

Havering Prevention of Obesity Strategy - Action Plan 2018/19 and 2019/20

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Key for RAG Rating columns

	Action completed in 2018/19. Will not continue to be carried out/ monitored in 2019/20.
	Action completed in 2018/19. Will continue to be carried out/ monitored in 2019/20.
	Action in progress. Will continue to be carried out/ monitored in 2019/20.
	Action halted or cancelled. Will not continue to be carried out/ monitored in 2019/20.
	New action for 2019/20.

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>				<i>RAG</i>	<i>Notes</i>
Ensure Council decisions are consistent with efforts to increase levels of healthy eating and physical activity	1.1	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>			Planning team aware of Health and Wellbeing section of Planning Practice Guidance. Local Plan includes oversaturation policy which will apply to hot food takeaways. Health in All Policies approach being embedded across the Council (see action 1.3).
	1.2	Incorporate consideration of health and wellbeing implications and risks into the new Key Decisions template	Key Decisions template includes section on Health and Wellbeing implications and risks.	Officer time	By September 2019	Louise Dibsdall <i>Public Health</i>	Provides framework to help ensure health and wellbeing is taken into account during decision making by all Council services		
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 Officer 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		Beam Parkway continues to progress. Procurement is launching soon and contractor is due to be appointed by November 2019. Project will start in May 2020 with completion due by April 2021.
	1.4	Deliver Liveable Neighbourhoods Approach throughout regeneration work.	Schemes are funded through Liveable Neighbourhoods scheme to reduce car trips and improve neighbourhoods for walking, cycling and public transport.	Liveable Neighbourhoods scheme funding		Chris Smart <i>Regeneration</i>			
	1.5	Provide Public Health input into Romford and Rainham Masterplans	TBC as plans develop	Social Value Fund and additional funding as Masterplans progress		Nikita Sinclair <i>Public Health</i> Louise Dibsdall <i>Public Health</i>			
	1.6	Implement Childhood Obesity Trailblazer Programme proposals - in full if funding bid successful or scaled/ tailored appropriately if not	TBC as plans develop	TBC		Nikita Sinclair <i>Public Health</i>			
	1.7	Submit funding bid to GLA for installation and maintenance of public water fountains.	Bid successful and water fountains installed.	GLA funded scheme	April 2019	Natalie Naor <i>Waste & Recycling</i> Claire Alp <i>Public Health</i>			Bid submitted December 2018 for funding for water fountains to be located in Romford town centre, Rainham Village, Hilldene Shops, Upminster Park and Raphael's Park. Decision delayed due to water provider in Havering being Essex and Suffolk Water and not Thames Water (who had partnered with the GLA to offer the funding).

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	1.8	Develop Council-wide advertising policy jointly with Newham	Advertising policy developed and approved	Staff time	End of March 2020	Nikita Sinclair <i>Public Health</i> <i>One Source Procurement</i>	Impact on advertising revenue to be explored		
Continue to improve the public transport offer	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</i>	Positive impact on local businesses, commuters and environment		Works to Romford Station and Gidea Park are complete. Works to Harold Wood Station are due to complete by April 2020.
	1.10	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>			The LIP3 includes the 2019/20 LIP Programme. Included within this are a number of schemes that support Healthy Streets including identifying sustainable access routes into key town centres in the borough such as Upminster, Rainham and Harold Wood. The 2019/20 LIP Programme will be monitored on a monthly basis to ensure that schemes being delivered are working towards delivering the Healthy Streets targets set out within the LIP.
Maintain and improve access to high quality green space	1.11	Transition from SkyRide events to led cycle rides delivered through Havering's cycle hubs.	Local residents participate			Martin Day <i>Development & Transport Planning</i>			5 cycling hubs will operate through the summer holidays with led rides taking place at one of them (Ingrebourne Valley Visitor Centre) this year.
Improve the 'cyclability' of Havering	1.12	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 2018/19 and will continue into 2019/20.
Further improve schools as 'healthy' environments	1.13	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>			Remains at 34 Gold schools (3rd highest in London). Champion School received School of Excellence award (1 of 20 across London). Anticipated decrease in engagement in STARS in 2019/20 due to impact of external influences on school capacity participate. TfL revisiting criteria.
	1.14	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>			Various events delivered to promote school meals and healthy menus: - Secondary schools Healthy Eating Week - Meat-Free Mondays in secondary schools - Awareness Days - Vegetarian Week

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	1.15	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>		All 18 secondary schools in Havering have a stay-on-site during lunchtime policy for Years 7-10 as a minimum. Year 11, 12 and 13 students are permitted to leave the site in some schools. The Healthy Schools programme continues to support schools to develop whole school food policies which includes a recommendation to implement a stay-on-site policy.
	1.16	Explore the possibility of making the Healthy Schools London programme universal so that all schools can be encouraged to meet healthy eating and physical activity standards	More schools engage in the Healthy Schools London programme	Public Health budget Officer time	Agree offer by November 2019 in line with timescales for publication of the 2020/21 Traded Services brochure.	Tracey Wraight <i>Public Health</i> Claire Alp <i>Public Health</i>		
	1.17	Work with schools to continue to improve playground physical activity environments	Monitor via Healthy Schools applications/ HSC. Training for playground supervisors offered by HSC/ HWISS 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>		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

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	Progress	
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Ensure Council acts as a positive role model	2.1	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		Proposed Havering LGD approved by Sustain, next step is for internal sign-off by DPH, Leader and Lead Member.
Continue to ensure that schools support healthy choices and lifestyles	2.2	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 action will be taken in 2019/20 in line with this guidance.
	2.3	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>			Consultation on Healthy Rating Scheme responded to in 2018/19. Scheme has not yet been launched by government.
	2.4	Pilot introduction of Peas Please initiative in schools	Schools recruited to pilot initiative Initiative piloted	Officer time	By end of March 2020	Charlotte Newman <i>HES Catering</i> Tracey Wraight <i>Public Health</i>			
	2.5	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>			£170,000 of HPCF distributed to schools for capital spend on improving health and wellbeing. Projects included playground markings, indoor and outdoor activity equipment, defibrillators, gardening areas/ tools, water fountains and creating wellbeing spaces. Appropriate support/ signposting/ resources were provided via Health and Wellbeing in Schools Service.
	2.6	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			London Healthy Workplace Charter has been refreshed and is now known as the London Healthy Workplace Award. LBH plans to submit application for the Excellence award in 2020.
	2.7	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 with lunchtime walks introduced during 2018/19. Havering Staff Games held June 2018. Sessions also delivered for staff on Cancer Awareness by CRUK and on CVD.

Supporting a culture that sees healthy eating and physical activity as the norm

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	2.8	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. The Pantry has reduced sugar in its own products by 5%, introduced 50/50 wholemeal/white pasta, discontinued drinks affected by the sugar tax and increased the price of others deemed high in sugar, reduced the price of water and other measures to improve the attractiveness of healthier items.
	2.9	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>			Consultation on new guidance/ standards not yet launched.
	2.10	Explore opportunities to offer Pool Bike scheme to LBH staff (alternative to Pool Car scheme)	Scheme set up and available to staff	Reliant on funding availability		Martin Day <i>Development & Transport Planning</i>			On hold at present, cost and insurance the main issues
	2.11	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		Pack completed for distribution in summer 2019, starting with the Riverside BID and top 50 (by staff numbers) firms in Havering.
	2.12	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>			No longer funded by TfL
Continue to ensure community settings support and encourage healthy choices	2.13	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>			All Children's Centre groups have free fruit provided - some is provided free by Tesco, other is funded by Early Help to ensure full coverage.
	2.14	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>			Training of volunteers as walk leaders due to commence in June 2019 with pilot walks programme being scoped for the north and south localities.

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	2.15	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>			Between April 2018 and April 2019, school meal uptake increased by 300,000 meals. This is thought to be primarily attributable to Veggie Run. Further details are provided in the Prevention of Obesity annual report. Continue to develop Veggie Run including introduction of arch enemy character
	2.16	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>			In June 2018 HES Catering recruited a School Meals Nutritionist to lead on nutrition advice within HES Catering and link with other stakeholders such as the Health and Wellbeing in Schools Service.
	2.17	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>			Both continue to be delivered in schools.
	2.18	Focus on adult cycle training	Adult cycle training courses delivered	TfL funding	By April 2018	Martin Day <i>Development & Transport Planning</i>			Adult training took place during 2018/19 and will continue in 2019/20, predominantly through the five cycle hubs. Target this year has increased from 250 to 500.
	2.19	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 2019, 34 schools had achieved Healthy Schools London bronze awards, 19 silver awards, 8 gold awards. HSC supports schools to run a Change4Life Sports Club and delivered associated 'C4L champions' training. HSC also delivers 'Health Days' or 'Smart Sessions' in schools that buy into the service.
	2.20	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.
	2.21	Roll out the Healthy Early Years London programme across Havering	Early Years settings achieve HEYL awards.	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>			Borough-wide delivery of HEYL commenced in June 2018. At the end of March 2019, 41 settings had registered, 20 had achieved First Steps, seven the Bronze Award and six the Silver Award.

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	2.22	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		Healthy Start scheme is being digitised so plans to increase promotion and acceptance of vouchers in Romford Market are on hold until this is launched in March 2020.
	2.23	Scope capacity to introduce Healthier Catering Commitment (HCC) scheme	Decision made on introduction of scheme	Officer time	Commence scoping when Environment Health restructure is complete.	Nichola Lund/ Sarah Quinn <i>Environ. Health</i> Nikita Sinclair <i>Public Health</i>			Public Protection restructure completed. Executive Decision process will commence Summer 2019 with aim to launch HCC in September 2019 as a phased rollout.
Coordinated programme of campaigns and marketing across partnership	2.24	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> Yvonne Lamothe <i>Communications</i>			Campaign resources distributed to Council community facilities, incorporated into session plans where appropriate, and promoted via display boards and social media as follows: July 2018 - C4L Physical Activity January 2019 - C4L Nutrition March 2019 - S4L Weaning
	2.25	Deliver joint campaign to engage Havering businesses in: - Breastfeeding Welcome - Healthier Catering Commitment - Healthy Start - Water Refill - Sugar Smart - Target Your Trip - Healthy Workplace	Businesses register with relevant schemes	Staff time Business web portal and e-newsletter	Report annually	Nikita Sinclair <i>Public Health</i> Jolly Choudhury <i>Business Development</i>	Positive press coverage for restaurants and cafes signing up		
	2.26	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> Nikita Sinclair <i>Public Health</i>			Joint Waste and Recycling and Public Health Water Refill campaign delivered in September 2018 to co-promote reduction in sugary drink consumption and single-use plastic. Aim for 2019/20 is to sign up to the London Refill scheme and focus on promotion to businesses to encourage them to register their premises.

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	2.27	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>			Health & Wellbeing team well placed to deliver a range of physical activity interventions across Havering. External funding actively sought to run additional sessions in areas where need is greater. Health and wellbeing team is represented across many forums and working groups both internal and external to the local authority and have established various partnership projects throughout the year. This is ongoing to ensure the team is promoted across Havering as the strategic lead for physical activity.

Prompting individuals to change, primarily through self-help									
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Increase and import self-help capacity particularly regarding healthy eating	3.1	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>			Planned for future introduction as part of commissioned HENRY programme (see action 3.26).
	3.2	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			Evaluation of pilot completed - see Annual Report to Health and Wellbeing Board for further detail. During 2018/19 workshop delivery increased from 1 centre to 2. Delivery from 1 additional centre is being scoped for addition in 2019/20.
	3.3	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>			Sports Development team tries to promote all aspects of health and wellbeing and has partner links on website. We also utilise social media to enhance health messages throughout Havering. A number of our coaches have attended Health Champion training enabling them to disseminate wider health messages to participants of our courses. Aiming extend this training to Walking for Health volunteers. Disseminate information to clubs via email and at monthly Sports Council meetings.
	3.4	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.	Programmes run	Culture and Leisure budget	Report Annually	Darrell Braiden <i>Health & Sports Development</i>			Sports Development Team organises and deliver a range of physical activity opportunities for all ages. All sessions are affordable and subsidised to ensure maximum participation. The team also puts on externally funded programmes and delivers to target groups when funding is secured to ensure underrepresented groups are catered for. Promotion of all events is integral to success.
	3.5	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	Report Annually	Darrell Braiden <i>Health & Sports Development</i>			Sports Development team organises range of low impact sessions across Havering working with various partner organisations. Older people - Walking for Health scheme to support return to physical activity after ill health, weekly tea dance as social activity. Staff sessions - e.g. yoga and pilates. Women and girls - summer activities to encourage lighter physical activity. Also deliver Back to Netball and partnered with Our Parks to introduce boot camp style activities in local green spaces.
	3.6	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. There is a commitment to deliver this in Childhood Obesity: A Plan for Action, Chapter 2 but further information has not yet been received.

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Ensure that residents and professionals working with them are aware of relevant (self-help) resources	3.7	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.
	3.8	Continue to recruit and train Health Champions	100+ Health Champions trained during 2017/18	PH grant	Health Champions trained by April 2018	Lindsey Sills <i>Public Health</i>	Communities/ businesses benefit from improved support/ knowledge		121 Health Champions trained (total 572 as of end of March 2019)
	3.9	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 Sills <i>Public Health</i>	Communities/ businesses benefit from improved support/ knowledge		3 x RSPH Nutrition Level 2 accredited courses delivered to qualified Health Champions (45+ Health Champions trained) 3 x Diabetes Awareness sessions (45+ Health Champions attended)
	3.10	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 Sills <i>Public Health</i>			Community events supported throughout 2018/19.
	3.11	Explore options for low-cost/ cost-neutral MECC online training for NHS staff	Recommendation made subject to funding	Staff time		CCG			Free MECC face-to-face training being delivered and places available for train-the-trainer training in 2019/20.
Ensure care and support provided to vulnerable residents addresses wider health needs including healthy eating and physical activity	3.12	Encourage vulnerable families, in-house foster carers and care leavers etc to make use of available healthy lifestyle support and training e.g. healthy cooking sessions	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 <i>Children's Services</i> Claire Alp <i>Public Health</i>			Action to be progressed in 2019/20.
	3.13	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 <i>Children's Services</i> Claire Alp <i>Public Health</i>			Action to be progressed in 2019/20.
Ensure obese women are effectively supported during pregnancy	3.14	Review antenatal care pathway		As a minimum, officer/ clinician time	Ongoing	BHRUT NELFT			Action to be progressed in 2019/20.

Prompting individuals to change, primarily through self-help									
Strategy objective <i>What we are trying to achieve</i>	Action No.	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	Progress RAG	Notes
Ensure mothers are supported with infant feeding	3.15	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 LBH regularly attends BHRUT infant feeding meetings and since early 2019 there has been midwife representation at the Infant Feeding Steering Group. Public events were held in the Liberty and Queens atrium to promote Breastfeeding Weeks and will be repeated in 2019/20.
	3.16	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 <i>Early Help</i> Breda Kavanagh <i>NELFT</i> Claire Alp <i>Public Health</i>			During 2018/19, delivery of Infant Feeding Cafés has increased from 2 to 3 children's centres. A further venue (Harold Hill Health Centre) is being scoped as another potential future venue.
	3.17	Ensure Early Help and Health Visiting staff are trained to deliver consistent advice	Havering Infant Feeding Steering Group continues to meet regularly with cross-organisation representation	Budget for training Staff time		Helen Anfield <i>Early Help</i> Breda Kavanagh <i>NELFT</i>			During 2018/19 a further 3 Early Years Practitioners completed Level 3 Unicef training taking total to 6. 6 other Early Help staff have completed Level 1 Unicef training Refresher is being identified for original practitioners to ensure up-to-date practice.
	3.18	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 <i>Public Health</i>			Breastfeeding Welcome Scheme was launched to Council premises and Early Years settings in June 2018 and publicly in August 2018 in line with World Breastfeeding Awareness Week. Communicated via press release, Living article and Time FM interview. At the end of March 2019, 29 venues had registered. Focus in 2019/20 will be on encouraging more businesses to register and the Havering Show will be Breastfeeding Welcome event.
	3.19	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 <i>Early Help</i> Claire Alp <i>Public Health</i>			Action plan has been written to guide the work of the Infant Feeding Steering Group.
	3.20	Write requirement for Health Visiting provide to achieve Baby Friendly Initiative accreditation into new service specification	Progress made through Baby Friendly Initiative accreditation Stages 1, 2 and 3	Provider budget	Stage 1 accreditation achieved by end of March 2021	Claire Alp <i>Public Health</i> <i>HCP provider</i>			

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	3.21	Infant Feeding Steering Group members to develop and co-deliver PTI session for GPs	Session delivered	Staff time	By end of March 2020	Helen Anfield <i>Early Help</i> Claire Alp <i>Public Health</i>			
Ensure care pathway is in place for obese children and adults	3.22	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 Nikita Sinclair CCG			No progress to date. Obesity is the the STP as one of the prevention priorities and pathway will be agreed in future.
	3.23	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 <i>Everyone Active</i> Sharon Phillips <i>HSC</i>			Still seeking funding opportunities to deliver childhood weight management programme,
	3.24	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>			12 week pilot programme delivered in partnership with Everyone Health at Hornchurch Sports Centre Jan to April 2019. Programme incorporated nutrition education along with exercise class tailored to achieving weight loss. - 11 participants started, 10 completed. - 9 participants lost weight - 7 participants did lose weight, lost body fat, cm's from waist and altered their BMI - 7 participants achieved target weight loss of 3-5% Improved self- esteem for the majority of the attendees Eating habits changed Exploring funding options to expand to other centres in Havering.
	3.25	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>			Ongoing delivery of Everyone Active Havering Exercise Referral Scheme, which includes overweight and obesity in the referral criteria. - 541 appropriate referrals (594 total referrals) - 460 clients were referred for obesity, along with 102 who were overweight (in most cases this is not the only reason for referral and to note that some GP's ticked both obesity and overweight for the same client) - 246 clients overall started the scheme - 79 clients completed the scheme - 40 clients had BMI 30-40, and 10 clients with a BMI 25-30