

Havering Prevention of Obesity Strategy - Action Plan 2016/17 and 2017/18






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Key for RAG Rating columns

	Action completed in 2016/17. Will not continue to be carried out/ monitored in 2017/18.
	Action completed in 2016/17. Will continue to be carried out/ monitored in 2017/18.
	Action in progress. Will continue to be carried out/ monitored in 2017/18.
	Action halted or cancelled. Will not continue to be carried out/ monitored in 2017/18.
	New action for 2017/18.

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 <i>What we are trying to achieve</i>	Action <i>No.</i>	Project/ Action <i>What we will do to achieve it</i>	Outcome <i>How we will know we've achieved it</i>	Resources <i>What we need to be able to achieve it</i>	Timescale	Lead officer	Impact on other services and organisations	RAG	Progress <i>Notes</i>	
Ensure strategic spatial plans are consistent with efforts to increase levels of healthy eating and physical activity	1.1	Health Impact Assessment of the LDP	HIA complete. Recommendations made as to how potential benefits might be maximised / harms mitigated.	Officer time	Commence March 2016	Elaine Greenway <i>Public Health Service</i> Lauren Miller <i>Planning, ED</i>				HIA has been undertaken and report is currently being written.
	1.2	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)	Bob Flindall <i>ED</i> Chris Barter <i>Regeneration, ED</i> Chris Smart <i>Regeneration, ED</i>	Positive impact on local businesses Positive impact on transport network through new rail station			Currently on track towards end of year 1 according to TfL's gateway process. Aligning with Mayor's new Healthy Streets agenda.
	1.3	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.
	1.4	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	(John Lynn) Martin Day <i>Development & Transport Planning, RS</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.
	1.5	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 Officer time	Commence exploring opportunities April 2016	(Rebecca Davey) Lindsay Hondebrink <i>Regeneration, ED</i> Claire Alp/ Lindsey Sills <i>PHS</i>	Positive impact on market traders and potential opportunities for start-up food businesses			Romford Market and Town Centre regeneration is progressing. Public Health will be invited to input into future discussions with Market Traders Panel and other relevant colleagues/ forums. Scope opportunities to work with Market Traders to register to accept Healthy Start Vouchers.
Continue to improve the public transport offer	1.6	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	Bob Flindall Chris Smart	Positive impact on local businesses, commuters and environment			Works to Romford station commenced in Oct 2016, due to be complete August 2017. Works to Gidea Park and Harold Wood expected to commence in summer 2017 and are anticipated to complete in spring 2018.
	1.7	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	Bob Flindall Chris Barter	London Riverside Opportunity Area			Council had mtg with Head of Network Development at London buses in Feb 2017 about aspirations for improved links. Hoping London Buses will be able to deliver new route between Harold Wood and Harold Hill in coming two years. Council is in process of commissioning feasibility study for new tram or light rail link between Romford and Rainham to support two emerging housing zones.

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	1.8	Continue to lobby TfL for improved north-south bus links and better links between hospitals	Improved bus access to Rainham to support Riverside development Increased bus capacity at Queens Hospital	TfL is responsible for bus routes	Ongoing as Housing Zone develops	Daniel Douglas	London Riverside Opportunity Area		
	1.9	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, RS</i>			
	1.10	Improve public transport accessibility	95% of Havering bus stops reaching the Mayor's accessibility level.	TfL Bus Stop Accessibility Funding	By April 2017	Mark Philpotts			90% at 28/02/16, on track to achieve 95% by 31/03/17
Maintain and improve access to high quality green space	1.11	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	(Martin Stanton) James Rose <i>Parks & Open Spaces, C&L</i>	Increased footfall could have positive impact on trade in park cafés		No longer due to be grant-funded. Subject to Council approval will be carried out through capital funding in 2017/18.
	1.12	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	(John Lynn) Martin Day			Borough Cycling Partnership funding ended in 2017. Will know in May 2017 whether funding will continue from an alternative source.
Improve the 'cyclability' of Havering	1.13	Explore opportunities to offer bike maintenance courses	Local residents attend bike maintenance courses	TfL Borough Cycling Programme Bid	By June 2017	(John Lynn) Martin Day			Four cycle hubs across borough will include maintenance courses. Operational from May 2017.
	1.14	Continue to promote British Cycling 'led' rides around the local area	Local residents attend SkyRide events	British Cycling (Sky Ride)	Report annually	(John Lynn) Martin Day			Let's Ride continues via British Cycling. Possibility for local led rides to be delivered through four cycling hubs in future.
	1.15	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	(John Lynn) Martin Day			Was offered throughout 2016/17 and will continue into 2017/18.
Further improve schools as 'healthy' environments	1.16	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, RS</i>			Continuing. 55 schools had active school travel plans in the 2015/16 school year.
	1.17	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>HCS, L&A</i> Claire Alp Tracey Wraight			Menus offered in primary schools continue to meet school food standards. Secondary school menus also 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. Proposals are being developed for the HWISS and HCS to further support schools around healthy eating promotion, provision and education.

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	1.18	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/ School Nursing Service 'Health Profile tool'.	Officer time School Nursing Service	Report annually	Tracey Wraight HWISS (Natalia Clifford) Claire Alp PHS Breda Kavanagh NELFT			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 School Health Profiles. 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, but also covers wider issues around education etc will be delivered at the Healthy Schools Network meeting in March 2017.
	1.19	Work with schools to continue to improve playground physical activity environments	Monitor via Healthy Schools applications/ School Nursing Service 'Health Profile Tool'/ HSC. Training for playground supervisors offered by HSC/ HWISS as required	PHS/ HSC Officer time School Nursing Service School buy-in (PE and Sport Premium/ other school funding)	Training offered 2017/18	Sharon Phillips HSC Claire Alp (Natalia Clifford) Breda Kavanagh			Integrated into School Health Profiles. HSC has run 19 sessions for midday supervisors/playleaders in positive play to date, with more to follow this school year.
	1.20	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 Tracey Wraight Sharon Phillips			Encourage schools to integrate regular running/ walking initiatives into school day e.g. Haverling Mile, Daily Mile, Schools Run, Golden Mile.
Ensure environment provided for clients / staff in public sector premises supports healthy choices	1.21	Develop, pilot and disseminate a practical tool to audit healthiness of public sector premises	Tool developed. Premises pilot tool to enable development of consistent healthy living ethos	Officer time	Tool developed and piloted by end March 2016	Lindsey Sills BHR NELFT CCG			Explored but focus is currently on the workplace health scheme rather than an additional tool.

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 a joint Equality Impact Assessment and Health Impact Assessment that promotes early consideration of equalities and health benefits (including physical activity and healthy eating)	Method agreed, piloted, evaluated and decision taken regarding wider roll out	Officer time	By end March 2017	(Savinder Bhamra) Corporate Policy and Community Elaine Greenway	Potential for other services/ organisations to utilise HIA after pilot		Currently under discussion and in progress.
	2.2	Commissioners/ procurement to explore whether wider health benefits can be considered as 'added value' when awarding contracts	More of the public sector's commissioning budget adds health value (not just the portion commissioning health and social care services)	Officer time	By December 2016	PH Commissioners			Incorporated into LAC placements contracts. Has become part of good practice and will continue in future.
	2.3	Explore cross-council commitment to Local Government Declaration on Healthier Food and Sugar Reduction	Declaration signed	Officer time	By July 2017	Claire Alp	Consider potential impact on other services during development		
Continue to ensure that schools support healthy choices and lifestyles	2.4	Encourage schools to integrate regular running/ walking initiatives into school day e.g. Havering Mile, Daily Mile, Schools Run, Golden Mile.	Monitor via Smarter Travel, Healthy Schools and HSC involvement in schools Add to School Health Profiles in Sept 2017.	Officer time School staff time	Report annually	Jay Amin Tracey Wraight Sharon Phillips			
	2.5	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 Tracey Wraight			
	2.6	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 Tracey Wraight			
	2.7	Explore opportunities to offer Youth Health Champions programme to secondary schools	Decision made regarding introduction of programme	Officer time	December 2017	Tracey Wraight			
	2.8	Continue to develop HWiSS offer and bring into line with national Healthy Rating Scheme for schools	Programmes align	Officer time	National scheme due to be introduced in September 2017	Tracey Wraight			
	2.9	Develop stronger links between Healthy Workplace Charter and Staff Wellbeing section of Healthy Schools London awards	Programmes align	Officer time	By April 2018	Tracey Wraight Lindsey Sills			

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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 Improvement against assessment criteria	Officer time	Ongoing	Lindsey Sills BHR		<div></div>	<p>Havering Council had first strategic workplace health forum chaired by Cllr Brice-Thompson in January. Strategic direction agreed.</p> <p>Representatives from Havering Council attend BHRUT Workplace Wellbeing Steering Group at Queens Hospital</p>
	2.11	Council to continue to run and promote workplace health activities at lunchtimes and after-work	Activities promoted and run Monitor attendance at events/ activities	Officer time Health and Sports Development budget for activities	Report annually	(Roxy Naz - on maternity leave) Maria Healy Lindsey Sills		<div></div>	As above - programme of activities run by Havering Council workplace wellbeing operational steering group (choir, yoga, book club, pilates)
	2.12	Council to consider using workplace health programme to promote walking meetings	Promotion of walking meetings via Yammer/ Global News "Walking" added to Outlook calendar locations	Officer time	By April 2018	(Mark Porter /Roxy Naz) Maria Healy Lindsey Sills		<div></div>	To be revisited in Workplace Wellbeing action plan (draft due to be ready April 2017)
	2.13	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	(John Lynn) Martin Day		<div></div>	Continuing to explore. Intention is to commence in 2017/18 at Mercury House and Town Hall.
	2.14	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	Positive impact on employee health in private sector	<div></div>	Began offering small grants to businesses in 2016/17 to support staff to travel actively. Two businesses have taken up this offer to date. Continuing into 2016/17.
	2.15	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	(John Lynn) Martin Day		<div></div>	Ongoing. MyPlace, Hornchurch Leisure Centre and Queens Hospital are also now applying under this scheme for cycle storage.
Continue to ensure the ethos of local education and community settings supports and encourages healthy choices		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 Early Help Service		<div></div>	

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		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>			
	2.16	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	Competition for school budgets		Health and Wellbeing in Schools Service launched in April 2016. 16 schools have purchased the service to date Proposals are in development to further develop the HWISS offer to provide additional teacher training. This will include support to improve healthy eating aspects of the curriculum and school environment and add value to the HSC's work to improve physical activity.
	2.17	HCS initiatives to increase uptake of school meals (L&A Service Plan) supported by HWISS.	School meal uptake increases	Officer time HCS budget and officer time	Report annually	Dennis Brewin Claire Alp			01/02/17 This workstream is currently in development as part of the broader development of the HWISS offer and Healthy Schools Officer role.
	2.18	Encourage FSM-eligible children to take up offer. - L&A/ Housing Benefits identify children eligible but not registered for FSM. Parents advised of eligibility on opt-out basis. Schools notified. - L&A FSM eligibility data cross-referenced with HCS take-up data. HCS and HWISS encourage take-up.	Increased take-up of FSM by eligible pupils.	Officer time	Annual check carried out in December 2017	Dave Allen (L&A) Dennis Brewin Tracey Wraight	If additional children are identified through housing data as eligible for FSM, schools can also claim Pupil Premium funding.		Annual check carried out in December 2016. 280 additional pupils identified as eligible for free school meals but not currently taking this entitlement. These have been registered on an opt-out basis. Opt-out data to be obtained.
	2.19	Integrate PH messages into HCS communications	PH blog/ regular article on current topics e.g. Sugar Smart, School Food Plan & Ofsted, etc.	Officer Time	Termly article	Claire Alp Miriam Fagbemi Dennis McKenzie <i>HCS, L&A</i>			Two blogs provided by Public Health for HCS website. Further termly articles planned for the current school year.
	2.20	Ensure up-to-date, evidence-based nutrition advice provided in HCS menus and advertising	PH advises/ supports HCS as required	Officer Time	As required	Claire Alp Charlotte Newman <i>HCS, L&A</i>			Public Health passes information on new advice and guidance to HCS as it emerges and provides training where appropriate e.g. updating of Eatwell Plate to Eatwell Guide in April 2016
		Use HWISS to support schools to increase healthiness of packed lunches	Schools publish robust School Food Policy and packed lunch guidance for parents on their websites.	Officer time	2017/18 school year	Tracey Wraight	Strict packed lunch policies can increase take up of school meals, increasing viability of		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, will be delivered at the Healthy

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	2.21		HWiSS advises re. implementation to schools choosing to buy into service.	Template/ sample School Food Policy School staff time			school meal service		Schools Network meeting in March 2017. Plans are being developed to provide further training and support in the 2017/18 school year.
	2.22	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	(John Lynn) Martin Day Elaine Keeler Development & Transport Planning, RS			April 2016-Jan 2017 - 2286 children trained. Final 2016/17 figures will be available in April 2017. Year 11 students from all 18 Secondary Schools attended 'Safe Drive Stay Alive' in 2016/17 - a total of 3,200 students.
	2.23	Focus on adult cycle training	Adult cycle training courses delivered	TfL funding	By April 2018	Martin Day			(183 adults trained in 2016/17)
	2.24	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 Sharon Phillips			To date in Feb 2017, 31 schools have achieved Healthy Schools London awards. HSC supports 36 schools to run a Change4Life Sports Club, with up to 4 more expected to set up this school year. Most of these have 'C4L champions' and at least 10 schools have received training for this. HSC delivered 'Health Days' in 18 schools in 2015/16. A new model - 'Smart Days' is being delivered this year which has been piloted in 2 schools to date.
	2.25	Promote 'Parks Protection for Kids' Roadshow through HWiSS	Parks Protection assemblies listed on Bronze award guidance. Parks Protection assemblies session plan incorporates health messages	Officer time	Report annually	Claire Alp Stephen Rawlins Parks Protection, C&L			Parks Protection for Kids' assembly delivered to 6 schools in 2016/17. HWiSS will put offer on schools portal and support Parks Protection to increase uptake during 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 Jane Eastaff Community Safety, C&R			July 2017 - 5 students were successfully recruited and were supported to develop a session plan. This was delivered over the 2 week period and positive feedback received. There is potential to repeat this model if the Junior Citizen event runs in 2017.
	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 Gill Mangham			Course scheduled to run at Redden Court School in March 2016. In the future, support will be offered in schools by the HSC instead of at a central venue by the HWiSS, in order to increase take-up and allow greater tailoring to schools' needs.
	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			Continuing to work closely together and define service offers that align and complement each other.

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						Sharon Phillips			
	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 - Grant funding (BPWG applying to City Bridge Trust) or schools fund	Course developed by Sept 2016	Claire Alp Kirsty McArdle BPWG	Food Growing Schools: London to support		BPWG has focused on offering support to schools close to Bedfords Park (Mead PS, Hildene PS, Drapers Pyrgo Priory PS, St Ursulas JS, Drapers' Brookside JS and Harold Court PS) - contacts have been shared between HWiSS and BPWG. BPWG has also applied to be an Alternative Provision provider with Havering Education Services.
	2.30	Explore opportunities for healthy eating and physical activity training for PVI and nursery staff	Training courses organised and attended.	- External provider to deliver, funded by Early Years budget	Course dates agreed by Sept 2016 Training delivered 2016/17	(Susie Williams) Celia Freeth Early Years QA, L&A			This will be integrated into Healthy Early Years programme (see update below).
	2.31	Keep up-to-date with progress on Healthy Early Years London programme development	Viability of offering HEYL programme in Havering considered	Officer time	Determined by Greater London Authority	(Susie Williams) Celia Freeth Claire Alp Tracey Wraight			GLA is intending to pilot HEYL during Summer term 2017. We have expressed an interest in being a pilot borough.
	2.32	C&L Services facilities to continue to develop whole setting ethos that helps people to be healthy	PARS provided by leisure centre provider At least 50% of catering offer in leisure centres is healthy (including vending machines) 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 SLM Leisure Centre Operator Jane Herbert MyPlace Nicky Dunne Libraries Lucy Shadwell Fairkytes			Written into leisur provider contract. PARS Coordinator has TUPE'd across to SLM in order for this service to continue. SLM attends Obesity Prevention Working Group meetings and Public Health and Health and Sports Development teams will continue to support them with implementation of Sports & Activity Development plan and Community Health & Wellbeing Plan. This will include work on vending.
Coordinated programme of campaigns and marketing across partnership	2.33	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	PH officers Comms officers LBH and NHS			Be Food Smart' campaign resources distributed to Council community facilities in January 2017. Good local press coverage. National Be Food Smart Roadshow in Romford for 2 days in February 2017.
	2.34	Consider capacity of Health Champions programme to roll out Great Weight Debate conversations	Great Weight Debate conversations carried out in community settings	Tapestry staff time Health Champion time	By April 2018	Claire Alp Lindsey Sills			Online Great Weight Debate survey promoted. Face-to-face debate held with Havering Youth Council. Youth Council pilot can be used to develop debates with other groups e.g. parents through Early Help, Health Champions
	2.35	Use opportunities presented by air quality	Short film/ animation made to promote smarter travel.	Mayor's Air Quality Fund	Film made by April 2016 Promoted during 2016/17	Martin Day Louise Dibsall PHS			Miles the Mole animation completed. Communications plan to be delivered throughout 2017.

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						Louise Watkinson <i>EH</i>			
	2.36	NHS and LBH to sign up to high profile voluntary campaigns e.g. Children's Health Fund sugar levy	LBH sign-up to sugar levy explored by PH and HCS BHR sign-up to sugar levy explored via catering contractor representation on workplace health group LBH and BHR signed up to campaigns	Staff time	Report annually	Claire Alp Dennis Brewin Lindsey Sills			Since this action was planned, the new Sugar Smart Borough resource has been developed and will be promoted to hospitals plus other organisations during 2017/18 to improve healthiness of food offer in public and private sectors. https://www.sugarsmartuk.org/get_involved/#act
	2.37	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 Miriam Fagbemi Jolly Choudhury Business Development, ED	Positive press coverage for restaurants and cafes signing up		Since this action was planned, the new Sugar Smart Borough resource has been developed and will be promoted to local businesses plus other organisations during 2017/18 to improve healthiness of food offer in public and private sectors. https://www.sugarsmartuk.org/get_involved/#act
	2.38	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 Other partners as relevant to funding criteria			First rounds of funding have not aligned with current priorities. We will continue to look at funding opportunities as they arise.
	2.39	Develop and launch community award to recognise efforts of individuals / community bodies to improve health	Local press highlight support from Council / NHS partners	Officer time	Developed by Dec 2016	Claire Alp/ Orian Kay <i>PHS</i>			Focus this year for communications has been on a number of high profile campaigns of which full details emerged after this action plan was developed (Be Food Smart, Great Weight Debate etc). Community engagement will be pursued in 2017/18 through the Sugar Smart programme.(see action 2.29)
	2.40	Explore the viability of developing a borough food partnership/ charter	Shared food vision for Havering across public, voluntary and private sector stakeholders	Officer time	By Dec 2016	Claire Alp			Capacity to deliver this is low. Food and nutrition will continue to be integrated into the Obesity Prevention Working Group's discussions, and the Great Weight Debate work will continue to gather public opinion until a more specific food partnership can be developed.

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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: Aim for courses to start September 2017. Review/ revise Feb 2018.	Claire Alp Vedia Mustafa HAC			Delayed due to problems with recruitment of suitable staff. Teacher now appointed and courses in development.
	3.2	Evaluate Change4Life Challenge Clubs and consider how to sustain them	Evaluation report published HSC health offer further developed potentially incorporating Challenge Clubs	LBH/ HSC officer time Student Dietician PH placement School buy-in	Scope/ develop by Sept 2016 Report written Sept/ Oct 2016	Sharon Phillips Claire Alp			Evaluation report completed by student dietitians during three-week public health placement in September 2016. HSC offer now includes a version of C4L Challenge Clubs. To date one primary school has purchased this programme.
	3.3	Early Help universal offer to promote healthy lifestyles including sessions run in Children's Centres and promotion of Healthy Start scheme	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 Partners' staff time (e.g. midwives) PH support as required to ensure up-to-date advice is provided	Develop during 2017/18	Helen Harding Helen Anfield Linda Parsons (Jacqui Hanton) (Jonathan Taylor) Early Help			Following restructure of Early Help team a wider piece of work has now commenced to integrate health services (e.g. Health Visiting) more effectively into Children's Centres. Programme of sessions will continue to be expanded as this develops and Healthy Start promotion will be further developed.
	3.4	Early Help targeted offer - TBC depending on restructure.	TBC	TBC	TBC	TBC			As above.
	3.5	Support Community Safety team to incorporate healthy recipes and signpost to support (e.g. NHS Choices, Healthy Start vouchers) into Cooking on a Budget booklet	Booklet updated to incorporate health aspects	Officer time Community safety budget to design/ print booklet	By end March 2017	Chris Stannett Community Safety, C&R Claire Alp	Potential for other services to use booklet (e.g. Social Workers)		Update no longer going ahead due to budget cuts. Chris will be happy to support future update if we can find other means of financing or incorporate into another piece of work e.g. if healthy cooking sessions in Children's Centres go ahead.
	3.6	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 etc.	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 2018	Daniel Alleyne			Building up communications with clubs. Putting updated Healthy Weight webpages link into leaflets and on Havering Active website.

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	3.7	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 programme, school holiday programme.	Programmes run	Culture and Leisure budget	Report Annually	Guy Selfe			Activities continue to be delivered. Further details available at: www.havering.gov.uk/sportsdevelopment
	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			
Ensure that residents and professionals working with them are aware of relevant (self-help) resources	3.8	As part of obesity care pathway development, ensure the Family Services Directory and PH website list services and support relevant to healthy eating, physical activity and weight management	Residents can access the support that best meets their needs GPs and other health professionals sign residents to these directories	Officer time	By April 2017	Fatema Ahmed (Katie Gray <i>Early Years Alternative Provision</i>) Claire Alp			New Healthy Weight webpage has been developed for the LBH website: www.havering.gov.uk/achievingahealthyweight Information is currently being gathered for the new Family Services Hub. This website is due to go live in March 2017.
	3.9	Continue to recruit and train Health Champions	100+ Health Champions trained during 2016/17	PH grant	Health Champions trained by April 2018	Lindsey Sills	Communities/ businesses benefit from improved support/ knowledge		100 trained 2016/17. New contract to be issued for 1 year (2017/18).
	3.10	Continue to offer Health Champions follow-on modules in healthy eating and physical activity	2 healthy eating and 2 physical activity courses offered during 2016/17	PH grant	Courses run by April 2018	Lindsey Sills	Communities/ businesses benefit from improved support/ knowledge		2 of each delivered in 2016/17. Will continue to deliver as part of 2017/18 contract.
	3.11	Support HSC to pilot YMCA Young Health Champions programme, consider future offer to schools and links to RSPH Health Champions	YMCA Young Health Champions pilot run. Future offer to schools scoped and developed as part of the HSC offer.	Officer time	Pilot completed and offer developed by end 2016/17 school year	Sharon Phillips Claire Alp			HSC is piloting Young Health Champions during the 2016/17 school year. This won't be rolled out to other schools but will be used as a case study to
	3.12	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	Clare Burns CCG BHR NELFT Lindsey Sills			MECC is now integrated into RSPH Health Champions training syllabus revised Jan 2017. Update to be sought from NHS organisations regarding staff training in 2017.
	3.13	Align NHS Health Checks programme with PH campaigns	Promote One You campaign to GPs (due to be launched 7 th March 2016)	Staff time	Communicate to GPs by September 2016	Lindsey Sills			Completed March 2016

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Ensure care and support provided to vulnerable residents addresses wider health needs including healthy eating and physical activity	3.14	Explore opportunities for social worker training on healthy eating and physical activity (potentially via PH advice or Health Champions healthy eating and physical activity modules)	Training delivered. Social workers confident in sourcing reliable, up-to-date healthy eating information and signposting carers to this. Healthy eating and assisted shopping support incorporated into Care Plans.	Officer time Health Champions programme budget	By end March 2017	Lindsey Sills Debbie Redknapp JCU, CS			Current priority for Children's Services is for Social Worker training to focus on systemic family therapy training so Health Champions training will not be pursued at this time.
	3.15	Encourage vulnerable families, in-house foster carers and adoptive parents to make use of available healthy lifestyle support and training e.g. HAC Family Cookery course	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 2018	Robert South CS Gary Jones/ Lisa Reid CS			Change in staffing. Action will be followed up in 2017/18.
	3.16	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) CS (Gary Jones/ Lisa Reid) CS			Change in staffing. Action will be followed up in 2017/18.
	3.17	Explore opportunities to integrate greater support for healthy eating and physical activity into commissioned care packages	Included in contracts with placement providers	Officer time	By end Dec 2016	Debbie Redknapp CS			Contracts with placement providers now requires providers to support LAC to cook healthy meals from scratch.
Ensure obese women are effectively supported during pregnancy	3.18	Review antenatal care pathway		As a minimum, officer/ clinician time	Ongoing	Mark Ansell PHS NELFT			
Ensure mothers are supported with infant feeding	3.19	Ensure infant feeding support is promoted Offer support through infant feeding cafes	NEL infant feeding leaflet distributed Infant feeding cafés continue in two children's centres Havering Breastfeeding Steering Group continues to meet regularly with cross-organisation representation Children's Centre staff access UNICEF training	NELFT budget and officer time PH budget for Children's Centre staff training LBH staff time Breastfeeding Peer Supporters (NCT and LatchOn) time	Report Annually	PH / CCG / CSU commissioner			NEL Infant feeding leaflet distributed in Children's Centres. 1 member of the Early Help team has completed Level 3 UNICEF training, 1 further members is Infant feeding cafés are continuing to run in Collier Row and Elm Park Children's Centres.

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	3.20	NHS (maternity and HVs) and early years settings to adopt a consistent, evidence based approach to breastfeeding (ideally working towards Baby Friendly accreditation) and weaning practice	Increase in breastfeeding rates.			Helen Anfield <i>Early Help, CS</i> Claire Alp/ (Natalia Clifford)			<p>Havering Breastfeeding Steering Group meetings will continue in 2017.</p>
Ensure care pathway is in place for obese children and adults	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 Clare Burns			No progress to date. Obesity is the the STP as one of the prevention priorities and pathway will be agreed in future.