

# Happy, Healthy Lives – Action Plan

Our action plan responds to a number of evidence-based recommendations from the Starting Well Joint Strategic Needs Assessment. A more detailed version of this action plan will be published following formal approval of the Happy, Healthy Lives plan and progress in delivering each of these will be monitored by the Havering Health and Wellbeing Board. Those actions in bold will be included in the refreshed Havering Joint Health and Wellbeing Board Strategy.

Priority	JSNA Recommendation	Response
Well	Reduce the number of teenage pregnancies and repeat abortions in women under the age of 25	Conduct an evaluation of the local c-card condom distribution with a view to improving accessibility and uptake. Through the integrated sexual health service provided by BHRUT, seek to increase uptake of long-acting reversible contraception amongst 16–24-year-olds (for whom this method is acceptable and appropriate). Review and refresh of Havering Teenage Pregnancy strategy.
Well	Consider ways to fund and implement a pre-conception counselling and care service for women with pre-existing long-term conditions and / or risk factors for poorer birth outcomes (e.g. diabetes, obesity)	Explore current pre-conception advice offer available to Havering residents with pre-existing conditions and any opportunities to improve access and uptake of this offer.
Well	Provide targeted support to women to encourage greater breast-feeding initiation	Hospital and community providers (maternity, NICU, health visiting and children’s centres) will progress with the UNICEF Baby Friendly accreditation programme, with leadership from the Havering Baby Friendly Guardian (Cabinet Member for Adults and Wellbeing). A new Children’s Centre Infant Feeding Co-ordinator is leading on Baby Friendly accreditation and work to improve antenatal and peer support offers. We are undertaking analysis of breastfeeding data to enable more effective monitoring of impacts.

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Well	Address the low and decreasing uptake of immunisations and maternal and childhood vaccinations, especially MMR	<p>We continue to work with the school-aged immunisation provider to support effective engagement with schools and pupils (including our 'Educated Other Than At School' cohort), while exploring ways to streamline communications to and through schools regarding the wider school-based health offer.</p> <p>We will support and amplify Northeast London and regional initiatives to improve vaccination awareness and uptake (e.g. Bright Start in Live campaign).</p> <p>NELFT is updating training for all staff completing antenatal contacts to ensure they are specific when discussing the latest vaccination schedule for pregnant women (to include asking whether whooping cough, RSV and seasonal flu/Covid vaccinations have been received, and encourage clients to book if they haven't).</p>
Well	Review capacity in Health Visiting and School Nursing as part of recommissioning the Health Child Programme, to ensure most benefit to children's outcomes	A re-procurement of the Healthy Child programme will commence in 2025.
Well	Promote good oral health for children to prevent dental caries	<p>Action being taken includes:</p> <ul style="list-style-type: none"> <li>• Distribution of Brushing for Life packs (toothbrush and paste) by health visitors as part of the Healthy Child Programme;</li> <li>• Targeted School Fluoride Varnish Programme: our 10 most deprived primary schools are targeted and pupils in Reception &amp; Year 1 receive fluoride application twice in the year;</li> <li>• Training of Oral Health Champions;</li> <li>• Supervised Tooth Brushing Programme in special schools;</li> <li>• Tooth Friendly Nursery programme: training of early years staff on oral health. Some nurseries choose to adopt a 'Gold' award where they will be doing a supervised tooth brushing programme;</li> <li>• "Let's Talk About Teeth" scheme also delivered in some early years settings;</li> <li>• The Healthy Early Years London Programme encourages early years settings to provide evidence on how they promote oral health as part of their Bronze Award. All settings participating in HEYL are encouraged to deliver the supervised tooth-brushing programme. Of the 15 settings who have achieved their HEYL Silver Award, 8 settings identified oral health as the focus for their case study.</li> </ul>

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Well	Focus on good support for the management of long-term conditions to prevent hospital admissions, particularly for childhood asthma and diabetes	<p>Increasing capacity for community based care is a Babies, Children and Young Peoples priority for North East London ICB. A NEL Long Term Conditions (LTC) Transitions Improvement Network has been introduced and LTC pathways are led through the work of the North Thames Clinical Networks. Through the integration of neighbourhood teams, with GPs at their centre, we aim to see an improvement in the early identification of conditions. Asthma has been a particular focus in Havering with 2 pilot Specialist Asthma Practitioner roles working at a system level to implement the National Bundle of Asthma Care (national guidance). Their work has provided the capacity to rollout a range of asthma workstreams to improve outcomes, access, experience and value including:</p> <ul style="list-style-type: none"> <li>• Best practice CYP asthma discharge procedures</li> <li>• 48 hour reviews – community follow up following an emergency review</li> <li>• Asthma and Allergy friendly schools programme – to ensure schools have the right support and safeguards in place to identify the patient cohort and direct them to the right support</li> <li>• Joint Clinics</li> <li>• Comprehensive training offer for acute and primary care staff</li> <li>• New asthma resources in 15 different languages including accessible animations</li> <li>• Community Diagnostic Centre funded CYP objective testing pilot Outreach model utilising specialist paediatric physiology team - from Autumn 24</li> <li>• Additional work to improve long term conditions includes a focus on increasing access to pumps for type 1 diabetics age 12 -25.</li> </ul>
Well	Work collaboratively with partners to address high rates of obesity in children	As part of our whole systems approach to tackling obesity in Havering, partners across the system including BHRUT maternity services, NELFT health visiting service, early years providers, schools and LBH children’s services have committed to a number of actions related to children and young people. These span people, place and resources themes and are being monitored via quarterly Healthy Weight Network meetings.
Well	<b>Develop a joint strategy to improve adolescents' mental health and wellbeing</b>	<b>The Havering Integrated Place (ICB) is working with providers and the wider system to develop an assessment of needs and a strategy in response to increasing demand for mental health services for children aged 11 upwards.</b>

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Inspired	<b>Focus on early intervention to improve school readiness, including through increased delivering of joint 2-2.5-year checks by Health Visitors and staff in Early Years settings, and strengthening our approach towards targeted engagement with families of children who have not been brought for any check.</b>	<b>We will review outcomes of integrated 2-2½ year checks to understand the challenges and successes of this delivery model and use the results to inform relevant elements of service recommissioning.</b>
Inspired	Utilise outcomes from 2-2.5-year checks to signpost families to a relevant early support offer to improve school readiness, and grow our non-clinical offer, including therapies and family support services for children with additional needs	We continue to develop and embed joint working approaches across health visiting, early help and early years providers – for example, strengthening speech and language pathways, co-delivering starting solids workshops and healthy weight interventions.
Safe	In response to child death reviews, utilise Making Every Contact Count principles to raise awareness of safe sleeping practices across all services in Havering	A Task and finish group / scoping tool has been rolled out across Havering to benchmark safer sleeping messages. This includes engagement with 0-19 services, primary care, acute trusts, police, housing, London fire brigade, early years, and domestic abuse services. Safer sleep training is being offered in partnership with Havering and B&D Safeguarding Children Partnerships. Practice standards for safer sleep are being developed. Outcomes will be monitored via the NEL SUDI Steering Group.

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Safe	<b>Havering statutory and voluntary sector partners to consider ways of intervening earlier to prevent admission to hospital as a result of self-harming, aligning actions to the overall suicide prevention strategy for Havering</b>	<b>This is aligned to the action above (development of a joint strategy to improve adolescents' mental health and wellbeing. Youth Council were consulted on the draft Suicide Prevention Strategy and as a direct result of their feedback, Public Health colleagues are in discussion with the primary school network regarding emotional literacy training for primary school teachers (to promote positive self-talk and self-esteem in younger age students) and with the secondary schools forum, regarding the provision of self-harm and mental health webinars for both parents and teachers.</b>
Heard	Develop a shared annual engagement plan to ensure that work to consult and coproduce with children and young people is coordinated and avoids duplication	A new corporate community engagement group has been set up with representation from all directorates in Havering and the ICS. We will ensure that work to consult and coproduce with young people is included so that activity is coordinated and there is no duplication. This will result in a shared engagement plan as part of the Council's Community Engagement Strategy 2024 – 2027.
Heard	The voice of young people should be incorporated into decision making for all service provision across the integrated care system	When appropriate, the Council is ensuring that the young person's voice is heard – in particular across the integrated care system. It is also being taken into account in other areas. Two recent examples include the budget and Libraries closures consultations where the process has been integrated to specifically include the voice of young people so that it can be considered alongside other groups when making decisions. We are exploring how children and young people's views on health and care issues can be better incorporated and considered through our local Health and Wellbeing Board.
Heard	Capitalise on Havering's Youth Council and other forums to capture their views on both child and adult services	Young people from the Youth Service have shared their views via the Youth Council. Young people have been consulted and participated in the review of several strategies, including the budget, SEND, Neglect, and Safeguarding priorities, ensuring priorities are aligned with their experiences. Youth Council have directly fed into this Plan and will be involved coproducing a children's version once formally adopted. There has also been coproduction on engagement / planning / survey questions etc.

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Heard	<b>Good quality engagement with young people is required to understand how to better manage their transition from child-focused to adult services for on-going care and support, whether related to health or social care</b>	<b>Council services and health partners have been part of a range of workshops working with families, children and young people, as well as other partners (educational settings, voluntary and charitable sector) to co-produce a new Preparing for Adulthood (PFA) Strategy, SEND Outcomes Framework, and Working Together Charter, all of which include a focus on transition, as well as a targeted task and finish group focused on the transition from children's to adult care services.</b>
Treated fairly	Explore increasing our capacity of support for young people, including provision of youth-centred clubs and activities, accessible across the whole borough	A cross-departmental working party is being set up to explore options for enhancing youth provision in and around Romford Town Centre. We will also undertake an exercise to map existing youth provision as part of refreshing our online family services hub.
Treated fairly	<b>Partners to work collectively to decrease the inequalities in educational outcomes for young people</b>	<b>Continue to prioritise narrowing the gap in children's attainment by promoting a range of intervention-based programmes, including working with external partners such as the EEF and VRU to build evidence and research of what works.</b>