

Barnet Joint Health and Wellbeing Strategy 2021-2025

Creating a borough of health together!



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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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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.

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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.

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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

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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