

One Planet Living

Annual Review 2018



Introduction

Middlesbrough has adopted the One Planet Living framework to deliver sustainable environmental, economic and social improvements. The One Planet Living approach provides a clear and practical framework to examine the town's sustainability challenges and to deliver appropriate solutions to improve the quality of life for residents.

The Annual Review celebrates the exciting successes and activities that have taken place with long lasting social, environmental and economic benefits for residents.

The 10 principles promoted by One Planet Living encourage individuals, communities and organisations to live greener, healthier and more sustainable lifestyles. Calculations show that if everyone lived like the average Middlesbrough resident does we would need three planets to sustain our lifestyles and our Action Plan aims to reduce this trend.

The One Planet framework supports the Mayor's Vision for 2025 of a Fairer, Safer and Stronger Middlesbrough and is reinforced through the Mayor's Promise: 'We will continue to support One Planet Living in Middlesbrough, encouraging local communities, services and businesses to adopt practices that promote a sustainable environment and the well-being of people.'



Councillor Denise Rooney - Executive Member for Environment and Commercial Services



Councillor Julia Rostron - Executive Member for Adult Social Care and Public Health





Zero carbon

Wind Turbines

Middlesbrough Council operate two wind turbines, at Sandy Flatts (close to Middlesbrough Crematorium) and at Newham Grange in Coulby Newham.

They are both Evoco 10 KW wind turbines that were installed in late 2015. The turbines are used for electricity generation and export, and use the wind to generate electricity for use which is returned back into the electrical grid. The Council's electricity supplier provides Middlesbrough Council with F.I.T (Feed-In-Tariff) payments for both generation/export of electricity.

2017/18

KWh Generated

11,191

KWh Exported

5,958

FIT Payments

£3,605





Zero carbon

Middlesbrough Affordable Warmth Partnership Winter Warmth Programme

The Affordable Warmth Partnership, chaired and coordinated by Middlesbrough Environment City (MEC), implements the Affordable Warmth Action Plan. This includes key actions to address fuel poverty including improving the energy efficiency of homes, increasing household income and bringing about behaviour change to reduce both energy use and household carbon emissions.

Funding from Middlesbrough Council Public Health provided grants to partner organisations, allowing them to support the most vulnerable residents with a particular focus on providing emergency help whilst longer term solutions were identified.



Funding in 2017/18 supported a range of activities. Cleveland Fire Brigade's Stay Safe and Warm Campaign offered portable electric heaters to residents who were unable to heat their homes adequately. Blankets, wind up torches and food parcels were also provided. Staff conducted fire safety visits and provided smoke detectors where appropriate.

An Age UK advisor carried out home visits for people over 55, providing advice about energy efficiency, meter reading, fuel bills, fuel switching and fuel economy, whilst also promoting a range of projects designed to improve health and wellbeing amongst the over 55s. The Staying Put Agency provided support for people with disabilities and people newly discharged from hospital, to ensure their home was warm and safe. They provided emergency boiler repairs, top-up funding for boiler replacements



and small energy efficiency measures including reflective radiator panels and thermostats. Citizens' Advice Middlesbrough managed an income maximisation project, targeting those most at risk of fuel poverty. Working in partnership with MEC, homeowners benefitted from a holistic home centred approach, including energy efficiency advice.

The Islamic Diversity Centre reaches out to older people and socially isolated communities with help, advice and support during cold weather. The Keep Them Warm Campaign ran throughout the winter, providing hats, gloves, scarves, blankets, slippers and many more items to older people in need. Community lunches for people from all faiths and backgrounds helped to reduce isolation, breaking down barriers within communities and encourages a better understanding of each other's cultures.





Zero waste

As part of Middlesbrough Council's continued drive to focus on the One Planet Living principles and in particular Zero Waste a programme of roadshows allowed us to talk with residents and promote recycling.

The Street Champion project held a number of events where our Street Champions led on litter picks and back alley clean - ups to make the local environment clean and safe for everyone to enjoy. A number of back alley improvement days led to alleyways being used as open spaces for families and children. Residents were also able to take part in a hanging basket event and worked alongside Council employees to create beautiful hanging baskets to brighten up their own back alley.





Zero waste

Cooking Using Leftovers

MEC's Healthy Cooking Team deliver cooking skills training in community venues and schools throughout Middlesbrough. Participants are given the skills and knowledge to prepare nutritious, affordable meals for their families. As part of MEC's philosophy to promote healthy and sustainable living, people are encouraged to reduce food waste as much as possible.

The Cooking on a Budget Course is delivered to help families who are struggling with financial hardship. As part of this training, the parents or carers take part in either a three or single session course based around cooking healthy affordable meals using a slow cooker. Specific information is given on cooking and shopping on a budget and participants are encouraged to reduce food waste by making a shopping list, planning meals, using leftovers and freezing excess food.



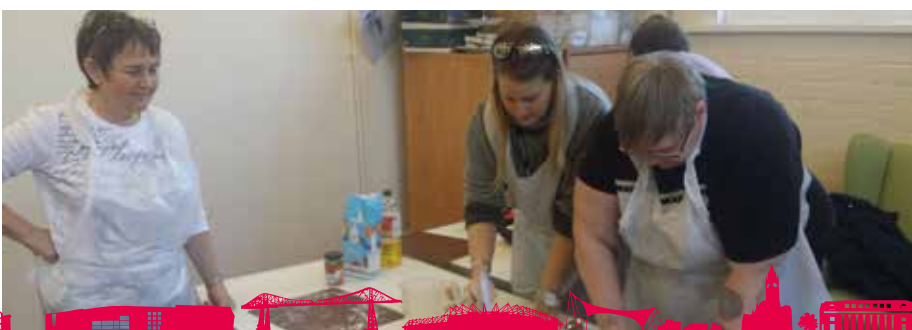
Over the past twelve months, 42 slow cooker sessions with 189 attendees have been delivered particularly in areas where families have been most affected by cuts in the welfare budget. The courses have proved very popular and these have been well received by the people taking part, with 96% of participants enjoying the cooking sessions. Here is a selection of the feedback:

"I really enjoyed today as it opened my eyes to how easy it can be to cook. I will definitely be looking at doing more of my own meals from scratch in the future."

"I really enjoyed all these new recipes. I've started cooking more meals at home and I am looking forward to learning more, now I have more confidence."

"What an eye opener, I really enjoyed this course. Will be using slow cooker recipes so much now, especially having a large family (4 children) it can cost a lot to feed us and take a lot of time, but to learn this is fantastic. Also the flat bread was outstanding, will be making it with the kids."

"The session was really helpful in giving us some tips for cheap and healthy cooking. I enjoyed learning about how to use the slow cooker and been given some new recipes."



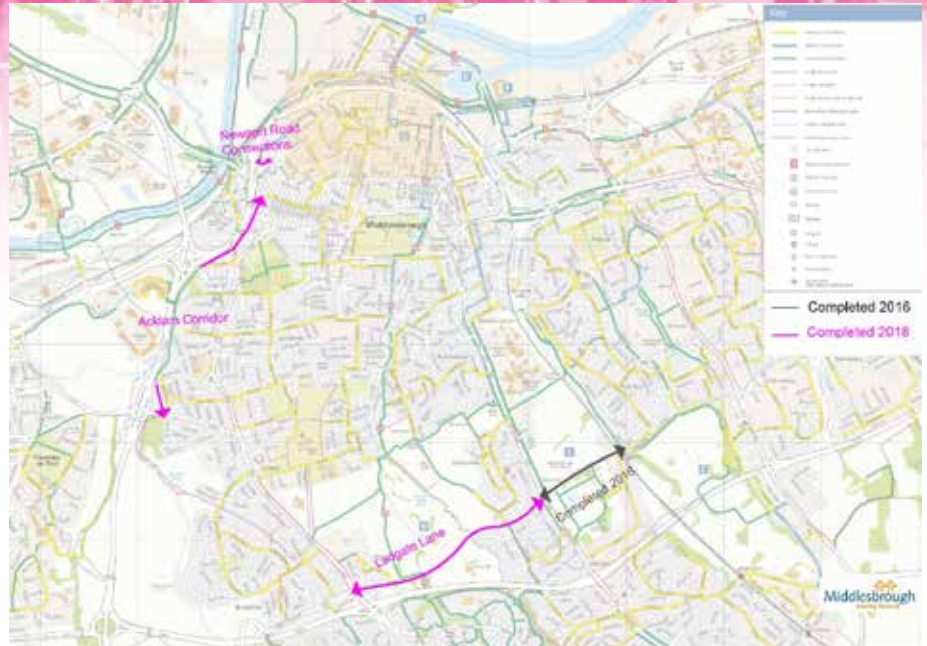


Sustainable transport

Cycle Improvements funded by TVCA

Middlesbrough has an ever expanding network of cycle ways. The topography of the area is relatively flat and being a condensed Borough, many journeys made are less than 2 miles; a distance that is easily cycled in a short time. The Council is supportive of encouraging people to switch to pedal power to reduce congestion, pollution levels and improve people's physical and mental health. From recent surveys, many people have suggested that they don't cycle due to the lack of cycle infrastructure, particularly connecting to key destinations. As a result, a 10 year infrastructure improvement plan was approved for Middlesbrough, highlighting requirements along key strategic corridors.

In 2017/18, funding from Tees Valley Combined Authority was granted for significant improvements to support people wishing to cycle to key destinations. £1.124m was awarded to Middlesbrough Council to carry out improvements:



Ladgate Lane; connecting Acklam Road with Marton Road.

This connects to previously completed improvements, running parallel to Stewart Park, and connects major North/South routes such as Marton Road, Saltersgill Avenue, National Cycle Network Route 65 and Acklam Road. It connects areas of new housing development with major trip generators such as James Cook University Hospital, Middlesbrough Sports Village and Stewart Park.

Acklam Road corridor; connecting Mandale Road with Newport Road.

This provides a North/South link along the Western extremity of the Borough, connecting Acklam with the Town Centre via an attractive off road route.

It also improves connectivity to Teesside Park, and provides a platform to connect Thornaby with Middlesbrough Town Centre via Mandale Interchange.

Newport Road connections; improving connection from Newport Roundabout to Newport Road.

The improvements in this location create a platform to improve connectivity in to the Town Centre from the West. Newport roundabout is a major transport interchange, allowing connectivity to the Town Centre from West Middlesbrough, Haverton Hill, Portrack, Stockton and Thornaby. Making these improvements helps to connect these places together, and creates more attractive routes.





Sustainable transport

Middlesbrough Cycle Centre, Shopmobility and Bike Academy

Based in Middlesbrough Bus Station, the Middlesbrough Cycle Centre is used by cycle commuters and shoppers alike, providing secure cycle parking for its members alongside shower facilities, lockers, route maps and sustainable and active travel advice. On average the Cycle Centre sees around 27 cyclists using the parking facilities each day with a further 8 accessing other services.

Shopmobility is also located within the Middlesbrough Cycle Centre and operates an affordable hire service of electric scooters, wheelchairs and walking frames to those with mobility needs visiting the town. There are ten electric scooters of various sizes, eight wheelchairs and two walking frames all available for hire. Shopmobility relocated to its current home in 2016 and since then an additional 71 people have joined as members and 506 visitors have taken advantage of the hourly hire. On average the service provides around 13 hires per day.



The Centre is managed by MEC in partnership with Middlesbrough Council Safe and Active Travel Team, with funding from the Department for Transport.

Middlesbrough Bike Academy is based in Albert Park and supported by The Cycle Centre. MEC's Active Travel Team provide services to promote safe and active travel in and around the borough. These include: Bikeability road safety training; route planning; Learn to Ride sessions; Cycle Re-cycle



courses; Dr Bike; bike swaps; cycle maintenance courses; and pedestrian road safety training.





Sustainable materials

Middlesbrough Council ensures sustainability principles are applied to the delivery of services and where possible maximises the re-use and recycling of materials. The Council's procurement service provides information and advice to Council staff regarding sustainability criteria when Council employees are considering purchasing equipment and services.

The procurement service conducted a tendering exercise for the provision of Aids to Daily Living and a key element of the quality criteria of the procurement process related to the 10 One Planet Living Principles.

Linked to the One Planet Living Principle of Sustainable Materials, Smitcare Ltd were appointed to the Procurement Framework and were successful in their bid for the supply of a selection of products, including the DreamMaster Light Mattress Elevator and Myco Ultra Swivel Bather.



SmitCare Ltd. endeavours to be suitably considerate when designing products to ensure the products are as "green" as possible, in terms of materials used, manufacturing processes and recyclability of materials at the end of product life.

Drive Devilbiss were also added to the Procurement Framework. This supplier made specific reference to products that aligned to the Quality Criteria of the procurement process (linked to the 10 One Planet Living Principles), including bath seats, bath boards and walking aids.

Drive Devilbiss are a manufacturer of medical devices and associated equipment, supplying both UK and overseas customers. The materials used in the products are recoverable and recyclable at the end of their life cycle. The company offers a refurbishment service for specific products to extend their life, therefore reducing cost and environmental impacts.





Sustainable materials

Habitat Hedging

MEC's One Planet Pioneer Project is a five year initiative to develop young people's skills through involvement in environmental initiatives. It is part of the national Big Lottery Fund Our Bright Future Programme, co-ordinated by The Wildlife Trust. Habitat conservation activities undertaken by apprentices and volunteers on the programme results in a significant amount of both green and woody waste material being collected. This waste is referred to as 'arising' and although the green waste can be used to create compost, so many woody arisings are produced that other ways are needed to recycle it.

The most sustainable way of dealing with woody arisings is through the creation of 'dead hedges' (often referred to as habitat hedges). These are piles of branches and twigs arranged in a way that act as a barrier. Using surplus branches in this way is good for wildlife, especially small mammals and birds, giving them somewhere to shelter and nest that is protected from predators and from the elements. They are also good environments for



insects and other invertebrates to overwinter, which in turn provide a great food source for birds and mammals. The dead hedge also forms a lattice structure which is quickly colonised by hedgerow plants.

Dead hedging is also a useful and fulfilling activity for volunteer groups to be involved in because the activities involved are safe and easy to manage. It involves training individuals to use hand tools to enable them to cut branches and arrange these into piles. Habitat Hedging has a clear purpose and also delivers quick results so volunteers can immediately

see the positive impact of their efforts.

MEC staff have worked with a number of groups to develop many dead hedges with volunteers including staff from Amgen (who came to MEC as part of a staff development day), One Planet Pioneer apprentices and volunteers along with schools and local Friends groups.





Local and sustainable food

Middlesbrough Food Action Plan

The Food Action Plan aims to make Middlesbrough a place where local people can eat good quality, healthy food that is easy to buy, offers value for money and is produced locally wherever possible.

In giving the Bronze Award, Sustainable Food Cities recognised the wide variety of work taking place and the range of partners involved, including the number of private businesses engaged.

The success of the Food Partnership is evident through the momentum and variety of projects in Middlesbrough:-

Growing Middlesbrough is a campaign to increase the amount of locally sourced food available

Food4Health is managed by Middlesbrough Council Public Protection and works with food businesses to provide healthy options and raises the profile of the food agenda in the town.



Sugar Smart is a national healthy eating campaign which provides skills and information to encourage lower consumption of sugary foods.

Larger organisations, such as Middlesbrough College, Teesside University and Middlesbrough Football Club are improving their catering service to provide healthier and often more locally sourced options. Similarly, the creation of a food quarter

within Middlesbrough involving local independent businesses is providing more outlets for locally sourced food to be available.

A number of local businesses and schools are also working with Warrens Group Ltd to divert food waste from landfill to anaerobic digestion, generating energy and producing biofertilizer.





Sustainable water

Sustainable Drainage Systems (SuDS)

SuDS manage the flooding and pollution aspects of drainage and ensure that the community and wildlife are considered in drainage design. They deliver efficiently and effectively across four key criteria:

- **Quantity** - SuDS reduce the risk of flooding and erosion by controlling flow volumes and the frequency of surface water runoff.
- **Quality** - SuDS can assist in the treatment of pollution in surface water runoff.
- **Amenity** - SuDS provide visual and community benefits for people.
- **Biodiversity** - SuDS enhance and create habitats for wildlife.



SuDS are a sequence of management practices, control structures and strategies designed to efficiently and sustainably drain surface water, while minimising pollution and managing the impact on water quality of local water bodies. These systems are more sustainable than conventional drainage methods because they:

- Manage runoff volumes and flow rates, reducing the impact of urbanisation on flooding.
- Protect or enhance water quality.
- Are sympathetic to the environmental setting and the needs of the local community.
- Provide a habitat for wildlife alongside urban watercourses.
- Encourage natural groundwater recharge (where appropriate).



MBC considers SUDS through discussions with developers at an early stage in the planning process. This ensures that major schemes take into consideration surface water drainage and its effect on the development and further downstream. One of the best examples is the David Wilson Homes Grey Towers development where there are ponds, swales and rain gardens which make up the drainage features. These features ensure that the surface water entering into the watercourses is the same as before the development.





Sustainable
water

West Middlesbrough Becks Project

In 2014, MEC developed a project to improve habitats and water quality along stretches of Middlesbrough's becks. Funded by Biffa Award, the project delivered benefits for wildlife through diversifying the becksides environment, whilst also providing more opportunities for local people to enjoy seeing wildlife close to home.

The initiative formed part of a longer term programme of enhancements along Middlesbrough's beck valleys led by Middlesbrough Council and the Environment Agency. These included realigning watercourses and removing weirs to reduce flood risk and to create a more natural appearance.

New wetland habitats, including reedbeds and ponds, were created through excavating areas adjacent to the streams. Vegetation cover to the becksides was improved which benefits wildlife moving along the streams. Woodland Management opened up the



becksides canopy which allowed the undergrowth to flourish, creating a woodland floor rich in flowering plants. At the golf course, the wetland areas have been fed by land drains installed to take water from the course, helping to prevent run off from the drains directly entering the becks.

The wetlands have matured in the four years since their creation and some developed into permanent or seasonal ponds, holding water for all or part of the year. Others are establishing as reedbeds after being planted with Common Reed by volunteers early in the project. Marshy hollows are developing on some dryer parts of the sites helping other wildlife.





Land use
and wildlife

New pond creation at Berwick Hills Nature Reserve

The Boro Becks volunteer group have been successful in accessing funding to enhance the wildlife opportunities at Berwick Hills nature reserve and have added wetland habitat and extended an existing pond.

The group works to promote the becks as areas of natural beauty and manages the beck areas as woodlands, meadows and natural habitats for local wildlife.

The Berwick Hills nature reserve is made up of semi natural habitats with pedestrian and cycle path access and allotment areas. Ormesby Beck meanders through the site and is flanked by natural reed beds. There are extensive areas of rough grassland, dense bramble scrub and mature hawthorn hedgerows. The site also has two ponds, a wildflower meadow and plantations of native trees that have been created within the last ten years. It was designated as a Site of Nature Conservation Importance (SNCI) and was declared as a Local Nature Reserve (LNR) in 2004



The project was funded by a grant from 'Growing a Greener Britain' of £1,000 which was spent on the hire of machinery and plants in conjunction with North Yorkshire Construction who did a great job profiling the ponds to the required size and depth, and also Tees Valley Wildlife Trust.

One existing pond is located in the Northern part of the site and has suffered some reduction of water for the past 2 years. The aim was to improve the water retention, increase the variety of suitable native plants, and improve security.

A variety of suitable plants and seed mixes have been introduced (aquatic, marginal, wetland and woodland) with young native tree seedlings being planted by Boro Becks volunteers and volunteers from MEC and Groundwork, including school children and college students.

Once the pond has been planted up and established, pond dipping sessions will be arranged for school children and all interested groups to continue



the community involvement and ownership of the site as a whole which will benefit nature and local residents.





Land use
and wildlife

Community Patchwork Orchard

The One Planet Middlesbrough: Creating Sustainable Communities project received a grant from the Tesco Bags of Life scheme to run the Community Patchwork Orchard initiative. This was a year-long project that restored the heritage orchard at the former Nature's World site, mapped the existing publicly accessible fruit trees, created new orchards and developed ways of sharing surplus produce.

The project began with the development of a strong brand image and social media channels to promote the idea to a wide a range of people. Posters and flyers were distributed to Community Hubs, community centres and schools. Training courses in pruning, planting and grafting were run through Middlesbrough Community Learning Service and these attracted a large number of people who gained skills in maintaining the fruit trees in their own gardens and in shared spaces. Subsequent courses ran throughout the year; trainees totalled 35 and many became volunteers, either



assisting with the maintenance of the heritage orchard or helping distribute fruit during the harvesting season.

A stock of juicing equipment was purchased for shared use, and juicing was carried out at public events including Stewart Park Farmers' Market and even an alley party! Juicing also took place at the annual Friends of Nature's World Family Apple Day in October. Several people expressed an interest in setting up juice-based enterprises and were provided with free advice through Community Ventures Limited, a local business supporting social enterprises. A trip to a local artisan cider producer was also arranged so that residents could gain an understanding of the process required.



A system was set up for residents to report the location of fruit trees and guided fruit tree walks were carried out to help improve identification skills. Two volunteers also undertook a mapping exercise from late summer to autumn. Fruit was collected as it was available and donated free of charge to community centres to be shared. A cargo bike is available for hire for people to collect and distribute fruit.





Culture and community

Middlesbrough Mela

Middlesbrough Mela is a free, two day, multi-cultural event of regional significance which reflects the aspirations of the communities in Middlesbrough. In 2017 the Mela reached an audience of over 45,000.

The event brings communities together to celebrate and promote the diverse cultures within the region. The festival plays host to a high quality programme of events, including a vibrant celebration of world class music, covering a rich mix of hip hop, Bhangra and traditional Asian sounds, Food Court, Bazaar, street theatre, arts workshops and family fun entertainment.

The Mela celebrates the diversity of the Tees Valley and contributes to community cohesion by creating a sense of belonging and bringing communities together. The event also increases the number of visitors to the town and raises our profile, making Middlesbrough an attractive place to live, work, play and invest.



Middlesbrough Mela 2017 developed and delivered a range of outreach engagement projects working with a variety of schools and community groups. Two schools worked with a professional willow artist to create beautiful sustainable structures which were used as part of the Mela festival and then replanted in the school grounds.

A host of community groups worked with local artists to develop their skills in textile

based techniques including screen printing. All their printing work was then created into bunting, displayed at the festival, which will be used for years to come. Festival participants had access to a host of free workshops from bag printing and storytelling to willow sculpting and Indian tea tasting.

The festival engaged over 600 participants in both outreach and onsite engagement workshops.





Culture and community

Fairtrade in Middlesbrough

Middlesbrough has been a Fairtrade Town since 2007. Fairtrade ensures producers in developing countries receive a fair price for their goods and also provides funding for health and education projects in producers' communities. The accolade of Fairtrade Town status is awarded by the Fairtrade Foundation to places that are actively promoting Fairtrade through meeting a set of criteria. Fairtrade in Middlesbrough is co-ordinated by an active Steering Group and is supported by partners including Middlesbrough Council, Teesside University, Teesside University Students' Union and Middlesbrough College.

Middlesbrough Council has made a commitment to serve Fairtrade refreshments in meetings and venues. In Middlesbrough, we also have over 100 businesses, workplaces, faith groups, restaurants, cafes and community venues that use Fairtrade products and

these can all be found within the Middlesbrough Fairtrade Directory, which is available on-line.

In February 2017 Fairtrade Fortnight was launched on the Transporter Bridge and intrepid volunteers from Fairtrade groups across Tees Valley took part in an abseil down the bridge. The event received regional television coverage as Middlesbrough's most dedicated Fairtrade volunteer, 84 year old Kitty Grove-Stephensen, abseiled her way down Middlesbrough's most iconic structure.

The theme for Fairtrade Fortnight 2018 was "Come On In" and in Middlesbrough over 15 different coffee mornings were organised across schools, Community Hubs and workplaces encouraging local people to find out more about Fairtrade over a cup of tea or coffee.





Equity and local economy

Middlesbrough Economic Working Group (EWG) works with partners to discuss ways in which we can increase employability within the town centre and support residents to access local jobs.

The team has worked with businesses such as Bistrot Pierre, Balfour Beatty, First Source and Splash Utilities to provide a “one stop shop” in meeting companies’ needs in terms of recruitment.

In June the EWG organised a Jobs Fair at the Town Hall with over 1,000 people attending.

Invest Middlesbrough saw an extremely successful launch of their Investment Prospectus in May 2017, with an equally successful scheme of breakfast exchanges and business workshops following throughout the year.

Workshops hosted as a part of the Invest Middlesbrough programme included an evening with Paul Burgnam – Resilience in Running a Business – balancing mental health, running a business and life!



Centre Square Grade A Office planned appearance: Investment Prospectus



Snow centre planned appearance: Investment Prospectus

A finance workshop, delivered by Clive Owen LLP helped businesses understand finance and funding opportunities and explored the different options for business owners to grow, maintain and secure their businesses.

EWG works closely with Tees Valley Business Compass to signpost businesses for advice and guidance. Tees Valley Business Compass benefits from qualified business advisors who assist businesses with grants, funding and support.

Work is underway to explore the expansion and growth plans for the Boho and Digital quarter. Development funding has been secured to carry out a feasibility study and options appraisals for the next generation of Middlesbrough’s digital quarter.



The Centre Square Office Space development has been granted planning permission for two Grade A office buildings and outline planning for a further three buildings on the Centre Square East site. Work started in Summer 2018 and office space is to be developed to Building Research Establishment Environmental Assessment Method Excellence Standards.



Equity and local economy

Growing Middlesbrough

The Growing Middlesbrough initiative was identified as an exemplar project in Middlesbrough Food Partnership's successful application for the Sustainable Food City's Bronze Award. In partnership with MEC and staff from Middlesbrough College, Middlesbrough Council and Teesside University, Growing Middlesbrough works to address issues related to both the supply of and demand for local food.

Growing Middlesbrough has developed an online local food directory, which now has over 120 local businesses registered, an "Ask for Local Food" campaign and quarterly Local Food Weekends which raise the profile and influence changes in public attitude, behaviour and purchasing habits.

A series of events and activities have taken place to raise the profile of local food procurement amongst businesses, organisations and the general public. These

activities have included workshops on local procurement policy, stands at the annual Tees Valley Business Summit, engagement activities at key food events and talks, stands at business networking events and promotional videos highlighting the benefits of buying local food and drink.

In November 2017, the Food Partnership ran an inspiring event, "Beyond the Parmo" that showcased its achievements and how Middlesbrough is now leading the way when it comes to healthy and sustainable food in the region. With nationally recognised speakers, the event attracted delegates from the local area and also as far as Edinburgh, Peterborough, Carlisle and Preston.

Growing Middlesbrough supports businesses from all sectors to source locally produced food and drink, bringing huge benefits to the supplier, customer and the environment. For example, Acorn Dairy is a local organic dairy that supplies high quality local products direct to customers and cutting out the 'middle man' and associated costs. Since changing to supplying direct to customers, the business now employs seven times the number of staff.



beyond the
parmo
The changing face of food culture
in Middlesbrough





Health and happiness

Sunnyside Academy, Coulby Newham

The HeadStart programme aims to give all Middlesbrough's children and young people the necessary support to achieve good emotional health by providing support at an early stage and prevent the onset of mental health conditions.

Schools are supported to develop a robust and sustainable approach to improve the emotional health of young people aged between 5 and 16.

One aspect of HeadStart is the youth education pathway, HeadStarters which aims to train up a 'Middlesbrough army' of mental health and wellbeing champions. This pathway looks to equip children and young people with skills, knowledge and tools to become emotionally resilient. This pathway is accredited through Asdan. Children and young people begin with a Bronze Award which offers an introduction into mental health and wellbeing (approx. 20 guided learning hours). Opportunities are then offered with progression through to the Silver Award (approx. further 20 guided learning hours) through



activities such as community projects, the creation of videos, reports and mental health research. The Gold award centres on children and young people passing on their learning from Bronze and Silver to another group either via peer education sessions, assemblies, creation of videos or potentially any other means.

HeadStarters is available to all primary and secondary schools within Middlesbrough. Schools currently undertaking the HeadStarters pathway are Acklam Grange, Macmillan, Unity City Academy, Trinity Catholic College, Linthorpe, Ayresome, Sacred Heart, Sunnyside, St Augustines, Parkend, St Edwards and Abingdon.

In April 2018, the very first HeadStarters' conference was held at Myplace, Middlesbrough. 81 children from schools across Middlesbrough attended the day where they participated in workshops which were themed all around mental health and wellbeing. Workshops included breathing and relaxation, sport and mental health, drama therapy, relaxation, positive activities, male mental health, digital resilience and some consultation exercises. The conference evaluated very favourably with plans afoot for a second event to held in autumn 2018.





Health and happiness

Sugar Smart

MEC is engaging with local organisations to take action to help reduce overconsumption of sugar. Middlesbrough is currently worse than the national average for obesity in England. By reducing sugar consumption, we hope to tackle the risks posed by increases in Type 2 Diabetes, obesity and tooth decay. Organisations involved are working to educate staff and members of the public with the skills and knowledge to make decisions to improve both their physical and mental health.

Launched in 2017, SUGAR SMART Middlesbrough has gone from strength to strength and has recruited 34 organisations all pledging to make three changes within their organisation. The project works closely with Teesside University, two colleges and five schools to address the levels of sugar their students are consuming.



Middlesbrough Community Hubs and Libraries are now SUGAR SMART and 4 of the hubs hosted a SUGAR SMART roadshow with information on healthy low sugar recipes. Middlesbrough Council and Tees, Esk & Wear Valley NHS Trust provided their staff with information regarding swapping sugary drinks for water at the start of 2018. This was an opportunity for staff to look at how much sugar they currently drink and swap it to a healthy low sugar option, with a large group of staff all working together to help each other to become healthier.



Cleveland College of Art and Design was the first organisation enrolled onto this project. Through SUGAR SMART, they have been linked with Middlesbrough Council's 'Food4Health' programme and have since received a Gold Award, the highest accolade available.

