

Public Health Annual Report

2018



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Working for a brighter future together

Foreword



By Fiona Reynolds, Director of Public Health

Welcome to the public health annual report for 2018, which features a summary of some of the work to improve the health and wellbeing of everyone who lives in the borough of Cheshire East.

Our health is shaped by the locations in which we live, work and play, as shown by the Dahlgren and Whitehead 'rainbow model'shown below. It shows the relationship between the individual, their environment and health. People are placed in the centre, surrounded by the various layers of influences on health – such as individual lifestyle factors, community influences, living and working conditions, and more general social conditions.

So, this year's report focuses on Place – mostly in reference to the services that are part of the Place Directorate within Cheshire East Council because they have a vital role in supporting people's health and wellbeing. This does not capture everything but attempts to show some of the broad wellbeing in Cheshire East.

Helping the whole community to be as healthy as possible requires us all to do what we can to take care of our own health and wellbeing and I highlight again the Live Well Cheshire East - www.cheshireeast.gov.uk/livewell - , free website, which lists more than 3,000 services and activities available across the area. It includes everything from care something for everyone.

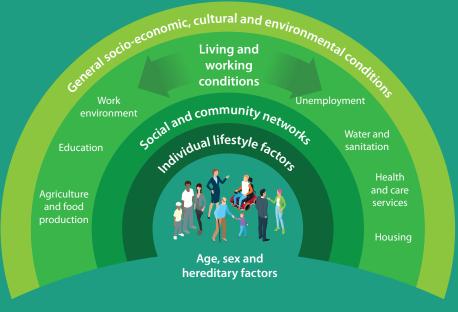
Cheshire East is a great place to live with general indicators showing a good quality of life for the majority long term trend that thankfully is set to continue. Looking at 2018 month by month, this report shares outcomes from several case studies and projects.

I would like to thank the following people, who wrote the chapters of this report:

Roz Atherton, Genni Butler, Daniel Coyne, Ian Dale, Brendan Flanagan, Helena Jones, Nick Kelly, Carole Mullineux, Helen Paton, Paul Traynor and Julia Wood.

We hope you find it informative and interesting and please do get in touch if you would like to know more about anything in this report or about public health at Cheshire East Council. You can email us at:

PHBusinessTeam@cheshireeast.gov.uk or visit: www.cheshireeast.gov.uk/livewell and search for public health.



JANUARY





Arts and Culture

There is now an accepted body of evidence for arts and culture having a direct positive impact on health and wellbeing. In addition it can be a catalyst for participatory community activity, accessible health promotion and for enhancing health care environments. Although all arts and cultural activity can be reasonably considered to have some positive impact on wellbeing, there is research which suggests that specific positive impacts can be had on mental health, dementia and falls prevention. In addition, evidence suggests that participation in arts and culture is particularly attractive and beneficial to those on the autism spectrum.

The Cultural Economy Team aims to commission programmes of work which will have beneficial impact on health and wellbeing. This may be jointly with other health commissioners or with other partners. The work is focused on areas where there is evidence of potential significant impact either geographically (with Crewe and Macclesfield being of priority) or through communities of interest such as young people, older people and sufferers of dementia.

Greater levels of joint commissioning are required to really expand the impact of programmes and embed them in mainstream provision.

"The Cultural Economy Team aims to commission programmes of work which will have beneficial impact on health and wellbeing."

Key Statistics

- In Cheshire East there are estimated to be 5,730 people over the age of 65 living with dementia.
- 65% are likely to be women
- **one in five** people **over 80** has a form of dementia
- one in 20 people over 65 has a form of dementia
- 18% of Cheshire East's population is over the age of 65.
 We have the highest percentage in England compared to 16% nationally.

Case Study

1. Where did this work take place?

Crewe, particularly at Leighton Hospital and Beechmere Extra Care Housing facility, using dance and personcentred creative practice to:

- Enhance the healing environment in the hospital;
- Contribute to the prevention of the early onset of
- Offer people a way to live well with dementia within dementia friendly communities;
- Challenge perceptions around dance and who can
- Undertake a qualitative enquiry, collecting observations about the project from all stakeholders.

2. What was achieved?

- Weekly dance sessions;
- Training for volunteers; and
- Professional development to ensure continued

3. What were the benefits?

Social benefits - Space and time for people to be seen, heard and sometimes, rediscovered – to share their in the day room. I felt unsure but made the tricky went on to really engage in the session. From sleeping

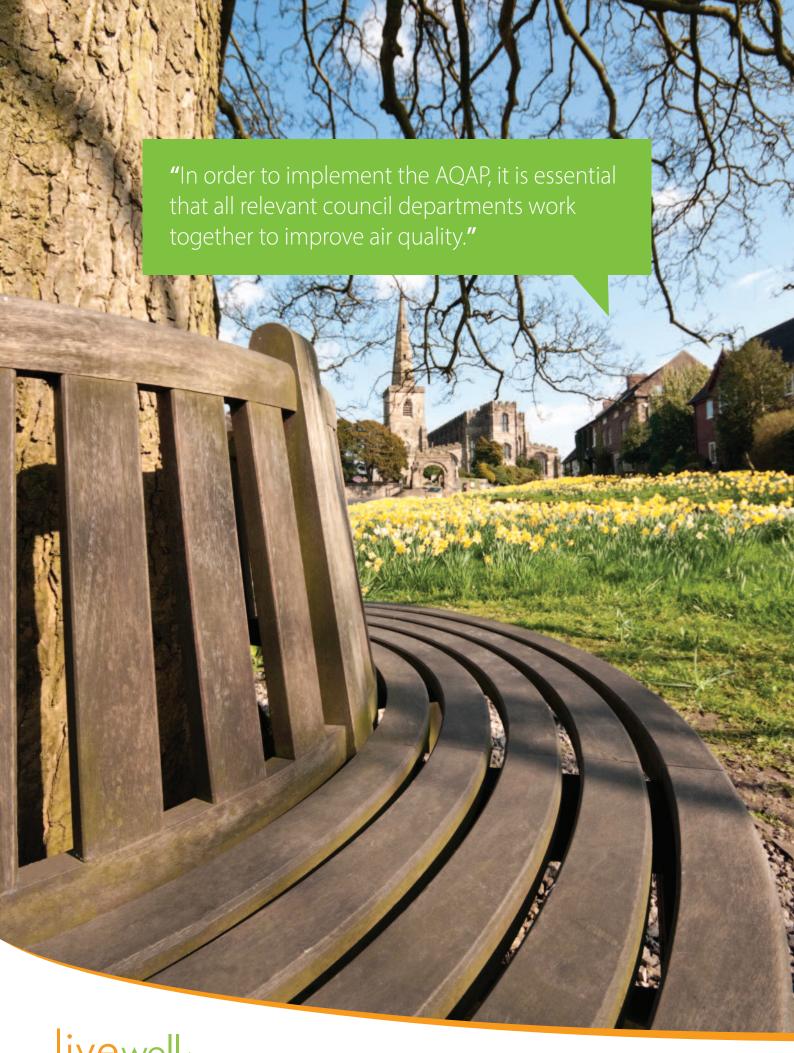
and including movements that will enable participants to maintain skills for essential tasks, such as getting dressed, bending to pick up objects and gripping things, have been integral to the sessions.

Mental Health Benefits -

"It makes you think of, actually... things you've forgotten."

Participant





ive well and the Cheshire East

FEBRUARY





Air Quality

The links between air quality and health are well known and it is one of the major environmental risk factors to the public's health. High air pollution levels can increase the chance of hospital admissions. The main risks to health have been linked to increases in cardiovascular and respiratory disease, which can interfere with everyday life.

Whilst air quality within Cheshire East is generally good, there are a number of small defined areas where, because of traffic, the level of nitrogen dioxide is breaching the national objective. Therefore, seventeen Air Quality Management Areas (AQMAs) have been declared across the borough and as a result the council has a duty to produce an action plan setting out measures to address the levels both within the AQMAs and generally across the borough. As a result of a number of new AQMAs being declared, the council is currently updating the action plan to take into account all the relevant areas.

Key Statistics

- Cheshire East has 17 AQMAs, which whilst this seems a lot they are only for small defined areas, whereas other areas may have fewer AQMAs but these are generally larger areas such as city/town centres.
- According to COMEAP (the Committee on the Medical Effects of Air Pollution) it is estimated that air pollution can result in up to 36,000 deaths per year nationally.
- All of the AQMAs declared within the borough are due to levels of nitrogen dioxide and this is similar to other areas across the country.

Currently the council is in the process of revising the Air Quality Action Plan (AQAP), which sets out what actions can be taken to address the pollution levels both within all of the AQMAs and generally across the area. In addition, the council is also updating its Air Quality strategy, which is an overarching document and ensures that air quality is taken into

In order to implement the AQAP, it is essential that al relevant council departments work together to improve air quality. Therefore, it is appropriate that various documents are updated at this time as this falls in line with both the Local Plan and the Local Transport Plan reviews which are ongoing. This will

enable a closer working relationship between the various teams and allow for the relevant considerations to improve air quality to be incorporated in to the various plans.

With regards to the AQAP, the plan is split into two main areas so: areas - actions which apply to the whole of the borough and those which apply to specific AQMAs. However, as the main problems in the borough relate to vehicle emissions, any action to reduce the use of vehicles by residents and businesses will all help to improve the situation. In addition, the use of alternative fuelled cars such as electric or hybrid vehicles will also provide a benefit to the pollution levels.

MARCH





Green Infrastructure

Green infrastructure delivers a network of multi-functional green (and blue) spaces, urban and rural that are capable of delivering a wide range of environmental, conservation and quality of life benefits for local communities. There is an increasing body of evidence showing, in urban and rural areas the health protection benefits of green infrastructure. Green infrastructure in Cheshire East already provides physical and mental health benefits to communities, increases opportunities for more active travel and can also reduce air pollution.

There is a growing evidence base supporting the role that green space plays in helping to improve wellbeing and also and reduce health inequalities. For example:

- In a recent UK study, a protective effect of green infrastructure on depression was consistently observed, with 40% lower odds of major depressive disorder with increasing levels of green infrastructure.
- In England, people who live furthest from parks are 27% more likely to be overweight or obese, and children able to play in natural green space gain 2.5 kg less per year than children who do not have such opportunities.
- Green infrastructure can significantly lower the temperatures in urban areas, thereby reducing the health risks to vulnerable people such as the elderly.

Green infrastructure in Cheshire East already plays a role in keeping people active, supporting good mental health and improving environmental health determinants, but there is more that can be done.

Whilst the natural environment, our natural capital, has intrinsic value, green infrastructure planning can help to identify issues/opportunities that green infrastructure can help to address. Developing a strategic approach to retaining, enhancing or increasing our green infrastructure will ensure that capacity and resource are targeted on needs/benefits and coordinated with partners and other stakeholders to best effect.

An evidence-based plan that identifies and guides the approach to local Green Infrastructure (GI) needs and opportunities in Cheshire East will help to deliver a good quality and accessible network of green spaces for people to

enjoy, providing for healthy recreation and biodiversity and continuing to provide a range of social, environmental, economic and health benefits. This may become increasingly important as the number of homes increases and the population of Cheshire East rises.

Local opportunities can be realised through ensuring green infrastructure is addressed by neighbourhood plans. People can also take up opportunities to get engaged in maintaining or enhancing our green infrastructure through volunteering, whether with the likes of Cheshire East's Countryside Management Service or though organisations such as the National Trust, Wildlife Trusts or Woodland Trust.

Key Statistics

- Using GI-Val to assess some aspects of the health value of Cheshire East's green infrastructure, the estimated wider economic value of GI health benefits is £171m.
- It is estimated that 52 tonnes of pollutant particles smaller than 10 microns in diameter (PM10) per year is removed from the atmosphere by green infrastructure in Cheshire East (likely to be an underestimate), valued at £8.3m.
- In spatial terms, 62% of the non-agriculture green infrastructure in the borough is north of the River Dane, while 17% of the non-agricultural green infrastructure is in the top 20% most affluent wards, with 6% in the least affluent.





APRIL





Field to Fork

Tatton Park Farm's £1.3 million Field to Fork project – officially launched in July 2018

A £1.3 million development of Cheshire East's Tatton Park has recently opened at the farm. This innovative new 'Field to Fork' story aims to inspire visitors, young and old, by telling the story of the journey of our food, from field to fork. In its heyday the farm helped feed the whole of the Tatton Estate and it is hoped that the Field to Fork narrative will help reconnect families with the origins of the food they eat by bringing to life this fascinating heritage. Field to Fork is a ground-breaking project – there is nothing quite like it anywhere else. There are a lot of animal petting farms in the UK but nowhere that visitors can get the full experience of a working farm and how food makes a journey - from a field being ploughed, to seeds being sown, crops being grown and then harvested to process into animal feed to produce healthy animals for meat. People are losing touch with where their food comes from and our aim is to provide this information in a sensitive and thought-provoking way. The ability to understand where food comes from and consequently make informed decisions about diet and lifestyle is an essential part of education, health and wellbeing and we are one of very few sites to explore this in any detail.

Key Statistics

- A recent survey* of 5,000 school children found that 14% of 5 - 7 year olds think that bacon comes from cows, sheep or chickens and 13% of 8 -11 year olds think that pasta comes from an animal.
 - * British Nutrition Foundation research 2017 conducted as part of the annual Healthy Eating Week, surveyed over 5,000 school children aged 5 - 16 years old.
- Food and nutrition is now a compulsory curriculum subject up to Key Stage 3.

Case Study

The project has developed relationships and activities with new audiences including school children, families from deprived wards, volunteers, people with health and learning needs e.g. CEC mental health group, Age UK Congleton Dementia group and black and minority ethnic communities. Programmes have included healthy eating initiatives, cookery skills, formal education, memory boxes, oral histories, practical farming skills, a digital app to provide DDA access for less mobile visitors and a new purpose-built activity barn complete with state-of-the-art food prep and cooking facilities

A case study of a disabled member of the farm volunteer team has recently been featured nationally as part of the Heritage Lottery Fund's 'Changing Lives' series. Nick was a farmer and became wheelchair bound after an illness and suffered resulting mental health issues. He joined the Field to Fork project as a live interpretation volunteer, demonstrating the mill machines to visitors. This has literally changed his life and given him hope for the future.





Accessible Communities

The creation or enhancement, through planning and design, of accessible communities is a key element in the encouragement of physical activity. Residents, who are able and encouraged to walk and cycle as means of active travel, will benefit not only their health through informal outdoor activity but that of their community through reduced transport-related pollution.

A range of departments across the council strive to make new developments as accessible as possible. Working with developers, walking and cycling routes for both active travel and leisure purposes are designed for development plans. As well as creating the routes themselves and linking the development with other existing facilities and services, such design helps to secure green infrastructure corridors and contribute to the Quality of Place and community cohesion.

Residents can opt to walk and cycle more as part of their daily routines in order to improve their own health and that of their community.

Key Statistics

- Walking can reduce the risk of heart disease, type 2 diabetes, Alzheimer's, stroke and cancer by 20-50%, with outdoor exercise having been found to deliver an estimated £2.2 bn of health benefits to adults in England each year. There is also recognition that 'investment in outdoor recreation offers a considerable opportunity for meaningful return on investment, yet these benefits have remained largely untapped.' (Reconomics Plus: the economic, health and social value of outdoor recreation, 2017, Manchester Metropolitan University and Sport & Recreation Alliance)
- Percentage of physically active adults (those aged 19+ engaged in 150+ mins of moderate activity per week) – Cheshire East (69.2%), North West (65.1%) and England (66%)
- Percentage of adults walking for travel at least three days per week (those aged 16+) – Cheshire East (19.6%), North West (21%) and England (22.9%)
- Percentage of adults cycling for travel at least three days per week (those aged 16+) – Cheshire East (3.7%), North West (2.7%) and England (3.3%)

Source: Active Lives Survey, Nov 2016 – Nov 2017, PHE/Sports England



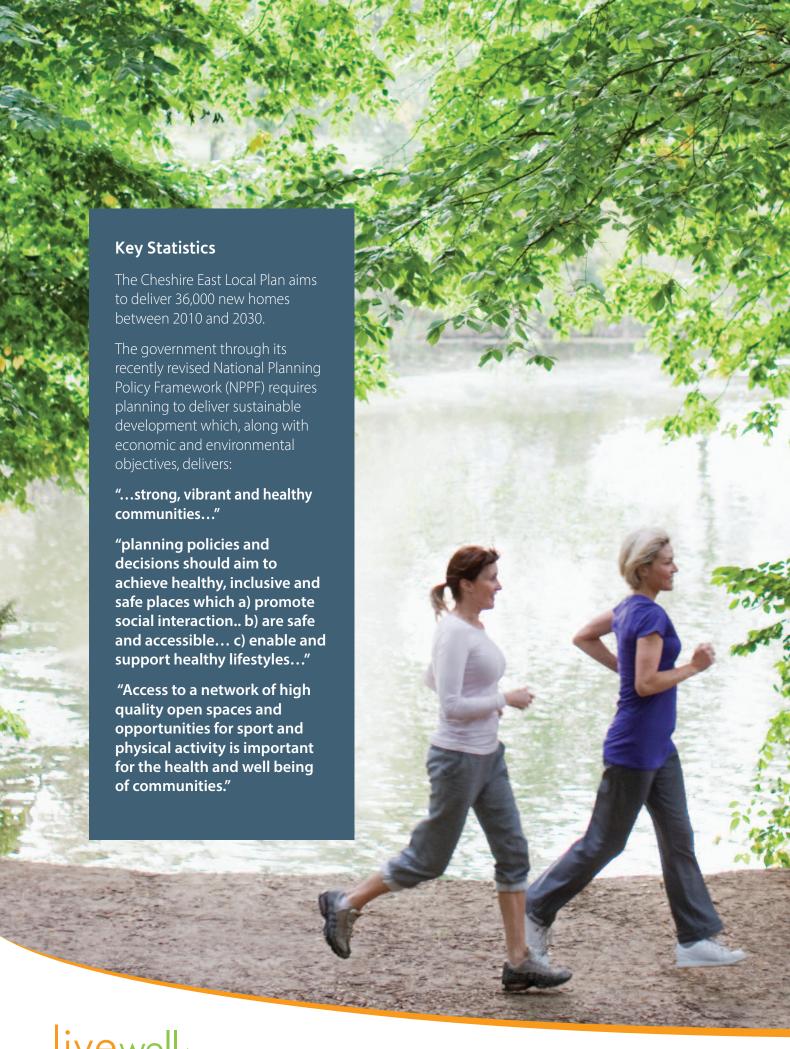
A footpath runs between Clifton Road and Station Road in Elworth forming a key link between a major housing development area and the railway station, and onward towards the town facilities. However it was not an attractive route to use and suffered from graffiti, encroaching vegetation, a lack of lighting and uneven surfacing.

In order to permit investment in the route to improve its accessibility and aesthetics, a legal order process was required to resolve an anomaly in the status of Public Footpath. After the legal order process was completed, improvement works were undertaken. The works included surfacing, lighting and signage. Funding was secured partly from developer contributions and partly through the Local Transport Plan.

The route now has a defined legal status to ensure ongoing maintenance and has been improved to create a more accessible and welcoming route to encourage walking within the town, particularly to the railway station.









JUNE





Planning

Good accessibility to green space and facilities encourages walking and cycling as an alternative to car use. Well designed urban space coupled with green space has great benefits for mental health. Trees and landscaping have additional benefits for health such as urban cooling and improved air quality.





Cheshire East Council promotes and manages development within its borough through its Local Plan Strategy and subsequent planning documents. The strategy contains policies concerning leisure and recreation, indoor and outdoor sports facilities, health and wellbeing, urban design, landscape and green infrastructure.

Cheshire East Council has developed and published its Residential Design Guide in order to improve the quality and liveability of new housing developments and

increase accessibility. The guide is based on Building for Life 12 and requires developers to build new housing which connects to its local surroundings, creates great places to live in, provides a high quality of green infrastructure and urban landscape and is sustainable in all its aspects. In 2018, all major developments have been assessed against the requirements of the Design Guide in order to drive up design quality. Schemes which cannot demonstrate good design will not receive planning permission.







Active Travel

Encouraging active travel through walking and cycling is a key element of the council's transport strategy. The council is investing £2m as part of the Local Growth Fund to improve walking and cycling routes. In addition, through the Local Transport Plan, Sustainable Modes of Travel to School Strategy and Local Cycling and Walking Infrastructure Plan projects the council is developing future improvements.

Increased levels of physical activity associated with walking and cycling supports the council's wider ambitions as set out in the corporate plan, including 'enabling people to live well and for longer'.

Although Cheshire East has higher levels of physical activity than the regional and national average, there remains a significant proportion of the population (22%) who take minimal regular exercise. Integrating physical exercise into regular everyday journeys can be an effective strategy for decreasing physical inactivity. Local and national surveys into the barriers to walking and cycling show that providing safe and attractive routes is key to enabling people to travel actively. The council is investing funds into improving routes to workplaces, schools and everyday services. This previously included £1.6m to provide a high quality walking and cycling route between Nantwich and Crewe and a current £2m programme to improve routes in Wilmslow and north west Crewe.

The council recognises there is more to do and is identifying future schemes through the Local Transport Plan process, Sustainable Modes of Travel Strategy, and through developing local Cycling and Walking Infrastructure Plans. The council's recently adopted Cycling Strategy includes the key objective to create and maintain safer, attractive, cohesive, direct and adaptable networks and infrastructure.

The www.travelcheshire.co.uk website includes maps for cycle networks and current traffic free routes in Cheshire East and there is an online journey planner using the www.cyclestreets.net website. Walking is free and there are many good quality routes in Cheshire East whether you are looking for a weekend ramble or for an everyday journey to work.

Case Study

In March 2013 a major walking and cycling route linking Crewe and Nantwich was officially opened, providing a car-free route between the two towns. The scheme cost £1.6m and was funded by Sustrans' Connect2 programme, delivered by Cheshire East Highways and supported by a Big Lottery Fund grant. The project directly benefits Reaseheath College, Leighton Hospital and a number of major employers within the local area. Monitoring shows a 43% increase in cyclists using the route and a 60% increase in pedestrians.

Key Statistics

- 22.1% of residents in Cheshire East are classed as physically inactive (less than 30 minutes physical activity a week). This compares to 26.6% inactive as a North West average and 25.2% nationally – data from Active Lives Survey 2018
- **6.6%** of residents in Cheshire East walk to work as their main mode of travel. This compares to **6.8%** as a North West average and **6.9%** nationally – data from Census 2011
- 1.8% of residents in Cheshire East cycle to work as their main mode of travel. This compares to **1.4%** as a North West average and 1.9% nationally – data from Census 2011







AUGUST



Connected Communities

Cheshire East Council's Connected Communities infrastructure initiative is a project to mobilise communities in a supportive and structured way. It aims to ensure local issues are addressed with the right support. This includes securing expertise and resource, including venues from a range of organisations and empowered local people.

Cheshire East Council's Communities Team has worked closely with local residents, key community representatives and a range of venues in 20 separate communities to develop customised community infrastructures. Their approach aims to empower, connect and build capacity through the facilitation of sustainable 'Local Community Partnerships'. This approach has seen the creation of a social franchise model creating 30 'Connected Communities Centres' across areas of deprivation using an engagement approach to create bespoke resident-led early intervention and preventative sustainable initiatives.

We now have 30 Connected Communities Centres signed up, having a range of new services delivered from their facilities. They work with local people as a single point of contact for their community for a range of local priorities.

Each of the 20 partnerships are now maturing and have all identified their priorities and shared information, have working action plans and are working action plans and work collaboratively to gather and disseminate key messages out to the community.

To date, 16 new resident-led initiatives have been created, including the community interest dementia cafe, mental health first aid training, mums and tots provision, alcohol addiction support groups, a community choir, a youth group and a community lunch club.

Mental Health support group, cardiac group, groups to support alcohol addiction, dementia friends, community choir, youth group, community lunch club etc.

The social franchise model has now been embedded in adult social care and public health commissioning. Each new tender has a paragraph that asks the applicant if this service could be delivered from a Connected Communities Centre and, if it can, they should be embedding within their bid.





SEPTEMBER



Food Allergies



The EU Food Information for Consumer Regulations 1169/2011 came into force in December 2014 and these are enforced in the UK by the Food Information Regulations 2014. These regulations make it a requirement for food businesses to know exactly which of the 14 allergens listed within the EU regulations are present in the dishes that they are serving.

Key Statistics

- The EU Food Information for Consumer (FIC) Regulation 1169/2011 came into force in December 2014 and set new standards for providing allergen information.
- In the UK, an estimated 2 million people are living with a diagnosed food allergy, and 600,000 (1 in 100) with coeliac disease.
 These figures exclude those with food intolerances such as lactose intolerance.
- In the UK, about **10 people** die every year from food-induced anaphylaxis.
- Most food allergies affect younger children under the age of three. It's estimated around 1 in every 14 children of this age has at least one food allergy.

In preparation for the regulations coming into force in August 2014, Cheshire East's Trading Standards Team wrote to all food businesses and also carried out a number of face to face training sessions to help businesses understand their obligations.

Over the last few years there has been an increase in allergen related complaints received by the Trading Standards team. A number of these complaints involved consumers suffering anaphylactic shocks. The cause was either due to a lack of communication or substituted ingredients being used, e.g. almond being substituted with peanut.

In July 2018, a further reminder letter was sent to food businesses. The team also carried out some targeted allergen inspections. A number of revisits had to be carried out to ensure compliance.

On 10 September 2018, the Food Standards Agency launched a campaign entitled #easytoASK with the aim of raising awareness among young people (16-24 years old) of their rights when it comes to the provision of allergen information when eating out. The campaign was delivered in partnership with Allergy UK and Anaphylaxis campaign. This is something that we'll continue promoting with the contacts that we have with the local colleagues and university.









OCTOBER



Libraries



Libraries have a key role to play in reducing isolation and loneliness.

The Office for National Statistics also noted that:

- People who feel that they belong less strongly to their neighbourhood reported feeling lonely more often; and
- People who have little trust of others in their local area reported feeling lonely more often.

Libraries are seen as trusted, welcoming community spaces. Staff are skilled at engaging with the public and understanding the needs of their local community. In October, libraries across the country celebrated 'Libraries Week'. With a focus on wellbeing they showcased how libraries bring communities together, help combat loneliness, provide a space for reading and creativity and support people with their mental health.

Key Statistic

In total 27,490 people of all ages visited our libraries during Libraries Week.

During Libraries Week, Cheshire East libraries hosted a wide variety of social activities including: story and tea, knit and natter, special rhymetimes, roots family history, IT and chat, adult colouring and volunteering opportunities. Our libraries also held events with voluntary organisations such as CAB, DIB, Hearing Dogs, Macclesfield Flower Club and Alsager Partnership Memory Café, all of which help to ensure that libraries reach those in most need.

A new weekly group called 'Let's meet on a Friday' started during Libraries Week at Sandbach Library.

One participant brought along a friend because she thought it would do her good to get out of the house

Cheshire East libraries will continue to contribute to reducing loneliness by providing opportunities for people to build connections and improve their health and wellbeing in their local library.



NOVEMBER





Employment

Employment is important for health: we know that incidence of obesity, smoking, substance misuse and mental health conditions are higher in unemployed cohorts compared to those in work. Therefore public health and economic development/employment are intrinsically linked.

A mechanism to more effectively link employers and communities, to achieve more for residents, businesses and the local economy, is a compact/agreement. It is intended to provide a framework for developing effective relationships between employers and the local community, leading to more and better results on the ground including the increased health and wellbeing benefits of 'work' in its varying formats.

Key Statistics

- There are 2,445 working age unemployed people in Cheshire East (on Job Seekers Allowance and Universal Credit). This figure has been falling over the past five years and is set to continue falling.
- In Cheshire East there are 10,380 working age people who are unemployed and on disability benefits (ESA and IB). This figure is set to rise over the next few years. Applying the 65% national estimate figure, this equates to over 6,700 residents with disabilities in Cheshire East who want to work.

Cheshire East has an ageing population and a shrinking working age population. Forecasts show a 12% reduction in available labour by 2030 (ageing population/shrinking working age population). Based on these forecasts, employers are going to find it increasingly hard to recruit staff both at the skilled level and entry level. Employers will need to look to non-traditional sources of labour.

There are a number of existing employment initiatives operating across Cheshire East, which aim to support unemployed residents to gain the skills and experience to move closer to and/ or into work. However, the supported employment landscape is disparate and disconnected.

Through joint working with stakeholders, a suite of compact/agreements would address skills gaps in the local workforce by supporting employers to harness the skills of a non traditional workforce. Activities would: create different routes to education and jobs; increase progression towards life and employment goals; and empower and engage the most disadvantaged or underrepresented and socially excluded residents.

Each compact/agreement would have an accompanying action plan focusing on practical steps to tackle issues and seize opportunities most effectively addressed at authority level.









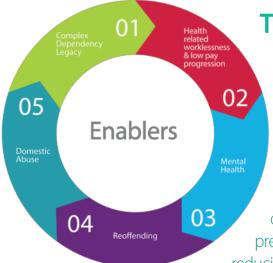
Cheshire East

DECEMBER



Public Service

Transformation Programmes



Building on the success of the Complex Dependency programme delivered across Cheshire and Warrington between 2015-2017, sub-regional partners have initiated a three-year transformation plan for Public Sector Transformation across Cheshire & Warrington that will deliver improved outcomes for our collective population. The programme has six priorities: complex dependency; health related worklessness and low pay; preventing poor mental health; reducing offending; reducing domestic abuse and enablers to achieve change.

A sub-regional approach is the only real way to tackle these complex priorities in a time of shrinking budgets and increasing demand; working together achieves value by being greater than the sum of its parts. But, working across organisations requires continued support, resource and management for ongoing collaboration, integration and efficiency.

There is a huge amount of positive work happening across the sub-region. This programme looks to add value to that work and complement it rather than act as a separate workstream.

We are encouraging a collective response to local issues, shared resources where appropriate, and a stronger case for external investment and funding.

More than £1m of innovation funds have already been made available to the area and this approach will maximise the opportunity to attract more funding whilst reducing bureaucracy and competition as partners may, if acting alone, end up competing for the same fundingstreams.

Working together and investing in public service transformation will positively impact the life chances and wellbeing of our residents at a greater scale than could be achieved by working individually. By focussing on those who have the greatest support needs we can ensure that they also have a stake in their local area, becoming more independent and resilient.



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