

Havering Healthy Weight Strategy:
Year One Annual Report 2024-25



Havering Healthy Weight Strategy 2024-2029: Everybody's Business

A whole systems approach to reducing
overweight and obesity



The vision for Havering is that within 20 years childhood obesity will have been eradicated, that the Borough will have become a healthier place to live, work and play, and a place where communities have come together to make the healthier choice the easier choice



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1. Executive Summary

Purpose of the Report

This report provides an overview of the progress made in the first year of implementing the Havering Healthy Weight Strategy (approved by Cabinet in May 2024). It serves as a review document for the strategy's steering group, comprising key partners across the Council, NHS, and primary care, and will also be presented to the Health and Wellbeing Board for further scrutiny and guidance.

Key Achievements

- Establishment of governance structures to support the strategy's delivery
- Major developments having health impact assessments jointly reviewed by Planning and Public Health to improve health and wellbeing considerations
- Exclusion zone 400 metres surrounding schools restricting the opening of new fast-food takeaways
- A new advertising policy is being implemented in the borough, similar to TfL's, that restricts advertisements of food and drink High in Fat, Sugar and Salt (HFSS).
- Healthier food options introduced across BHRUT hospital sites for staff, visitors and inpatients
- Expansion of Tier 2 weight management services: introduced for families with children aged 0-5 & 5-12, a universal adults service, and a specialist service for adults with learning disabilities

Key Reflections and Challenges

- Absence of Tier 3 weight management service provision for North East London including Havering
- Need further resource to ensure healthy weight principles are embedded in Harold Hill High Street regeneration
- Tier 2 weight management services have experienced challenges, including low referral numbers for the learning disability service however there are promising upward trends in starting and completion rates.
- Maintaining a whole systems, place-based approach that addresses the root causes of obesity in the new landscape of weight loss drugs

Next Steps

- Develop a Harold Hill Action Plan aligning with the regeneration of Harold Hill high street and surrounding areas
- Leverage partnerships with local businesses (including convenience shops and fast-food takeaways) to promote healthier food choices in Harold Hill.
- Enhance the restrictions on fast food takeaways in Havering's Local Plan to prevent new openings in areas with an already high number of takeaways and places where children and young people frequent
- Adopt a new Active Travel Strategy and Sports and Leisure Strategy
- Increase the number of school streets, cycle routes and cycle/scooter parking
- Establish Havering Food Alliance to tackle food insecurity
- Develop a Healthy Weight Alliance, as part of the Live Well network, to embed local people into decision-making on healthy weight.

2. Introduction & Context

What is the Healthy Weight Strategy?

The Havering Healthy Weight Strategy 2024-2029: Everybody's Business adopted a whole systems approach to healthy weight that aims to create an environment where residents can achieve and maintain a healthy weight and where the healthy choice is the easy choice.

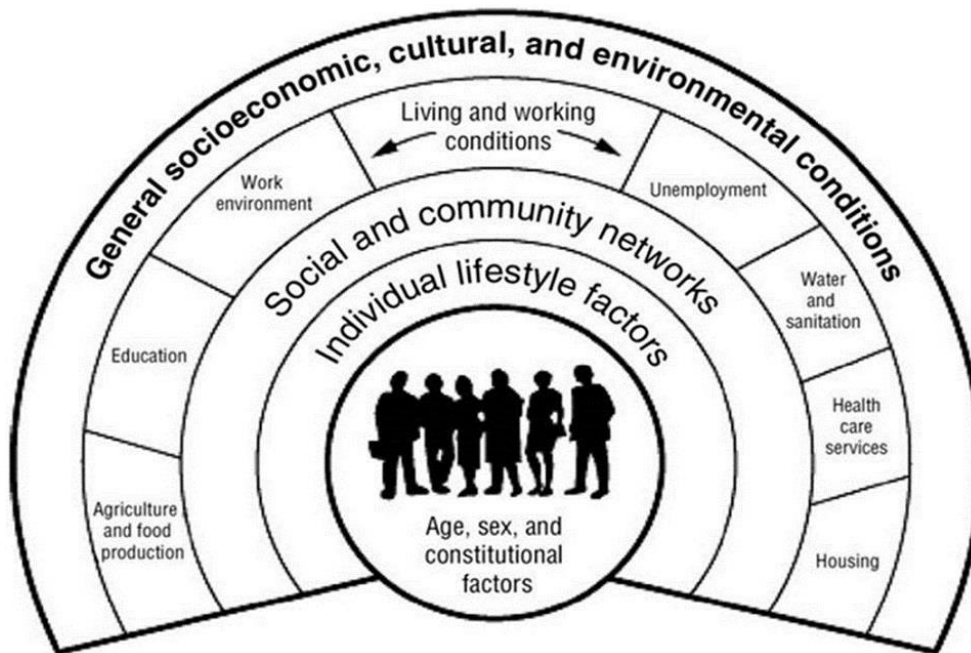
What is the whole systems approach to healthy weight?

The whole systems approach recognises no single action, or service can solve the challenge of healthy weight. Instead, it brings together everyone who can influence the environments we live, learn, work, and play in — including the Council, NHS, schools, communities, businesses, and residents (see Figure 1). It's about shifting from treating healthy weight as an individual issue to understanding and addressing the broader social, economic, and environmental factors that shape people's health (see Figure 2). Maintaining a healthy weight is complex — it's influenced by access to healthy food, green space, income, the type of job we have, education, culture, advertising, transport options, and more. It affects every service — from planning to education, from children's services to leisure, from housing to transport. It's not just about telling people to eat less and move more — it's about creating a borough where that's actually possible.

Figure 1. Partners across the system all have a role to play in shaping the environments and services that influence people's ability to eat well and be active.



Figure 2. the Dahlgren and Whitehead model (1991) of health determinants



What is the vision of the strategy?

The vision for Havering is that within 20 years' childhood obesity will have been eradicated, that the Borough will have become a healthier place to live, work and play, and a place where communities have come together to make the healthier choice the easier choice

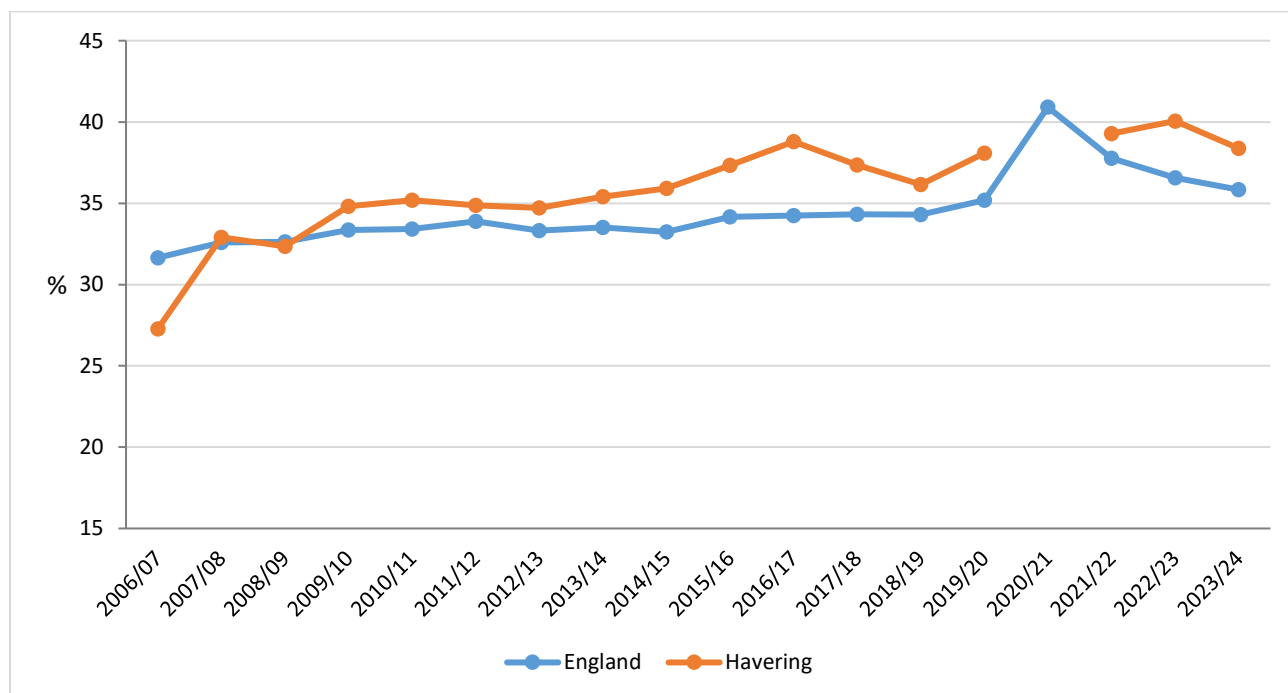
Objectives of the healthy weight strategy

1. We will embed a whole systems approach across Havering which will be the foundation for addressing healthy weight. This will enable the introduction of policies and practices that have an influence on healthy weight.
2. We will develop partnerships which lead to effective community engagement into addressing healthy weight
3. We will develop communities in Havering which promote and provide access to healthy, nutritious and sustainable food for all; enabling a healthy diet to become the easier option.
4. We will provide leadership to further shape the Borough as a place where rates of physical activity increase and residents enjoy the benefits that physical activity provides.
5. We will support healthy pregnancies and help families achieve the best start to life for their babies and young children. (pre-conception – 5 years old)
6. We will support children and young people (5 years old to 18 years old), along with their families to achieve a healthy weight
7. There will be greater opportunity for adults to achieve and maintain a healthy weight, including information / support to lose excess weight and maintain a healthy weight (18 years old +).

Why It Matters

Obesity is cutting lives short in Havering. Havering has one of the highest levels of adult overweight and obesity in London and very high levels of childhood overweight and obesity. 20% of children are overweight or obese by the time they start school (Reception year aged 4-5), increasing to 40% by their final year of primary school (Year 6 aged 10-11). By Adulthood, almost 70% are overweight or obese in Havering.

Figure 3. Year 6 prevalence of overweight and obesity (10-11 years) in Havering compared to England



N.B. The start of the 2020/21 National Childhood Measurement Programme (NCMP) data collection was delayed due to the COVID-19 pandemic response. In March 2021 local authorities were asked to collect a representative 10% sample of data because it was not feasible to expect a full NCMP collection so late into the academic year. This sample has enabled national and regional estimates of children's weight status (including obesity prevalence) for 2020 to 2021 but not by borough level.

For more data about healthy weight in Havering please see the [Healthy Weight Data Dashboard](#) that is updated annually.

Prevention is a key priority for Havering Council and the NHS, as set out in the Havering Corporate Plan, the Havering Health and Wellbeing Board's Health and Wellbeing Strategy 2019/20–2023/24 and the Havering Place Based Partnership's Interim Health and Care Strategy.

Health inequalities are the systematic, unfair, and avoidable differences in health between different groups of people. There are inequalities associated with overweight and obesity, which mean that some groups of people are affected more than others. Rates of obesity are highest in areas of greatest disadvantage. Overweight and obesity is also higher in particular population groups such as in Black ethnic groups, people with physical and learning disabilities, people with severe mental illness, and people aged between 45-74 years old.

3. Key Achievements Since Strategy Adoption

Since the adoption of Havering's Healthy Weight Strategy in May 2024, we've seen strong progress in building a whole systems approach to healthy weight. Collaboration across sectors is beginning to show real impact – from positive changes to food provision in local hospitals through our partnership with BHRUT, to planning policies that restrict new fast-food outlets and a new borough-wide advertising policy limiting exposure to High Fat, Sugar, Salt (HFSS) food and drink. We've established new structures to strengthen oversight of the systems approach, Tapestry are launching a food alliance to tackle food insecurity, and Public Health have commissioned new weight management services to support families and adults. While there is still much to do and the achievements noted in this report capture only a small amount of the great work happening, they demonstrate the power of working collectively to make Havering a healthier place for all.

Havering Obesity Data Update

- The percentage of children in reception year (aged 4-5) who are overweight or obese was 21% in 2023/24, this has remained steady since 2019/20 with no significant change and is in line with the England average.
- The percentage of children in year 6 (aged 10-11) who are overweight or obese was 38.4% in 2023/24, this has also remained steady since 2019/20 but has remained significantly above the England average.
- In adults, obesity data is less reliable as the height and weight is self-reported from only a small sample from Sport England Survey data however prevalence of overweight and obesity remained steady at 65.8% in 2022/23 in line with the England average of 64%.

Structural or Policy Changes

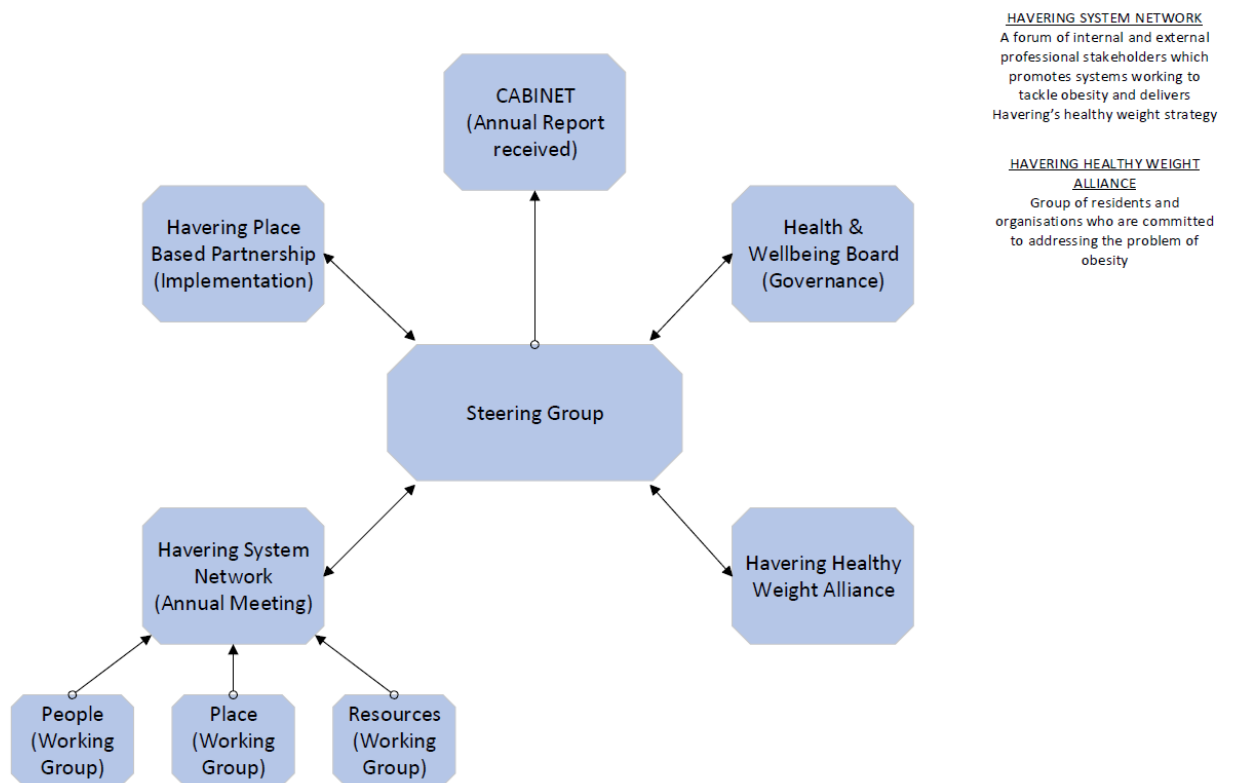
- The Healthy Weight Strategy is now a corporate priority for the London Borough of Havering Council
- The Havering Local Plan is in the early stages of being redrafted. Public Health and Planning are working closely together to enhance the restrictions on fast food takeaways in Havering to prevent new openings in areas of high concentration and/or near schools and other places where children and young people frequent.
- A new advertising policy is being implemented in the borough, similar to TfL's, that restricts advertisements of food and drink High in Fat, Sugar and Salt (HFSS).
- A new Long Term Conditions group that includes obesity which feeds into the Place Based Borough Partnership (PBBP) and considers the impact of therapeutic approaches to overweight and obesity including weight management services and weight loss drugs
- A new North-East London (NEL) Obesity working group has been set up to improve communication between all the NEL obesity Public Health leads and to share learning and exchange ideas.
- The Public Health team have a healthy weight SMART objective as part of their PDRs. Work is underway to expand this across relevant Council service areas.
- To monitor the progress of the healthy weight strategy and action plan a new governance structure has been established (see Figure 4). Within the first year of the strategy being adopted there has been a:
 - System Network meeting (July 2024)
 - Place Network meeting (October 2024)
 - People Network meeting (January 2025)
 - Resources Network meeting (April 2025)

- Steering group (May 2025)
- There are refreshes of Council strategies that can be strengthened to tie in with the Healthy Weight Strategy including the Sport and Leisure strategy, Housing Strategy, and the Active Travel strategy
- BHRUT have overhauled their food and drink offer at all their sites
 - The “H” coding system continues to encourage patients to select nutritious choices, prominently highlighting meals, snacks and desserts.
 - Dieticians continue to review menus and ensure incorporation of low-salt options throughout the menus. This is assessed on an ongoing basis and adjustments are made as necessary.
 - The range of vegan meals has been expanded and continues to be well received by patients.
 - The introduction of fruit bags, yoghurts, sultanas and raisins to replace traditional biscuits as snack offerings has now been successfully rolled out across all sites.
 - Hydration stations, which are already in place in ward areas, have now been established in some outpatient areas for use by patients awaiting appointments.
 - There continues to be no price promotions or advertisements for sugary drinks and high-fat, high-sugar foods.
 - All sugary products remain prohibited from checkout areas.
 - This has led to a reduction in HFSS food and drink.

New Assets or Resources

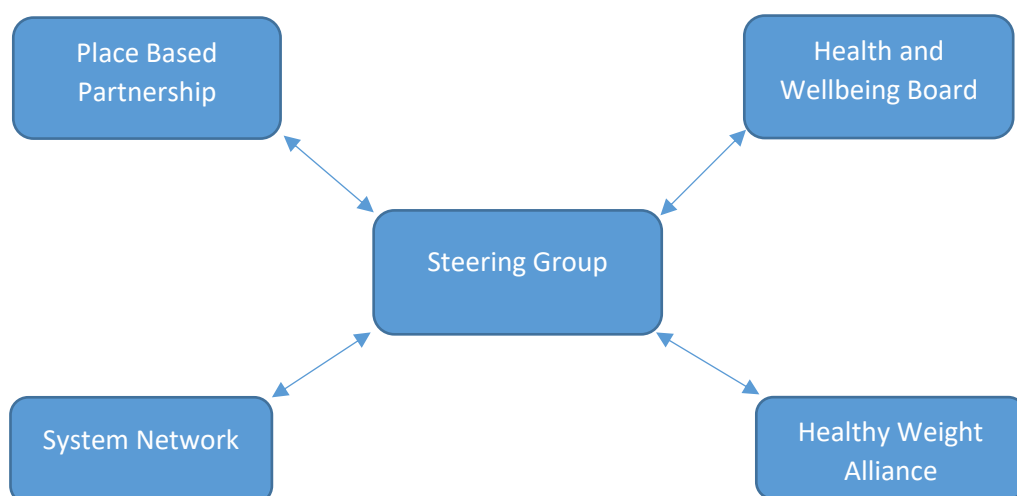
- There is now a range of Tier 2 weight management services in the borough supporting people to reach and maintain a healthy weight. Everyone Active provide services for adults and a specialist service for adults with learning disabilities.
- The JOY app and Live Well website are being established in Havering, a central directory for residents and professionals in the borough to find information on health and wellbeing services in Havering, this includes healthy weight resources and services.
- Development of the Havering Food Alliance has begun. There will be a steering committee that Public Health will sit on which will provide strategic oversight, coordinate efforts among stakeholders, and drive initiatives that reduce food insecurity in Havering. The role of the steering committee will be to:
 - Support the Food Alliance to partner with local businesses, supermarkets, restaurants, and food suppliers to capture surplus edible food and distribute it to charities, food banks, and community groups
 - Provide nutritional education & enhance food skills by delivering workshops and initiatives to teach residents about healthy eating, cooking on a budget, and reducing food waste at home.

Figure 4. Current Governance Structure



N.B. The current governance structure supporting the Healthy Weight Strategy is subject to review and will be discussed at the first meeting of the Steering Group. At the meeting, members considered the proposed changes and objections were made. The revised governance structure is proposed in Figure 5.

Figure 5. Proposed Governance Structure



4. Reflections & Challenges

The first year of implementing the Havering Healthy Weight Strategy has seen encouraging progress, with positive engagement from partners and early signs of impact across several priority areas (as demonstrated in section 3). This progress is particularly noteworthy given the wider challenges faced by the system including:

Collier Row School Superzone

As part of the Collier Row School Superzone pilot, Havering introduced initiatives to promote healthier food environments, including the [Healthier Catering Commitment](#) and [Good Food Retail](#). These aimed to support local food businesses in offering healthier options, creating environments that make the healthier choice the easier choice. Independent food outlets were engaged, with new healthier items introduced on the menu, reduced portion sizes, offering grilled over fried options, and improving the availability of fruits and vegetables.

Unfortunately, these initiatives were funded through time-limited external grant funding, and after the initial six-month pilot period, no dedicated budget or human resource was available to continue this strand of work. However, there is **a rare opportunity to shape the regeneration of Harold Hill High Street** which is being completely redeveloped. Harold Hill is one of the most deprived and obese areas of the borough. Public Health are exploring the possibility of recruiting a strategist to develop a Harold Hill Healthy Weight Action Plan which will capitalise on the opportunity to put health and wellbeing at the heart of decision making. Learning from the Collier Row School Superzone could be applied including leveraging partnerships with local businesses (convenience shops and fast-food takeaways) to promote healthier food choices, providing a children's playground, an outdoor gym, a water fountain, improving community safety, providing active travel routes & cycle parking to make it easier to walk and cycle.

Service gaps and performance challenges

In Havering, like much of North-East London, there is an absence of Tier 3 weight management services. Tier 3 services are specialist; multidisciplinary services designed for individuals with more complex needs—often those living with severe obesity and related comorbidities such as type 2 diabetes or hypertension. These services are delivered by a team of clinicians, including specialist dietitians, psychologists, and nurses. In contrast Tier 2 services are typically community-based lifestyle programmes that provide structured support for people who are overweight or obese. These focus on behaviour change, including healthy eating, physical activity, and motivation, and are often delivered in group settings by trained facilitators. While Tier 2 services are typically commissioned by local authorities, Tier 3 services fall under the remit of Integrated Care Boards (ICBs) due to their clinical nature, NEL ICB is exploring piloting Tier 2 services across NEL in 2025. Havering's Tier 2 weight management services have experienced challenges, including low referral numbers for the learning disability service, however there are promising upward trends in starting and completion rates for both programmes.

Weight loss drugs

The wider landscape continues to evolve, with the emergence of new weight loss drugs using Tirzepatide or Semaglutide like Ozempic, Mounjaro and Wegovy are shifting how weight is managed clinically. This presents both opportunities and risks — emphasising the need to strike a balance between providing access to effective clinical treatments for those that need them and maintaining a whole system, place-based approach that addresses the root causes of obesity.

Balancing the operational vs. administrative

There have also been practical challenges in maintaining momentum across over 80 actions in the action plan across People, Place and Resources, with varying levels of consistency in quarterly updates and engagement from partners across the system. Public Health has worked to balance operational delivery of programmes such as the Collier Row Clockhouse School Superzone, Harold Hill Healthy Weight Action Plan, and Tier 2 weight management services, alongside the coordination of governance and reporting structures. As such, the current governance approach will be reviewed by the Steering Group to ensure it remains purposeful and effective.

Despite these challenges, the foundations laid in year one show clear commitment from across the system. There is much to build on, and with continued collaboration, shared leadership, and a refined governance structure, Havering is well-positioned to deepen its impact in year two and beyond

5. Next Steps & Year Two Priorities

N.B. Priorities will be agreed with the steering group to ensure they are feasible and there is capacity to achieve them in 2025-26.

The Year 2 priorities outlined below do not represent all ongoing healthy weight activity across the system. Instead, they highlight a focused set of key priorities that require particular attention, renewed momentum, or collective effort in the coming year. These were selected based on progress made in Year 1, emerging needs, and opportunities to make the greatest impact.

The priorities will aim to:

- Drive momentum on actions that stalled or progressed slowly in Year 1, and
- Tackle emerging opportunities or gaps,
- Avoid listing “business as usual” unless it’s being scaled or adapted significantly.

Theme	Year 2 Priority
People	<ul style="list-style-type: none"> • Increase referrals into Tier 2 weight management services from groups disproportionately affected, such as people with learning disabilities and those with severe mental illness, and living in areas of disadvantage • Delivery of a holistic Tier 2 weight management service for families with young children identified as obese in the NCMP • Develop and adopt a new Sports and Leisure Strategy • Increase awards on TfL’s Travel for Life Programme in Havering schools • NEL ICB funding a pilot for Tier 3 weight management services for North-East London
Place	<ul style="list-style-type: none"> • Develop a Harold Hill Action Plan aligning with the regeneration of Harold Hill high street and surrounding areas <ul style="list-style-type: none"> ○ Leverage partnerships with local businesses (including convenience shops and fast-food takeaways) to promote healthier food choices as part of Harold Hill action plan. • Work with Planning to agree policy in Local Plan for further restrictions of fast-food takeaways • Develop and adopt a new Active Travel Strategy • Increase the number of school streets in Havering • Implementation of new cycle routes • Increase the amount of cycle and scooter parking in schools

Resources	<ul style="list-style-type: none"> • Strengthen cross-sector collaboration to embed healthy weight in all policies – review governance structures with Healthy Weight Steering Group. • Develop a healthy weight training course on Learning Experience Platform to support decision makers and senior officers understand the whole systems approach to healthy weight. • Embed healthy weight across relevant Council service areas by agreeing healthy weight objectives with senior staff (Heads of Service, Assistant Directors) to be included in annual PDR's • Establish Havering Food Alliance to tackle food insecurity • Development of a Healthy Weight Alliance, as part of the Live Well network, to embed local people into decision-making on healthy weight.
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6. Appendices

Appendix A: Detailed action tracker.

Overview of Action Areas

The Action Plan is structured around three key action areas:

1. People (Community & Individuals)
2. Place (Environment)
3. Resources (Finance, Commissioning & Assets)

The People, Place, and Resources parts of the Healthy Weight Action Plan play distinct yet interconnected roles in driving this strategy. People focuses on individual and community behaviours across the life course to help people achieve or maintain a healthy weight, while Place addresses the environmental factors that shape these behaviours. Resources consider how we further integrate healthy weight into existing budgets and work streams, maximise the impact of staffing and assets, ensure financial decisions align with long-term health and wellbeing goals. Together, they create a cohesive framework to deliver the Healthy Weight Strategy effectively.

Healthy Weight Action Plan - Progress Against Actions (Year 1: May 2025-26)

Place

Action	Progress	Lead service area	RAG status
Collier Row Superzone Introduce Healthier Business Scheme (Healthier Catering Commitment - HCC, Breastfeeding welcome and water refill scheme)	There has been a baseline and follow-up study of food choices being brought into school. The practitioner completed qualitative research methods used to gather up-to-date information about the food offered around the Clockhouse Primary School from children, parents/carers, and school staff. This considered pupil voice, parent voice and staff voice through interviews, focus groups and surveys via Citizen Space. Observations of the schools whole food provision .e.g lunch, breakfast clubs, wrap	LBH Public Health - Emily Grundy/Nicola Wilson	

	<p>around care food was also included to provide a well rounded picture.</p> <p>Promotion of Healthier Catering Commitment and Good Food Retail to shops in Collier Row: practical workshops were delivered with KS2 and teacher interviews were conducted to understand how primary school students interact with their local food environment in Collier Row using mapping exercises. The practitioner has identified all applicable businesses through the mapping exercises and eligibility to apply for HCC and initiated the first outreach by email.</p> <p>The practitioner will share learning of HCC (Healthier Catering Commitment) and GFR (Good Food Retail) in Collier Row shops to encourage more businesses across the borough to sign up to the scheme via case studies to showcase for other businesses. There has been a recruitment of 10 year 5 students to act as 'Community Food Champions' to have an active part in the food community to work alongside the practitioner to co-produce activities designed by and for children and their families to encourage healthier food choices in Collier Row.</p>		
Continue to implement High Fat Sugar Salt (HFSS) advertising policy	No progress to report in Q2: An update on rolling out and enforcing the policy would be more appropriate after December when our new contract with JCD comes into force that stipulates our requirements around the policy.	LBH Comms - Darren Bindloss	
Maintain the food pantries (Rainham and Harold Hill) and consider how to strategically revamp the approach		LBH Customer Services - Patrick Odling Smee	
Policy on food standards in Council owned establishments or contracts	The contract states that at least 50% of the food and beverage offers at the leisure centres is deemed to be 'healthy'. This is monitored via inspection visits.	LBH Leisure & Culture - Guy Selfe	

NELFT -public sector premises adopt policy regarding healthy choice the easy one		NELFT - Irvine Muronzi	
BHRUT - public sector premises adopt NHS Food Standards regarding healthy choice the easy one	<p>Food:</p> <ul style="list-style-type: none"> • The “H” coding system continues to encourage patients to select nutritious choices, prominently highlighting meals, snacks and desserts. • Dieticians continue to review menus and ensure incorporation of low-salt options throughout the menus. This is assessed on an ongoing basis and adjustments are made as necessary. • The range of vegan meals has been expanded and continues to be well received by patients. • Sandwich alternatives continue to be updated to promote healthier alternatives. • Our daily snacks feature fruit rounds, and we have observed a significant increase in the popularity of our healthy, balanced yogurts. • The introduction of fruit bags, sultanas and raisins to replace traditional biscuits as snack offerings has now been successfully rolled out across all sites. • Hydration stations, which are already in place in ward areas, have now been established in some outpatient areas for use by patients awaiting appointments. <p>Retail:</p> <ul style="list-style-type: none"> • There continues to be no price promotions or advertisements for sugary drinks and high-fat, high-sugar foods. • All sugary products remain prohibited from checkout areas. • Healthy options remain consistently available, including for night shift staff. 	BHRUT - Sophia Murphy/Rosie Madeloso	

	<p>Progress has also been made on some of our statistics in Q3 compared to Quarter 2.</p> <ul style="list-style-type: none"> • Sales data shows an improvement in the quantity of sugar-sweetened beverages sold from 10% or less of all drinks sold in Q2 to 5% or less of all drinks sold in Q3. • There has been an improvement in confectionary items stocked which do not exceed 250 kcal from 80% in Q2 to 85% in Q3. • There has also been an improvement in the quantity of pre-packed sandwiches and savoury meals (wraps, salads, pasta salads) containing 400 kcal or less per serving which do not exceed 5.0g of saturated fat per 100g from 75% in Q2 to 80% in Q3. 		
Review planning policies to encourage healthy affordable outlets e.g. discounts on business rates for healthy food businesses		LBH Planning – Jill Warren & Lauren Miller	
Review planning policies to restrict the number of fast-food outlets in the Borough	Public Health and Planning are working together to review the Local Plan including enhancing the restrictions on hot food takeaways.	LBH Planning – Jill Warren & Lauren Miller	
To develop Harold Hill High Street to make the healthy option the easiest	The project team continues to explore different options for leisure and food outlets for the regenerated site, including healthy food options. The planning application was submitted in April 2025. Public Health will review the Health Impact Assessment (HIA). Public Health are also seeking a fixed term contract for a Public Health Strategist post to ensure healthy weight principles are embedded in Harold Hill.	LBH Regeneration - Michael Rourke/Akhil Bakhda	
Work to make drinking water widely and conspicuously available in public places and buildings	Public Health and Planning are working together to review the Local Plan including exploring feasibility of having more water fountains around the borough, cost of installation and maintenance would need to be considered.	LBH Planning – Jill Warren & Lauren Miller	

Introduce a healthy food business award including sustainability element	In the takeaway of the year award there is award criteria for having healthy options and considering healthy of customers. Work to introduce a dedicated healthy food business award ongoing	LBH Public Health - Parth Pillai LBH Inclusive Growth	
Increase the number of school streets starting from 10	Three new school streets have been implemented since last report in October 2023. Seven of the previous ones were implemented permanently. That makes a total of 13 school streets. Currently carrying out consultation to implement more school streets. Outcome TBC	LBH Environment - James O'Regan/Mark Hodgson	
Pilot a school Superzone in Rainham introducing local areas walking maps and educating pupils about the benefits of active travel	<p>Walking maps were launched at the end of the Summer 2024/25 term, with positive feedback from schools. Enforcement activity to monitor and address idling and other unsafe parking practices in the vicinity of the schools occurring during autumn term, alongside school-based workshops on active travel and air quality.</p> <p>Enforcement officers have been delivering a rotating patrol of the schools sites before and after school since September, with this work set to conclude at the end of December - this has included speaking to those seen idling or otherwise in contravention of parking restrictions in the vicinity, asking them to switch off engines or otherwise remedy, and providing an anti-idling leaflet. Commissioned provider has delivered workshops in two of the four schools, with remaining two to be delivered in Spring term.</p>	LBH Public Health - Emily Grundy	

Implementation of new cycle routes to improve connectivity between minor and district centres	A review of the Council's Quietway route proposals is currently taking place to see if these routes that were identified a few years ago are still technically feasible to deliver. These routes would connect the Metropolitan centre of Romford with other Major and Minor Districts centres across the borough. Funding has been earmarked as part of the Local Implementation Plan Three Year Delivery Plan to implement routes that are considered feasible.	LBH Transport Planning - Daniel Douglas/Mark Hodgson	
Development and adoption of an active travel strategy	The draft ATS went out to public consultation on Citizen Space and was open for 6 weeks, closing on the 6th of Dec 2024. The responses are now being processed and analysed with a view to update ATS as required in January. A cabinet report on the consultation will also be drafted in January 2025.	LBH Transport Planning - Daniel Douglas/Mark Hodgson	
Review phase 2 of the new WQS estate to consider space for Physical activity with planning and housing	<p>A strategy for Waterloo Estate has been provisionally agreed by the joint venture, design and planning work is taking place to bring forward the first phase for construction, timelines are still to be confirmed. Play space will be delivered in accordance with the planning application, including investment into nearby Cottons Park.</p> <p>The focus of the regeneration project is currently on Phase 1 of the scheme, which is undergoing further design work ready to submit a planning application in September 2025. The existing community garden is in use with events being scheduled for the summer to engage local residents.</p>	LBH Regeneration - Kirsty Moller/Michael Rourke	
Housing Strategy to be shaped alongside the healthy weight agenda	Public Health have devised a section for the housing strategy currently being developed.	LBH Housing - James Hunt	
Council estates to be improved to encourage physical activity	No appetite for this from Housing - James Hunt has tried to engage. How should we proceed?	LBH Housing - James Hunt	

Pilot working with schools to open facilities before and after school and during school holidays		LBH Education - Trevor Cook	
Continue to offer schools and education facilities the opportunity to install cycle and scooter parking through the council's voluntary school travel plan programme	£55k from TfL LIP / £50k from CIL - working with 18 schools to install cycle and scooter parking. Cycle and scooter parking audit is being finalised to determine the amount of cycle and scooter parking needed across Havering schools.	LBH Education - Trevor Cook Transport Planning - Daniel Douglas/Mark Hodgson	
Develop pilot proposal for Active travel for GLA Healthy Streets approach for Beam Park	Initial focus is on securing Freeport Active Travel Funding to deliver a cycle corridor scheme along Marsh Way which would provide a connection to the proposed Beam Park Station, through CEME and into the London Riverside BID area. Scheme is currently undergoing Detailed Design with public consultation expected later this year.	LBH Transport Planning - Daniel Douglas/Mark Hodgson	
Through the Councils annual cycle parking programme, ensure that there is adequate cycle parking provision at public sector premises across the Borough	A cycle parking capacity audit has recently been carried out assessing the level of cycle parking available at premises (both public sector premises and other locations). This audit is currently being revised and will inform future Cycle Parking programme submissions to TfL.	LBH Transport Planning - Daniel Douglas/Mark Hodgson	
Public Health to jointly review Health Impact Assessments of major developments with Planning	Public Health have supported with a review of the Romford Masterplan, with a final version reflecting any changes to the plan resulting from public consultation required in the new year. Major HIAs are reviewed jointly between public health and planning. the aspiration is that any development of any size would need a HIA but capacity issues exist within PH to review all of these.	LBH Planning – Jill Warren & Lauren Miller Public Health - Kate Ezeoke Griffiths, Emily	

		Grundy, Luke Squires	
Embedding the Transport for London Healthy Streets Indicators (LHS) into the delivery of Local Implementation Plan and Liveable Neighbourhoods Schemes	Havering's Three-Year Delivery Plan (2025/26 - 27/28) was submitted to Transport for London in February. Havering has just received its formal funding allocation from TfL for 2025/26.	LBH Transport Planning - Daniel Douglas/Mark Hodgson	
Continue to offer free cycle training - 'Bikeability' to all schools in the Borough	We are continuing our bikeability programme and have secured additional funding through S106 to expand the programme, as well as DEFRA funding for teach the teacher training and Shared Prosperity Funding to offer additional training. We have schools booked in every week up to the end of March and have maxed out Cycle Confident's local resource capacity. We are exploring with them drawing in resources from out of borough to offer be able to offer even more training.	LBH Transport Planning - Daniel Douglas/Mark Hodgson	
Develop staff travel plan to promote active travel to and between places of work	Travel survey to be prepared to gather baseline data for staff travel to/from work and aspirations. This action will be looked at in greater focus once recruitment has taken place to appoint Dep Team Leader into the team.	LBH Transport Planning - Daniel Douglas/Mark Hodgson	
Re-brand the current cycling liaison group into an 'Active and Sustainable Travel Forum'	<p>The Active Travel Forum has been sent up, and we have now held two meetings. They are held every 3 months with the next being in January 2025. We have had some good attendance, particularly from Havering Cyclists but we are also keen to extend the invite further and reach a wider group.</p> <p>Active Travel Forum has been established and meets on a Quarterly Basis. Last meeting was held in February.</p>	LBH Transport Planning - Daniel Douglas/Mark Hodgson	

Review Romford Masterplan and HIA and develop North Street - Romford Ring Road	Traffic modelling with TfL has been ongoing, which informs the necessary adjustments to traffic management.	LBH Regeneration - Kirsty Moller/Claire Brenna (PM) LBH Planning - Lauren Miller LBH Public Health - Emily Grundy	
Development and implementation of a Sport and Leisure strategy	A draft of the strategy has been circulated to Guy Selfe and preparing for an external consultation and adoption for April 25. This is awaiting approval along with the Arts Strategy.	LBH Health & Sports Development - Darrell Braiden	
Maintain green flag status in boroughs parks	All 16 awarded in 24/25	LBH Parks - James Rose/Taylor Smyth-Richards	
Identify and apply for external funding opportunities to support improved facilities in parks (e.g. Outdoor Classroom)	Grant received for Outdoor Classroom at Harrow Lodge Park with works due in early 25	LBH Parks - James Rose/Taylor Smyth-Richards	

Community Safety: Review HSCP Harold Hill Scrutiny Report for implications to the Healthy Weight Agenda		LBH Community Safety - Chris Stannett/Diane Egan	
Work to open more facilities and enable sport in the borough (Leisure centres, sports pitches, tennis courts, changing facilities etc.)	Leisure centre attendances are increasing, mainly due to the new Rainham Leisure Centre opening in July 2023. Tennis court renovations completed at Haynes, Harold Wood, Raphael, Lodge Farm and Rise Parks. New Clubs park booking system to come online in October	LBH Leisure & Culture - Guy Selfe LBH Parks LBH Parks - James Rose/Taylor Smyth-Richards	
Monitor parks usage to attract investment from cafes and build a case to increase toilet facilities in parks	No capacity or resources to monitor usage currently, subject to lease renewals	LBH Parks - James Rose/Taylor Smyth-Richards	
Complete Bretons Masterplan for Bretons Outdoor Recreation Centre (adding 4G pitches and changing facilities) N.B Tigers FC and Essex Minors of Hornchurch (EMH FC) play at Bretons	An options appraisal for a Sustainable Regeneration Plan for Bretons is being commissioned with funding support from Historic England. This is currently out for quotes.	LBH Leisure & Culture - Guy Selfe	

Maintain and grow allotment provision in the borough	Continuing to liaise with societies who manage allotments, meeting with them all twice a year No plans to provide additional space/sites	LBH Parks - James Rose/Taylor Smyth-Richards	
Develop community gardens on local estates - (starting with Waterloo Estate - Romford)	The Waterloo Community Garden remains operational and popular with local residents. Events are being planned for Christmas and spring 2025.	LBH Regeneration - Kirsty Moller/Michael Rourke	
Encourage C2C to stop advertising unhealthy foods on their trains and platforms (outside the geographical remit of the Havering and TfL junk food advertising policies).	Letter to C2C and Directors of Public Health drafted with no response received	LBH Public Health	

People

Action	Progress	Lead service area	RAG status

In line with new NICE guidance due 2024, undertake an initial review and development of antenatal healthy weight offer	Meeting to be arranged with Shaan Little (PH Consultant Midwife) in the New Year when she is in post and Natasha Sutton (BHR Maternity and Early Years Manager)	BHRUT - Shaan Little NEL ICB - Natasha Sutton Public Health - Sedina Lewis	
Work with partners to increase sign up to Breast Feeding (BF) welcome scheme. Including key venues such as Council owned premises and popular private sector outlets	Total new venues signed up in Q3 = 0 Total venues signed up to date in 2024/25 = 7 Total venues signed up since scheme started (and still active to the best of our knowledge) = 46 Sophie has recently taken on responsibility of the delivery of the BFW scheme and is commencing by contacting venues already registered with the scheme before moving on to promote the scheme to new venues.	LBH Public Health - Sophie Stylianou	
Establish clear, consistent information about healthy weight in pregnancy across mutually agreed platforms (e.g. JOY app, Baby Buddy app)	Healthy weight pages are being developed as part of the Live Well Havering website due to launch in June. I would suggest a meeting of these stakeholders to review the current draft of this page. All healthy weight services are currently listed on Joy. We are also seeking to set up a pregnancy page for the Live Well Havering website with Natasha Sutton so we can look at how these work together to create simple pathways for families. Live Well Havering website is due to launch in July 2025. By this time, healthy weight info for pregnancy will be available online.	LBH Live Well Havering - Sophie N'Tinu NEL ICB - Natasha Sutton NELFT - Jerry Mercantel Public Health - Sedina Lewis	

Delivery of starting solid food workshops	Total number of workshops delivered in Q3=3 (33 people attended) The online workshops continue to be delivered by the children's centres early years practitioners with plans for them to re-start being co-delivered with health	LBH Early Help - Helen Anfield	
Recommence co-delivery of Starting Solid Foods workshop and review/update content (to include comparison with HENRY Starting Solids session)	Meeting scheduled to go ahead in January 2025 to look at the content for the HENRY starting solid food workshop to review and update current content along with Health in preparation for resuming co-delivery of the sessions. This will also go alongside launching a HENRY Fussy Eaters workshop now we have additional staff trained as HENRY facilitators.	LBH Early Help - Helen Anfield NELFT - Colette Avery LBH Public Health - Sedina Lewis	
Deliver a family healthy lifestyle programme (HENRY) for families with children aged 0-5 years	HENRY pilot currently underway	NELFT - Kelly Miles LBH Early Help - Helen Anfield BHRUT - Shaan Little LBH Public Health - Sedina Lewis LBH Public Health LBH Early Help NELFT	
Develop and pilot a weight management referral pathway linking with the National Childhood Measurement Programme (NCMP) in Harold Hill, Romford and Rainham (Trial a new NCMP feedback approach)	Weight management referral pathway drafted. Meeting with NELFT in January to finalise. NELFT has developed online workshops for parents to attend prior to NCMP measurements taking place to increase awareness and understanding.	LBH Public Health - Esosa Edosomwan	

	School level results letters were sent to schools in December 2023 including information about locally available support.		
Pilot a targeted HENRY 0-5 programme for Early Pregnancy Pathway families	Meeting to be arranged with Shaan Little (PH Consultant Midwife) in the New Year when she is in post. Colette, Kelly and Helen to consider capacity to take this action forwards, working with Shaan to identify families.	BHRUT - Shaan Little NELFT - Kelly Miles LBH Early Help - Helen Anfield LBH Public Health - Sedina Lewis	
To offer and expand the buggy walk programme	Buggy walks occur in the Borough but are not managed through our walking for health program. It is extremely hard to find volunteers to run buggy walks for a longer period than 18months due to the nature of the role. Discussions ongoing.	LBH Health & Sports Development - Darrell Braiden	
To identify Children and Young People at high risk of overweight and obesity using risk stratification		TBD	
All eligible services (Children's Centres, Health Visiting, Maternity and Neonatal) to achieve and/or maintain Baby Friendly Initiative Stage 1 as a minimum	Georgina (Children's Centre Infant feeding Coordinator) began in post 7th Oct NELFT HV achieved BFI Stage 2 on 12/12/2024. BHRUT Maternity have achieved stage 2 accreditation (Teresa Faulkner 13/01/2025)	LBH Early Help - Georgina Plock BHRUT - Teresa Faulkner Health Visiting -	

		Colette Avery/ Ana Perez	
Improve system-wide collation and reporting of infant feeding data	Discussed action during Havering Infant Feeding Steering Group meeting on the 4th of March 2025. It was agreed that this will be a priority going forward, the Infant Feeding Coordinator will create a calendar for collating data and reviewing the data as a Group on a quarterly basis.	LBH Public Health - Sedina Lewis	
Increase provision of breastfeeding support sessions (including Early Help/HV and LatchOn sessions) to at least 5 per week (min. 1 on each day Mon-Fri)	Current provision of breast feeding support groups is 4x weekly, LatchOn- Mon/Fri, Health-Tues and Children's Centres-Wed. Exploring options for an additional group (ideally on a Thursday in a currently underserved area e.g. Harold Hill)	LBH Early Help - Helen Anfield/ Georgina Plock LBH Public Health - Sedina Lewis	
Review breastfeeding peer support offer with a view to developing a funding bid to enhance this service and better support volunteers	Georgina (Children's Centre Infant feeding Coordinator) began in post 7th Oct - part of role will involve developing peer support offer	LBH Early Help - Georgina Plock LBH Public Health - Sedina Lewis	
Support parent groups to promote breastfeeding	Infant Feeding Cafes are delivered by Children Centres	LBH Early Help - Helen Anfield/Georgina Plock LBH Public Health - Sedina Lewis	

Continue to increase the uptake of Healthy Start vouchers within the Borough	<p>As of February 2025, the NHS uptake data shows that there are 1,417 people on the digital Healthy Start scheme in Havering. However, issues with the accuracy of this data persist.</p> <p>Actions that have been implemented to increase uptake:</p> <p>Monthly Newsletter is now disseminated to professionals in Havering.</p> <p>Non-digital resources have been developed to share with children's centres, libraries, GP's, community hubs etc.</p> <p>Online training for Havering professionals to become 'Healthy Start Champions' is in the final stages of development, and will be shared with professionals (teachers, GPs, children's centres, library staff, shop staff, community hub staff etc.) in the borough.</p>	LBH Public Health - Caitlin Paul	
Explore options for creating and sustaining delivery of family cooking workshops (in partnership with voluntary sector). Introduce healthy eating workshops and integrate the current cookery clubs in the borough	<p>Option for co-delivery of community cooking workshop with other Havering partners currently under exploration - CP.</p> <p>Luke met with Tijani who will be running the St Georges Hub Cafe, as part of the holistic offer available at the hub there will be cooking classes delivered. Luke to continue engaging with Tijani to ensure these are healthy cooking classes that align with the healthy weight strategy and the model is best practice in line with the available evidence on effectiveness of community cooking classes</p>	LBH Public Health - Luke Squires/Caitlin Paul	

<p>Publicise the new refreshed Healthy Early Years Programme and encourage settings to participate.</p> <p>Increase the number of early years settings registered on the new Healthy Early Years London Programme</p>	<p>NCB have circulated the final draft of the refreshed audit tools and awards pathway process to borough leads for consultation / feedback. With a view to launching the refreshed HEYL Programme in Sept 2025.</p> <p>In view of the uncertainty around the changes to the programme, early years settings have been reluctant to proceed through the existing awards pathway. Therefore, progress has been limited this quarter.</p> <p>There are a total of 125 settings currently registered on the HEYL Programme in Havering. 83 settings have achieved the First Steps Award. 27 settings have achieved the HEYL Bronze Award. 15 settings have achieved the HEYL Silver Award. 11 settings have achieved the HEYL Gold Award.</p>	<p>LBH Public Health - Tracey Wright</p>	
<p>Review the Early Years Oral Health offer to ensure opportunities to incorporate healthy weight promotion are maximised</p>	<p>Early Years QA, CYP community oral health service and NELFT HENRY lead to liaise and update at end of Q4.</p>	<p>Early Years QA - Celia Freeth</p>	

Publicise the new refreshed Healthy Schools Programme and encourage schools to participate. Increase the number of schools registered on the new Healthy Schools London Programme	<p>Much the same as reported for the HEYL Programme- The NCB have circulated the final draft of the refreshed audit tools and awards pathway process to borough leads for consultation / feedback. With a view to launching the refreshed HSL Programme in Sept 2025.</p> <p>In view of the uncertainty around the changes to the programme, many schools have been reluctant to proceed through the existing awards pathway. Therefore, progress has been limited this quarter.</p> <p>There are a total of 70 schools currently registered on the HSL Programme in Havering. 40 schools have achieved the HSL Bronze Award. 22 schools have achieved the HSL Silver Award. 12 schools have achieved the HSL Gold Award.</p>	LBH Public Health - Tracey Wraight	
Promote water only schools	<p>The data for the number of schools registered on the Water Only Schools Programme is collected by the GLA via a survey that goes out to schools in the Autumn Term.</p> <p>We have received no update this quarter.</p> <p>In an attempt to increase the number of schools responding to the GLA survey- an article was uploaded to the HES Portal in October- along with the water Only Schools Toolkits for Primary and Secondary Schools- to encourage them to engage with the scheme and respond to the GLA Survey.</p> <p>To date- there have been 98 views of the article and related resources.</p>	LBH Public Health - Tracey Wraight	
Increase the uptake of school meals (including free school meals)	Q3 has seen a 5% increase in school meal uptake within the primary schools from previous quarter. Currently Mayor's meals (UFSM) are tracking at 72% with the aim to achieve 80% by end of Q4 through marketing and theme days. KS1 UIFSM is at 68%	LBH Catering Services - Dennis McKenzie/Angelo Palam	

Pilot a Tier 2 Children and Young People (CYP) parental weight management programme	The HENRY program (5-12) pilot was extended until July 2025. An evaluation report was formulated to assess whether an extension to the program could be funded. It was decided the service should be discontinued due low uptake and an options appraisal delivered to determine better approach to Tier 2 weight management services for families.	LBH Health & Sports Development - Darrell Braiden Taslima Akther Luke Squires	
Maintain the sports collective programme		Havering Sports Collective - Sharon Phillips	
Increase the number of schools taking part in TfL's Travel for Life programme	We work with around 70 schools across the Borough. In 2022 to 2023 the number of schools accredited through the programme were 55, 35 were at gold level, 4 at Silver, 13 at Bronze and the rest engaged. Last academic year we increased this by a further 5 schools. We are just finalising the accreditation levels.	LBH Transport Planning - Jay Amin	
Active travel embedded in school travel plans		LBH Transport Planning - Jay Amin	
Junior Citizen Day (held at the end of the school year with the Council, TfL and primary schools). Include a healthy eating message in as part of their return from the school day at the end of next year		LBH Public Health & Health Champions	

Develop and implement a care pathway for healthy weight in adults, engaging with residents to design services	Data continuing to be collected by parents of children and young people with obesity on what they liked to see in services (survey developed by Steve HADJIOANNOU - BHRUT diabetes dietitian)	LBH Public Health LBH Commissioner (Partnership, Impact & Delivery) PCN's Dr Banerjee	
Building upon initial pilot, provide a range of Tier 2 adult weight management options	The provision of T2 WMS for adults and adults with learning disabilities continues. the adult service is oversubscribed and continues to prioritise those from IMD areas 1-3. in Y1 114 completed the course 71% achieved 3% weight loss and 43% achieved 5% weight loss	LBH Commissioner (Partnership, Impact & Delivery) Public Health - Luke Squires	
Work with LBH CTLD team to develop a Tier 2 Weight Management Service (WMS) for adults with a learning disability	The T2 WMS for people with learning disabilities had low referrals during Y1 but the most recent programme ran September - December 2024 was fully booked with 60% completion rates (above target). 67% of completers achieved 5% weight loss and 33% achieved 5% weight loss. Work continues to promote the service with day centres, social workers and PCNs to increase referrals. There is also work ongoing to introduce new KPIs measuring indicators beyond weight loss incl mental health and quality of life.	LBH Commissioner (Partnership, Impact & Delivery) Public Health - Luke Squires	

Develop a business case to commission and deliver an adult T3 weight management service	Jeremy Kidd continues to lead on the business case for T3 WMS in NEL. the first phase of implementation should begin Q2. Luke will continue to receive updates from both the NEL obesity group and the Havering LTC group.	NEL ICB - Jeremy Kidd	
Maintain and increase annual Health Check uptake as resources allow	From Sophie N'Tinu -With the new website, we could easily do a health checks campaign to increase uptake, e.g. with LD.	LBH Public Health - Lindsey Sills/Tha Han	
All Primary care Networks (PCN's) asked to support the weight management pathways within their resources and expertise and maintain a dietician's offer All PCNs to have practices achieve the Enhanced Weight Management Service Specification	BAU - Continuing to promote weight management and diabetes pathways	PCN Managers	
Introduce an approach to improve uptake of NDPP (NHS Diabetes Prevention Programme) in Havering		ICB Long Term Conditions Group - Farah Elahi	
Continue to promote Sports development offer	Ongoing with success. A wide range of sessions available for young people, adults and those with additional needs. Working with a range of different partners currently to expand offer including housing teams, met police and HAF. Promotion of sports offer on Havering Active website, LBH website and the Joy app. As well as social media channels.	LBH Health & Sports Development - Darrell Braiden	
Develop an approach for an SME workplace health scheme in Havering		TBD	

Support community events and days to promote healthy weight	<p>My Health Matters has attended 11 community outreach events across Havering, comprising varied venues such as: community hubs, pantries, community cafes and residential care homes (part of the Havering Roadshows). At each we took a wealth of health, wellbeing and signposting information and have been supported on occasion by our trained Health Champions and Campaign Volunteers. We have had meaningful and targeted health conversations with residents, colleagues and supporting staff alike. Among the literature taken with us we had spent some time curating easy read, straight forward guide packs to hand out on how to lower sugar in your diet, how to make better drink choices and the hidden sugars and fats in drinks and foods and how to make simple changes to habits over time. We spoke with groups at the hubs, pantries and cafes about what a healthy balance diet looks like, gave out recipe cards, eat well guides, and noted that there was a particular interest surrounding eating well for diabetes management and prevention and concerns on how to reduce cholesterol. February was cardiovascular health month, so we targeted our talks and information distribution on the signs and symptoms of heart disease, nutrition awareness, the importance of exercise for maintaining heart health and reducing cholesterol and its major impact on health if not considered. We held a heart healthy walk in the park day, followed up with a drop in health chat at a community cafe with materials on the GP exercise referral programmes run by Everyone Active and tips on easy exercises to fit in daily. We regularly send out e-mails containing online resources, information, advice and signposting details from trusted sources such as Diabetes UK, The British Heart Foundation and the British Nutrition Foundation that Health Champions can download and share. In addition, one of our Campaign Volunteers and Diabetes UK advocates held a Diabetes and Nutrition management session at a community cafe and a webinar on this topic for all Health Champions and LBH staff to attend.</p>	LBH Public Health Health Champions - Rebecca Porter Comms - Yvonne Lamothe	
Continue to promote Walking Groups	Listed on the Joy Directory. Annual brochure from April 2025 - March 2026 is being circulated from April onwards on various channels including hard copies in Libraries.	LBH Health & Sports	

		Development - Darrell Braiden Sophie N'Tinu	
Training for NHS staff in primary care regarding healthy weight as recommended by the All-Party Parliamentary Group on Obesity (APPG) (for all PCNs to review - linked with Enhanced weight management specification)		PCN Managers	
Introduce Low calorie diet champions (T2DR) - Type 2 Diabetes Remission		Clinical Pharmacist	
Public health support promotion of Forestry England events and walking routes to promote the forests in havering and make them more accessible and help resident's physical and mental wellbeing.	Will be promoted on the new website and currently accepting referrals via Joy. Been working with Live Well Havering to plan an in-person launch for the new Live Well Havering directory to the partners involved at Thames Chase in Upminster, this is due to take place in June 25. Flyers have been shared via Romford library which further supports the Council and its healthy weight strategy	Forestry England - Georgina Bunner LBH Public Health	
HSCP will refresh the Neglect Strategy and Neglect Toolkit by Dec 2024 to include advice around weight management for Children and Young People	Work in progress as the Partnership purchases and rolls out NSPCC Graded Care Profile 2	LBH Safeguarding - Elisabeth Major	

Resources

Action	Progress	Lead service area	RAG status
Embed healthy weight priority into Council staff by agreeing an all-staff healthy weight objective to be included in annual PDR's	Luke met with Alison Callan-Day and Ross Marshall in February 2025; these objectives would need to be SMART and broken-down quarter; they would need to avoid a catch all objectives. The Resources meeting on 19th March will be an opportunity for those working in the Resources directorate to draft SMART PDR objectives. Luke will collate these and draft SMART objectives for other service area PDRs and present to HR.	LBH Public Health - Luke Squires/Victoria Stokes LBH HR - Alison Callan-Day /Ross Marshall	
Training for Councillors and decision makers regarding addressing obesity	Luke met with Alison Callan-Day and Ross Marshall in February 2025; this action is now feasible as Councillors will have access to the Learning Experience Platform (LXP). This will be developed and implemented this year. Luke to consider the structure and content of the training, and audience this will include Councillors but could also extend to key Council service areas	LBH HR - Alison Callan-Day/Ross Marshall LBH Public Health - Luke Squires	
Embedding obesity actions in PBPB working groups	Luke attends the Adult Delivery Board intermittently and the Long-Term Conditions Group chaired by Dr. Anne Baldwin and Dr. Farah Elahi, both groups feed into the Place Based Partnership Board.	LBH Public Health - Luke Squires	

Form a steering group, jointly led by the Council and the NHS and introducing Governance and ToR	The steering group will be setup in May with the first meeting planned to take place a year on from the healthy weight strategy being adopted. this group will be attended by Assistant directors, heads of service from key anchor organisations and People, Place and Resources in the Council. The group will increase accountability and monitoring of healthy weight strategy actions.	LBH Public Health - Luke Squires	
Development of a Healthy Weight Alliance to embed local people into decision-making on healthy weight.	The first healthy weight alliance meeting will be delivered in the summer as part of the Live Well Network, with a programme of content planned for the first year of meetings. Luke has engaged with Sophie N'Tinu about delivering the first event in person at the Romford Baptist Church.	LBH Public Health - Luke Squires/Victoria Stokes LBH Engagement and Participation - Sophie N'Tinu	

<p>Development of a Havering Food Alliance</p>	<p>The Havering food alliance project was launched in January 2025. It is being led by a local charity, Tapestry Care. The initial focus has been on developing the necessary infrastructure required for Havering to benefit from the large amounts of surplus food that is wasted each year.</p> <p>Many London boroughs already collaborate with charitable organisations to capture and redistribute surplus edible food, addressing both food waste and food insecurity. While specific mechanisms can vary by borough, several key charities operate across multiple boroughs to facilitate food redistribution: 2 of these are the Felix Project and FareShare.</p> <p>Havering food alliance has met with these organisations and has secured partnership agreements that will enable the Food alliance to receive significant volumes of food for onward redistribution to Havering's Food pantries and Food Banks and to other organisations tackling food poverty or using food as part of a service. Local retailers and farmers are also being approached to provide surplus food.</p> <p>A directory has been developed which lists all the known food organisations, what they do, what volumes and types of food they can use and what storage capacity they have. The directory will be shared, and organisations will be encouraged to share food surpluses they receive from alternative sources.</p> <p>A temporary food redistribution centre has been established at Tapestry's Hornchurch Hub. The site will be able to store frozen, chilled and ambient foods for onward delivery.</p> <p>A delivery van and driver are available for collections of donated foods from retailers' farmers and other donors and to make deliveries to the Food Pantries, Food banks and food meal services across the borough.</p> <p>The Alliance is searching for a larger building, preferably a shop, where larger volumes of food can be received and managed and a permanent food pantry shop be established.</p> <p>During March the focus turned towards developing and promoting the Food Alliance as an organisation. Recruitment has begun for members of steering committee. The steering committee will provide strategic oversight, coordinate efforts among stakeholders, and drive initiatives that reduce food insecurity in Havering.</p> <p>Its role will be to support the Food Alliance to:</p> <ul style="list-style-type: none"> • Food Redistribution Coordination – Partner with local businesses, supermarkets, 	<p>Voluntary Sector - Tapestry - Anthony Lowe LBH - Patrick Odling Smee & James Hunt</p>	
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	<p>restaurants, and food suppliers to capture surplus edible food and distribute it to charities, food banks, and community groups.</p> <ul style="list-style-type: none"> • Partnership Building – Work closely with charities, local government including Public Health, faith groups, schools, and voluntary organisations to strengthen the local food support network. • Community Engagement & Outreach – Raise awareness about food insecurity, promote food sharing initiatives, and engage residents in volunteering opportunities. • Advocacy & Policy Influence – Collaborate with Havering Council and other stakeholders to develop policies that support food security and sustainable food systems. • Support & Capacity Building – Provide training, resources, and logistical support to food banks, community kitchens, and grassroots organisations to enhance their ability to serve those in need. • Funding & Resource Mobilisation – Secure grants, donations, and sponsorships to sustain and expand food redistribution and support services. • Data Collection & Impact Assessment – Monitor food waste reduction, the volume of redistributed food, and the number of beneficiaries to evaluate the Alliance’s effectiveness and identify areas for improvement. • Emergency Food Provision – Develop rapid response mechanisms to provide food support during crises, such as economic downturns, natural disasters, or public health emergencies. • Nutritional Education & Food Skills – Run workshops and initiatives to teach residents about healthy eating, cooking on a budget, and reducing food waste at home. • Sustainability & Circular Economy Initiatives – Promote environmentally sustainable practices such as composting, urban gardening, and local food production to enhance long-term food security. <p>A website is also being created, and a launch event in April is being planned to raise the profile of the Food Alliance. The launch event will include announcing the Food Alliance to Havering and highlighting its mission, welcoming the steering group, launching the website, celebrating new food redistribution initiatives and a general call out to the people of Havering to support the Food Alliance’s mission through positive actions.</p>		
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Development of digital intelligence dashboard	Luke met with Tom to begin developing a digital intelligence dashboard for Healthy Weight, a first prototype has now been developed on PowerBI. Luke and Tom to meet early April to discuss first prototype and any amendments needed.	LBH Public Health Intelligence - Anthony Wakhisi & Tom Goldrick	
Healthy Weight lead to work with LBH Communities team to embed healthy weight services, resources and activities on to the JOY app. A service directory being rolled out in Havering	Healthy weight service including HENRY (CYP weight management service), adult universal service and adults with learning disability service are now all on JOY app and the Live well booklet. There also a range of other healthy weight resources on the joy app website and in the booklet. Everyone active who provide the adult and adult with learning disabilities service also promote the service at the live well network regularly. Luke and Sophie have also met to discuss promoting the healthy weight alliance through the live well network.	LBH Engagement and Participation - Sophie N'Tinu LBH Public Health	