

2014/15

PCC Public Health Annual Report

| Building a healthier city

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Dr Janet Maxwell
Director of Public Health

Introduction

The public health annual report for 2014 draws on the work carried out over the last year with colleagues across the council to highlight the importance of the wider determinants of health in supporting, strengthening and improving the health and wellbeing of the population of Portsmouth.

As the city moves beyond regeneration and austerity into strengthening its economic base, it is important that all its residents have an opportunity to gain the skills and training to be part of the current and future workforce. Being in secure employment contributes to good health and good health enables people to stay in work.

As well as good employment, people's health is supported by the environment in which they live – the built environment and infrastructure such as housing, schools, roads and leisure facilities and the natural environment in terms of access to clean air, green open spaces and water.

As the human population grows from a global figure of around one billion in the early 1800s to 7.3 billion this year and a projected figure of over 9 billion by 2020, more and more people are living in cities. In 1950, less than 30% of people lived in urban settings, by 1990 it was 50% and by 2025 it could be at least 60%. Good design, planning and architecture is imperative to make the best use of space for people to live well within neighbourhoods and communities. Portsmouth, with 205,000 residents living within just 15.5 square miles, is one of the most congested urban environments outside London. The design and layout of the city is influenced by its geography, its history, its politics and its people. We have to weave the heritage from the past with the challenges of the future to become a resilient and sustainable city in terms of effects of climate change, energy sources, food supplies, water and waste. Developing a circular economy from a traditional linear economy will help us address the need to protect our scarce natural resources and live better in harmony with our natural environment.

Portsmouth benefits from being situated in a rich and varied setting in the Solent - surrounded by sea, natural harbours, and bordered by the South Downs and Isle of Wight. These, together with its transport links to London and to mainland Europe, means it has a wealth of assets which can be used to great advantage for the wellbeing of our population, both now and in the future.

I commend this report to help make the most of the recommendations highlighted, in order to build on the strengths of the city and continue to build a healthy city for the future.

I hope you find this report interesting and useful and would be very pleased to receive any comments.

Dr Janet Maxwell
Director of Public Health



Chapter 1

Building a Healthier City

Portsmouth is a bustling island city on the south coast of England, with an estimated population of 205,000 people residing within 15.5 square miles. This makes Portsmouth the most densely populated city in the UK outside of London.

Creating resilient communities and supportive environments provides particular focus for improving wellbeing, recognising the strong link to underlying health inequalities. There is a real challenge in bringing about the significant change that is needed, requiring a whole-system approach.

This aspiration is also at the heart of the UK Healthy Cities movement, of which Portsmouth is a member. The UK Healthy Cities Network is a global movement for urban health that engages local authorities and their partners in health development through a process of political commitment, institutional change, capacity-building, partnership-based planning and innovative projects.

There is a real momentum in the city for reinventing places, infrastructure and the surroundings to support health and wellbeing, which in turn will support the development of a vibrant city. This is reflected also within Portsmouth's Joint Health and Wellbeing Strategy: 2014-17, which clearly recognises the importance of a sustainable and healthy environment for improving health and wellbeing in which the wider determinants of health are considered and addressed.

Building A Healthier City

Reducing the burden of ill-health, increasing healthy life expectancy and reducing health inequalities are key aims for public health in Portsmouth. Behaviours such as smoking, poor diet, lack of physical activity and high alcohol consumption are major causes of poor health and conditions such as diabetes, heart and kidney disease, stroke and cancer, often leading to premature death.

These behaviours are often a direct result of stress caused by difficult circumstances, such as unemployment, poor housing and poverty. It is important therefore that interventions that focus on promoting or improving 'health behaviours' address these wider determinants of health.

A series of five inter-directorate seminars for Portsmouth City Council have taken place and have provided an opportunity to examine the links between health and wellbeing and urban planning; transport; sustainability; housing and skills and employment.

The specific aims of the five seminars were to:

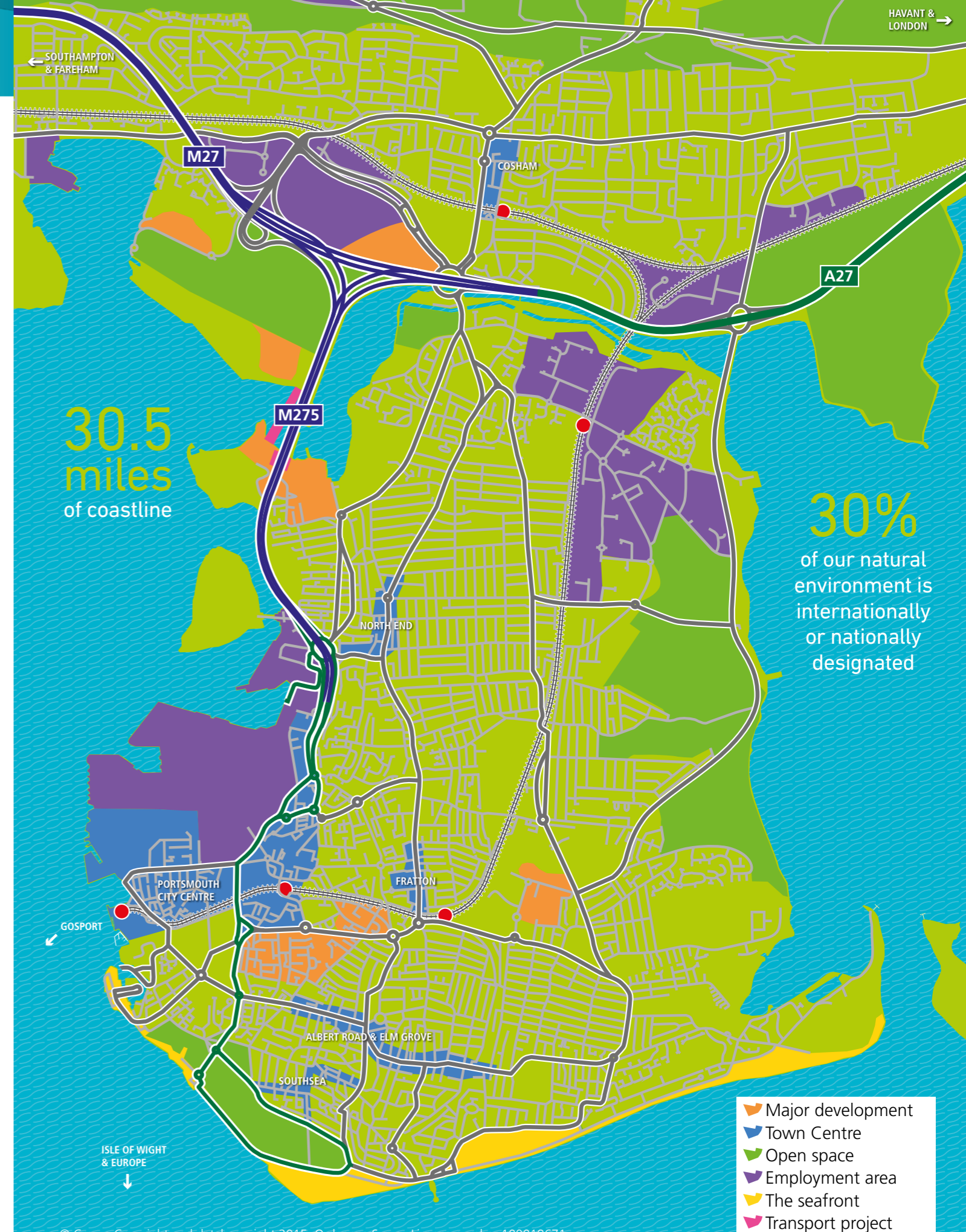
- » Demonstrate where efforts to improve the health and wellbeing of the local population can also deliver the aims and objectives of other services
- » Strengthen the links between shared agendas
- » Share learning and expertise across directorates
- » Agree priority action areas to be taken forward
- » Develop health champions across the organisation
- » Improve outcomes relating to health and wellbeing for people in the city

Each seminar gave an overview of the key issues for Portsmouth, the connection with improved health and wellbeing, an example of good practice as well as table-top discussions focusing on opportunities, challenges and top priority action areas to be taken forward.

The seminars demonstrated how Public Health outcomes could be improved through more effective joint working across the authority and gave us the opportunity to discuss the best ways of addressing these.

The key issues, priorities and recommendations emerging from each of the seminars are described in subsequent chapters and many of the emerging themes and actions provide an important foundation to capitalise on the momentum across the council and its partners to build our work to improve the lives of residents.

Map title goes here



Chapter 2

Urban planning and health

Urban planning and planning decisions have profound impacts on the health and wellbeing of communities. There is a clear potential for urban planning to have significant influence on health including the wider determinants contributing towards a built environment which helps to support healthy living and mental wellbeing. This is recognised in the update National Planning Policy Framework (NPPF, 2012).

The NPPF requires planners to consider health in a range of different ways and highlights the importance of achieving social, economic and environmental objectives linked to health and with a strong focus on promoting healthy communities.

The NPPF also requires local authorities to work with public health and health organisations to develop a robust evidence base that takes into account future changes and barriers to improve health and wellbeing.

With this strengthened planning guidance and with the move of public health responsibilities into local authorities, the potential for delivering positive long-term health and wellbeing outcomes must be recognised with specific approaches and policies adopted to achieve this.

There is a clear potential for urban planning to have significant influence on health including the wider determinants contributing towards a built environment which helps to support healthy living and mental wellbeing.

Recommendations

Given this context there is a key opportunity for the new Portsmouth Plan to provide a single strategic plan for the city, looking ahead to 2031 and beyond to bring together all the city's long-term strategic plans into one place.

The new Portsmouth Plan will be more about place shaping and creating a city where people want to be. Therefore the plan, as well as delivering economic growth and managing development, needs to focus on improving job provision and prospects, boosting culture and tourism and our heritage, creating a healthy and sustainable environment, creating an efficient and sustainable transport network, ensuring access to high-quality education and ensuring that we provide enough of the right type of good quality housing to meet the different needs of our population.

It could help link the strategic policy elements for key Strategies and Plans for the city such as:

- » Transport Plan
- » Economic Strategy
- » Waste Strategy
- » Health and Wellbeing strategies
- » Children and Young Peoples Plan
- » Sustainable Communities Strategy
- » Safer Portsmouth Partnership
- » Housing Strategy
- » Culture Plan



The new Portsmouth Plan will be more about place shaping and creating a city where people want to be.



The Plan will also provide guidance and detailed planning policies to:

- » Ensure a high-quality environment with available land / buildings for business development and new housing. This in turn will attract employers to the city thus improving job opportunities for residents.
- » Provide for enough new housing (of different sizes, types and affordability) to meet the needs of the city. This should help to ensure that everyone has access to an affordable, good quality home.
- » Determine the location of new development so that they are connected to or have good access (via public transport, cycling or walking) to services and facilities. New housing development should have good access to shops, employment and community services. This will have a positive health impact as it will ensure access to job opportunities and reduce the possibility of social exclusion. New retail development should be located so that it is, or can be made, accessible by public transport, cycling and walking to ensure that these forms of travel are encouraged and so that those without a car have access to facilities.
- » Ensure our town centres remain viable and vital areas through focussing certain uses in these areas (shops, restaurants, community facilities, and leisure facilities) and encouraging events such as markets. Town centres are generally accessible by public transport, cycling and walking – therefore such uses will be accessible to those without a car and will help to reduce the need to travel and encourage active travel.
- » Preserve and enhance the natural environment through protecting important habitats and species, enhancing biodiversity, protecting open space and encouraging green walls and roofs. This inevitably has positive health and sustainability impacts.
- » Ensure new developments meet sustainability standards in terms of energy use, natural light and ventilation.
- » Safeguard land for transport routes and also ensure that new developments create new links to existing routes. This can help to achieve a high-quality public transport network with good cycling and walking routes.
- » Identify infrastructure that is needed to support the growth of the city and ensure its timely delivery. This covers areas such as transport, flood defences and education.
- » Help to secure funding for projects. Projects are more likely to receive funding if it can be demonstrated that there is certainty of delivery and that the project will contribute towards the growth for the city. If a project is in the Portsmouth Plan this gives a level of certainty and also demonstrates a link to growth.





Chapter 3

Transport and health

Transport has a large influence on health as it provides access to services and facilities and can encourage healthier lifestyles. Transport can change environments and behaviours to increase active travel, promote public transport and improve road safety.

Transport is closely linked to the health issues that have the most adverse impacts on life expectancy – these include circulatory diseases, cancers and respiratory diseases. People living in Portsmouth's most deprived wards have significantly shorter life expectancy. But increasing the opportunities for active travel can increase physical activity, and will help to improve the person's physical and mental health and wellbeing, reduce the number of vehicles, improve air quality in areas of deprivation along with other low carbon travel options, thus reducing the risk of respiratory diseases.

Physical Activity and Active Travel

The vision and ambition for the city until 2023 in terms of a modal shift to walking and cycling as part of their daily lives is set out in the city's Active Travel strategy, working with key partners on projects and initiatives to deliver the strategy such as: cycle training, cycle maintenance and road safety education.

Research has shown that active travel can be increased by improving cycling and walking routes, providing maps of routes, creating a better environment and public realm, improving retail areas and investing in routes to train stations.

In Portsmouth there is already a strong emphasis on promoting active travel focusing on education, encouragement, enforcement and engineering. In addition key supporting policy frameworks – the Portsmouth Plan, and the Local Transport Plan will be redeveloped, offering an opportunity to further embed the principles of walking and cycling within the strategic framework of the city.

Community Severance – ring roads and car friendly – partly reduces walkability

Increasing the number of people walking and cycling in the city cannot be accomplished by hard engineering alone, but requires a combination of appropriate policies, good road design, education on the benefits of active travel, support to encourage and make it easier and safer, so that ultimately people change their behaviour and choose to use this cars less and less.

Accidents

Low-income families occupying poor-quality older terraces have the highest risk of road accidents in Portsmouth, particularly among children and young people both as cyclists and pedestrians. Although there is low car ownership within this group, given the nature of the road infrastructure, the main motorised vehicle routes in the city run through the key areas of deprivation plus many people in these locations tend to have young children. Given the level of casualties across Portsmouth, particularly those in deprived areas, it is clear that road safety and active travel have an important role to play within transport and health.

Air pollution

Historically high levels of smoke from burning fossil fuels such as coal for domestic and industrial purposes was the main cause of air pollution but nowadays traffic emissions are the major threat to clean air.¹ The quality of the air we breathe can impact on our respiratory health, with our lungs easily damaged by air pollutants increasing respiratory diseases including risk of asthma attacks, Chronic Obstructive Pulmonary Disease (COPD) and cardiovascular disease. Long-term exposure to such pollutants can ultimately lead to a decrease in life expectancy.²

Despite Portsmouth being in the lowest 15% of local authorities in England based on car ownership³ the volume of traffic around our city is high with air pollution and congestion the two biggest issues relating to vehicle use. Ironically it's our most vulnerable residents in the city who don't own cars that have the biggest exposure to air pollution due to the location of the main travel corridors through the city as figure 1 illustrates, therefore ensuring the maximisation of active travel (non-motorised travel) is vital to our city in terms of efficient travel (avoiding congestion and lengthy commutes) and our health (physical and mental health gains from being outside and being active).

Recommendations

- » deliver business/action plans developed to support and deliver the priorities of the Local Transport Plan 3 and other transport strategies
- » identify funding streams, particularly those which can meet the revenue shortfall to provide promotion and behaviour change activity
- » continue to ensure that new developments consider all transport modes and users in the development of new and improved transport networks both in and around the site and the supporting infrastructure required such as secure and undercover cycle parking
- » ensure Health Impact Assessments are shared for health input into new developments
- » continue to work in partnership with public health and other PCC colleagues, transport operators, user groups, schools and other key stakeholders to promote active and sustainable travel modes and lifestyles and behaviour change
- » continue to develop the Safer Routes to School initiatives

1. DEFRA, 2011 <http://uk-air.defra.gov.uk/air-pollution/causes>

2. PCC, 2015 <https://www.portsmouth.gov.uk/ext/community-and-environment/environment/air-quality-and-pollution-in-portsmouth.aspx>

3. RAC, 2012 http://www.racfoundation.org/assets/rac_foundation/content/downloadables/car%20ownership%20rates%20by%20local%20authority%20-%20december%202012.pdf

Chapter 4

Sustainability and health

The behaviours and actions of individuals, families, communities and the business sector (public, private and voluntary) at a local, national and global level have an impact on both our natural and built environments. These behaviours can be both positive and negative in their contribution to sustainability and health agendas, through increasing or decreasing the risk of climate change and carbon emissions in particular, which have a direct impact on our natural environment. Those living in the greatest affected areas can be the most vulnerable as the active travel section demonstrates with those living in the most deprived wards with lowest car ownership suffering the effects of car emissions the most, similarly those with least mobility are at most risk during flooding etc.

Climate change is a key priority both locally and nationally as the choices, decisions and behaviours displayed on an individual, industry and global perspective has changed through time and this has resulted in a change in how we connect with the environment we live in and around.

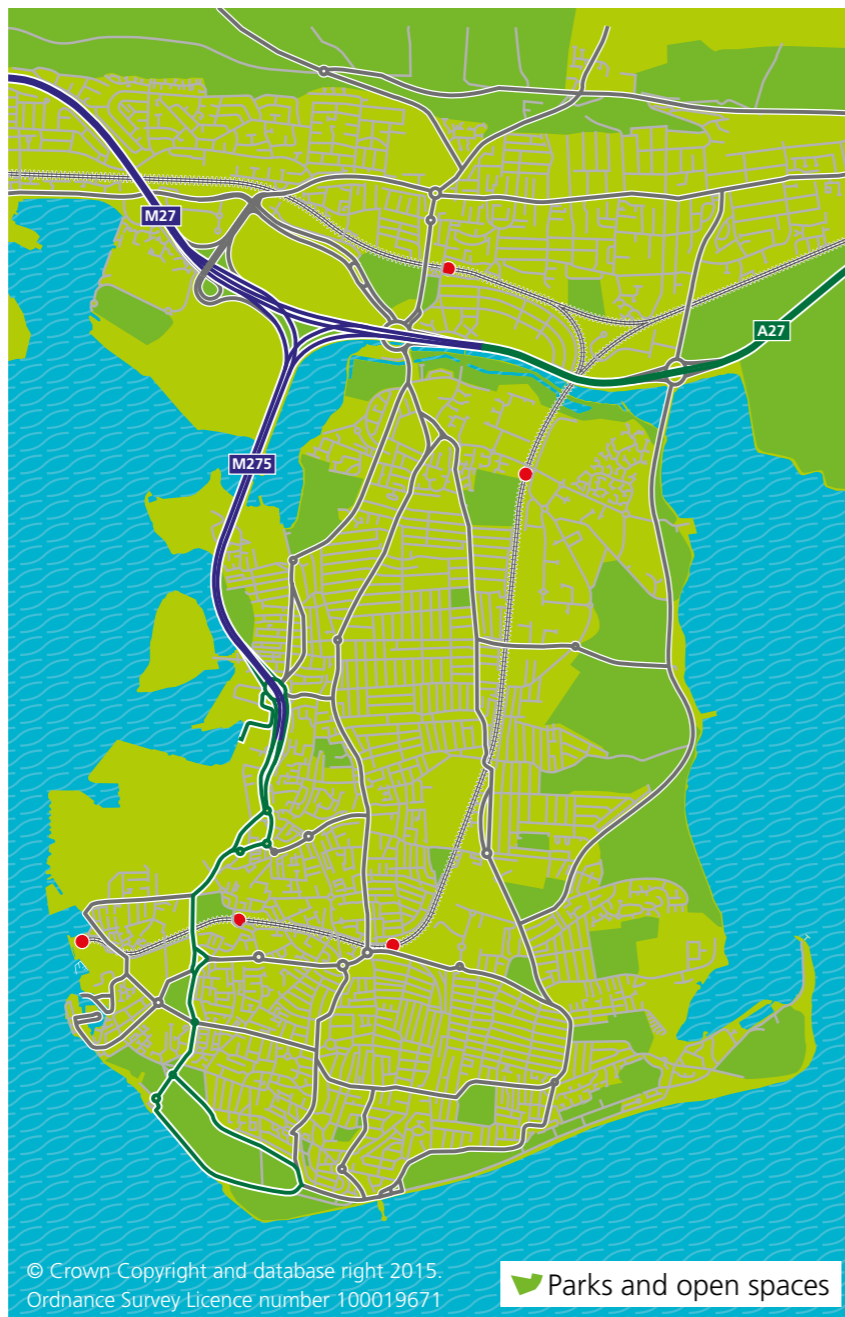
Changing our behaviours and making informed choices around transport, food and energy-use at an individual, local and national level can result in a more positive impact on our environment and ultimately improved health.

Our green and blue spaces within the city are vital to residents, they include areas such as: parks, playing fields, cemeteries, allotments/ growing spaces, foreshores, lakes, ponds and the seafront. These outdoors green and blue spaces help to positively contribute to both our physical and mental wellbeing but are equally as important for our bio-diversity and eco-systems.



As a densely populated area, our outdoor spaces are precious, so making the most of them is important and the good news is they are well utilised by residents and visitors alike. The map below illustrates how every household is within 15 minutes of a park or green space and we know local residents, especially those living in flats and tower blocks without access to gardens, value these facilities.

Our blue space i.e. the lakes, ponds and the sea, is vital for recreation (sailing, water sports, fishing, paddling/swimming) but our coast also helps to contribute to jobs and our local economy – through commercial fishing for sourcing fish and shellfish, plus as a commercial port and home to the Royal Naval base – making the sea vital to many aspects of Portsmouth's survival.



Recommendations

- » Implementation of the Portsmouth energy strategy. Ensuring carbon reduction and climate change are considerations within all major plans for city and new development proposals. Engage with residents and businesses around energy efficiency, behaviour change and increased shift to renewable energy sources.
- » Flood defence – working to ensure best use of the funding for structural improvements and also via smart communications with residents to reduce flooding risk and impact following flooding.
- » Strengthen local food economy and links with local food growers across the region to improve markets for access to local seasonal produce.
- » Support people to grow their own food where possible through allotments and private and community growing space and promote reduction in waste including food waste, unnecessary packaging by buying loose produce, using reusable bags, buying fruit/veg in season and where possible buying locally-grown produce.
- » Big recycle – keeping the quality of recyclable materials high and helping people and businesses recycle all the items they can. Consider recycling of food waste through anaerobic digestion.
- » Move towards a circular economy where value and reuse of all natural biological and non-biological materials become the norm.
- » Strengthening and linking the green infrastructure across the city – enabling more people to connect with the natural environment and utilising the green and blue spaces within the city for recreation and leisure.
- » Enhancing the biodiversity both within the city and around the waterfront.
- » Marine Conservation Zones and areas of national conservation promoted and celebrated.

Chapter 5

Housing and health

A good quality home that meets our needs is important for health and wellbeing. It is the place where many of us spend most of our time. At its most basic level a home should provide us with a safe, secure and warm environment. However, a good home should also meet our personal needs which change as we grow up, work, have families and enter the later stages of our lives. These needs may also be different for other reasons such as physical disabilities, mental health problems or learning disabilities. Finally, homes also create communities where we can fully realise our potential and support others to reach theirs. The home and the effects it can have on our lives can probably be most clearly seen when we do not have a place to call home.

There are a number of other important factors that affect housing in Portsmouth. Almost half (compared with two fifths nationally) of Portsmouth's housing is terraced and around 100 years old. The houses also tend to be small with only 55% of properties having three or more bedrooms, which is far lower than surrounding areas. The larger Victorian properties are often converted to multiple occupancy homes with poor facilities. Portsmouth also has a large number of post-war tower blocks and flats which have poor ventilation, insulation and energy efficiency. This is mainly council-owned or through housing associations. Although properties have lower prices than surrounding areas, more than 62% are in Council Tax Band A or B, houses are still relatively expensive as poverty is a significant issue for residents, who have lower skills and qualifications and are in lower-paid jobs. Affordable housing is therefore an important aspect of the housing market. Many of these issues have also led to higher than average levels of overcrowding in the City.

Portsmouth City Council has a comprehensive housing strategy, which aims to increase the number of affordable homes and the quality of housing across all sectors. The council also provides a range of high-quality housing services including Tenancy

Management, the Housing Options Service, Tenancy Rights Service, Sheltered Housing Service, Telecare, Homecheck and support for disabled adaptations. However, for this report, I would like to highlight the regeneration work occurring in Somerstown.

The Somerstown regeneration project represents an ambitious vision to transform a deprived urban area to meet local residents' long-term hopes and aspirations shared through extensive and detailed consultation. This is a community-driven project which has brought vital and long overdue, modern health, community and youth services to a landmark building at the heart of the community as well as innovative play facilities and first-class, eco-friendly homes to provide local people with real, local housing options and the opportunity to raise their families in an area they are proud of.

Recommendations

- » Better linkages with Housing teams as health and social care services integrate into localities and in recognition of the vital support that the housing teams provides for all residents. We need to make sure that housing teams play a key role in their development so that residents have a seamless service.
- » Ensuring there are a range of living options and accommodation available as the elderly population is increasing both for those choosing independent living and supported housing; these need to be discussed in a more proactive way and not just when someone is in crisis, which will not only lead to improved outcomes but help to reduce under-occupancy in the city.
- » Improving aspirations and reducing poverty is crucial for residents and we need to continue to support the regeneration work in Somerstown and other areas across the city.
- » Continue to support the development of high-quality housing in both the owner-occupier and private-rented sector. Given the nature of the housing stock this is important.
- » Undertaking a health needs assessment to inform the provision of health care to homeless people which may be affected by the planned redesign of health care services.





Chapter 6

Skills, employment and health

People's health is affected by their education, skills and employment. The Marmot review⁴ highlighted the importance of action on employment with "Create fair employment and good work for all" as one of its six priorities.

The cost of ill-health to the UK tax-payer was estimated to be over £60 million in 2006⁵, and the annual economic costs of sickness absence and worklessness estimated at over £100 billion, greater than the annual budget for the NHS at that time. An estimated 175 million working days are lost a year due to ill-health. There are also wider human costs of ill-health in the working-aged population which are often hidden and not quantifiable.

The importance of employment and health is highlighted in the NHS five-year forward view, with a priority to "develop and support new workplace incentives to promote employee health and cut sickness-related unemployment."⁶

The working environment itself influences health. Work can be good for health, reversing the harmful effects of long-term unemployment and prolonged sickness absence.

"For most people, their work is a key determinant of self-worth, family esteem, identity and standing within the community, besides, of course, material progress and a means of social participation and fulfilment."

Investing in health and well-being programmes produces economic benefits. Put simply, a healthy workforce is good for business. Public Health England's workplace wellbeing charter supports businesses to develop this.⁷

Portsmouth has higher levels of children and young people not in employment, education or training (NEET), compared to the national average, the South East average, as well as some of our statistical neighbours such as Southend and Southampton. These young people are at greater risk of a range of negative outcomes such as depression, early parenthood and poor health.

Portsmouth residents entering the workforce have low skill levels.

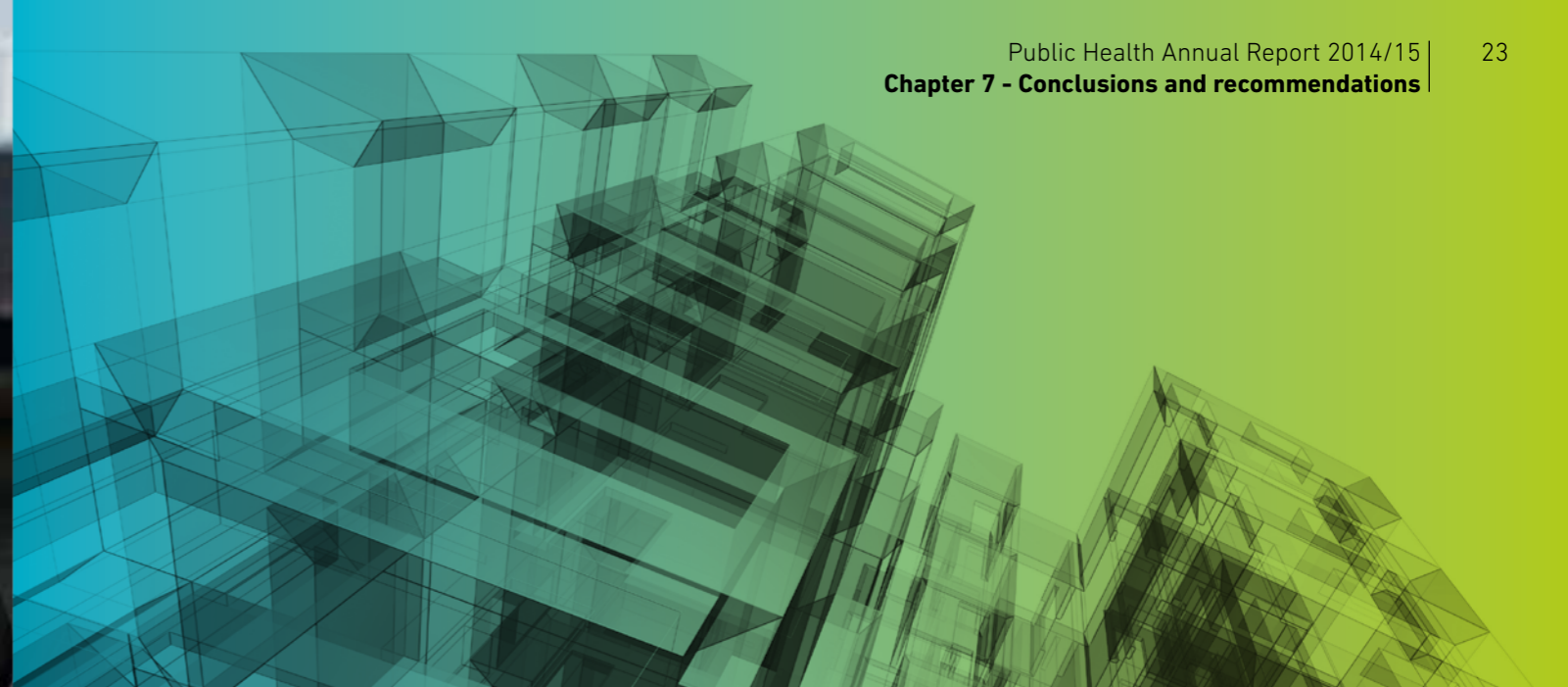
There are more Portsmouth residents with entry level numeracy levels, and less with Level 1 numeracy and above and a clear correlation between lower levels of numeracy and deprivation in the city. Charles Dickens, Cosham, Nelson and Paulsgrove wards all have higher than average numbers of residents with numeracy at entry level 3 or below.

4. <http://www.instituteofhealthequity.org/projects/fair-society-healthy-lives-the-marmot-review>

5. https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/209782/hwwb-working-for-a-healthier-tomorrow.pdf

6. <http://www.england.nhs.uk/wp-content/uploads/2014/10/5yfv-web.pdf>

7. <http://wellbeingcharter.org.uk/Why-do-it.php>



Levels of sickness absence in Portsmouth are higher than the national average, although this is comparable to areas similar to Portsmouth. Reducing sick levels may help to improve economic productivity.

Portsmouth and Southampton's joint City Deal programme aims to bring thousands of new jobs to the area.⁸ It includes a focus on support for 1,000 people who are long-term unemployed, as well as a focus on reducing youth unemployment, with interventions for young people who are not in employment, education or training.

Portsmouth City Council's Workplace Health Team offers support to employers to achieve Workplace Health Charter accreditation and to train managers, staff and champions on implementing good practice into their workplace. In addition regular Workplace Health Forums and briefings support employers to develop and share good practice.

Recommendations

- » Continuing to work with schools to develop a clear, holistic offer to children and young people, families, schools and communities, through the Healthy Child Programme.
- » Ensuring there is a consistent high quality PSHE offer in place across all schools in the city.
- » Working in partnership across the city to bring together the purposeful activities available to children and young people; to increase access to cultural and sports opportunities for all, particularly those who are most at risk of becoming not in employment, education or training.
- » Portsmouth City Council to lead by example, supporting staff training and development, and signing up to the Workplace Health Charter.
- » Support workplaces to achieve standards and work towards Workplace Health Charter accreditation.
- » Provide training for Workplace Health Champions for managers, employees and champions.

8. <https://www.portsmouth.gov.uk/ext/development-and-planning/regeneration/city-deal.aspx>

Chapter 7

Conclusions and recommendations

This brief overview brings together the findings and discussions following the series of seminars held during the autumn of 2014 and helps provide a summary of the important links between health and wellbeing and the wide-ranging responsibilities of the council.

The recommendations highlight where further work is needed to gain maximum health gain for the population through creating healthy environments for all ages.

It is now our challenge to take forward this work and actions recognising the financial pressure on the public purse but in the knowledge that if we do not, the consequences of poor health will put greater burdens on already stretched services.

By working together and with wider partners across the city in education, business, health and the third sectors we can seek creative and transformative change. By engaging and empowering citizens and communities we can ensure a healthier, resilient and sustainable city for future generations.





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