

Barnet Joint Health and Wellbeing Strategy 2021-2025

# Vision

To make Barnet the London Borough of Health together!











#### Barnet Joint Health and Wellbeing Strategy 2021-2025 ting a borough of health togethe

policies

exercise

## **Key Areas and Priorities**

art To

Our key areas and commitments Creating a healthier place and

resilient communities

Integrate healthier places in all

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

Strengthen community capacity

and secure investment to delive healthier places

against women and girls everyone's business.

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

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

### 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

healthwatch

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.

Barnet

#### 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.

BARNET

NHS North Central London



## Wellbeing Strategy 2021-2025 Focus on children and young people





healthwatch Barnet





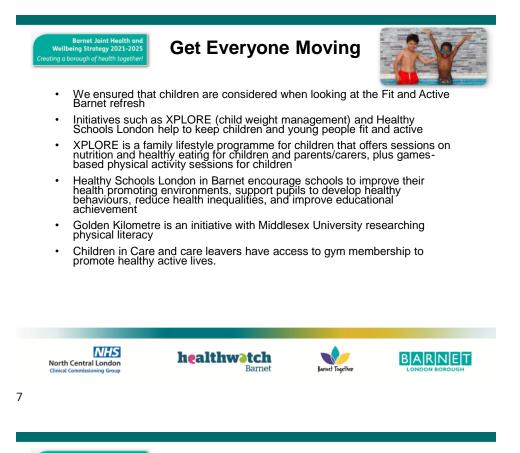
### Improve Children's Life Chances Wellbeing Strategy 2021-2025 ting a borough of health togethe Early Start is supported through projects like Breastfeeding Welcome, Barnet Young Brushers and improvement of childhood immunisation Breastfeeding Welcome, a component of our newly published Infant Feeding 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 NHS healthwatch BARNET North Central London Barnet Barnet Togeth 5 Barnet Joint Health and Wellbeing Strategy 2021-2025 **Promoting Mental Health and** ina a borouah of health toae 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.











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## How will we measure success?

Measure	Baseline	Target
Proportion of 2 years old who received MMR first dose	March 2021	95%
	84%	
Proportion of 5 year olds with visibly decayed teeth	2018-19	20%
	24.5%	
Proportion of infants known to be partially/totally breastfed at their 6-	May 2021	75%
8 week health visitor review	60%	
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	85%
	47%	
Annual Health Assessments for Children in Care	December 2021	95%
	85%	
Good Level of Development at end of EY foundation Stage (annual )	tbc	tbc











