

**MEETING**

**BARNET CHILDREN'S PARTNERSHIP BOARD**

**DATE AND TIME**

**TUESDAY 8TH FEBRUARY, 2022**

**AT 4.30 PM**

**VENUE**

**THIS MEETING WILL BE HELD ONLINE ONLY.**

**TO: MEMBERS OF BARNET CHILDREN'S PARTNERSHIP BOARD (Quorum 3)**

In line with the Constitution's Public Participation and Engagement Rules, requests to submit public questions or comments must be submitted by 10AM on the third working day before the date of the committee meeting. Therefore, the deadline for this meeting is Thursday 2 February 2022 at 10AM. Requests must be submitted to Allan Siao Ming Witherick, Governance Officer.

**You are requested to attend the above meeting for which an agenda is attached.**

**Andrew Charlwood – Head of Governance**

Governance Service contact: Allan Siao Ming Witherick, Governance Officer

Media Relations Contact: Tristan Garrick 020 8359 2454

**ASSURANCE GROUP**

*Please consider the environment before printing.*

## ORDER OF BUSINESS

Item No	Title of Report	Pages
1.	Welcome	
2.	Minutes of Previous Meeting	5 - 10
3.	Absence of Members	
4.	Barnet Fit & Active Framework	11 - 44
5.	Joint Health & Wellbeing Strategy	45 - 54
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7.	Barnet Safeguarding Children Partnership <b>To Follow.</b>	
8.	Work Programme 2022-2023  To consider items for future inclusion, the dates for 2022-23 having now been set as: <ul style="list-style-type: none"> <li>• Thursday 28 Apr 2022</li> <li>• Wednesday 13 Jul 2022</li> <li>• Wednesday 09 Nov 2022</li> <li>• Tuesday 14 Feb 2023</li> <li>• Thursday 27 Apr 2023</li> </ul>	
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### FACILITIES FOR PEOPLE WITH DISABILITIES

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## BARNET CHILDREN'S PARTNERSHIP BOARD

### Draft Minutes of the Meeting Held on Wednesday 03 November 2021

#### Members Present:

AGENDA ITEM 2

Chris Munday	Executive Director for Children's Services (Chair)
Councillor David Longstaff	Lead Member for Children, Education & Safeguarding and Deputy Leader of Barnet Council
Helen Phelan	Director, SEND & Inclusion
Collette McCarthy	Assistant Director Commissioning and Business Improvement, Children & Family Services
Lee Robinson	Commissioning, Strategy & Policy Advisor, Children Services
Ben Thomas	Assistant Director Education, Strategy and Partnerships, Family Services
Luke Ward	Assistant Director, Development & Economy
Jess Baines-Holmes	Deputy Director for Adults Joint Commissioning and CYP Health Commissioning
Robert Poole	Environment Strategy and Project Officer
Sharon Smith	Public Health Strategist, Children & young Peoples' Team
Mav Ghalley	Designated Clinical Officer - Special Educational Needs and Disabilities
Joanne Murfitt	Programme Director for NCL CCG Community & Mental Health Service Review
Danielle Gopie	Communications Coordinator
Lisa Coffman	Barnet Parent Carers Forum
Tal Berman Howarth	Barnet Parent Carers Forum
Joanne Kelly	Headteacher of the Pavilion and Executive Head of AP Barnet Multi Academy Trust
Daniel Morgan	Interim Director of Strategic Commissioning, NCL CCG
Samson Olusanya	Headteacher of Christ's College Finchley & Chair of the Secondary Headteachers' Forum'
Dr Anindita Sarkar	Head of Service for Barnet Integrated Clinical Services and Family Services Mental Health Needs
Ishaan Shah	Co-Chair of Barnet Youth Assembly and Member of London Youth Assembly
Joyce Mukoko	Youth Engagement Officer, BICS
Jayne Abbott	CYP Mental Health Lead & Resilient Schools Programme Manager
Janet Matthewson	Young Barnet Foundation Voluntary Sector Lead for CYP

#### 1. WELCOME

The Chairman, Chris Munday, welcomed everyone to the meeting.

#### 2. ABSENCE OF MEMBERS'

Apologies for absence was received from Sarah Sands.

### **3. MINUTES OF PREVIOUS MEETING**

The minutes of the meeting held on 15 July 2021 was agreed as an accurate record.

### **4. UPDATE ON NORTH CENTRAL LONDON CCG'S REVIEW OF COMMUNITY AND MENTAL HEALTH SERVICES**

Daniel Morgan presented the reports. It was noted that recovery work had been taking longer due to lengthy waiting times for therapy assessments in Barnet. In addition, waiting times for the Child and Adolescent Mental Health Service (CAMHS) resulting from the pandemic, became a priority as part of that recovery.

The integration of several different providers within Barnet had its benefits and disadvantages which would be addressed by the review to aid future planning.

Implementation of the Thrive Model in its entirety on mental health and wellbeing, was the main focus for NCL CCG.

In the interim, more investment had been put into the CAMHS out of hours services, eating disorders as well as specialist services at the Royal Free Hospital .

Recruitment in areas such as Learning Disability and Autism as well as Care, Education and Treatment Reviews (CETRs) was underway to support specific needs of children as part of the transforming care programme, which was a joint initiative between NHS and the Local Authority.

Joanne Murfitt talked about the review of new services in addition to services already in place. One of the main focuses of the reviews across the North London Boroughs was to establish the financial implications across the NCL offer in relation to outcomes for people. Discussions were to be held with local care partnerships to integrate services and offer better delivery across community and mental health services, linked into the voluntary sector.

Next steps involved working collaboratively to develop a more tangible plan for the Borough and its partners by the new year.

Lisa Coffman asked about the timeline for information to be shared with families who had been waiting a long time for assessments. It was noted that although some engagement had already taken place, a concrete plan would be set by the new year with implementation to take place after April 2022.

In addition to a communications plan, Helen Phelan queried what opportunities were available for specialist partners to feed into plans in an integrated way. It was noted that following the initial phase of work that was completed with resident engagement and other groups, taking into account challenges, a new communications plan was needed to build on the core service offer with input from Barnet partners.

Councillor David Longstaff enquired about timelines for completion of recovery work. Daniel Morgan said that recovery work involving multiple layers, was anticipated to be completed

by end of the next financial year. Other areas of recovery was anticipated to take longer due to long Autism assessment times, dependent on workforce issues.

Councillor Longstaff said that it would be useful to understand the particular issues that affected Barnet specifically to be able to manage expectations. Joanne Murfitt said that a discussion pack was being put together which would include implications for Barnet. In addition to the communications plan, a short to medium plan would be shared with the Board.

Action: Daniel Morgan

Collette McCarthy asked how funding would be distributed amongst the different specialist services. The expectation was that integrated care partners take key roles in implementation and prioritisation. It was noted that the NHS was going through a very significant transformation with new integrated systems in the coming year. Providers would form a critical role looking inwardly to develop strategy and delivery. A joint approach would be needed to look at funding and resources, local position, performance and outcomes individuals were achieving to better serve residents.

Chris Munday recommended that the review take into account the guidance published on Looked After Children and Care Leavers by the National Institute of Clinical Excellence. With regards to mental health, it was recommended that the document from the National Child Mortality Database on tragic suicides, one of the major causes of death among young people across the country, be taken into account when planning around mental health.

In terms of Autism diagnosis, support from Educational Psychologists was available to help reduce Autism waiting times which had been raised with the recovery group.

The Executive Director felt that some improvement had been made with some therapy assessment times. This could be improved further collectively, so that children and young people could access a range of services in order for them to thrive.

## **5. YOUNG PEOPLE'S ITEM - TBC**

Ishaan Shah provided a verbal update on current work and provided apologies for absence on behalf of Dara Darkwah. Barnet Youth Assembly (BYA) had restarted at the end of October. The hybrid set up provided flexibility to engage online or in person which worked very well. Focus was placed on what BYA would look like for the coming year. The priorities for this year were LGBTQIA+ rights in education and the environment. Young people raised the question of things the Council and/or schools may have been doing in relation to UN Climate Change Conference (COP).

Robert Poole said that communications were held to address sustainability in the Borough including individual contributions that would make an impact in people's lives.

Samson Olusanya said that the pupils at Christ's College Finchley formed the Climate Council liaising with catering providers about sustainable packaging and how services were delivered which would be integrated into curriculum. Further information would be shared with the Board following the Headteacher's meeting.

Action: Samson Olusanya

It was also suggested that communications could be provided via Neil Marlow to capture the work being done by primary schools.

Councillor David Longstaff provided the following update on behalf of the Council:

- A Sustainability Strategy Framework will be presented to Policy & Resources Committee in December, which will outline the Council's net zero ambitions and lay the groundwork for the forthcoming Sustainability Strategy.
- Barnet's Tree Policy 2017-22 aims to plant 4,500 trees over 5 years. Barnet is also exploring woodland creation through the planting of tiny forests.
- More investment in parks and open spaces.

Joanne Kelly said that pupils at the Pupil Referral Unit (PRU) visited their new building site and spoke to construction workers about the materials being used and different energies the school could adopt to mitigate against climate change. The pupils were also putting together a project to present to staff in school on how to support climate change. The Chairman suggested that the presentation be brought to this Board at a future meeting.

Action: Joanne Kelly

Another proposal from the BYA was for the Council hold some form of panel or 'Question Time' about the environment to help young people exercise accountability in terms of what Councillors were doing to address climate change and to involve other organisations by giving them a platform to talk about the work they were doing.

Ishaan provided an update on behalf of the Barnet Youth Board. The workshop revolved around the Youth Strategy. The Youth Board requested to have sight of the draft before it was published to ensure meaningful inclusivity throughout the process. The Chairman requested for the document to be shared with the Board.

Action: Joyce Mukoko

## **6. ENVIRONMENT/ SUSTAINABILITY STRATEGY - TO FOLLOW**

Robert Poole provided an overview on current and future work in relation to sustainability. The Sustainability Strategy for Barnet is being developed, A Sustainability Strategy Framework will be presented to Policy & Resources Committee in December. Barnet's Sustainability Strategy Framework will provide the groundwork for the forthcoming Sustainability Strategy by defining the scope of the work, by asking that Committee approve the Council's net zero ambitions and provides an overview of the boroughs carbon baseline. The carbon baseline will allow the Council to take a data led approach to tackling climate change and targeting sustainable interventions. The framework also outlines a series of high-level targets to be adopted which will form the basis of the Sustainability Strategy, this will be presented to Policy & Resources Committee in the new year. The Strategy will build upon the targets and actions included below and outline the approach the Council will take to ensure their delivery.

The Council worked to produce a holistic carbon baseline for both the borough and the organisation which will ensure informed decision making and an empirical approach to the tracking of progress. It will also allow the Council to target interventions where they are most needed. Since the move to Colindale, staff hybrid pool cars have been in place to encourage sustainable travel. The Long Term Transport Strategy 2020-41 was adopted by



the Environment Committee in September 2020, which provided the vision for future sustainable transport in Barnet till 2041. 150 electric charging points had been implemented to date in the Borough with significantly more being installed.

It was noted that housing and buildings would be the biggest area of challenge as 60% of the Borough's carbon emissions came from buildings; the solution will mostly rely on central government funding. However, access to several government grants allowed for improvements to be made to council buildings and social housing.

Baseline data showed that over 79 million trees would need to be planted for Barnet to reach net zero. The required skills was needed to meet challenges, which included upskilling the existing workforce.

It was noted that suggestions from young people was obtained at the Barnet Youth Board on the different schemes which had been taken into consideration.

The Leader of the Council, Councillor Daniel Thomas, released a statement emphasising the need for the Borough to become more energy efficient.

Collette McCarthy asked if the strategy would be linked to wellbeing and economic outcomes. It was noted that the Council would take a data led approach, and equalities, employment and skills will also be considered.

Lisa Coffman suggested tapping into the religious communities where many initiatives were being held such as eco synagogues and eco churches. Robert said that there was a possibility to reach out to those communities when the strategy reached the public consultation stage.

Councillor Longstaff highlighted that schools most affected by air pollution were located next to roads owned by Transport for London (TFL) and as such would there be options to raise issues with TFL. It was noted that engagement with TFL was taking place via the long term transport strategy process but where improvements were needed, taking into consideration of air quality data, TFL would be consulted.

Luke Ward said that in terms of the wider economy, tens of billions of pounds of investment from government and private sector companies were in the pipeline. Alongside improvements to solar energy on the corporate property estate, large numbers of job opportunities would become available for which skills and behaviours would be needed to help children and young people succeed. Linking expertise of the different partners of the Board would help the relevant people with the right skills into the right roles.

Joyce Mukoko suggested that a panel for discussion through existing forums be set up to engage young people. The Chairman suggested that secondary Heads be consulted in relation to their climate groups to come together for an event at Barnet next year.

Action: Samson Olusanya

Janet Matthewson welcomed partners to attend workshops currently held at schools to gather their views.

## **7. LIFE CHANCES ACTION PLAN: SUMMARY HIGHLIGHT REPORT**

Lee Robinson presented the Life Chances Strategy which was approved at the Children, Education and Safeguarding Committee in March 2021. The action plan outlined the priorities of the Borough in relation to supporting life chances of all children in the borough including the most vulnerable.

Information on progress against each action was provided from different services as well as the impact on children and young people to provide more context. In addition, a section spotlighting blockers would be added to the plan in the future to show any issues stopping services from achieving actions.

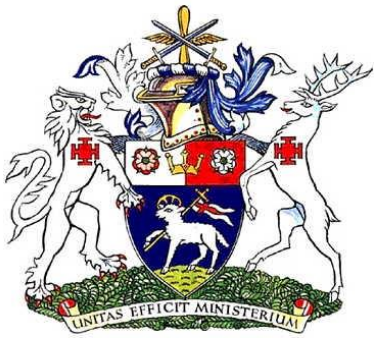
Key areas that affected families included educational attainment and youth unemployment. Good support was available for Early Years and Care Leavers. A lot of support work continued in areas such mental health, Recovery, Reset and Renaissance (RRR) in schools as well as food security.

Councillor Longstaff commended the report and suggested that the wording of Priority 3 of the plan could be updated to 'Delivering equal access to good, quality opportunities.'

## **8. ANY OTHER BUSINESS**

None.

*The meeting ended at 5.40pm*



AGENDA ITEM 4

# Barnet Children's Partnership Board

## 8th February 2022

<b>Title</b>	<b>Fit &amp; Active Barnet Framework 2022-2026</b>
<b>Report of</b>	Dawn Wakeling, Executive Director Adults and Health
<b>Wards</b>	All
<b>Status</b>	Public
<b>Urgent</b>	No
<b>Key</b>	No
<b>Enclosures</b>	Appendix 1 – Draft Fit & Active Barnet Framework (2022 – 2026)
<b>Officer Contact Details</b>	Courtney Warden, Service Manager; Sport & Physical Activity <a href="mailto:courtney.warden@barnet.gov.uk">courtney.warden@barnet.gov.uk</a> Laura Thornton, National Management Trainee <a href="mailto:laura.thornton@barnet.gov.uk">laura.thornton@barnet.gov.uk</a>

### Summary

The Fit & Active Barnet (FAB) Framework 2022–2026 outlines a local framework for the development of sport and physical activity in Barnet over the next five years.

Through alignment with national and local strategies, such as the Children and Young People's Plan (2019-2023), it sets out a partnership approach to increasing participation in sport and physical activity to achieve a more active and healthy borough.

The draft Framework has been shaped by services across the Council, partners, and residents through a series of engagement methods. The draft Framework was approved by the Adults & Safeguarding Committee on 11<sup>th</sup> January 2022 and is now open for public consultation, closing 9<sup>th</sup> February 2022.

The draft Framework builds on the success of the previous FAB Framework covering 2016–2021 and aims to increase physical activity levels in the borough in the context of people, place, and partnerships.

The Barnet Children's Partnership Board is asked to note the draft Fit & Active Barnet Framework 2022-2026 (Appendix 1) and consider projects or interventions that could be incorporated within the implementation plan currently in development.

## Officers Recommendations

1. The Barnet Children's Partnership Board notes the draft version of the Fit & Active Barnet Framework 2022–2026 (Appendix 1) for public consultation
2. The Barnet Children's Partnership Board considers projects or interventions that could be incorporated within the implementation plan currently in development.

### 1. Why this report is needed

- 1.1 In recognition of the COVID-19 pandemic, the Adults & Safeguarding Committee agreed an extension to the existing Fit & Active Barnet Framework (2016–2021) which will expire on 31 March 2022.
- 1.2 The new Framework builds on the success of the previous Framework (2016-2021) and sets out a vision for physical activity in Barnet over the next five years, to **“create a more active and healthy borough”**.
- 1.3 It is important that the new FAB framework fully addresses the needs of children and young people, including those who are looked after or care experienced, and offers a wide range of opportunities for CYP in Barnet to be physically active. The Children's Partnership is asked to consider what they want to see in the new FAB framework and how they want the FAB partnership to work with the CYP sector.
- 1.4 The approach and evidence in the draft Fit & Active Barnet (FAB) Framework 2022-2026 (Appendix 1) reinforces the benefit of sport and physical activity in influencing physical, wellbeing and social outcomes. This is increasingly important in our diverse and growing borough, and in the context of the COVID-19 pandemic.
- 1.5 The framework also reflects the shift towards highlighting the importance of incorporating more movement in day to day lives. This sets out to eliminate the idea that only those that participate in sport are active. For example, when understanding movement in children active play is an essential part of building a healthy and active lifestyle.
- 1.6 Through alignment with national and local strategies, the Framework provides a renewed approach to increasing participation in the context of people, place, and partnerships.
- 1.7 The last Active Lives Children and Young People Survey for Barnet (academic year 2018/19) tells us that for 5 – 16-year-olds: 43.5% are active for an average of 60+ minutes a day and 35.2% are active for less than an average of 30 minutes a day. However there are some limitations to this dataset such as the limited selection of schools invited to participate and reliance on them completing. As well as the last dataset recorded was from the academic year 18/19 due to COVID-19. We will therefore review other datasets such as the Children and Young People's residents' perception survey to understand the local context.
- 1.8 Over the past five years, the Sport England Active Lives Survey for adults has shown fluctuations in physical activity levels in the borough. Barnet saw a 7.3% increase between

November 2016 and November 2017. Activity levels then decreased, but have since increased to 61.6%, with Barnet showing the largest increase among all London boroughs since the Active Lives Survey commenced in 2016 (4.4%).

- 1.9 Whilst the Fit & Active Barnet Partnership can be proud of its achievements, there continues to be inequality in physical activity levels across the borough. We acknowledge that we need to do better to tackle this issue and our refreshed Framework intends to support everyone in our growing and diverse borough to have the opportunity to be more physically active.
- 1.10 The Framework will be delivered via the FAB Partnership Board and local networks such as the Barnet Health in Schools Partnership and the Disability Physical Activity Network. The Board and networks include a diverse range of organisations including the Council, sports and physical activity providers, National Governing Bodies, the NHS, education and the voluntary, community and faith sector.

## 2. Reasons for recommendations

- 2.1 The Fit & Active Barnet Framework (2022-2026) will support partners to deliver their own plans, projects, and interventions. The aims and commitments set out in the Framework will encourage new partnerships and improve opportunities in sport and physical activity at all levels across the borough.
- 2.2 The Framework also look to support the priorities and outcomes of the Children and Young Peoples (2019-2023) plan in particular ensuring that “Children are supported to achieve a healthy start in life, enjoy a healthy lifestyle and to build resilience” and “Promote, grow and strengthen opportunities for CYP and families to access healthy lifestyle activities that enhance mental, emotional and physical activity”.

## 3. Alternative options considered and not recommended

- 3.1 None

## 4. Post decision implementation

- 4.1 Officers will continue to work with partners to develop the new Framework, as set out in the timetable below

<b>Proposed Date</b>	<b>Activity</b>
9 <sup>th</sup> February 2022	Public Consultation closes
7 <sup>th</sup> March 2022	Final draft Framework presented to Adults & Safeguarding Committee for approval, with an implementation plan and consultation findings.
1 <sup>st</sup> April 2022	Final Framework to go live (pending Adults & Safeguarding committee approval)

## **5. Implications of decision**

### **5.1 Corporate Priorities and Performance**

- 5.1.1 The FAB Framework supports the delivery of the Barnet Plan (2021–2025) ‘Healthy’ priority. As physical activity supports the achievement of wider social, economic, and environmental outcomes, the Framework also contributes to the achievement of other priorities within the plan. Such as, The ‘Family Friendly’ priority. Due to the links with promotion of healthy and active lifestyles with people of all ages irrespective of how they identify. The FAB Framework and partnership are committed to creating a Family Friendly Barnet, enabling opportunities for our children and young people to achieve their best.
- 5.1.2 Implementation of the FAB Framework supports delivery of the Children and Young People’s Plan (2019-2023) in addition to other key policies e.g., Barnet Joint Health & Wellbeing Strategy (2021-2025), the Long-term Transport Strategy (2020–2041), Parks and Open Spaces Strategy (2016).

### **5.2 Resources (Finance & Value for Money, Procurement, Staffing, IT, Property, Sustainability)**

- 5.2.1 As public sector resource, capacity and investment faces significant pressure, the importance of collaboration to maximise opportunities and sustainability is vital.
- 5.2.2 The costs of the continued development of the Framework will be met within existing budgets. The council’s leisure team will seek to maximise the impact of partnership resources in the borough and pursue external funding opportunities where available.

### **5.3 Legal and Constitutional References**

- 5.3.1 In accordance with the Councils Constitution, Article 7 (Committees, Forums, Working Groups and Partnerships), Section 7.5 (Responsibility for Functions), the Adults & Safeguarding Committee;
- Is responsible for all matters relating to vulnerable adults, adult social care, and leisure services;
  - Will work with partners on the Health and Well Being Board to ensure that social care, interventions are effectively and seamlessly joined up with public health and healthcare and promote the Health and Well Being Strategy and its associated sub strategies; and
  - Will receive reports on relevant performance information and risk on the services under the remit of the Committee.

### **5.4 Insight**

- 5.4.1 Data and insight have been used to support development of the draft Framework

(2022-2026) and will continue to be reviewed during its implementation to ensure interventions are targeted and effective. This will include feedback from residents, networks, and partners.

## 5.5 Social Value

- 5.5.1 A report by the Sport Industry Research at Sheffield Hallam University concluded that every £1 spent on community sport and physical activity generates nearly £4 for the English economy. The report concluded that investment into physical activity creates a return across health and social care, improves wellbeing, builds stronger communities, and develops skills in the economy<sup>1</sup>.
- 5.5.2 We will continue to utilise the social value calculator (developed by 4Global, Experian & Sheffield Hallam University) to measure social value based on regular participation within Better leisure facilities. Between April 2019 - March 2020, the leisure management contract indicated a social value of £10,019,791 (averaging £284 per participant). This is measured across a range of outcomes including improved health, improved subjective wellbeing, increased educational attainment, and reduced crime.

## 5.6 Risk Management

- 5.6.1 The Council has an established approach to risk management, which is set out in the Risk Management Framework. Risks are reviewed quarterly (as a minimum) and any high level (scoring 15+) risks are reported to the relevant Theme Committee and Policy and Resources Committee.
- 5.6.2 The FAB Partnership and the leisure team will ensure that appropriate risk management is in place to mitigate risks associated with delivery of interventions that support implementation of the Framework.

## 5.7 Equalities and Diversity

- 5.7.1 A core aim of the new Framework is to create equal opportunities for all residents to become more active, and tackle inequalities in access. A full Equalities Impact Assessment will be completed to support the FAB Framework (2022-2026) and will be available alongside the final draft submitted to committee on 7<sup>th</sup> March 2022.
- 5.7.2 As part of the FAB partnership, local groups have developed inclusive opportunities. The Barnet Disability Physical Activity Network facilitates inclusive access to opportunities for people with a disability and/or long-term health condition across the borough.
- 5.7.3 Decision makers should have due regard to the public sector equality duty in making their decisions. The equalities duties are continuing duties they are not duties to secure a particular outcome. The equalities impact will be revisited on each of the proposals as they are developed. Consideration of the duties should precede the decision. It is important that Cabinet has regard to the statutory grounds in the light of all available material such as consultation responses. The

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<sup>1</sup> <https://www.sportengland.org/news/why-investing-physical-activity-great-our-health-and-our-nation>

statutory grounds of the public sector equality duty are found at section 149 of the Equality Act 2010 and are as follows:

5.7.4 A public authority must, in the exercise of its functions, have due regard to the need to:

- a) Eliminate discrimination, harassment, victimisation, and any other conduct that is prohibited by or under this Act;
- b) Advance equality of opportunity between persons who share a relevant protected characteristic and persons who do not share it;
- c) Foster good relations between persons who share a relevant protected characteristic and persons who do not share it.

5.7.5 Having due regard to the need to advance equality of opportunity between persons who share a relevant protected characteristic and persons who do not share it involves having due regard to the need to:

- a) Remove or minimise disadvantages suffered by persons who share a relevant protected characteristic that are connected to that characteristic;
- b) Take steps to meet the needs of persons who share a relevant protected characteristic that are different from the needs of persons who do not share it;
- c) Encourage persons who share a relevant protected characteristic to participate in public life or in any other activity in which participation by such persons is disproportionately low.

5.7.6 The steps involved in meeting the needs of disabled persons that are different from the needs of persons who are not disabled include steps to take account of disabled persons' disabilities.

5.7.7 Having due regard to the need to foster good relations between persons who share a relevant protected characteristic and persons who do not share it involves having due regard to the need to:

- a) Tackle prejudice, and
- b) Promote understanding.

5.7.8 Compliance with the duties in this section may involve treating some persons more favourably than others; but that is not to be taken as permitting conduct that would otherwise be prohibited by or under this Act. The relevant protected characteristics are:

- a) Age
- b) Disability
- c) Gender reassignment
- d) Pregnancy and maternity



- e) Race
- f) Religion or belief
- g) Sex
- h) Sexual orientation
- i) Marriage and civil partnership

## 5.8 Corporate Parenting

5.8.1 The implementation of the FAB Framework will support the Councils Corporate Parenting Commitment through the delivery of interventions such as the FAB Card and its additional benefits to carers (including foster carers), looked after children, and care leavers.

## 5.9 Consultation and Engagement

5.9.1 The refreshed Framework has been developed through a series of engagement methods including:

- Virtual workshops with partners\* and colleagues representing service areas across the Council. These provided an opportunity for partners and colleagues to develop the draft vision, guiding principles, aims and commitments of the Framework
- One to one discussion with partners and Council colleagues
- Presentations and discussions at networks such as the Barnet Community & Voluntary Sector Forum, Communities Together Network, and the COVID-19 Health Champions Information Session
- Focus groups with residents to understand the importance of physical activity, awareness of opportunity and barriers to participation from a resident's perspective. Groups engaged included older people, disabled people, young people from the Barnet Youth Board, members of the LGBTQ+ community and COVID-19 Health Champions. Engagement also took place with representatives from Faith groups via one-to-one interviews. Each focus group included a diverse mix of individuals from White and BAME communities
- Grassroots club engagement session to learn more about the sport and physical activity provider landscape in the borough, and to receive input on the draft Framework development
- Engagement with young people that attend Unitas (Youthzone)

\* partners include representation from sport and physical activity providers, National Governing Bodies of Sport, the NHS, education sector, and the voluntary, community and faith sector.

## 6. Environmental Impact

- 6.1 The FAB Framework will support the achievement of the Barnet Sustainability Strategy Framework and the Long-Term Transport Strategy (2020-2041) through the coordination and delivery of active travel interventions, such as walking & cycling, and promoting everyday movement in the borough.

## **7. Background papers**

- 7.1 [Adults & Safeguarding Committee report, 14<sup>th</sup> September 2021: Fit & Active Barnet Framework \(2016 – 2021\) Review](#)
- 7.2 [Adults & Safeguarding Committee report, 6 March 2017: Fit & Active Barnet Framework \(2016 – 2021\)](#)
- 7.3 [Adults & Safeguarding Committee decision, 6 March 2017: Fit & Active Barnet Framework \(2016 – 2021\)](#)

DRAFT

# Fit & Active Barnet Framework

(2022 – 2026)

“Creating a more active and healthy borough”



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## Foreword

There is a huge amount of evidence to support the importance of leading an active lifestyle. In fact, it is widely documented that if physical activity was a drug it would be classed as a 'wonder drug' due to the numerous benefits it has on our health and wellbeing. It also helps to bring communities together, tackle crime and support a thriving economy.

Building on the success of the last Fit & Active Barnet Framework (2016–2021), I am delighted to endorse this new Framework, which provides a refreshed approach to create a more active and healthy borough over the next five years.

Whilst we have seen an improvement in physical activity levels across the borough since 2016, there continue to be lower participation levels in our more deprived areas, and among minority ethnic communities and disabled residents. We also continue to see stark health inequalities with 56.4% of Barnet adults and one in five children aged 4-5 overweight or obese.

The unprecedented COVID-19 pandemic has exacerbated the health inequalities in the borough, in addition to driving a national decline in physical activity levels. This has shone a light on the importance of physical activity as we recover from and learn to live through the pandemic.

Our ambition is clear, but we can only achieve our vision by working closely with our residents and partners across the sport, physical activity, health, education and voluntary, community and faith sector to implement the changes that we need to make. The refreshed Framework emphasises the importance of working collaboratively within a whole systems approach to ensure that we are making physical activity everyone's business at every given opportunity.

Achieving our vision will not be without its challenges, however I am confident that the passion and expertise of the Fit & Active Barnet Partnership will take the lead in implementing this Framework and maximise opportunities to deliver meaningful outcomes for everyone.

**Councillor Sachin Rajput**

Chairman, Adults & Safeguarding Committee

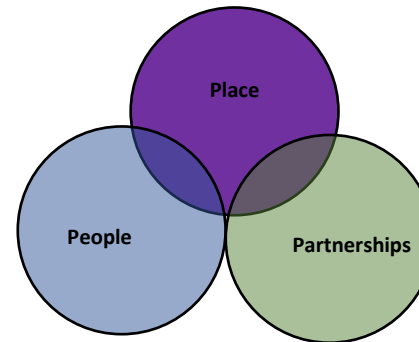
## Introduction

We care about the borough and want it to be a great place to live, work and visit. Listening to and working with residents and communities, we want everyone in Barnet to have opportunities to live more active and healthier lives.

Physical activity is vital for health and wellbeing. Studies have shown that being physically active has a range of benefits, whether they are health or community focussed. This is increasingly important in our diverse and growing borough, and in the context of the COVID-19 pandemic.

This Framework builds on the success of our previous Fit & Active Barnet Framework (2016–2021). It sets out our whole-systems approach for physical activity in Barnet over the next five years by outlining our vision and aims in the context of People, Place and Partnerships.

Within each of these aims we have established a series of commitments that will steer our direction.



This Framework has been developed through collaboration among partners to define our vision and how it contributes to the achievement of wider priorities across the borough. The partnership includes the London Borough of Barnet, sport and physical activity providers, National Governing Bodies, the health sector, the education sector and the voluntary, community and faith sector. To achieve our goals, we will continue to work together, so that everyone who lives, works, or studies in Barnet has the opportunity and support to become more physically active.

## Our Vision

Is to **'create a more active and healthy borough'**.

## Our Guiding Principles

To achieve our vision, we will apply the following principles:

**1. Make physical activity everyone's business:**

Ensure physical activity is not just the business of typical 'sports' agencies but is considered by all

**2. Promote equality and reduce inequality:**

Make Barnet a place where everyone can lead more active and healthier lifestyles

**3. Embed a whole systems approach:**

Implement a whole systems approach, by working collaboratively with partners and the community to co-produce and support delivery

**4. Be driven by insight:**

Invest time to understand and challenge barriers to participation by engaging with communities and using a robust evidence base to inform and guide decisions

**5. Challenge the status quo:**

Explore innovative approaches which may be less traditional, whilst attracting investment into the borough

## Our progress against the FAB Framework 2016-2021

This refreshed Framework builds on the success of the last Framework that covered a five-year period, 2016–2021. Over this time a diverse range of partners worked together to support residents to lead more active and healthier lifestyles.

Our achievements include:

- The number of adults aged 16 and over who are active for at least 150 minutes per week increased by 7.3% between Nov 15/16 to Nov 17/18 (measured by the Sport England Active Lives Survey). Activity levels then experience a decrease, but have since increased to 61.6% (May 20/21)
- Delivery of a FAB campaign involving the development of a FAB Hub (digital platform) and creation of the FAB Card - incentivising residents to be active through offering physical activity discounts and benefits. At the time of writing there are 36,519 registered FAB Card holders
- Formation of a Disability Physical Activity Network which has supported collaborative working to deliver inclusive interventions such as wheelchair rugby, dementia swimming and multi-sports sessions
- Procurement of a 10-year leisure management contract with Better which includes operation of the boroughs five leisure facilities and the delivery of health and community-based physical activity interventions
- Delivery of two new leisure facilities at Barnet Copthall and New Barnet, supported by £44.9million Council investment and £2million from the Sport England Strategic Facilities Fund
- Circa. £2million investment from Better to enhance facilities at Burnt Oak, Finchley Lido, and Hendon Leisure Centres
- An estimated two million attendances across targeted physical activity interventions delivered within the borough e.g., Parkrun, London Youth Games, Health Walks and Rugby4Life
- More than 2.5 million visits to the boroughs five leisure centres operated by Better between 1 January 2018 to 31 March 2020 - an increase of 9% based on the same reporting period in 2016-2017.
- Delivery of Barnet Playing Pitch Strategy and Indoor Sport and Recreation Study

A full update report, submitted to Adults and Safeguarding Committee on 14 September 2021, can be read [here](#)

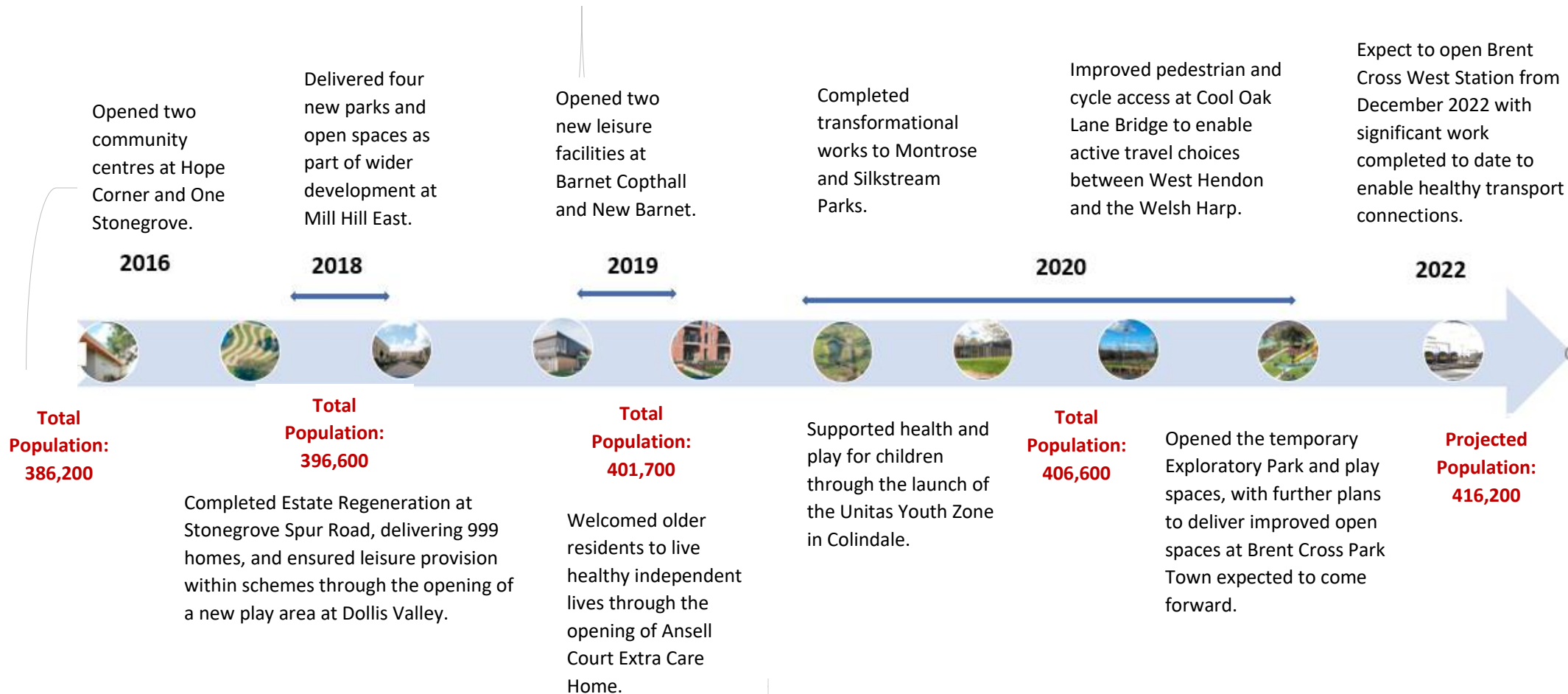
We are proud of our achievements, but there continues to be inequalities in physical activity levels across the borough. We acknowledge that we need to do better to tackle this issue and our refreshed Framework intends to support everyone in our growing and diverse borough to have the opportunity to be physically active.



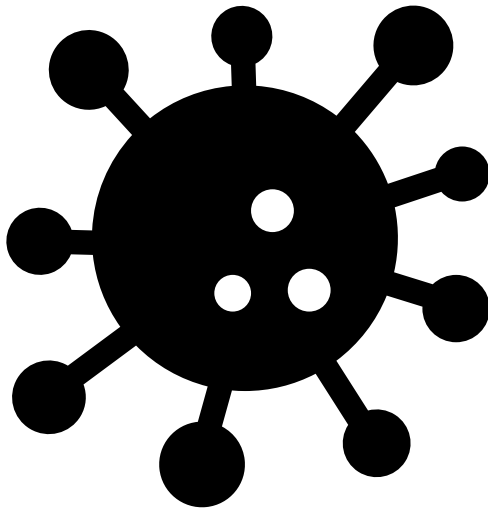
## Why do we need a new Framework?

Policy relating to physical activity, such as Sport England’s strategy ‘Uniting the Movement’, now has a greater emphasis on everyday movement and reducing sedentary time. This shift, along with the environment and infrastructure being recognised as critical to encouraging participation, requires us to evolve our approach to achieving increased physical activity levels.

Barnet as a borough has changed significantly since the emergence of the first Fit & Active Barnet Framework in 2016.



The COVID-19 pandemic has led to major changes in physical activity. Nationally, there are 0.8 million fewer active adults (achieving at least 150 mins a week) and 1.4 million more inactive adults (achieving less than 30 mins a week) than before the pandemic<sup>1</sup>. At the same time, the pandemic has highlighted the importance of leading an active lifestyle to improve our health and wellbeing.



Physical inactivity is associated with a higher risk of severe COVID-19 outcomes

Women, young people aged 16-24, over 75s, disabled people and people with long-term health conditions, those from Black, Asian, and minority ethnic backgrounds most negatively impacted.

Significant reductions in walking for travel, swimming, and team sports. Walking for leisure, running, and cycling for leisure all increased during the pandemic.

There has been an increase in digital participation via apps and streaming services

Post third lockdown,

- 87% of teachers believe children's physical fitness is worse
- 67% believe general wellbeing is worse
- 78% believe children returned to school with excessive weight

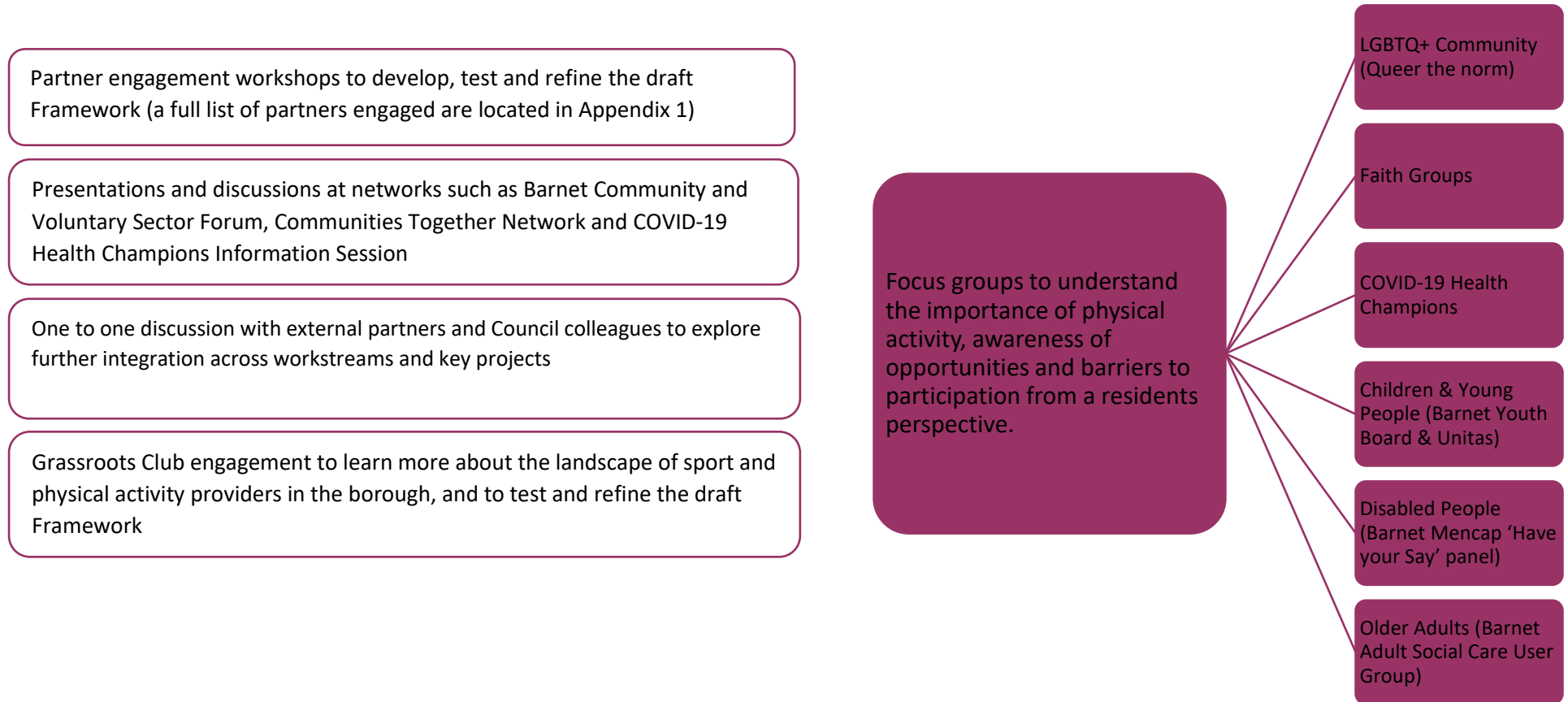
The new Framework focuses on how we can support people to become active again following the COVID-19 pandemic.

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<sup>1</sup> Active Lives Adult Survey May 2020 – 21 Report [PowerPoint Presentation \(sportengland-production-files.s3.eu-west-2.amazonaws.com\)](https://sportengland-production-files.s3.eu-west-2.amazonaws.com)

## How we developed this Framework

Development of the Framework was coordinated by the Sport and Physical Activity and Public Health teams at London Borough of Barnet. The Framework has been co-produced through engagement with representatives from different communities and a wide range of partners. For example.



## Links to other strategies and plans

Recognising the wide-reaching impact of physical activity and our ambition for the Fit & Active Barnet Framework to provide a platform for partners to deliver their own priorities, it is important that our direction is guided by local and national policy.

### **The Barnet Plan (2021–2025):**

The Barnet Plan sets out the four priorities for the borough.



The plan focuses on key outcomes that the Council is seeking to achieve and how we will work to achieve them.

The Fit & Active Barnet Framework falls primarily under the **Healthy** priority of the Barnet Plan, with a commitment to provide “Great facilities and opportunities to be physically active”. However, the Framework also links to the other three priorities set out in the Barnet Plan by supporting their workstreams through links to physical activity.

### **PHE Everybody Active, Every Day: framework for physical activity (updated January 2021)**

‘Everybody Active, Every Day’ is a national, evidence-based approach to support all sectors to embed physical activity into the fabric of daily life and make it an easy, cost-effective, and ‘normal’ choice in every community in England.

The framework focuses on four areas for action

- Change the social ‘norm’ to make physical activity the expectation
- Develop expertise and leadership with professionals and volunteers
- Create environments to support active lives
- Identify and up-scale successful programmes nationwide

10

### **Sport England Strategy: Uniting the Movement (2021):**

Uniting the movement is Sport England’s 10-year vision to transform lives and communities through sport and physical activity.

The strategy prioritises five big issues that have the greatest potential for preventing and tackling inequalities in sport and physical activity. Each ‘issue’ is a building block that on its own would make a difference, but together could make a profound change

- Recover and Reinvent
- Connecting Communities
- Positive Experiences for Children and Young People
- Connecting with Health and Wellbeing
- Active Environments

All full reading list of other strategies and plans that have been reviewed and contributed to the development of the Framework are located in Appendix 2.;

### London Borough of Barnet

- Joint Health & Wellbeing Strategy (2021-2025)
- Local Plan (Draft)
- Playing Pitch Strategy 2017 (review 2021)
- Suicide Prevention Strategy (2021-2025)
- Children & Young People Plan (2019-2023)
- Growth Strategy (2020-2030)
- Equalities Diversity & Inclusion Policy (2020-2024)
- Sustainability Strategy Framework
- Sports Hub Masterplans; West Hendon, Copthall and Barnet Playing Fields
- Draft Domestic Abuse and Violence Against Women and Girls Strategy (2021-2024)
- Draft Barnet Child Participation and Family Involvement Strategy (2022-2025)
- Barnet Carers and Young Carers Strategy (2015-2020)
- Parks & Open Spaces Strategy (2016)
- Indoor Sport & Recreation Study
- Community Safety Strategy (2015-2020)
- Long Term Transport Strategy (2020-2041)
- Community Participation Strategy (Draft)
- Brent Cross Town Masterplan

### National and Local

[PHE: Engaging NHS System leaders in whole systems approaches to physical activity](#)

[PHE: Physical Activity-Prevention and Management of Long-Term Conditions](#)

[PHE: Working Together to Promote Active Travel](#)

[NHS Long Term Plan](#)

[NCL STP Prevention Plan](#)

[Saracens Sport Foundation](#)

[PHE: Obesity Strategy](#)

[CMO: Physical Activity Guidelines](#)

[TfL: Healthy Streets Indicators](#)

[London Sport: LDN Moving](#)

[Barnet Partnership for School Sport](#)

[Age UK; Our Purpose, Vision & Values](#)

## What do we mean by physical activity?

Physical Activity includes exercise as well as other activities which involve bodily **movement** and are done as part of playing, working, active transportation, house chores and recreational activity.”<sup>2</sup>

## How active should we be?

The Chief Medical Officer (CMO) sets national guidelines on the recommended levels of physical activity at different stages of the life-course. People of all ages are encouraged to spend as little time as possible being sedentary<sup>3</sup>.



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<sup>2</sup> [World Health Organization Definition of Physical Activity - Public Health](#)

<sup>3</sup> [Physical activity guidelines: infographics - GOV.UK \(www.gov.uk\)](#)

## What are the benefits of physical activity?

Physical Activity is one of the best preventative tools that can be used as a vehicle to improve a multitude of health, wellbeing, and social outcomes.

Improves physical and mental wellbeing, social and community cohesion, educational attainment, and economic prosperity

Lowers risk of:

- Coronary heart disease and stroke
- Type 2 diabetes
- Cancer e.g., breast and bowel
- Early death
- Premature osteoarthritis
- Falls (among older adults)
- Depression
- Dementia

Reduces loneliness and isolation, and crime and anti-social behaviour



Functional limitations and falls in later life are attributable to insufficient movement.



Every £1 spent on community sport and physical activity generates nearly £4 for the English economy.



Just 5 minutes of moderate exercise is enough to experience a mood-enhancement effect and improve sleep quality.



Regular activity in childhood is associated with improved learning and educational attainment.



Getting just 10% of UK residents to move more would increase workplace productivity and reduce absenteeism.

## What are the common influencing factors to physical activity?

Along with the wide-ranging benefits of physical activity, there are also numerous influencing factors which can act as facilitators and/or barriers to an individual's ability to access and engage in physical activity opportunities.



- Cost
- Ability (skill, health, disability)
- Suitability
- Caring responsibilities
- Cultural requirements
- Location
- Transport
- Time
- Education and work
- Lack of knowledge
- Low motivation and esteem
- Lack of social network (no encouragement or support)
- Weather



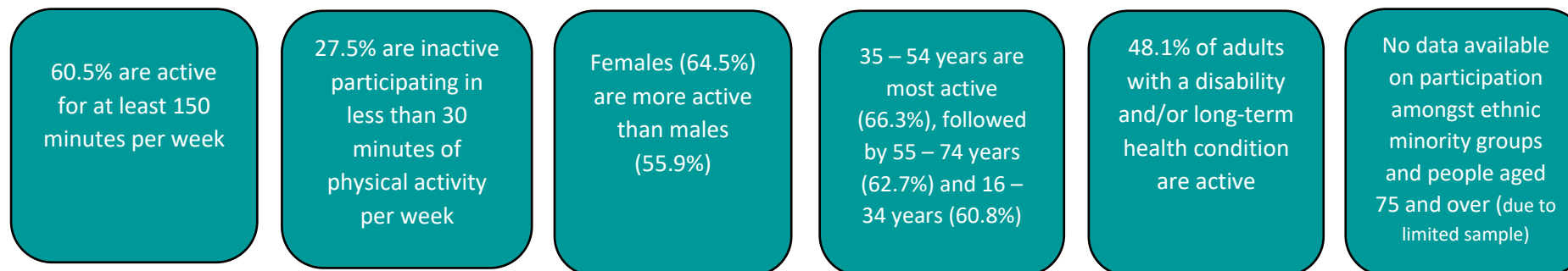
## How physically active is Barnet?

Sport England collects data via the national Active Lives Survey that measures participation amongst adults aged 16 and over and children and young people aged 5 – 16 years.

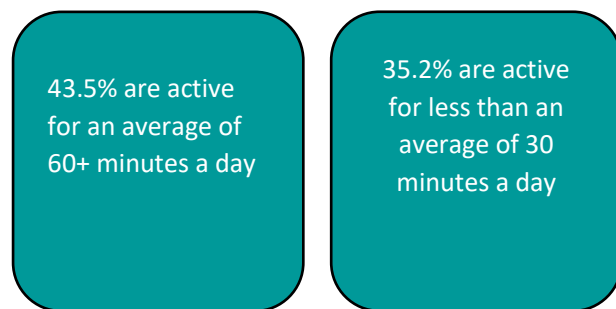
The Active Lives Survey (adults aged 16 and over), is conducted twice a year. The survey is sent out to a randomly selected sample of households across England, with a 500 sample per Local Authority area.

The Active Lives Children and Young People Survey is an annual survey that measures participation amongst 5–16-year-olds. The methodology uses a sample of schools drawn each year from the 'Get Information about Schools' database.

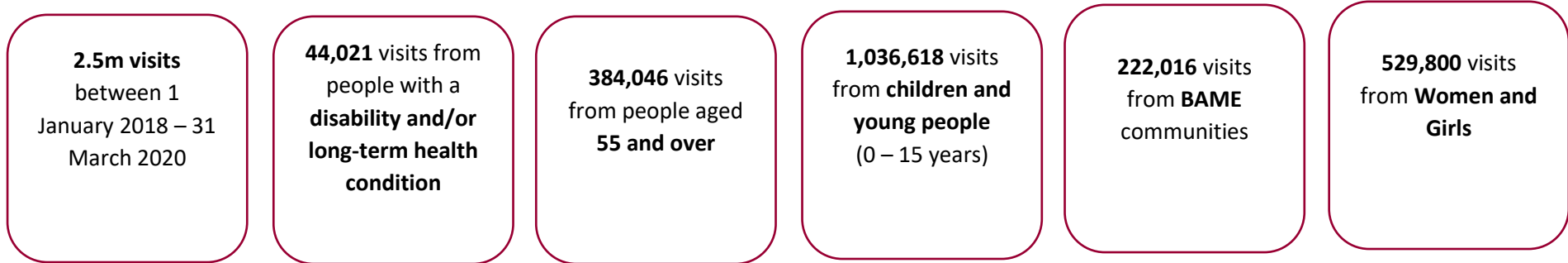
The most recent Active Lives Survey (May 20/21) tells us that for adults aged 16 and over in Barnet:



The last Active Lives Children and Young People Survey for Barnet (academic year 2018/19) tells us that for 5 – 16-year-olds:



To understand participation at a local level, we also have access to participation data from those visiting the boroughs leisure facilities operated by Better.



Note – the data collection period covers 1 January 2018 – 31 March 2020. Data from 1 April 2020 has not been provided due to COVID-19 restrictions and whilst the sector recovers.

## Our Aims and Commitments

To achieve our vision, we need to continue to maximise engagement and work collectively towards a shared set of aims.



We will take a multi-agency approach to achieving these aims by focussing on a series of related commitments across a whole system to create a more active and healthier borough.



## People



**We aim to increase physical activity levels amongst everyone**

### **Our Commitments** 'we will do this by':

- Providing opportunities to be active, particularly, where physical activity levels are lowest, and inequalities exist
- Understanding the barriers to participation and addressing gaps in provision, to ensure equal and fair access for everyone
- Changing behaviours and perceptions towards leading an active and healthier lifestyle
- Advocating for active lifestyles to be embedded within local policies, strategies and plans and ensure that this is central to decision making

We aim to increase physical activity levels amongst everyone irrespective of their age or how they identify, however we recognise that there are individuals within the borough who experience a multitude of barriers in respect of engaging in physical activity opportunities. These individuals often require additional support and targeted interventions to make physical activity an accessible and attractive choice. Examples include children and young people, particularly those from deprived communities; those experiencing a life transition e.g., leaving school, retirement, starting a family; older people; people from Black, Asian, and Minority Ethnic (BAME) communities; and disabled people, or those with a long-term health condition.

To fulfil our aim of increasing physical activity levels amongst everyone, we will ensure that our work is guided by insight and that this is supplemented by resident engagement.

### Barnet is a growing, thriving, and diverse borough

Barnet has **411,500** residents  
By 2030, this is expected to grow to **449,000**

**40.3%** of residents are from backgrounds **other than White British**

There are an estimated **95,700** children and young people aged 0-17 in Barnet

Barnet is an ageing borough with **9,700** residents aged **85 and over**

**8th least deprived** out of 33 London boroughs (IMD 2019)

### The borough is generally healthy...

Average life expectancy is **82.4 years for males and 85.8 years for females**

**2<sup>nd</sup> lowest** mortality rate for cardiovascular diseases in London (51.1 per 100,000)



### ...however inequalities exist

Around **12,000** people in Barnet live in the **20% most deprived** parts of England, primarily in the wards of Brunswick Park, Burnt Oak, Colindale, Golders Green and Underhill

Life expectancy in the **most deprived** areas is on average 7.8 years less for women and 7.4 years less for men

An estimated **4,434** people aged 65+ in Barnet are living with **dementia**

**22,229** people live with diagnosed diabetes

**1 in 5** children aged 4-5 years in Barnet are overweight or obese

**Just over a half** of Barnet adults (56.4%) are overweight or obese

*Seeking Carers figure*

*Seeking disability figure*

## Place



We aim to provide environments that support active lifestyles

### Our Commitments 'we will do this by':

- Supporting the protection, revival, and creation of accessible environments
- Enhancing community spaces through the delivery of targeted physical activity interventions
- Creating a culture that optimises active travel in the borough
- Encouraging workplaces in the borough to embed physical activity and wellbeing within their business
- Advocating for active environments to be embedded within local policy, strategies and plans and that this is central to decision making

### What do we mean by active environments?

An active environment is any space that allows an individual or a group the opportunity to participate in physical activity. It is not limited to traditional spaces such as leisure centres and parks, it could include homes, community spaces such as the high-street, schools and community centres, commutes to work, the workplace and even the digital world.

Recognising the importance of 'Place' in achieving a 'more active and healthy borough' the Framework supports the delivery of priorities set out within key local strategies, policies and plans including the Barnet Playing Pitch Strategy, Indoor Sport & Recreation Study, Parks and Open Spaces Strategy, Sports Hub Masterplan, Sustainability Strategy Framework, Long Term Transport Strategy, The Local Plan, Growth Strategy and the Brent Cross Town Masterplan.

**Barnet is well served by a diverse mix of facilities and environments that support and encourage active lifestyles**

**28%** of the borough is green with **over 200** parks and open spaces with **55** play areas

**172 Pitches**  
(Football, Rugby, Cricket, Baseball and Gaelic Football)

**13** Active Trails  
**16** Outdoor Gyms  
**2** Skate Parks

**205** Tennis Courts  
**25** Multi-Use Games Areas  
**13** Outdoor Table Tennis Tables

**55** Artificial Grass (3G) Pitches  
**9** Bowls Greens

**27** Sports Halls  
**30** Swimming Pools  
**12** Squash Courts

Designated **Gymnastics and Athletics** Facilities

**150+** Sports Clubs  
**24,615** Businesses

All residents live within a **20-minute cycle trip** of a train or underground station

On average, travel time by walking, cycling or public transport is **14 minutes** to a secondary school and **8 minutes** to a supermarket (DfT 2017)

**66%** of travel journeys in Barnet are **less than five miles**.

**...we know that**

**22%** of residents use outdoor spaces for exercise, slightly higher than the London average

More than 2.5 million visits were recorded at our Better Leisure Centre sites between Jan (2018)-Mar (2020)

**Just under half (49%)** of residents participating in the Barnet healthy weight survey (2018) felt that **making roads and parks safer** would **increase their likelihood of walking or cycling**

## Partnerships



We aim to work together to embed physical activity at every opportunity

### Our Commitments 'we will do this by':

- Facilitating effective working between partners to deliver the Framework and maximise outcomes
- Enabling the partnership to advocate the value of physical activity, and its contribution to achieving a range of outcomes
- Optimise and secure resources among the partnership to support increased physical activity levels

Development and implementation of the Framework is owned and driven by the Fit & Active Barnet Partnership Board and local networks.

As public sector resource faces significant pressure, the importance of working collaboratively to maximise opportunities and ensure sustainability is vital.

Embracing the five guiding principles set out on page 5, the Fit & Active Barnet Partnership Board and its local networks provides a foundation that supports maximum influence on deliberate and unintentional physical activity in the borough by

- Ensuring strategic alignment
- Optimising investment opportunities
- Avoiding duplication of services
- Identifying and addressing gaps
- Sharing skills, knowledge, and resources to maximise efficiencies
- Promoting the value and benefit of physical activity





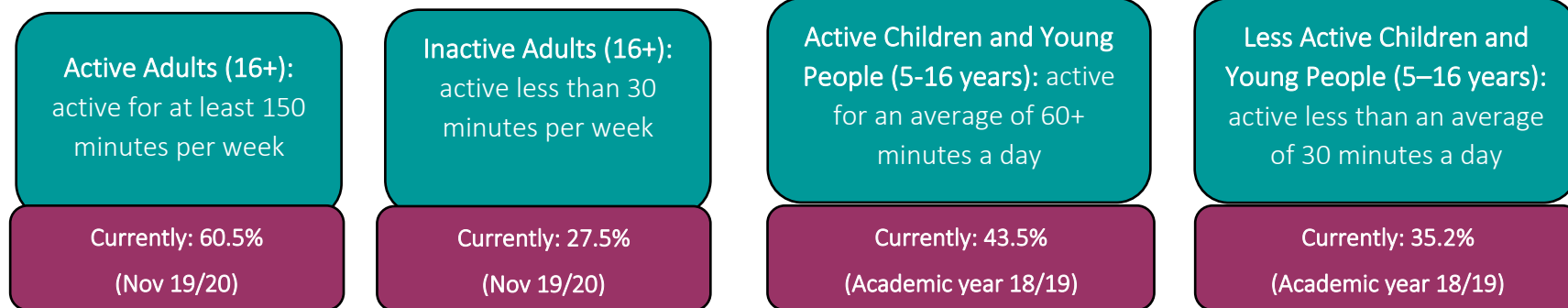
## Implementation of the Framework

An implementation plan will be developed annually with members of the Fit & Active Barnet Partnership Board and local networks to achieve the aims and commitments set out within this Framework.

## Reviewing our progress

A quarterly progress review will be undertaken against the Framework aims and commitments, with an annual report presented to the Adults and Safeguarding Committee.

We will seek to achieve an improvement over the lifespan of the Framework in the following indicators measured by the Sport England Active Lives Survey.



To provide a comprehensive review and to better understand participation in the borough we will also analyse local data sets alongside the Active Lives Survey data. For example, leisure centre visits collected by the boroughs leisure operator (Better); results from the Resident Perception Survey and Young People Survey conducted by Barnet Council; and the Physical Education, School Sport and Physical Activity (PESSPA) survey conducted annually by the Barnet Partnership for School Sport. Reviewing these additional datasets will enable us to better understand participation in the borough and provide a proactive response to emerging needs and gaps in provision.

## References

[Report - LGA \(local.gov.uk\)](#)

[PowerPoint Presentation \(sportengland-production-files.s3.eu-west-2.amazonaws.com\)](#)

[Physical inactivity is associated with a higher risk for severe COVID-19 outcomes: a study in 48 440 adult patients \(bmj.com\)](#)

[PESSPA Survey Results April 2021 - About BPSS - Barnet Partnership For School Sport](#)

[Physical activity guidelines: infographics - GOV.UK \(www.gov.uk\)](#)

[World Health Organization Definition of Physical Activity - Public Health](#)

[Surge in appreciation of exercise and activity during lockdown | Sport England](#)

[jhws 2021 to 2025.pdf \(barnet.gov.uk\)](#)

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[Joint Strategic Needs Assessment – Barnet Open Data](#)

Local Government Association Research: The Impact of COVID-19 on culture, leisure, tourism, and sport (July 2020)

Active Lives Adult Survey May 2020 – 21 Report [PowerPoint Presentation \(sportengland-production-files.s3.eu-west-2.amazonaws.com\)](#)

[Physical inactivity is associated with a higher risk for severe COVID-19 outcomes: a study in 48 440 adult patients \(bmj.com\)](#)

[Surge in appreciation of exercise and activity during lockdown | Sport England](#)

[PESSPA Survey Results April 2021 - About BPSS - Barnet Partnership for School Sport](#)

Barnet Healthy Weight Survey: [Healthy weight | Barnet Council](#)

[Sport England: Why investing in physical activity is great for our health – and our nation](#)

[Public Health England: The link between pupil health and wellbeing and attainment](#)

[Public Health England: Health matters: physical activity - prevention and management of long-term conditions](#)

[London Borough of Barnet: Long Term Transport Strategy 2020 – 2041](#)

[Barnet Community Local Insight Tool](#)

[Greater London Authority: Demographics](#)

StreetGames. The experience of the coronavirus lockdown in low-income areas of England and Wales. Manchester: StreetGames; 2020.

## Appendix 1: FAB Framework Engagement (list of partners)

Age UK Barnet	Herts Baseball Club
Argent Related – BXS Project Play	Inclusion Barnet
Arkley Cricket Club	London Borough of Barnet
Barnet Carers Centre	London Sport
Barnet, Enfield and Haringey Mental Health Trust	Meridian Wellbeing
Barnet Hive (FC) Foundation	Middlesex County Cricket Club
Barnet Homes	Middlesex University
Barnet Mencap	Mind Barnet
Barnet Multi Faith Forum	North Central London Clinical Commissioning Group
Barnet Partnership for School Sport	Phoenix Canoe Club
Barnet & Southgate College	Premier Tennis
Better	Re.
Brampton Lawn Tennis Club	Royal Free London
British Blind Sport	Rugby Football Union
Cannons Cricket Club	Saracens Foundation
Central London Community Healthcare NHS Trust	Sense
Colindale Community Trust	Sported
Community Barnet	UK Deaf Sport
COVID-19 Health Champions	Unitas
Elms Ravenscroft Lawn Tennis Club	Young Barnet Foundation
England Netball	
Groundwork	
Healthy Schools London	
London Sport	

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	<b>Children’s Partnership Board</b> <b>8<sup>th</sup> February 2022</b>
<b>Title</b>	<b>Joint Health and Wellbeing Strategy</b>
<b>Report of</b>	Director of Public Health and Prevention and Chair of the Health and Wellbeing Board
<b>Wards</b>	All
<b>Status</b>	Public
<b>Urgent</b>	No
<b>Key</b>	No
<b>Enclosures</b>	Appendix I: Overview of Joint Health and Wellbeing Strategy Presentation <a href="#">Appendix II: Joint Health and Wellbeing Strategy</a>
<b>Officer Contact Details</b>	Kirsty Dutton Kirsty.Dutton@barnet.gov.uk
<b>Summary</b>	
<p>Barnet Joint Health and Wellbeing Strategy (2021 - 2025) has been approved by the Health and Wellbeing Board in July 2022. The Strategy is our system-wide vision for improving the health and wellbeing of the people who live, study and work in Barnet. Over the next four years, the Health and Wellbeing Board (HWBB) will focus on the key areas to drive integrated improvements to health and wellbeing in the borough through internal and external partnerships.</p> <p>As part of the Strategy implementation programme, HWB Board is reaching out to engage wider range of partners and facilitate productive joint working. This report gives a brief overview of the whole strategy with a specific focus on improving health and wellbeing of children and young people across the borough.</p>	

<b>Recommendations</b>
------------------------

<b>1. That the Board note the Joint Health and Wellbeing Strategy and discuss opportunities for joint working.</b>
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**1. WHY THIS REPORT IS NEEDED**

1.1 This report provides the Board with a summary of the Joint Health and Wellbeing Strategy and it emphasises, in particular, the work specific to children and young people's health and wellbeing. Its main purposes is to ensure that HWB Board and Children's Partnership Board work jointly together to build on the excellent work already in place and ensure continuous improvements in health and wellbeing of children and young people living, working and studying in Barnet.

1.2 There are three priorities in the Strategy specifically related to health and wellbeing of children and young people: Improving Children's Life Chances, Promoting Mental Health and Wellbeing and Get Everyone Moving.

1.3 This report describes detail underneath the three priorities, for information, and to explore opportunities for joint working.

**2. REASONS FOR RECOMMENDATIONS**

The content of this overview highlights the Joint Health and Wellbeing Strategy and its impact on health and wellbeing of Children and young people in Barnet. Priorities described in the Strategy build on the existing partnership working and provide an opportunity for further collaboration across the system. Implementation Plan will be an iterative plan of actions informed by ongoing engagement and therefore it is crucial for the Committee to understand the work that is being done within the JHWS and its interdependencies with the Board's work.

**3. ALTERNATIVE OPTIONS CONSIDERED AND NOT RECOMMENDED**

3.1 Not applicable

**4. POST DECISION IMPLEMENTATION**

The Key Performance Indicators (KPIs) and implementation plan for the strategy are being developed in collaboration with the Family Service team, allowing us to monitor progress in the same way across the council. Progress on the Health and Wellbeing Strategy will be regularly reported at the Health and Wellbeing Board and other relevant Boards and Committees, as required, across the council. Following this report, a separate 'deep dive' for the Key Area 2, with a specific focus on priorities related to children and young people, will be presented at the Health and Wellbeing Board in March. Any recommendations from Children's Partnership Board can be discussed and incorporated into the implementation plan then.

**5. IMPLICATIONS OF DECISION****5.1 Corporate Priorities and Performance**

5.1.1 This report provides updates on key projects and outputs of the Joint Health

and Wellbeing Strategy. This deep dive provides narrative updates on workstreams linked to the priorities and aims of the JHWS. This includes projects which further the shared priorities of the JHWS and the Barnet Plan.

## **5.2 Resources (Finance & Value for Money, Procurement, Staffing, IT, Property, Sustainability)**

5.2.1 Implementation of the JHWS will need to be affordable and funded within the existing budget and staffing from the (non-Covid-19) PH Grant and wider system.

## **5.3 Social Value**

5.3.1 Not applicable for this report.

## **5.4 Legal and Constitutional References**

5.4.1 Developing a JHWS is a statutory responsibility of the Health and Wellbeing Board, as set out in the Local Government and Public Involvement in Health Act 2007 (as amended by the Health and Social Care Act 2012). This report is an update on the progress of activities within the JHWS.

5.4.2 Article 7 Committees, Forums, Working Groups and Partnerships of the Council's Constitution sets out the terms of reference of the Health and Wellbeing Board which includes:

- To jointly assess the health and social care needs of the population with NHS commissioners and apply the findings of a Barnet joint strategic needs assessment (JSNA) to all relevant strategies and policies.
- To promote partnership and, as appropriate, integration, across all necessary areas, including the use of joined-up commissioning plans across the NHS, social care and public health. To explore partnership work across North Central London where appropriate
- To work together to ensure the best fit between available resources to meet the health and social care needs of the population of Barnet (including children), by both improving services for health and social care and helping people to move as close as possible to a state of complete physical, mental and social wellbeing
- Specific responsibilities for overseeing public health and developing further health and social care integration

## **5.5 Risk Management**

5.5.1 As part of the risk management for the JHWS implementation plan, there is a risk register which is regularly reviewed to ensure that risks are effectively managed and escalated as appropriate. Risks associated with the delivery of projects related to this key area are identified in the appendix with mitigations where required.

## **5.6 Equalities and Diversity**

5.6.1 A whole systems approach to prevention has been taken along with health and care integration with a focus on health inequalities which persist amongst groups with protected characteristics.

## **5.7 Corporate Parenting**

5.7.1 Whilst there is no direct impact on the council's corporate parenting role as a result of the Health and Wellbeing Strategy development, the actions set out in the plan do provide opportunities to support the council's role as corporate parent through the health and wellbeing improvement interventions for children and young people residing in the borough including children in care.

## 5.8 Consultation and Engagement

5.8.1 Not applicable for this report.

## 5.9 Insight

5.9.1 The KPIs and actions for the JHWS have been chosen informed by the evidence. Different sources of data have been used and identified to best demonstrate how we are performing against the goals of the Strategy and how would we like to improve over the life of the Strategy. Joint Strategic Needs Assessment, Fingertips and the Public Health Outcomes Framework have been used to derive a set of measurable KPIs.

5.9.2 JHSW implementation will be data informed and evidence driven while striving for equality in health and wellbeing outcomes, taking into consideration all protected characteristics.

## 6. BACKGROUND PAPERS

6.1 [Joint Health and Wellbeing Strategy 2021 to 2025 | Barnet Council](#)

6.2 Final Joint Health and Wellbeing Strategy Key Performance Indicators 2021-2025. Available at:

<https://barnet.moderngov.co.uk/documents/s66682/Board%20Paper%20HWS%202022.09.pdf>



# Barnet Joint Health and Wellbeing Strategy 2021-2025

*Creating a borough of health together!*



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Barnet Joint Health and Wellbeing Strategy 2021-2025  
*Creating a borough of health together!*

## Vision

To make Barnet the London Borough of Health together!

### Our Vision for health in Barnet

A healthy borough results in a healthy and happy population. It is where the environment around us supports and promotes our health and wellbeing. In a healthy borough, there is broad access to a good education, good quality housing and secure employment. A healthy borough supports access to open green spaces and active travel. High quality health and social care is available for anyone when they need it. A healthy borough reaches out to, supports and protects the most vulnerable, generating opportunities to thrive. With healthier and happier residents, communities are strengthened to support each other, and the local culture and economy flourishes.



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Barnet Joint Health and Wellbeing Strategy 2021-2025  
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# Key Areas and Priorities

## Our key areas and commitments

### Creating a healthier place and resilient communities

#### Integrate healthier places in all policies

We will ensure that all of our policies and strategies across the system include specific actions on improving health and health equity through creating good housing, employment opportunities, active travel links and other economic and commercial conditions in Barnet

#### Create a healthier environment

We will create healthier choices locally with a focus on improving access to clean air, water, healthy food and physical exercise

#### Strengthen community capacity and secure investment to deliver healthier places

We will facilitate networking and capacity building between local communities and promote safety and cohesion while preventing violence and crime. We will make domestic abuse and violence against women and girls everyone's business.

### Starting, living and ageing well

#### Improve children's life chances

We will improve children's life chances by supporting their health and wellbeing from very early age and through to their transition into adulthood

#### Promote mental health and wellbeing

We will promote good mental and emotional health across all ages and different communities and work together to prevent severe mental illness, substance misuse and suicide

#### Get everyone moving

We will improve choices for physical activities locally for all ages and abilities, and ensure residents know how to access it

#### Support a healthier workforce

We will invest time and resources to ensure our workforce is supported to be healthy, happy and productive at work.

#### Prevent long term conditions

We will work with communities to understand what support can be offered to reduce risks of developing long term conditions and recognise early signs and symptoms.

### Ensuring delivery of coordinated and holistic care, when we need it

#### Support digital transformation of services

We will work together to provide digital care and support for all who can benefit from it, as well as using the power of linked electronic health and care records to improve population health

#### Enable carers health and wellbeing

We will support care staff and informal carers to look after their health and wellbeing

#### Deliver population health integrated care

We will work together to ensure the Barnet Integrated Care Partnership is centred around resident's need, aims to reduce health inequalities, promotes good physical and mental health and enables seamless access to health and care services across the life course, delivered in collaboration with local communities at neighbourhood level.



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# Focus on children and young people



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## Improve Children's Life Chances

- Early Start is supported through projects like Breastfeeding Welcome, Barnet Young Brushers and improvement of childhood immunisation
- Breastfeeding Welcome, a component of our newly published Infant Feeding Strategy, helps mothers find welcoming places to breastfeed when they are out and about in the borough. Local businesses in the scheme display window stickers letting mothers know they are supported to breastfeed
- Barnet Young Brushers is a project currently in it's beginnings, but is a targeted supervised toothbrushing programme in Early Years' settings in the most deprived areas of the Barnet looking at improving oral hygiene and tooth decay in under 5's
- Improving Childhood Immunisation is a priority for the Council and NHS partners. Newly appointed Immunisation Co-Ordinator will help in accelerating improvements in local childhood immunisation rates

## Promoting Mental Health and Wellbeing

- To support children's mental health and wellbeing, we run a range of preventative programmes such as Schools Mental Health First Aiders, Resilient Schools Programme, Perinatal Mental Health Coaches and we have developed a Suicide Prevention strategy
- Youth Mental Health First Aid teaches adults and Peer Champions to recognise the signs and symptoms of poor mental health in young people and how to help someone who may be in a mental health crisis
- The LAC Health Team together with Barnet Integrated Clinical Services (BICS) ensure all children in care receive wholistic health assessments and interventions. UASC's initial health assessment explores their mental health to assess the impact of trauma and abuse they may have suffered
- Resilient Schools supports education around mental health for pupils, parents and staff by delivering training, resources, support, strengthening pathways with Local Authority and the voluntary sector to foster resilient learners. There are now 72 schools involved in the programme with plans to become a universal offer for all Barnet Schools
- To support the mental health and wellbeing of our care leavers, Onwards and Upwards work with Terapia, offering group work and individual interventions. The Strengths and Resilience Group, facilitated by our Expert by experience who is a care leaver, supports young people to identify and express their feelings and views and builds confidence.

Barnet Joint Health and Wellbeing Strategy 2021-2025  
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## Get Everyone Moving



- We ensured that children are considered when looking at the Fit and Active Barnet refresh
- Initiatives such as XPLORE (child weight management) and Healthy Schools London help to keep children and young people fit and active
- XPLORE is a family lifestyle programme for children that offers sessions on nutrition and healthy eating for children and parents/carers, plus games-based physical activity sessions for children
- Healthy Schools London in Barnet encourage schools to improve their health promoting environments, support pupils to develop healthy behaviours, reduce health inequalities, and improve educational achievement
- Golden Kilometre is an initiative with Middlesex University researching physical literacy
- Children in Care and care leavers have access to gym membership to promote healthy active lives.

**NHS**  
North Central London  
Clinical Commissioning Group

**healthwatch**  
Barnet

**Barnet Together**

**BARNET**  
LONDON BOROUGH

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## How will we measure success?

Measure	Baseline	Target
Proportion of 2 years old who received MMR first dose	March 2021 84%	95%
Proportion of 5 year olds with visibly decayed teeth	2018-19 24.5%	20%
Proportion of infants known to be partially/totally breastfed at their 6-8 week health visitor review	May 2021 60%	75%
How many days a week are you physically active? (young people)	New measure (collecting baseline information)	To be determined
Dental Checks of Children in Care	December 2021 47%	85%
Annual Health Assessments for Children in Care	December 2021 85%	95%
Good Level of Development at end of EY foundation Stage (annual)	tbc	tbc

**NHS**  
North Central London  
Clinical Commissioning Group

**healthwatch**  
Barnet

**Barnet Together**

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## Discussion points

- Given the nature of partnership at the Health and Wellbeing Board, what are particular areas of focus, within given priorities?
- Barnet's Integrated Care Partnership
- Continue to work in partnership with services across the council to deliver the best outcomes for children, looking at how we can work even better with colleagues
- Take an update and deep-dive on Key Area Two to the Health and Wellbeing Board in March – focusing in on Children and Young People
- Continue projects into other phases in further collaboration with NHS and other directorate colleagues

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# Draft NCL ICS Population Health Outcomes

Draft v0.18  
January 2022

# Introduction

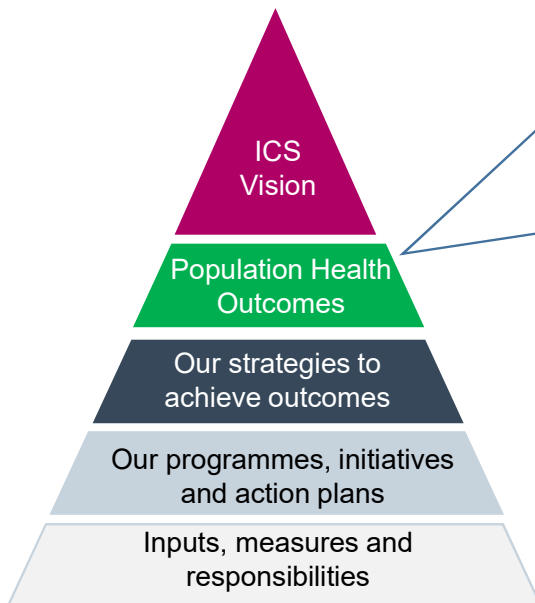
- ✓ The NCL health and care system is transitioning to the Integrated Care System (ICS) by April 2022. The purpose of the ICS is to:
  1. Improve outcomes in population health and healthcare
  2. Tackle inequalities in outcomes, experience and access
  3. Enhance productivity and value for money
  4. Help the NHS support broader social and economic development
  
- ✓ Population health improvement is core to a successful integrated care system and achieving better population health outcomes is everyone's business.
  
- ✓ The health inequalities agenda is broad and we can't 'do it all' immediately.
  
- ✓ The NCL Population Health Outcomes Framework provides an overarching view of the outcomes we want our residents to experience, thereby providing a high level sense of where we need to act as an ICS
  
- ✓ The NCL framework is meant to be complementary and not replace what is being planned and done at local and place based levels
  
- ✓ The framework is based on existing priorities and ambitions at system and place, driven by existing public health evidence, population needs assessment, and work that is underway at local level, as well as the national Core20PLUS5 objectives.
  
- ✓ This paper presents the Draft NCL ICS Population Health Outcomes developed with the NCL Population Health and Inequalities Steering Group which includes all five boroughs Directors of Public Health as well as the Executive Director of Borough Partnerships
  
- ✓ We want the Draft NCL ICS Population Health Outcomes to be further refined and validated through the engagement with Place Based Partnerships and wider system
  
- ✓ The agreed NCL Population Health Outcomes will be then taken forward through the NCL Population Health Strategy, in alignment with the local Place Based Partnership strategies



# Content

1. Benefits and requirement of having an agreed NCL ICS Population Health Outcomes Framework
2. Building on local needs and priorities
3. Proposed principles to developing the NCL Population Health outcomes and strategy
4. Our approach to developing the NCL Population Health Outcomes
5. Proposed NCL Population Health impact and outcomes for each of our strategic ambitions: Start Well, Live Well, Age Well
6. Proposed next steps
7. Considerations / potential next steps for Place Based Partnerships

# Delivering improvements in population health outcomes will determine the success of the NCL integrated health and care system



## Benefits and requirement of having an agreed NCL ICS Population Health Outcomes Framework

1. The Outcomes Framework provides an overarching view of the outcomes we want our residents to experience, thereby providing a high level sense of where we need to act
2. Links our vision to our mission, strategic aims/objectives and to our programmes of work to ensure that our day to day activities are aligned to our strategic direction
3. Supports the identification of areas where action at a system level, not just at a borough level, will be beneficial
4. Helps prioritise needs and thereby plan where energies and resources need to be utilised.
5. Enables system oversight for tracking progress to reduce health inequalities and to monitor and measure progress and relative success against objectives

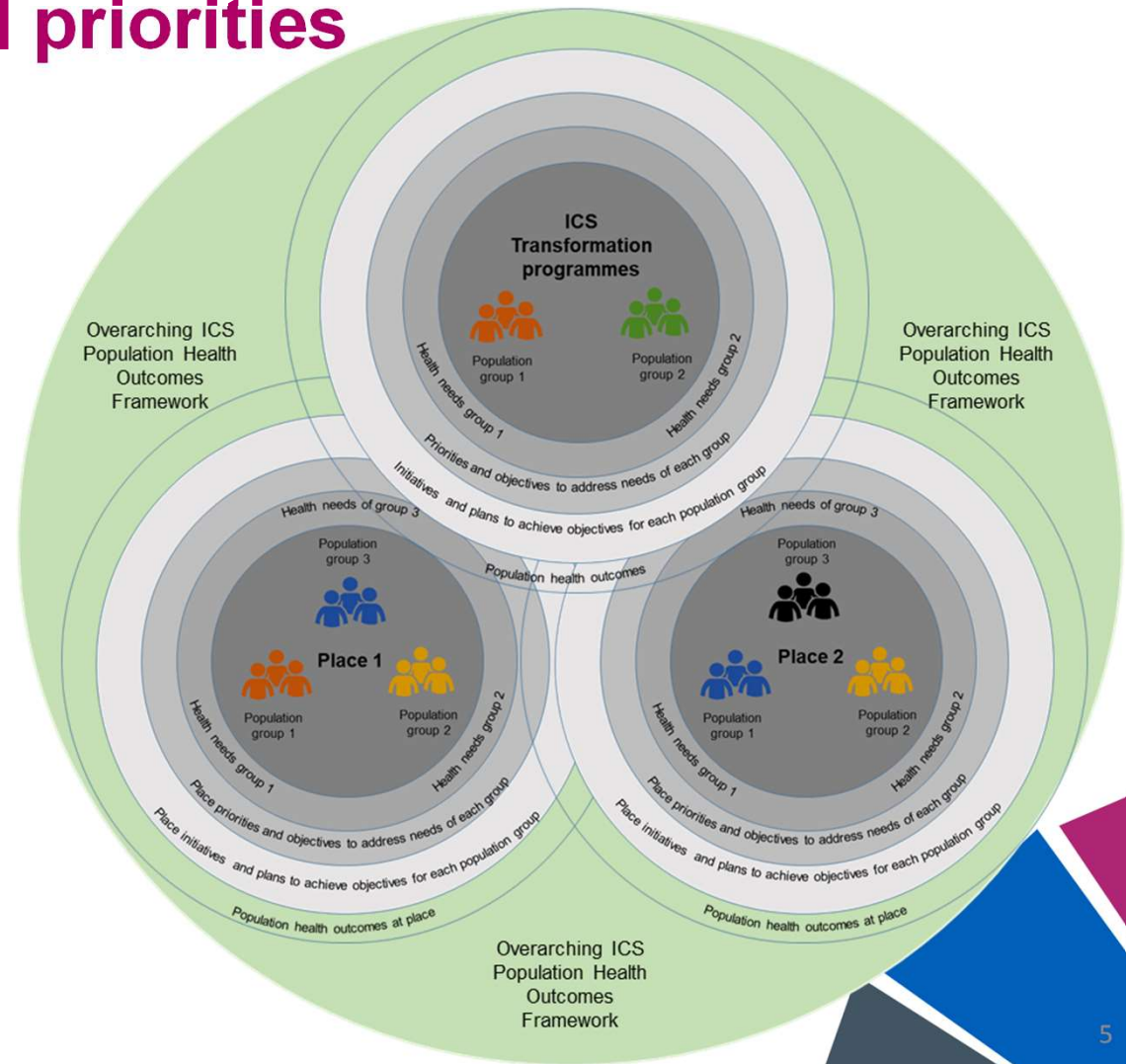
# Building on local needs and priorities

Our NCL Population Health Outcomes Framework will enable us to identify and focus on where we will make a difference together at a system level.


The Outcomes Framework is informed by:

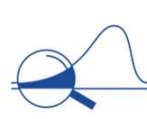
- Population needs and inequalities, including ethnicity and deprivation
- Health and Wellbeing Board strategies and priorities
- Place and borough priorities included in the system development plan
- National driven health inequalities interventions

Achievement of the outcomes will be dependent on delivery at all levels and with all system partners.





# Proposed principles to developing the NCL Population Health outcomes and strategy

 Tackling health inequalities


 Prioritising prevention and early intervention


 Empowering communities

 Co-production and personalisation


 High quality of and equitable access to services


 Adding value

 Integration and doing things differently

 Sustainability and greener NHS

 Subsidiarity

 Sharing responsibility and accountability

 Maximising use of enablers: finance, workforce, digital, anchor institutions, Population Health Management

# Our approach to developing the NCL Population Health Outcomes

We have worked closely with our Directors of Public Health to develop an approach to developing the outcomes that will reflect our key population needs and inequalities and be achievable. The proposed outcomes are driven by existing public health evidence and work that is underway at local level, as well as aligned to the CORE20Plus5 approach.

## Evidence-based

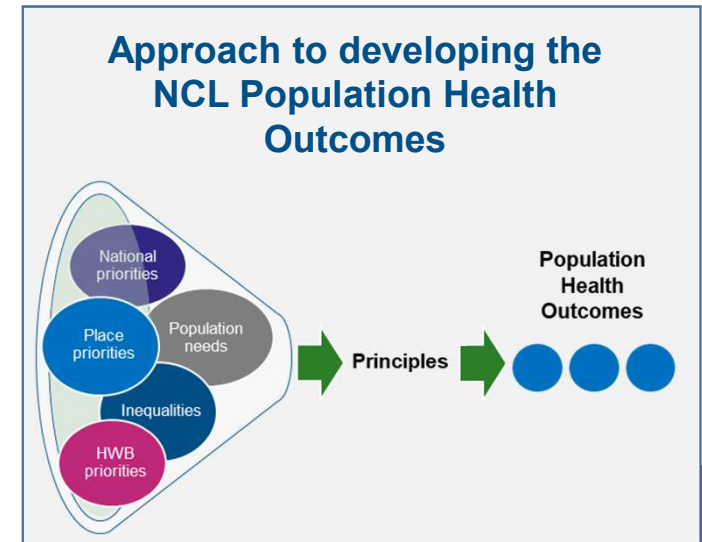
We looked at all the available data and information, including:

- ✓ Population needs and inequalities, including ethnicity and deprivation
- ✓ Health and Wellbeing Board strategies and priorities
- ✓ Place and borough priorities included in the system development plan
- ✓ National driven health inequalities interventions

## Pragmatic and realistic

We needed to ambitious but realistic and achievable:

- ✓ Identified pragmatic priorities that would allow flexibility of interventions and build in more social and wider determinants of health over time
- ✓ Looked at where we can make an impact at a system level, but recognising initial levers will be NHS / health driven



# Proposed NCL Population Health impact and outcomes

**We want our population to live better, healthier and longer, fulfilling their full potential over the course of their entire life, reducing inequalities and the gap in healthy life expectancy**

To realise the impact we need to achieve the outcomes below in each of our NCL strategic aims

## Start well

**Every child has the best start in life and no child left behind**

**All children and young people are supported to have good mental and physical health**

**Young people and their families are supported in their transition to adult services**

## Live well

**Reduction in early death from cancer, cardiovascular disease and respiratory disease**

**Reduced unemployment and increase in people working in good jobs**

**Parity of esteem between mental and physical health**

## Age well

**Older people live healthy and independent lives as long as possible**

**Older people are connected and thriving in their local communities**

We will look to develop further outcomes for each enabler (workforce, Population Health Management, finance, etc.) as part of the Population Health Strategy, as this will be crucial to address the “how” we will achieve our NCL ICS Population Health Outcomes, alongside initiative delivery.



# Proposed outcomes: Start Well



Start well

**Every child has the best start in life and no child left behind**

**All children and young people are supported to have good mental and physical health**

**Young people and their families are supported in their transition to adult services**



Improved maternal health and reduced inequalities in perinatal outcomes



Early identification and proactive support for mental health conditions



All young people and their families have a good experience of their transition to adult services



Reduced inequalities in infant mortality



Reduction in the number of children and young people who are overweight or obese



All children are supported to have good speech language and communication skills



Improved outcomes for children with long term conditions

# Proposed outcomes: Live Well



Live well

**Reduction in early death from cancer, cardiovascular disease and respiratory disease**

**Reduced unemployment and increase in people working in good jobs**

**Parity of esteem between mental and physical health**



Reducing prevalence of key risk factors: smoking, alcohol, obesity



Support people to stay in jobs, including mental health and musculoskeletal services



Reducing racial and social inequalities in mental health outcomes



Early identification and improved treatment of cancer, diabetes, high blood pressure, cardiovascular disease and respiratory disease



Anchor institutions to employ local people including those with mental health illness, physical disability, and learning disabilities, and to buy locally including by using social value-based commissioning and contracting



Improved physical health in people with serious mental health conditions



Reducing deaths by suicide



# Proposed outcomes: Age Well



Age well

**Older people live healthy and independent lives as long as possible**

**Older people are connected and thriving in their local communities**



Ensure that people get timely, appropriate and integrated care when they need it and where they need it



Prevent development of frailty with active aging



Improved outcomes for older people with long-term conditions, including dementia



Older people have fulfilling and meaningful social life



Older people are informed well and can easily access support for managing financial hardship

## Immediate next steps

1. Work with the NCL Place Based Partnerships & wider system forums to refine the outcomes and build on the local priorities
2. Work with the NCL Place Based Partnerships & wider system to develop indicators and model of delivery to achieve the outcomes
3. Take a refined framework back to PHI Committee for endorsement
4. Continue work to support both the development of the Outcomes Framework and the Population Health Strategy, including:
  - Map all the existing programmes to the agreed outcomes
  - Understand what it is already in progress contributing to the outcomes and identify gaps
  - Prioritise interventions and focus areas within each outcome
  - Identify specific population cohorts (e.g. where significant inequalities / poor outcomes exist in NCL)
5. Identify core indicators and build a baseline for the Outcomes Framework

# Considerations / potential next steps for Place Based Partnerships

1. Local review & mapping of local priorities, outcomes, objectives, etc. with NCL ICS Population Health Outcomes:
  - Where is there strong alignment?
  - Are there any significant gaps?
  - Where are there complementary local outcomes, etc. that address local population needs?
2. Consideration as to how the local partnership can continue to evolve and develop to support the delivery of the outcomes:
  - What are the approaches that the partnership will use to “shift the dial” in delivery?
  - What are the new ways of working? What will be different about the journey to be followed?
  - How do we build the system and local narrative about what needs to be “new” to deliver the outcomes?
3. Consideration as to effective joint system & place based delivery:
  - How can the feedback / dialogue between all the different levels within the ICS continue to develop and support delivery?
  - What tools / resources / activities would place based partnerships like support with?

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