

# Getting Serious about Prevention?

Friday 15<sup>th</sup> March 2019  
St Mary's Football Stadium,  
St Mary's Road, Southampton SO14 5FP

#WessexPHconf19



Developing people  
for health and  
healthcare

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**Our annual conference will explore how far we've come in Wessex in achieving the Five Year Forward View objectives to radically upgrade prevention and public health, reduce the health and well-being gap and deliver prevention at scale, through invited speakers, workshops and oral presentations around four main themes. The themes for the conference are:**

### **Leading complex systems towards prevention**

Public health needs critical skills in system leadership at all levels. How are we using these to influence the direction of policy and service reconfiguration towards prevention, and what more do we need?

### **Threats and opportunities in public mental health**

While understanding of public mental health is increasing there are new societal challenges and threats. How are we improving individual and community resilience across the lifecourse and what more can we do?

### **Acting on basic needs**

Are we doing enough to mitigate the effects of poverty and ensure our communities have access to the basic requirements of affordable food, fuel, housing and clean air to reduce health inequalities?

### **Local public health action**

An opportunity to showcase other local public health activity that is making a difference and having an impact on health.

## **Sustainability**

Sustainability is a core element of Public Health and should be embedded in all our work. We have tried to reduce the impact of this conference on the environment by the following:

- No plastic cups or plastic water bottles
- No red meat
- Limited printed materials, with all resources available electronically
- Venue which can be easily accessed via public transport
- No use of individually packaged food and drink items
- OR Minimal use of individually packaged food and drink items
- Reusable crockery, glassware, and cutlery
- Electronic registration and feedback forms
- Re-useable name badges – please make sure you hand yours in when you leave

We welcome your feedback and suggestions on how to mitigate the impact of the Wessex Public Health Conference now and in the future.

*“The health and wellbeing of the public, now and in the future, depends on us living within acceptable limits and developing all sustainable assets – environmentally, economically and socially.”*

Sustainability in Public Health England, Public Health England, 2017.

# Programme

Mike Channon Suite		
08:30	Registration & refreshments	
09:10	<p><b>Introduction &amp; Welcome</b></p> <p><b>Professor Julie Parkes</b>, Head of School &amp; Wessex Public Health Training Programme Director, Associate Dean for Public Health Transformation, Health Education England</p> <p><b>Keynote Speakers:</b></p> <p><b>Professor Richard Wilkinson</b>, Co-author of 'The Inner Level: How more equal societies reduce stress, restore sanity and improve everyone's well-being' (2018)</p> <p><b>David Buck</b>, Senior Fellow of Public Health and Inequalities, The King's Fund</p> <p><b>Dr Julie Rugg</b>, Centre for Housing Policy, University of York The health implications of a growing private rented sector</p>	
11:00	Refreshments	
	Parallel Session 1	Location
11:30	<p><b>Workshop SL1: System Leadership - Public Health Leadership of Integrated Care Systems</b></p> <p><b>Chair: Anand Fernandes</b></p> <p><b>Professor David Phillips</b>, Chief Officer for Population Health, NHS Dorset Clinical Commissioning Group</p>	Room: tbc
	<p><b>Session PMH1: Public Mental Health - Improving Adult Mental Health</b></p> <p><b>Chair: Emma Seria-Walker</b></p> <p>Raising awareness of Veterans' mental and physical health and sign posting to Primary Care</p> <p><b>Colonel Julian Woodhouse</b>, Army Training Centre, Pirbright</p> <p>Localised, collaborative, community approach to improving men's health and wellbeing on an international scale through the Interreg 2Seas SBS project (2017-2021)</p> <p><b>Natalie Garwin</b>, Hampshire County Council</p> <p>Presentation by the Public health England South East Centre Team</p>	Room: tbc
	<p><b>Session ABN1: Acting on Basic Needs - Improving Health and Wellbeing of Vulnerable Groups</b></p> <p><b>Chair: Nicky Cleave</b></p> <p>Anticipating the arrival of Universal Credit</p> <p><b>Dr Duncan Fortescue-Webb</b>, Wessex Public Health Specialty Registrar</p> <p>Offenders on Court Orders – Basic needs and social disadvantage</p> <p><b>Emma Richards</b>, Wessex Public Health Specialty Registrar</p> <p>Hydration in Hampshire County Council Care Homes</p> <p><b>Abbie Twaits</b>, Public Health, Hampshire County Council</p> <p>The Nutrition Wheel: A simple interactive tool for use by volunteers to identify risk of undernutrition in older people in the community and provide advice and signposting</p> <p><b>Annemarie Aburrow</b>, Wessex Academic Health Science Network (AHSN) Healthy Ageing Programme</p>	Room: tbc

	<p><b>Session LPHA1: Local Public Health Action - Intervention Development and Evaluation</b></p> <p><b>Chair: Laurence Gibson</b></p> <p>Logic models in intervention development: an example from EACH-B, a health behaviour intervention in adolescents  <b>Dr Sofia Strommer, University of Southampton</b></p> <p>Engaging Adolescents in Changing Behaviour: Does it provide a cost-effective use of resources from UK perspective?  <b>Neelam Kalita, University of Southampton</b></p> <p>Evaluation of the Portsmouth Breathalyser Campaign: How much is too much?  <b>Dr Emily Walmsley, Wessex Public Health Speciality Registrar</b></p> <p>Using the Person-Based Approach to develop and optimise successful health behaviour change interventions.  <b>Dr Leanne Morrison, University of Southampton</b></p>	Room: tbc
<b>12:30</b>	<b>Lunch and Poster Session</b>	<b>Location</b>
	<b>Lunchtime Activities</b>	
	<b>Faculty of Public Health</b> – An opportunity to meet with Professor John Middleton, President, UK Faculty of Public Health and James Gore, Interim CEO & Director of Education & Professional Standards. Open session. Lunch available in the room.	Room tbc
	Saints Foundation Health & Wellbeing Session – Chair based exercise class	Room tbc
	Posters and Exhibition Stands	Room tbc
	<b>Parallel Session 2</b>	<b>Location</b>
<b>13.35</b>	<b>Saints Foundation – Blast Activity</b>	
<b>13:45</b>	<p><b>Session SL2: System Leadership - Influencing Systems by Working Together</b></p> <p><b>Chair: Helen Cruickshank</b></p> <p>Public Health's role in system leadership of integrating services for children and young people  <b>Robert Pears, Public Health Consultant, Hampshire County Council</b></p> <p>Hampshire High Impact Area Partnership Board  <b>Jo Lockhart, Public Health Principal, Hampshire County Council</b></p> <p>Using data to galvanise action on cardiovascular disease prevention in the South East  <b>Jodi Brown, Public Health England, SE</b></p> <p>Suicide prevention and self harm; opportunities for system leadership  <b>Amy McCullough, Southampton &amp; Portsmouth City Council</b>  <b>Jane Leech, Portsmouth City Council</b></p>	Room: tbc

	<p><b>Session PMH2: Public Mental Health - Building Capacity and Capability in Promoting Mental Health</b>  <b>Chair: Ruth Monger</b></p> <p>Lifestyle coaching for mental health difficulties: A scoping review  <b>Lauren Bishop, Bournemouth University</b></p> <p>Training in health and wellbeing education for pre-service teachers and the factors that influence them to promote health and wellbeing  <b>Dr Jenny Byrne, University of Southampton</b></p> <p>Prevention at scale for mental wellbeing; a system perspective in Dorset  <b>Sophia Callaghan, Public Health Dorset</b></p> <p>Responding to the need for public mental health skills development in Hampshire and Isle of Wight  <b>Simon Bryant, Hampshire County Council</b></p>	Room: tbc
	<p><b>Workshop ABN2: Acting on Basic Needs - Improving Air Quality to Improve Quality of Life</b>  <b>Facilitated by: Deborah Chase, Southampton City Council</b>  <b>Matt Loxham, University of Southampton</b>  <b>Gemma Ward, Public Health England</b></p>	Room: tbc
	<p><b>Session LPHA2: Local Public Health Action - Assessing Health Needs</b>  <b>Chair: Charlotte Matthews</b></p> <p>Safer Dancing in the South – A health needs assessment of recreational drug users at festivals, night clubs and music venues in Portsmouth and Southampton  <b>Dr Adam Holland, Portsmouth City Council</b></p> <p>Health needs assessment of adults with learning disabilities  <b>Abbie Twaits, Public Health, Hampshire County Council</b></p> <p>Mapping social and health inequalities in local areas  <b>Dr Dianna Smith, University of Southampton</b></p> <p>Health Checks in Southampton: A service review of the 2017-2018 activity  <b>Sabina Stanescu, Southampton City Council</b></p>	Room: tbc
	<b>Parallel Session 3</b>	<b>Location</b>
<b>14:50</b>	<p><b>Session SL3: System Leadership - Influencing Systems through Research</b>  <b>Chair: Nisreen Alwan</b></p> <p>A systematic analysis of investment into Chlamydia, Gonorrhoea, Syphilis, and Trichomonas Vaginalis research between 2000-2017  <b>Nihal Mehra, University of Southampton</b></p> <p>How well do national and local policies in England relevant to maternal and child health meet the international standard for non-communicable disease prevention?  <b>Dr Christina Vogel, University of Southampton</b></p> <p>Building research capacity in musculoskeletal public health research: evaluation of a graduate Allied Health Professional and Nurse internship programme (2015-18)  <b>Dr David Wright, University of Southampton</b></p> <p>The effectiveness of maternal influenza vaccination: A systematic review and meta-analysis of randomised controlled trials.  <b>Dr Jessica Jarvis, University of Southampton</b></p>	Room: tbc

	<p><b>Workshop PMH3: Public Mental Health - Mental Health in Teenagers</b></p> <p><b>Facilitated by: Robert Pears, Hampshire County Council</b></p> <p><b>Emma Kilford</b>, Blakemore Lab University College London</p> <p><b>Jo Wilson</b>, Dorset County Council,</p> <p><b>Amy McCullough</b>, Southampton and Portsmouth City Councils</p> <p><b>Robert Pears</b>, Hampshire County Council</p>	Room: tbc
	<p><b>Workshop ABN3: Acting on Basic Needs - Housing and Homelessness</b></p> <p><b>Chair: Professor Paul Roderick</b></p> <p>Housing and Health</p> <p><b>Dr Julie Rugg, Centre for Housing Policy, University of York</b></p> <p>Homelessness: The Society of St James</p> <p><b>Paul Baker, CEO Society of St James, Portsmouth</b></p> <p>How do we meet the basic needs of people who are rough sleeping?</p> <p><b>Sharon George and Teresa O’Toole, Housing Options Service, Portsmouth City Council</b></p>	Room: tbc
	<p><b>Session LPHA3: Local Public Health Action - Prevention in Clinical Settings</b></p> <p><b>Chair: Simon Fraser</b></p> <p>Abreast of Health: Feasibility, acceptability, and usability of an opportunistic digital alcohol brief intervention in women attending symptomatic breast clinics</p> <p><b>Professor Julia Sinclair, University of Southampton</b></p> <p>The role of a “Fit 4 Surgery” School in Health Promotion</p> <p><b>Imogen Fecher-Jones, University Hospital Southampton</b></p> <p>Pragmatic mixed methods research into the implementation of brief health promotion in an urgent treatment centre for minor injuries and illness</p> <p><b>Cindy Mannie, Care UK, St Mary’s NHS Urgent Treatment Centre, Portsmouth</b></p> <p>Is maternal weight gain between pregnancies associated with risk of large-for-gestational age birth? Analysis of a UK population-based cohort</p> <p><b>Nida Ziauddeen, University of Southampton</b></p>	Room: tbc
<b>16.05</b>	<b>Closing Plenary - Panel discussion</b>	
	<p><b>Chair: Professor Julie Parkes</b></p> <p><b>Dr Sallie Bacon</b>, Director of Public Health, Hampshire &amp; Interim Director of Public Health, Isle of Wight</p> <p><b>Jason Horsley</b>, Director of Public Health, Southampton and Portsmouth</p> <p><b>Dr Alison Barnett</b>, South East Centre Director, Public Health England South East</p> <p><b>Sam Crowe</b>, Acting Director of Public Health, Dorset</p> <p><b>Professor David Phillips</b>, Chief Officer for Population Health, NHS Dorset Clinical Commissioning Group</p> <p><b>Professor John Middleton</b>, President of the Faculty of Public Health</p>	
<b>17.00</b>	<b>Close of Conference</b>	

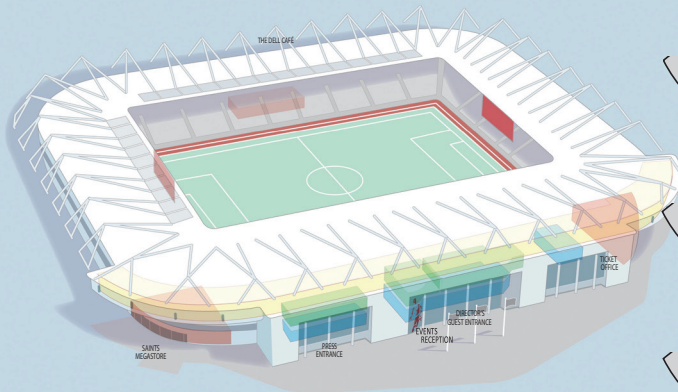
# Posters

No.	Title	Authors
001	Collaborating for Healthy Workplaces in Southampton	Marsh, Rachael (Southampton City Council)
002	A local example of a city-wide partnership to tackle stigma around mental health: The Southampton Anti-Stigma Group	Stanescu, Sabina & McCullough, Amy, Southampton City Council
003	How does the Wessex Public Health Practitioner Registration Support Programme help practitioners with their professional development?	Newton, J., Jones, L., Sykes, S., & Rahman, E.
004	How to evaluate Making Every Contact Count: a learning programme	Wills J, Sykes S, Speller V
005	Socioeconomic inequalities in risk of small for gestational age birth in primiparous and multiparous women: analysis of a population-based cohort in the south of England	Wilding, Sam; Ziauddeen, Nida; Roderick, Paul & Alwan, Nisreen A
006	Illness Perceptions in Multimorbidity: A Systematic Review	Stanescu, Sabina (PhD Candidate, University of Southampton); Holmes, Michelle (Lecturer, AECC University College)
007	A qualitative exploration into the benefits of an online mindfulness meditation intervention for people with asthma, recruited in primary care	Stanescu, Sabina; Ainsworth, Ben & Kirby, Sarah (University of Southampton)
008	Celebrating 5 years of the Public Health Community Fellowship in Wessex	Sarah Webb
009	Health Champion Development Programme	Michael Holden and Deborah Evans
010	A systematic review and meta-analysis of school-based educational interventions to improve BMI and body composition in adolescents (aged 10 to 19)	C.M. Jacob1 and P. L. Langdon12 (joint first authors), H. M. Inskip2,3, T. Morris2, C. Parsons2, M. Hanson3,4 K. Woods-Townsend3,4,5 and J. Baird2,3 (joint last authors)
011	Developing a Referral Pathway to Support Services for Those Bereaved by Suicide	Leech, Jane (Public Health Development Manager, PHP), Jones, Tomos (FY2 Doctor, PHP), McCullough, Amy (Public Health Consultant, PHP)
012	Making a Portsmouth Playpark Smoke Free	Jones, Tomos (FY2 Doctor, PHP), McKenzie, Amanda (Public Health Development Manager, PHP), Currie, Claire (Public Health Consultant, PHP)
013	ICON Babies Cry, You Can Cope: Pilot of abusive head trauma prevention campaign in general practice	Kim Jones, Dr Jenny Rattray and Dr Suzanne Smith
014	Using Plan-Do-Study-Act cycles to increase statin prescription for primary and secondary CVD prevention in Hampshire and Isle of Wight	Pears, Robert - Consultant in Public Health (Hampshire County Council) * Presenting author Brown, Jodi - Cardiovascular Disease Prevention Programme Manager (PHE SE) Sharma, Mohit (Dr.) - Consultant Healthcare Public Health (PHE SE)
015	Cute, cuddly and Crypto - an investigation into a large Cryptosporidium outbreak on a working farm in Sussex in Spring 2018	Helen Kermode (PHE), Kevin Carroll (PHE), Tracey Wood (PHE), Alison Mason (PHE), Lisa Harvey-Vince (PHE), James Sedgwick (PHE), Amanda Wright (PHE), Maria Saavedra-Campos (PHE), Rachel Chalmers (Public Health Wales)
016	Accessing the Inaccessible: An innovative approach to Hepatitis C testing and treatment in the community	Louise Hansford
017	An assessment of the barriers to seeking support amongst men affected by cancer	Jack Tooze, Alice James, Adam Daneshmend, Benjamin Walters, Aamna Ali, Emilia Holland
018	Examining the association between maternal inter-pregnancy weight change and preterm birth in an English cohort.	Grace Grove, Nida Ziauddeen, Scott Harris and Nisreen Alwan
019	On Crying 'Nanny State'	Coggon, John (University of Bristol Law School); Vass, Caroline (Public Health Specialty Registrar); Fortescue-Webb, Duncan (Public Health Specialty Registrar)
020	Funding High Quality Research for Frontline Public Health Professionals	Helen Walters and Hannah Dorling
021	Training PGCE students in Emotional First Aid	Miranda Dodd
022	Early LifeLab: Feasibility study on the use of wearable fitness trackers in children aged 8-11	Davey, Hannah 1, Barker, Mary 2,3, Christodoulou, Andri 1, Griffiths, Janice 1,4, Grace, Marcus 1, Godfrey, Keith M 2,3,5, Hanson, Mark 2,5, Inskip, Hazel 2,3, Leat, Holly 6 and Woods-Townsend, Kathryn 1,2
023	Co-design of an oral health promotion animation with families in Portsmouth	Currie, C. Scott, D. Stones, T. Wanyoni, K
024	There and not back again: a Hospital Homecoming tale	Clare Shere, Clay Robinson, Hannah Parker, Jack Bradley, Jemma Shanley, Natalia Sterling, Noah Evans Harding
025	Lifestyle Coaching for Mental Health Difficulties: A Scoping Review	Lauren Bishop
026	Pan Hampshire Self Harm Pathway	Hampshire Safeguarding Children Board - Contact Sophie Butt
027	Every baby born in the right place: towards a whole system approach to maternity and neonatal escalations	Walker, Inna (1,2), Lawson, Fiona (2), Northover, Emma (2), Wilson, Peter (2), Fraser, Simon (1) 1. Primary Care and Population Sciences Academic Unit, University of Southampton 2. University Southampton NHS Foundation Trust
028	A collaborative approach to improving cervical screening uptake across Wessex	Nikki Osborne, Laura Watson (Macmillan GP) and colleagues (more detail to be included on poster)
029	Christchurch Open Awards Centre– A Healthy Place to Live and Learn	Harris, Jae Christchurch Open Awards Centre (COAC), Somerford Youth and Community Centre,(SYCC), Pritchard, Bernadette,Public Health and Wellbeing Officer, Christchurch and East Dorset Council
030	A project to explore patterns of use of online services in primary care across Surrey Heath CCG, and barriers to their uptake.	Emilia Holland, Jon Walker, Pete Cornish, Catherine Croucher, Michael Baker, Saloni Zaveri.
031	Falls Prevention in Rushmoor	Nicola Kelly
032	A quality improvement project for the Wellbeing Service in Portsmouth City Council: Improving alcohol screening completion rates with new clients	Jessica Banks, Dominique le Touze
033	What would be the local impact of a change to the national breast screening programme to include breast density assessment and supplementary ultrasound for women with dense breasts?	Rebecca Wilkinson
034	The Ladder of Intervention 10 years on	Vass, Caroline (Public Health Specialty Registrar);
035	The Ripple Effect	Julia Molony
036	A qualitative exploration into the benefits of an online mindfulness meditation intervention for people with asthma, recruited in primary care	Stanescu, Sabina; Ainsworth, Ben & Kirby, Sarah (University of Southampton)
037	Engaging new fathers to build healthier populations	Julian Bose
038	"Exploring the Health and Wellbeing Benefits of Nature-based Activities - a Public Health Community Fellowship study".	A. Mukkavilli, K. Conway, H. Adams.
039	Homelessness and access to primary healthcare in Portsmouth	Dr Jennifer Robinson, Dr Natal Holmes, Dr Darrean Richards, Dr Victoria Dawe & Dr Will Gubbins

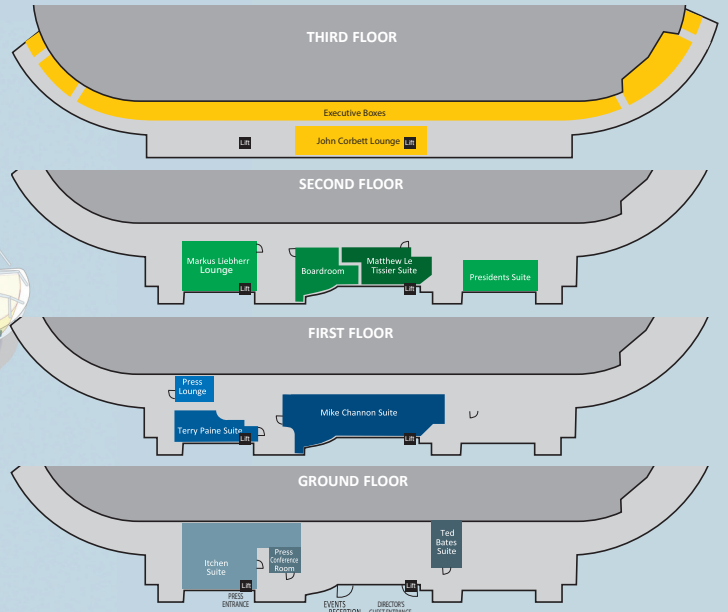


# St. Mary's Stadium

## Suite locations



- Third Floor
- Second Floor
- First Floor
- Ground Floor



We would like to extend our thanks to the Saints Foundation and to Halo Conferences and Events for their support and to the Wessex Public Health Conference Committee:

Rachel Partridge, Dorset County Council  
 Paul Roderick, University of Southampton  
 Kate Glyn-Owen, University of Southampton  
 Andrew Mortimore, University of Southampton  
 Judit Varkonyi-Sepp, University of Southampton  
 Robert Pears, Hampshire County Council  
 Jo Lockhart, Hampshire County Council  
 Simon Bryant, Hampshire County Council

Shirley Large, Public Health England  
 Mohit Sharma, Public Health England  
 Amanda McKenzie, Portsmouth City Council  
 Ravita Taheem, Southampton City Council  
 Julie Parkes, Health Education England  
 Viv Speller, Public Health Consultant  
 Em Rahman, Health Education England  
 Alison Barnes, Health Education England



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Protecting and improving the nation's health



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**St Mary's Stadium, Conference Facility**

**NHS**  
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