

Havering Prevention of Obesity Strategy - Action Plan 2017/18 and 2018/19






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Key for RAG Rating columns

	Action completed in 2017/18. Will not continue to be carried out/ monitored in 2018/19.
	Action completed in 2017/18. Will continue to be carried out/ monitored in 2018/19.
	Action in progress. Will continue to be carried out/ monitored in 2018/19.
	Action halted or cancelled. Will not continue to be carried out/ monitored in 2018/19.
	New action for 2018/19.

Key for other items

Brackets around officer names indicates officer is no longer responsible. New lead officer is named.

BHRUT	Barking, Havering and Redbridge University Hospital Trust
BPWG	Bedfords Park Walled Garden
C4L	Change4Life
CCG	Clinical Commissioning Group
CS	Children's Services
CSU	Commissioning Support Unit
CYP	Children and young people
DfT	Department for Transport
ED	Economic Development
FSM	Free School Meal
HAC	Havering Adult College
HCS	Havering Catering Services
HEYL	Healthy Early Years London
HIA	Health Impact Assessment
HSC	Havering Sports Collective
HV	Health Visitor
HWiSS	Health and Wellbeing in Schools Service
JCU	Joint Commissioning Unit
L&A	Learning and Achievement
LAC	Looked After Children
LBH	London Borough of Havering
LDP	Local Development Plan
LIP	Local Implementation Plan
MECC	Making Every Contact Count
NELFT	North East London Foundation Trust
NHS	National Health Service
PARS	Physical Activity Referral Scheme
PHS	Public Health Service
RS	Regulatory Services
STARS	Sustainable Travel: Active, Responsible, Safe
STP	Sustainability and Transformation Plan
SUD	Safer Urban Driving
TfL	Transport for London

Shaping the environment to promote healthy eating and physical activity								
Strategy objective	Action	Project/ Action	Outcome	Resources	Timescale	Lead officer	Impact on other services and organisations	Progress
<i>What we are trying to achieve</i>	No.	<i>What we will do to achieve it</i>	<i>How we will know we've achieved it</i>	<i>What we need to be able to achieve it</i>				RAG Notes
Ensure strategic spatial plans are consistent with efforts to increase levels of healthy eating and physical activity	1.1	Health Impact Assessment of the Local Plan	HIA complete. Recommendations made as to how potential benefits might be maximised / harms mitigated.	Officer time	Commence March 2016	Louise Dibsall <i>Public Health</i> Lauren Miller <i>Planning</i>		Local Plan was assessed for potential impact on Havering's obesogenic environment, and as a result positive impacts further enhanced and negative impacts mitigated against. Further detail available in annual report to the Health and Wellbeing Board and at www.havering.gov.uk/info/20034/planning/183/planning_policy/12
	1.2	Make use of resources on a healthy food environment and up-to-date guidance and training provided for planning inspectors when published		Officer time	Dependent on central government introduction as indicated in Childhood Obesity: A Plan for Action, Chapter 2	Claire Alp <i>Public Health</i>		
Continue programme of work to create healthy streets and places	1.3	Continue to improve the street scene and local High Street offer	Planned improvements in street scene and the local high street offer are completed. More people accessing local centres on foot or bike. (reliant on DfT/ TfL data for monitoring) Reduction in road accidents (reported annually)	LIP/ Major Scheme funding LBH capital budget contribution for regeneration works Staff time	LIP funding awarded annually following a three year delivery plan Major Scheme funding for 5 year plan from 2016/17 (2 years of design, 3 years of build)	Chris Barter <i>Regeneration</i> Chris Smart <i>Regeneration</i>	Positive impact on local businesses Positive impact on transport network through new rail station	Project is progressing well. Five gateways have been completed and the project is shortly going to public consultation. Procurement exercise is currently underway to appoint a contractor to assist with the design and build of the project Works to commence summer 2019 and complete Spring 2021
	1.4	Continue to ensure that protection and safety of pedestrians and cyclists is a key factor in decisions regarding road design		Annual Casualty Reduction Programme – LIP funding	Annual Programme	Mark Philpotts <i>Street Care</i>	Casualty Reduction programme competing against other projects for LIP funding	In process of carrying out schemes that specifically help safe walking and cycling. This will continue under general work programme.
	1.5	Continue to deliver Safer Urban Driving (SUD) programme	Increased number of HGV drivers completing the training	TfL Borough Cycling Programme Funding	Training currently funded until April 2018	Martin Day <i>Development & Transport Planning</i>		Carried out in 2016/17 and continuing into 2017/18. 292 drivers trained between April 2016 and January 2017. Final numbers for 2016/17 will be available in April.
	1.6	Explore opportunities presented by Romford Market regeneration to increase access to healthy food	Healthy food offer, Health Impact Assessment integrated into market regeneration plans	LEP London Regeneration Fund LBH budget stream	Commence exploring opportunities April 2016	John David Walsh <i>Asset Management</i> Claire Alp <i>Public Health</i>	Positive impact on market traders and potential opportunities for start-up food businesses	Focus this year has been on working through practicalities of Market Traders accepting Healthy Start Vouchers - see action 3.5
	1.7	Introduce Water Refill scheme	Venues register with www.refill.org.uk	Officer time Waste and Recycling team budget	April 2019	Natalie Naor <i>Waste & Recycling</i> Claire Alp <i>Public Health</i>		
	1.8	Scope capacity to introduce Healthier Catering Commitment scheme	Decision made on introduction of scheme	Officer time	Commence scoping when Environment Health restructure is complete.	Peter Scott/ Sarah Quinn <i>Environ. Health</i> Claire Alp <i>Public Health</i>		
	1.9	Public transport to improve as a result of Romford, Gidea Park and Harold Wood Stations Crossrail investment	Planned improvements in public transport infrastructure are completed.	TfL funding	Ongoing - Crossrail works in place by 2019	Chris Smart <i>Regeneration+G18</i>	Positive impact on local businesses, commuters and environment	Works to Romford Station are now complete. Works to Gidea Park station commenced Sept 17 and are nearing completion Works to Harold Wood Station are due to commence summer 2018 and complete by end of March 2019
	1.10	Exploit opportunities provided by the Rainham and Beam Park Housing Zone to improve transport accessibility	Active travel increases in line with increased use of public transport.	TfL funding	Ongoing as Housing Zone develops	Chris Barter <i>Regeneration</i> Chris Smart <i>Regeneration</i>	London Riverside Opportunity Area	Feasibility study being undertaken for test viability of north south tram link

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	1.11	Continue to lobby TfL for improved north-south bus links and better links between hospitals	Improved bus access to Rainham to support Riverside development	TfL is responsible for bus routes	Ongoing as Housing Zone develops	Daniel Douglas <i>Development & Transport Planning</i>	London Riverside Opportunity Area		TfL permanently diverted route N5 to serve Queens Hospital. Commissioned Project Centre for design and costs for additional bus stop at Queens interchange to increase bus capacity. Developer contribution secured for additional bus stop.
	1.12	Develop transport and smarter travel work in line with the Mayor of London's new 'Healthy Streets' vision and Transport Strategy	Programmes align	TBC	TBC	Daniel Douglas <i>Development & Transport Planning</i>			
Maintain and improve access to high quality green space	1.13	Install wayfinding and interpretation signage to strengthen linking of Lodge Farm Park, Raphael Park, Rise Park and Bedfords Park	More residents use the borough's green spaces for active leisure	Funding application in progress to be submitted to Veolia Environmental Trust	By April 2018	James Rose <i>Parks & Open Spaces</i>	Increased footfall could have positive impact on trade in park cafés		Work to signpost a route is underway - signposts have been installed in Rise Park and new signs have been drafted to go into Bedfords Park. An orienteering route has been developed in Lodge Farm and Raphael Park and work is underway to scope linking the two projects.
	1.14	Explore funding opportunities to continue installing cycle parking in parks	Increased number of parking facilities in place	Reliant on funding opportunities from TfL	Report annually	Martin Day <i>Development & Transport Planning</i>			Borough Cycling Partnership funding ended in 2017.
Improve the 'cyclability' of Havering	1.15	Continue to promote British Cycling 'led' rides around the local area	Local residents attend SkyRide events	British Cycling (Sky Ride)	Report annually	Martin Day <i>Development & Transport Planning</i>			Let's Ride continues via British Cycling. Possibility for local led rides to be delivered through four cycling hubs in future.
	1.16	Cycle to Work scheme assists employees to purchase bikes to commute to work	Havering Council staff sign up to Cycle to Work scheme	Officer time	Report annually	Martin Day <i>Development & Transport Planning</i>			Was offered throughout 2016/17 and will continue into 2017/18.
Further improve schools as 'healthy' environments	1.17	Support schools to develop and update travel plans and continue to achieve STARS accreditation	Increased number of children, parents and staff travelling safely and actively. Monitoring integrated into programme including modal shift.	Officer time via TfL/ LIP funding	Report annually	Jay Amin <i>Development & Transport Planning</i>			The target is to maintain levels of active School Travel Plans in 2018. Currently have 34 Gold schools.
	1.18	Continue to ensure meals meet school food standards in primary schools and work to implement standards in secondary schools	More CYP eating healthily, including disadvantaged CYP. Measure school meal take up in schools with menus that meet school food standards	Officer time HCS marketing	Report annually	Dennis Brewin <i>HES Catering</i> Claire Alp <i>Public Health</i> Tracey Wraight <i>Public Health</i>			Menus offered in primary schools continue to meet school food standards. Continuing to work with secondary schools - menus meet the standards but a broader food offer (e.g. Grab & Go section) means students may not choose a balanced enough range of items for their meal to comply with the standards. The London Obesity Leads Network has raised this as an issue so any work completed at this level will be used to inform local actions during the 18/19 school year.
	1.19	Encourage secondary schools to adopt policies that require children to stay on site at lunchtimes	More schools adopt a stay-on-site policy. Monitor via Healthy Schools applications.	Officer time	Report annually	Tracey Wraight <i>Public Health</i> Charlotte Newman <i>HES Catering</i>			Scoping of 15 out of 18 secondary schools to date shows that: - 9 have a stay-on-site policy for all students - 3 allow only Year 11 students to leave the site as a daily or weekly privilege - 3 allow only Years 12 and 13 students to leave the site. Information on other schools will continue to be gathered through the Healthy Schools programme and schools will continue to be supported to develop whole school food policies which include a recommendation to have a stay-on-site policy.

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	1.20	Work with schools to continue to improve playground physical activity environments	Monitor via Healthy Schools applications/ HSC. Training for playground supervisors offered by HSC/ HW/ISS as required	PHS/ HSC Officer time School buy-in (PE and Sport Premium/ other school funding)	Training offered 2017/18	Sharon Phillips <i>HSC</i> Claire Alp <i>Public Health</i>		<div></div> HSC continues to run sessions for midday supervisors/playleaders in positive play.

Supporting a culture that sees healthy eating and physical activity as the norm									
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Ensure key decisions are consistent with healthy living ethos	2.1	Pilot Equality and Health Impact Assessment (EqHIA) to ensure impacts on obesity are considered when policies, services, plans or procedures are introduced/ amended.	EqHIA used in place of EIA as standard practice across Council	Officer time	Ongoing	Louise Dibsdall <i>Public Health</i> Vernal Scott <i>Community Safety</i>			EqHIA developed and being rolled out for use across Council.
	2.2	Explore cross-council commitment to Local Government Declaration on Healthier Food and Sugar Reduction	Declaration signed Progress made in each of the six key areas	Officer time	By July 2017	Claire Alp <i>Public Health</i>	Consider potential impact on other services during development		Firm plans are in place in five of the six areas, and work is currently taking place to scope the financial impact of restricting advertising in respect of the sixth area. For more information see annual report to the Health and Wellbeing Board.
Continue to ensure that schools support healthy choices and lifestyles	2.3	Promote regular running schemes in schools	Monitor via Smarter Travel, Healthy Schools and HSC data Add to School Health Profiles in Sept 2017.	Officer time School staff time	Update School Health Profile for September 2017. Report annually	Jay Amin <i>Development & Transport Planning</i> Tracey Wraight <i>Public Health</i> Sharon Phillips <i>HSC</i>			Havering schools are encouraged to integrate regular running/ walking initiatives into school day via the Havering Mile, Daily Mile, Schools Run and Golden Mile. 'Active Mile' initiatives are encouraged in the national Childhood Obesity: A Plan for Action, Chapter 2 and further guidance/ promotion will be developed in line with this.
	2.4	Research secondary school students' food choices on the way to and from school	Project carried out by dietetic students during September placement	BSc Dietetic/ Human Nutrition students	By October 2016	Claire Alp <i>Public Health</i> Tracey Wraight <i>Public Health</i>			Replaced with project based on advertising around schools to support Local Government Declaration work. This was completed and a report produced that has since been presented to other boroughs at pan-London network meetings.
	2.5	Promote local Great Weight Debate survey to schools	Available on schools portal and used by schools developing healthy eating projects for HSL silver awards	Officer time	Ongoing	Miriam Fagbemi <i>Public Health</i> Tracey Wraight <i>Public Health</i>			Presented at March 2017 HSL network meeting and teachers encouraged to go online and complete survey. Survey remains on portal for use by schools.
	2.6	Explore opportunities to offer Youth Health Champions programme to secondary schools	Decision made regarding introduction of programme	Officer time	December 2017	Tracey Wraight <i>Public Health</i>			Scoping exercise completed. Cost and capacity are limiting factors so at present no further action will be taken.
	2.7	Continue to develop HWiSS offer and bring into line with national Healthy Rating Scheme for schools	Programmes align	Officer time	Awaiting introduction of national scheme	Tracey Wraight <i>Public Health</i>			03/18 Update received from Healthy Schools London team that at present the Healthy Rating Scheme is not progressing. Carry over as an action for 2018/19 in case things change.
	2.8	Develop stronger links between Healthy Workplace Charter and Staff Wellbeing section of Healthy Schools	Programmes align	Officer time	By April 2019	Tracey Wraight <i>Public Health</i> Lindsey Sills <i>Public Health</i>			Health Champions training adapted for school staff - take-up was low but will continue to promote in 2018/19 school year with flexibility around dates and timings to suit staff.
	2.9	Support schools to promote healthy eating/ physical activity in line with their choice of purchasing via Healthy Pupils Capital Fund	Schools signposted to relevant resources or training.	Officer time	By April 2019	Tracey Wraight <i>Public Health</i> Claire Alp <i>Public Health</i> Sally Shadrack <i>Education Asset Management</i>			
Continue to ensure that workplaces support healthy choices	2.10	Council and NHS organisations to actively participate in London Healthy Workplace Charter; share resources/ best practice	Up to date plan in place Evidence of on-going implementation	Officer time	Ongoing	Lindsey Sills <i>Public Health</i> Maria Healy <i>Human Resources</i> BHR			LBH is progressing work towards achieving the London Healthy Workplace Charter 'Excellence' award. This is directed by the Workplace Wellbeing Operational Group with senior buy-in from the Director of Children's Services.

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	2.11	LBH to continue to promote and deliver staff physical activity opportunities through the Workplace Wellbeing Operational Group	Activities promoted and run Monitor attendance at events/ activities	Officer time Health and Sports Development budget for activities	Report annually	Lindsey Sills <i>Public Health</i> Maria Healy <i>Human Resources</i> Darrell Braiden <i>Health & Sports Development</i>			Programme of lunchtime and after-work activities continues. Havering Staff Games held July 2017 and planned for June 2018.
	2.12	LBH to continue to promote and deliver healthy eating through the Workplace Wellbeing Operational Group	Activities promoted and run Monitor attendance at events/ activities	Officer time	By April 2018	Lindsey Sills <i>Public Health</i> Maria Healy <i>Human Resources</i>			Staff can access nutrition course on Learning Pool. Work commenced towards 'Excellence' award which requires LBH to: - Develop a healthy eating food plan, guidelines or similar - Offer support to employees who wish to lose weight - Provide a rolling schedule of events to promote the importance of healthy eating
	2.13	Keep up-to-date with new guidance on Government Buying Standards for Food and Catering Services once published		Officer time	Dependent on central government introduction as indicated in Childhood Obesity: A Plan for Action, Chapter 2	Claire Alp <i>Public Health</i> Dennis Brewin <i>HES Catering</i>			
	2.14	Explore opportunities to offer Pool Bike scheme to LBH staff (alternative to Pool Car scheme)	Scheme set up and available to staff	Reliant on TfL funding availability	By April 2018	Martin Day <i>Development & Transport Planning</i>			Continuing to explore.
	2.15	Extend learning to private sector through Sustainable Travel pack	More businesses engage with sustainability agenda promoted via business pack	Officer time PH to offer input/ support	Ongoing	Martin Day <i>Development & Transport Planning</i>	Positive impact on employee health in private sector		Grants to businesses are offered still, one taken by Queens Hospital for pool bikes, discussions continue with a small number of businesses. Unfortunately there is no longer a Business Engagement team at TfL as a result of a major restructure.
	2.16	Promotion of TfL Cycling Workplaces scheme via Sustainable Travel pack/ other communications	More businesses utilise funding to install showers, bike parking etc	Officer time	Report annually	Martin Day <i>Development & Transport Planning</i>			The scheme is still promoted, Queens received storage so far.
Continue to ensure community settings support and encourage healthy choices	2.17	Explore opportunities to provide fresh fruit and vegetable snacks at Stay and Play sessions in Children's Centres.	Fruit and vegetable snacks provided.	Officer time Budget to buy/ regular donation of fruit and vegetables	By end of 2016/17	Helen Anfield <i>Early Help Service</i>			Free fruit is provided at Stay and Play sessions donated by Tesco.
	2.18	Explore capacity to re-start Buggy Walks from Children's Centres and promote the Big Toddle	Buggy Walk Programme developed. Big Toddle promoted.	Officer time Volunteer time (to lead buggy walks)	By end of 2016/17	Helen Anfield <i>Early Help Service</i> Darrell Braiden <i>Health and Sports Development</i>			Health and Sports Development Manager has completed Walk Leader train-the-trainer course. Recruitment of volunteers to be trained as walk leaders completed. Training will be delivered in 2018/19.

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	2.19	Transition support for Healthy Schools London awards to traded Health and Wellbeing in Schools Service	Support for healthy schools award is self-funding and hence sustainable in long term.	Officer time School buy-in	By end of 2016/17	Claire Alp <i>Public Health</i>	Competition for school budgets		Health and Wellbeing in Schools Service transitioned to traded model and offer to schools continues to be developed.
	2.20	Deliver initiatives to increase uptake of school meals (L&A Service Plan)	School meal uptake increases	Officer time HCS budget and officer time	Report annually	Dennis Brewin <i>HES Catering</i>			During 2017/18 HES Catering Services developed the Veggie Run app game and associated branding, aimed at increasing uptake of school meals and increasing children's knowledge of healthy eating. Further details are provided in the annual report to the Health and Wellbeing Board. In addition a cashless payment system has been fully rolled out, again aimed at increasing uptake of school meals (including free school meals). Monitoring of school meal uptake will take place during 2018/19.
	2.21	Ensure up-to-date, evidence-based nutrition advice provided in HES Catering menus and advertising	PH advises/ supports HCS as required	Officer Time	As required	Claire Alp <i>Public Health</i> Charlotte Newman <i>HES Catering</i>			Public Health passes information on new advice and guidance to HES Catering as it emerges. HES Catering recruiting School Meals Nutritionist to commence in June 2018 to further support this work. True/false food and healthy eating questions incorporated into Veggie Run.
	2.22	Support schools to increase healthiness of packed lunches	Schools publish robust School Food Policy and packed lunch guidance for parents on their websites. HW/SS advises re. implementation to schools choosing to buy into service. Support delivered to schools	Officer time Template/ sample School Food Policy School staff time	2017/18 school year	Charlotte Newman <i>HES Catering</i> Tracey Wraight <i>Public Health</i>	Strict packed lunch policies can increase take-up of school meals, increasing viability of school meal service		A session for school staff on how to develop a whole school food policy, which includes a recommendation to have a stay-on-site policy, was delivered at the Healthy Schools Network meeting in March 2017. Sessions on healthy packed lunches have been delivered by HES catering to schools.
	2.23	Bikeability training and road safety support continues to be offered to schools	Bikeability courses delivered Road Safety and 'Safe Drive Stay Alive' roadshow delivered	TfL funding Officer time School buy-in	Report annually	Martin Day Elaine Keeler <i>Development & Transport Planning</i>			Cycle training continues in high quantities with demand on the increase. Bespoke LIP funding for cycle training is been reduced from previous years so new funding streams being explored. No's of people that undertook Bikeability training (kids and adults) - 3,851 (this includes group training for children at the hubs as well as family and adult cycle skills) OR 3,444 excluding the hubs. SDSA – 7 shows were delivered and 19 schools / educational establishments attended. Around 2850 students attended SDSA in 2017/18.
	2.24	Focus on adult cycle training	Adult cycle training courses delivered	TfL funding	By April 2018	Martin Day <i>Development & Transport Planning</i>			Adult training is continuing, target this year 250.

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	2.25	Support schools to offer diverse programme of sport and health engaging whole school community	Monitored via Healthy Schools London bronze award/ HSC (No. of healthy lifestyle-related activities/ events for parents, no. of sports clubs coming into school etc) Support provided via HSC/ HWiSS where required	PHS/ HSC Officer time School Sport Premium/ other school funding School buy-in	2017/18 school year	Tracey Wraight <i>Public Health</i> Sharon Phillips <i>HSC</i>			To date at the end of March 2018, 34 schools have achieved Healthy Schools London Bronze Award. (This includes 10 schools who have achieved their Bronze Award renewal) 15 schools have achieved Healthy Schools London Silver Awards. 8 schools have received Healthy Schools London Gold Award. HSC supports 33 schools to run a Change4Life Sports Club. Most of these have 'C4L champions' and have had training provided for this. HSC delivered 'Health Days' or 'Smart Sessions' in 16 schools in 2017/18.
	2.26	Healthy eating session to be developed and delivered at Community Safety Junior Citizen Event (for Year 6 children)	Session plan developed Sessions delivered at annual two-week event	Officer time BSc Dietetic/ Human Nutrition students	Session plan updated by end May 2016 Annual event held in June/ July	Claire Alp <i>Public Health</i> Jane Eastaff <i>Community Safety</i>			Venue has changed for this event and can no longer accommodate as many session providers. Process is in place to recruit students to deliver again should this situation change.
	2.27	Cooking in the Curriculum training to be delivered to teachers	School staff attend training	Officer time School buy-in	Report annually	Sharon Phillips <i>HSC</i> Gill Mangham <i>HSC</i>			HSC Smart Sessions used as means of teaching knife skill techniques to teachers and additional training available if requested.
	2.28	Develop links between HSC health offer and HWiSS	HSC and HWiSS offers align/ complement each other	Officer time	By Sept 2016	Claire Alp Sharon Phillips			Support provided by HWiSS to HSC to deliver Health Days and Smart Sessions, collect Change4Life club data throughout year.
	2.29	Develop links between Bedford's Park Walled Garden project and HWiSS	Food Growing training for teachers offered by BPWG as part of HWiSS Explore opportunities for BPWG Horticulture trainees to offer food-growing support to schools	Officer time Food Growing Schools: London resources	Course developed by Sept 2016	Claire Alp <i>Public Health</i> Kirsty McArdle <i>BPWG</i>	Food Growing Schools: London to support		BPWG operation currently under review following the ceasing of Lottery funding to Clear Village which previously managed the garden.
	2.30	Pilot Healthy Early Years London programme Scope capacity to rollout across borough		Officer time	Complete pilot by October 2018 Agree viability of wider rollout by April 2018	Celia Freeth <i>Early Years QA</i> Tracey Wraight <i>Public Health</i> Claire Alp <i>Public Health</i>			Pilot successfully completed. At the conclusion of the pilot, 3 settings had achieved 'first steps', 3 the bronze award and 2 silver. Phased delivery across the borough will commence in June 2018. Further details available in the annual report to the Health and Wellbeing Board.
	2.31	Culture and leisure facilities to continue to develop whole setting ethos that helps people to be healthy	Libraries, Fairkytes, MyPlace promote healthy eating and physical activity (including local clubs/ courses/ events)	Officer time Leisure provider Free PHE resources (e.g. Sugar Smart posters and packs)	Ongoing	Guy Selfe <i>Culture and Customer Access</i> Karen Heilbrunn <i>Everyone Active</i> Jane Herbert <i>Youth Services</i> Alexis Wainwright <i>Frontline Services</i>			Culture and leisure service representatives attend Obesity Prevention Working Group meetings and have engaged with emerging initiatives including Breastfeeding Welcome, Sugar Smart etc.
	2.32	Promote Sugar Smart initiative to local sports clubs and organisations, make a pledge on behalf of Health and Sports Development team and encourage clubs to make pledges	Inform clubs of initiative and work with NGBs to ensure they make pledges. Pledges to be promoted on www.haveringactive.co.uk to encourage others to sign up.	Officer time	Ongoing	Darrell Braiden <i>Health and Sports Development</i>			

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	2.33	Align local promotion of Healthy Start with national Childhood Obesity: A Plan for Action, Chapter 2 developments	Uptake of Healthy Start vouchers by eligible families increase Market Traders accept Healthy Start vouchers	Staff time Public Health budget to fund cash card fees to enable weekly reimbursement of market traders	Commence pilot by end December 2018	Claire Alp John David Walsh	Potential increased footfall/ custom for market fruit and vegetable traders		
Coordinated programme of campaigns and marketing across partnership	2.34	Amplify national campaigns including Change4Life '10 Minute Shake Up', Change4Life 'Be Food Smart' and Sport England 'This Girl Can'	Increased awareness of campaign messages. Local press highlight support for campaign messages from Council / NHS partners	Staff time	In line with PHE marketing campaigns timeline	Claire Alp <i>Public Health</i> Louis High <i>Communications</i>			Change4Life 'Be Food Smart' campaign resources distributed to Council community facilities in January 2018. Good local press coverage. National Be Food Smart Roadshow in Romford for 2 days in January 2018. Start4Life resources promoted through Children's Centres (within sessions, on display boards, leaflets available to public)
	2.35	Encourage independent restaurants and other organisations to sign up to high profile voluntary campaigns	Independent restaurants and cafes signed up to campaigns	Staff time Business web portal and e-newsletter	Report annually	Claire Alp <i>Public Health</i> Jolly Choudhury <i>Business Development</i>	Positive press coverage for restaurants and cafes signing up		Background work for a number of campaigns completed or in progress, ready for promotion in 2018/19: - Breastfeeding Welcome - Sugar Smart - Water Refill - Healthier Catering Commitment
	2.36	Apply to Children's Health Fund to support projects targeted at improving children's health	Funding received and projects carried out	Staff time	Determined by Children's Health Fund	Claire Alp <i>Public Health</i> Other partners as relevant to funding criteria			Children's Health Fund closed upon introduction of national sugar levy.
	2.37	Promotion of Health & Wellbeing Team across all health related professionals and organisations. Health & Sports Dev team to contribute and assist partners.	Meet key partners to identify areas of need. Establish work plan. Joint initiatives established and sustained.	Officer time and budgets	Ongoing	Darrell Braiden <i>Health & Sports Dev</i> Sharon Adkins/ Debbie Bailey <i>Tapestry</i> Claire Alp <i>Public Health</i>			

Prompting individuals to change, primarily through self-help									
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Increase and import self-help capacity particularly regarding healthy eating	3.1	Ensure courses offered by Havering Adult College (including Family Learning, Education 4 Independence and Food courses) have a healthy lifestyle focus and incorporate up-to-date evidence-based nutrition advice	Course syllabi updated	LBH officer time	In line with HAC curriculum development	Claire Alp <i>Public Health</i> Vedia Mustafa <i>HAC</i>			Cooking Skills - Basic Cooking for Beginners Education4Independence - Healthy Cooking Skills Family Learning - Kitchen Social - delivered as part of the Mayor of London's Kitchen Social programme. Also Nutrition and Health Introduction Course Level 1 Award in Nutrition and Health
	3.2	Train Early Years Practitioners and volunteers to deliver family cooking sessions	Delivery of Family Cooking sessions piloted	Budget for developing course content and training staff/ volunteers Staff time for delivery	Develop course content by September 2018 Pilot delivery by April 2019	Claire Alp <i>Public Health</i> Helen Anfield/ Linda Parsons <i>Early Help</i>			
	3.3	Early Help universal offer to promote healthy lifestyles including sessions run in Children's Centres and promotion of Healthy	Early Help staff report that sessions run in Children's Centres (e.g. Music and Movement, Messy Play, Preparing for Birth) include advice on healthy lifestyles	Early Help budget and staff time PH support as required to ensure up-to-date advice is provided	Develop during 2017/18	Helen Anfield/ Linda Parsons Early Help			Early Help Practitioners and Health Visitors have piloted co-delivering a Starting Solid Foods workshop Themed display boards in Children's Centres display up-to-date and consistent messaging e.g. sugary drinks, starting solid foods, etc
	3.4	Extend delivery of Starting Solid Food sessions to additional Children's Centres Evaluate pilot	Sessions offered at two additional Children's Centres	Early Help staff time Health Visiting staff time	First additional centre by September 2018 Second additional centre by March 2019	Helen Anfield/ Linda Parsons <i>Early Help</i> Breda Kavanagh <i>NELFT</i> Claire Alp			
	3.5	Health and Sports Development to promote healthy eating in correspondence to sports clubs to raise awareness of evidence-based sources of information/ advice e.g. NHS Choices, HAC courses	Healthy eating information included in communications to sports clubs/ community organisations	Officer time Dedicated space in communications (e.g. e-newsletter) to organisations	By end March 2019	Darrell Braiden <i>Health & Sports Development</i>			Building up communications with clubs. Putting updated Healthy Weight webpages link into leaflets and on Havering Active website.
	3.6	Continue to deliver coordinated physical activity opportunities to enable to residents to participate and change behaviour e.g. healthy walks, adult physical activity programme, dance sessions	Programmes run	Culture and Leisure budget	Report Annually	Darrell Braiden <i>Health & Sports Development</i>			Activities continue to be delivered. Further details available at: www.haveringactive.co.uk . Looking to establish more family based activities within the program.
	3.7	Introduce bespoke health-related activity for inactive population	Low impact sessions (tai chi, pilates, yoga) organised in local parks/ libraries linking with current partner activities in these areas.	Officer time Culture and Leisure budget	Ongoing	Darrell Braiden <i>Health & Sports Development</i>			
	3.8	Promote new online weight management service when launched by PHE.	Links to PHE weight management tools provided on LBH Healthy Weight webpage. Promote PHE weight management tools through communication channels and partners e.g. NELFT, Early Help Service	Officer time	Dependent on PHE timescale	Claire Alp <i>Public Health</i>			Digital Weight Management for children aged 4-11 and their families is currently in Discovery Phase. Commitment to deliver in Childhood Obesity: A Plan for Action, Chapter 2. Develop local promotion in line with this.
Ensure that residents and professionals working with them are aware of relevant (self-help) resources	3.9	As part of obesity care pathway development, ensure Council webpages list services and support relevant to healthy eating, physical	Residents can access the support that best meets their needs GPs and other health professionals signpost residents to these directories	Officer time	By April 2019	Claire Alp Katie Gray			Healthy Weight webpage maintained www.havering.gov.uk/achievingahealthyweight 0-5 webpage added. Continue to ensure Family Services Directory is up-to-date.
	3.10	Continue to recruit and train Health Champions	100+ Health Champions trained during 2017/18	PH grant	Health Champions trained by April 2018	Lindsey Sils <i>Public Health</i>	Communities/ businesses benefit from improved support/ knowledge		Contract renewed and training continues to be delivered.
	3.11	Continue to offer Health Champions follow-on modules in healthy eating and physical activity	2 healthy eating and 2 physical activity courses offered during 2018/19	PH grant	Courses run by April 2019	Lindsey Sils <i>Public Health</i>	Communities/ businesses benefit from improved support/ knowledge		RSPH Nutrition for Health course to be introduced in 2018/19 and continuing to deliver physical activity module.
	3.12	Health Champions continue to support/ deliver health promotion through community events	Healthy eating and physical activity information and signposting incorporated into events.	Officer time	Ongoing	Lindsey Sils <i>Public Health</i>			Community events supported throughout 2017/18.

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	3.13	Explore options for low-cost/ cost-neutral MECC online training for NHS staff	Recommendation made subject to funding	Staff time	Make a recommendation by end March 2018	CCG BHRUT NELFT Lindsey Sills		Change in staffing during 2017/18. Seek update from BHR CCG, BHRUT and NELFT in 2018/19.
Ensure care and support provided to vulnerable residents addresses wider health needs including healthy eating and physical activity	3.14	Encourage vulnerable families, in-house foster carers and adoptive parents attend available courses Timely and improved attendance in relation to health assessments	Vulnerable families, in-house foster carers and adoptive parents attend available courses Timely and improved attendance in relation to health assessments	Officer time Training budgets for courses Existing information/ resources (e.g. NHS Choices)	By end March 2019	Robert South Children's Services Claire Alp Public Health		Action will be followed up in 2018/19 alongside introduction of family cooking sessions in children's centres and opportunity through opening of The Coocon.
	3.15	Integrate healthy eating and physical activity requirements into children's Care Plans	Children's social workers monitor via 6-weekly visits Independent reviewing officers monitor in biannual children's LAC reviews Supervising social workers monitor via annual review of foster carer	Officer time Existing information/ resources (e.g. NHS Choices) Consider capacity to monitor knowledge/ behaviour change amongst carers, children and young people (e.g. baseline and review questionnaire)	By end March 2018	Robert South Children's Services Claire Alp Public Health		Action will be followed up in 2018/19.
Ensure obese women are effectively supported during pregnancy	3.16	Review antenatal care pathway		As a minimum, officer/ clinician time	Ongoing	BHRUT NELFT		Develop in 2018/19
Ensure mothers are supported with infant feeding	3.17	Continue to strengthen links between LBH, BHRUT, NELFT and voluntary sector	BHRUT and LBH websites cross-reference each other LBH attends BHRUT Maternity and Neonatal Infant Feeding Working Group and BHRUT invited to LBH Infant Feeding Steering Group meetings	Officer time	Ongoing			Webpages cross-reference each other Invites sent/ meetings attended during 2017/18
	3.18	Extend delivery of infant feeding café to additional Children's Centre	Infant feeding cafés continue in two children's centres Additional session added at a third centre	Staff time		Helen Anfield Early Help Breda Kavanagh NELFT Claire Alp Public Health		
	3.19	Ensure Early Help and Health Visiting staff are trained to deliver consistent advice	Having Infant Feeding Steering Group continues to meet regularly with cross-organisation representation	Budget for training Staff time		Helen Anfield Early Help Breda Kavanagh NELFT		3 Early Years Practitioners have completed Level 3 Unicef training 7 other Early Help staff have completed Level 1 Unicef training Level 3-trained practitioners deliver infant feeding cafes and provide support/ signposting within other groups delivered in Children's Centres e.g. Baby Massage and Butterflies
	3.20	Breastfeeding Welcome Scheme launched	Number of venues registered with the scheme	Budget for logo design, window stickers etc. Staff time	Launch by August 2018	Claire Alp Public Health		
	3.20	Children's Centres align actions with Unicef Baby Friendly Initiative framework to ensure a consistent, evidence based approach to infant feeding	Action plan produced in line with BFI framework	Staff time	Action plan completed by April 2019	Helen Anfield Early Help Claire Alp Public Health		
	3.21	Review and agree care pathway for obese children and adults	Equitable access according to need to limited resources	Officer time in first instance	Ongoing in line with STP development	Mark Ansell Claire Alp CCG		No progress to date. Obesity is the the STP as one of the prevention priorities and pathway will be agreed in future.
	3.22	Everyone Active and HSC to look at options/seek external funding to deliver a childhood weight management programme at 2 leisure centres	Funding identified Delivery of Childhood weight management programme	Officer time, external funding	Ongoing April 18-March 19	Karen Heilbrunn Everyone Active Sharon Phillips HSC		

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	3.23	In partnership with Everyone Health, Everyone Active to launch tier 2 weight management programme at Hornchurch Sports Centre (healthy eating information supported by physical activity sessions targeting adults who are overweight and obese (up to a BMI of 40	Sessions trialled Minimum 10 participants attending first block of sessions	Officer time, partnership working with Everyone Health	June-Sept 18 development/launch then Sept 18 ongoing	Karen Heilbrunn <i>Everyone Active</i>		
	3.24	Everyone Active to continue to deliver the Everyone Active Referral Scheme - overweight, and obesity up to BMI of 40 is included in the referral criteria	Exercise Referral scheme delivered; increase in referrals, starters, completers	Officer time	Ongoing	Karen Heilbrunn <i>Everyone Active</i>		