EVERYONE DOES!

**PEOPLE JUST WANT TO TALK**

- DO THINGS CONSCIOUSLY
- SUPPORT NEEDS TO BE ON THE POST INVEST
- HOW TO GIVE INFO TO WITNESSES
- SHARE EDUCATION & KNOWLEDGE ACROSS THE REGION
- EMOTIONAL REGENERATION
- PEER SUPPORT - SHARE, LISTEN, CONNECT
- USE SOCIAL MEDIA POSITIVELY
- WE ARE CREATING A LEGACY
- THIS WORK WILL GO BEYOND THE FUNDING
- THE CHANGES WE MAKE NEED TO BE SUSTAINABLE...

**TABLE 2: WHAT DO YOU THINK SHOULD BE AVAILABLE FOR PEOPLE AFFECTED OR BEREAVED BY SUICIDE?**

- PAYMENTS & BENEFITS - FUNERAL COSTS
- CHILD CARE
- HOUSING SERVICES
- DEDICATED PERSON WITH PROACTIVE CONTACT
- CONTRACT WITH SUICIDE
- PROVIDING A SERVICE THAT IS IMMEDIATE AND CREATING AN ACTION PLAN
- RECONCILING MIND (PAINWORKS)
- RAPID RESPONSE FOR CHILDREN - SUPPORT IN FIRST WEEK AFTER
- HELPING PEOPLE TO FIND MEANING
- SUPPORT AFTER INQUIRY
- HOW WILL WE INVOLVE COMMUNITIES AND A WIDER GROUP THAN HERE TODAY?
- WE PROMISE WE WILL ACT!
- WE WILL KEEP IN CONTACT WITH YOU
- ONGOING CONVERSATIONS
- WE NEED TO HAVE...

**WELCOME... THANK YOU FOR TAKING THE TIME**

YOU HAVE A COLLECTIVE VOICE...

DR SHARON McDONNELL

LET'S SHARE GOOD PRACTICE

THIS IS A SUPPORTIVE ENVIRONMENT

South Yorkshire and Bassetlaw Integrated Care System

**BE SOME & SPEAK OUT**

BEHIND PEOPLE WE SCOURGED, HELPLESS & UNEXPECTED TO COPE

PROFESSIONALS DON'T HAVE THE RIGHT TOOLS OR TRAINING & FAMILIES FEEL UNSUPPORTED

WE NEED BETTER INFO & SUPPORT

28% OF MEN FINE FILLED IT IN

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28% OF MEN FINE FILLED IT IN

**DIANE LEE**

- CO PRODUCING & CO DEVELOPING PATHWAYS FOR OUR REGION
- OUR OWN SET OF PRINCIPLES
- WE NEED TO WORK TOGETHER
- IT'S HOW WE RESPOND AS A COMMUNITY
- PLEASE SAY WHAT YOU THINK
- WHY WE ARE HERE
- 20 YEAR CHANGE IN LIFE EXPECTANCY PROTECTS THE REGION
- IT'S KEY PEOPLE FEEL COMFORTABLE TO TALK
- TO SHARE YOUR WEAKNESS IS TO MAKE YOURSELF VULNERABLE: TO MAKE YOURSELF VULNERABLE IS TO SHOW YOUR STRENGTH
- WE ARE BREAKING THE SILENCE
- THERE WAS VERY LITTLE SUPPORT INFO I TRACKLED IT ON MY OWN FOR THE SUPPORT OF MY FRIENDS
- A FEW DAYS AFTER HE DIED I WENT TO THE PLACE HE DIED & GAVE MYSELF A CHANCE TO JUMP
- 18% OF 7,000 PEOPLE IN NORTH AND SOUTH YORKSHIRE HAD BEEN

**PERMISSION TO TALK & DEBRIEF**

HOW TO GIVE INFO TO WITNESSES

SHARE EDUCATION & KNOWLEDGE ACROSS THE REGION

EMOTIONAL REGENERATION

PEER SUPPORT - SHARE, LISTEN, CONNECT

USE SOCIAL MEDIA POSITIVELY

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**TABLE 1: THERE ARE LOTS OF DIFFERENT PEOPLE AFFECTED BY SUICIDE. HOW DOES THE COMMUNITY NEED TO RESPOND?**

- WE WILL WRITE A REPORT FROM TODAY AND SHARE WITH YOU
- EMAIL DIANE IF YOU HAVE ANY THOUGHTS OR FURTHER REFLECTIONS
- THANK YOU FOR BEING HERE
- LIFE IS PRECIOUS AND WE NEED TO LOOK AFTER EACH OTHER - ASK IF PEOPLE ARE OKAY

**IT'S GOOD TO TALK**

#ANOTHERWAY

TABLE 1: THERE ARE LOTS OF DIFFERENT PEOPLE AFFECTED BY SUICIDE. HOW DOES THE COMMUNITY NEED TO RESPOND?

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# Coroner's Audit



The  
University  
Of  
Sheffield.

## Objectives

1. To review around 200-220 Coroner's inquest reports in which suicide was the given verdict in the SY&B region between January 2018-January 2019
2. To develop a standardized data collection instrument to be used across the SY&B areas to ensure a consistent approach to this and future audits
3. To train ICS suicide leads in the collection of coroner's data where required
4. To describe the demographic characteristics of those who died
5. To describe the antecedents and circumstances around each death
6. To identify the role of specific factors of interest including austerity, economic factors, history of problem gambling, substance misuse, social media, GP and health professional contacts and protective factors
7. To provide short narrative descriptions of each death
8. To provide a report for the ICS SY&B Suicide Prevention Steering Group containing an analysis of the data collected and the lessons learnt that can inform the development of future suicide prevention work



# Next Steps

- Attempted Suicide Surveillance
- Training for health care providers, (i.e. first responders, social workers and other professionals) involved during and after critical incidents.
- Develop a Peer Support Network in SY&B for those bereaved by suicide
- Continue to progress and refine existing work streams and learn from best practice





# Thank You

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