

KEY AREA 2: STARTING, LIVING AND AGEING WELL

Key Area 2 Deep Dive

Health and Wellbeing Board

17th March, 2022



Our commitments

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.



There is so much excellent work underway to make Barnet a healthier place! Today will be highlighting just *some* of these areas. Partners will be presenting brief updates on the following workstreams:

Improve Children's Life Chances

- SMILE
- Breast Feeding Strategy
- Healthy Early Years

Promote Mental Health and Wellbeing

- Resilient Schools
- Suicide Strategy Partners

Get Everyone Moving

- Golden KM

Support a Healthier Workforce

- How we are supporting staff

Prevent Long Term Conditions

- Overview update
- Cardiovascular Disease Prevention Programme

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.





BARNET
LONDON BOROUGH



SMILE PROJECT

School Meals Initiative to
Learn Healthy Eating



What is the SMILE project?

- The SMILE project is a school initiative to help KS1 children learn about healthy eating and encourage children to make healthier food choices.
- The project involves the delivery of healthy eating discussions and replacing the traditional school meal trays with SMILE trays (see the image on the right).
- Lunchtime observations are completed to determine changes in children's food choice behaviours.

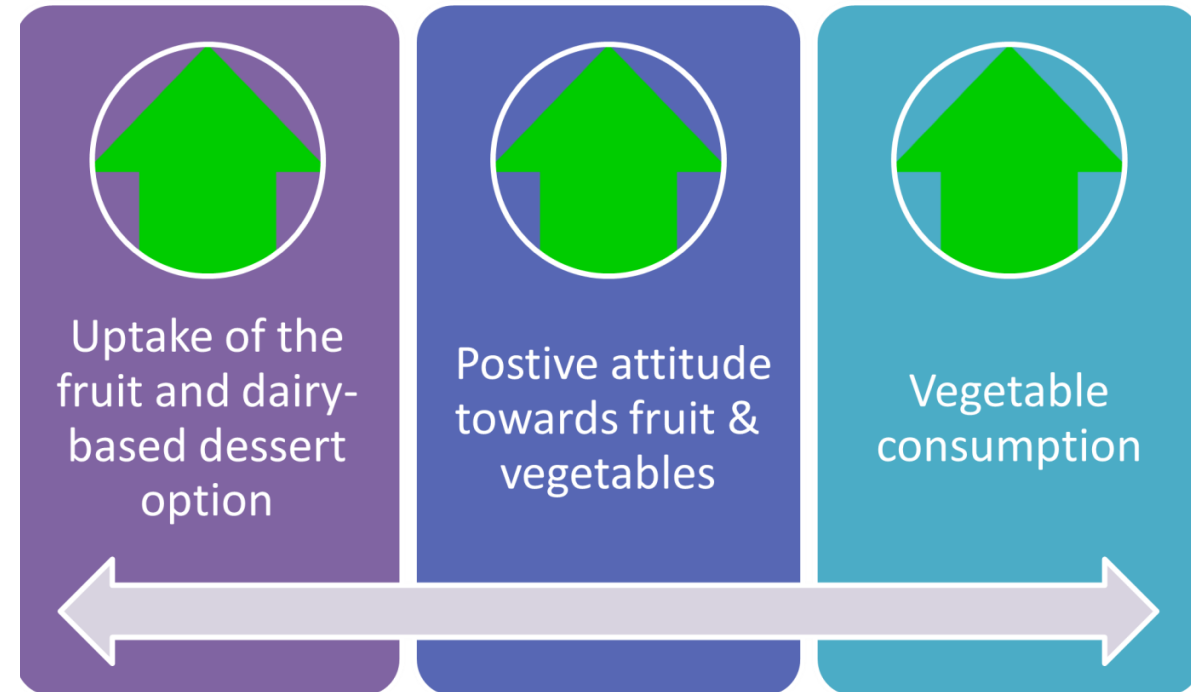


Evaluation

- The SMILE project has been enjoyed by children and school staff and parents have been positive about the intervention.
- Evaluation has found that children's attitudes towards healthy foods improve as a result of the intervention.
- Children were observed to make more healthier food choices post-intervention.

‘Overall, I would recommend this project. I really liked the principles of the project, and it really encouraged the children to fill the different food group sections of their tray.’

Miss Sands, Headteacher at Garden Suburb Infants



‘It helps me eat my vegetables’
Student from Annunciation Y2

Barnet Infant Feeding Strategy 2021-2025



Barnet's Infant Feeding Strategy aims to:

- Support more women to initiate breastfeeding
- Support more women to continue breastfeeding
- Identify areas of low uptake and target services accordingly
- Normalise breastfeeding Borough wide

'Breastfeeding my child was so important for me for the health benefits and bonding experience. I think I would have really struggled and maybe even given up without the support from the NHS services I was offered'

Lucy, Barnet Mother

'I wanted to breastfeed to give my baby the best start in life'.

Anonymous, Barnet mother

Supporting Breastfeeding in the Borough

- **The London Borough of Barnet Infant Feeding Forum** is a multi-professional group with service user input, and has been established within Barnet for the purpose of supporting existing work, identify barriers to breastfeeding, and work collaboratively to overcome these, thus supporting this Strategy.
- **Midwifery services**
- **Health Visiting/0-19 Service**
- **Barnet Breastfeeding Support Service (BBSS)**
- **0-19 Early Help Hubs**

In 2021 Barnet also launched its new **Infant Feeding Pathway**, bringing partners together across the course of a potential breastfeeding journey.

Barnet Breastfeeding Support Service



The aims of the Breastfeeding Welcome Scheme are to-

- Support families to feel confident breastfeeding out and about
- Be a way that communities and businesses can show they welcome and support breastfeeding
- Raise awareness about the benefit and barriers to breastfeeding

The Breastfeeding welcome scheme is an initiative that makes it easier for mums to recognise places where they're welcome and support mothers to breastfeed their baby



You have the **LEGAL RIGHT** to breastfeed in Public
Breastfeeding is **ACCEPTED** and **PROTECTED** here

As a Breastfeeding Welcome venue:

- We train our staff to protect, promote and support Breastfeeding
- We want you to feel comfortable however you chose to feed your baby
- We welcome you to breastfeed here
- We work with our community to support breastfeeding in Barnet
- We welcome all families

Breastfeeding Welcome is being adopted by businesses in Barnet. [to join or for more](#)

Progress and Next Steps

- BF Welcome Logo sticker and poster developed
- Barnet Webpage and online application created
- Promotion to phase 1 premises-Early Year settings and Libraries
- 25 premises have signed up and received info and promotional material to display
- Phase 2-Healthier High Streets, Businesses to be recruited on to the scheme
- New Public health Engagement Officer to recruit businesses and audit premises
- Audit Process in development and will be presented at the next infant Feeding forum



Healthy Early Years London

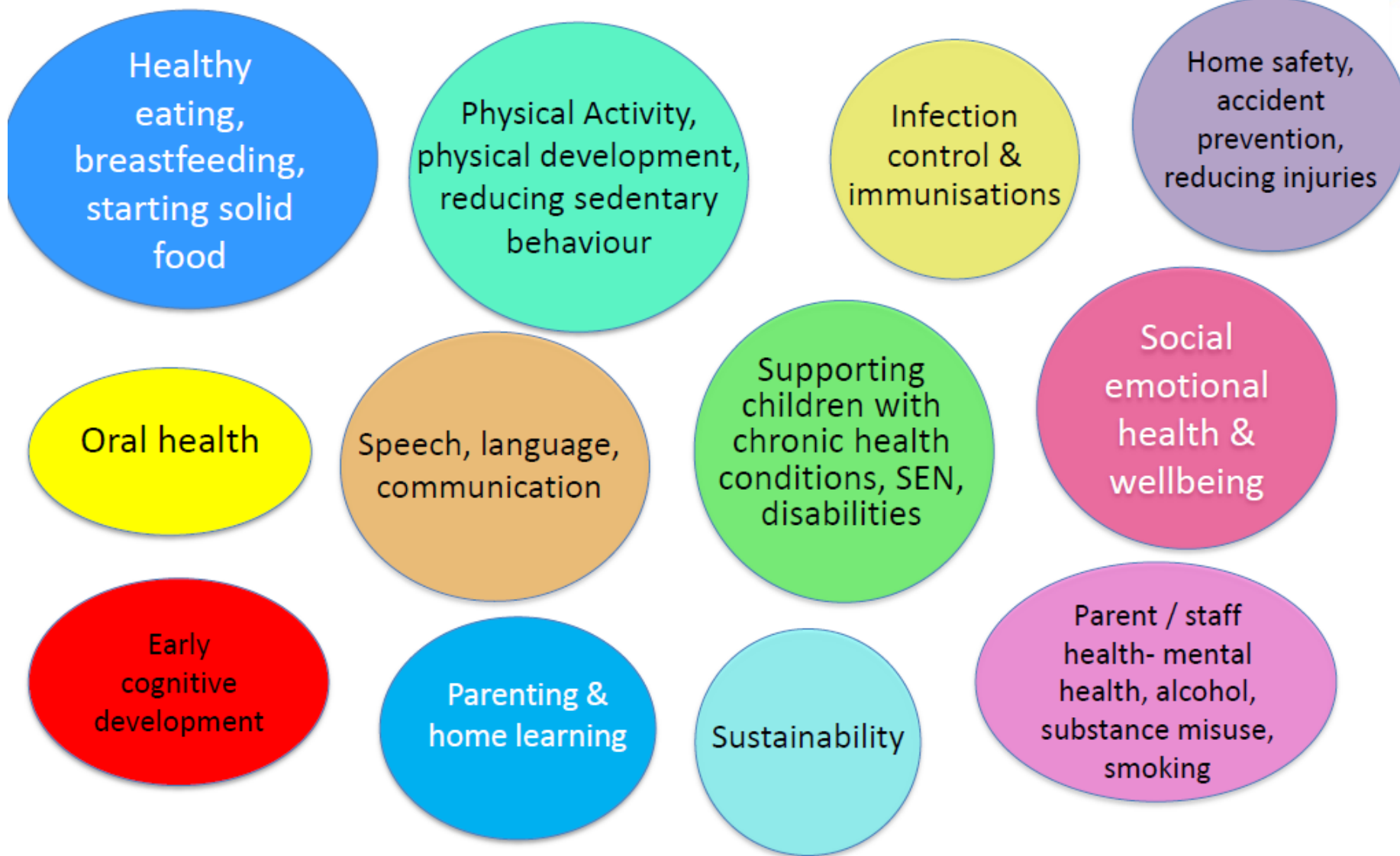


Healthy Early Years Partnership
London Borough of Barnet





ADDRESSES KEY PRIORITIES



A school ready child



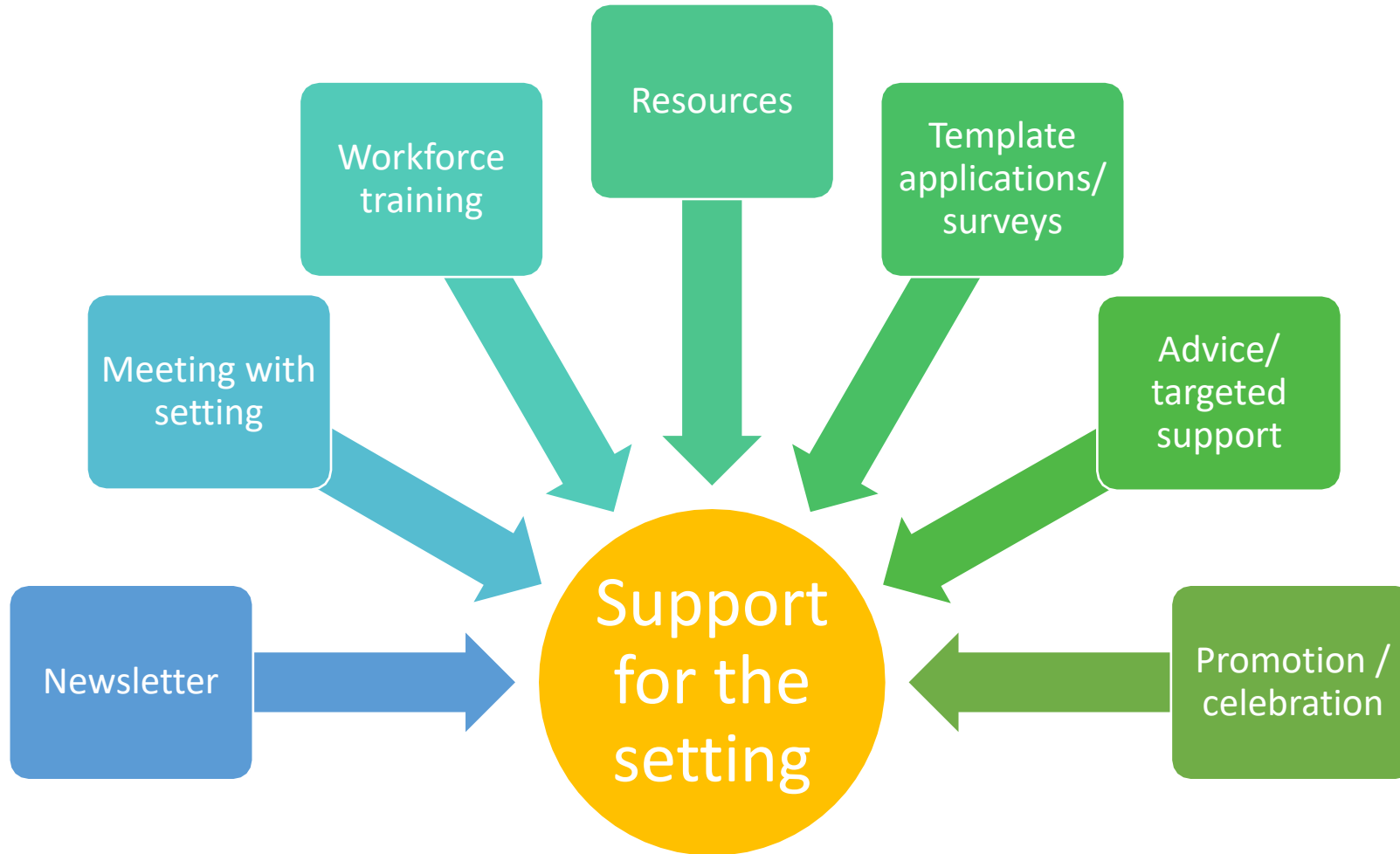
Healthy Early Years Partnership
London Borough of Barnet



Support available to settings



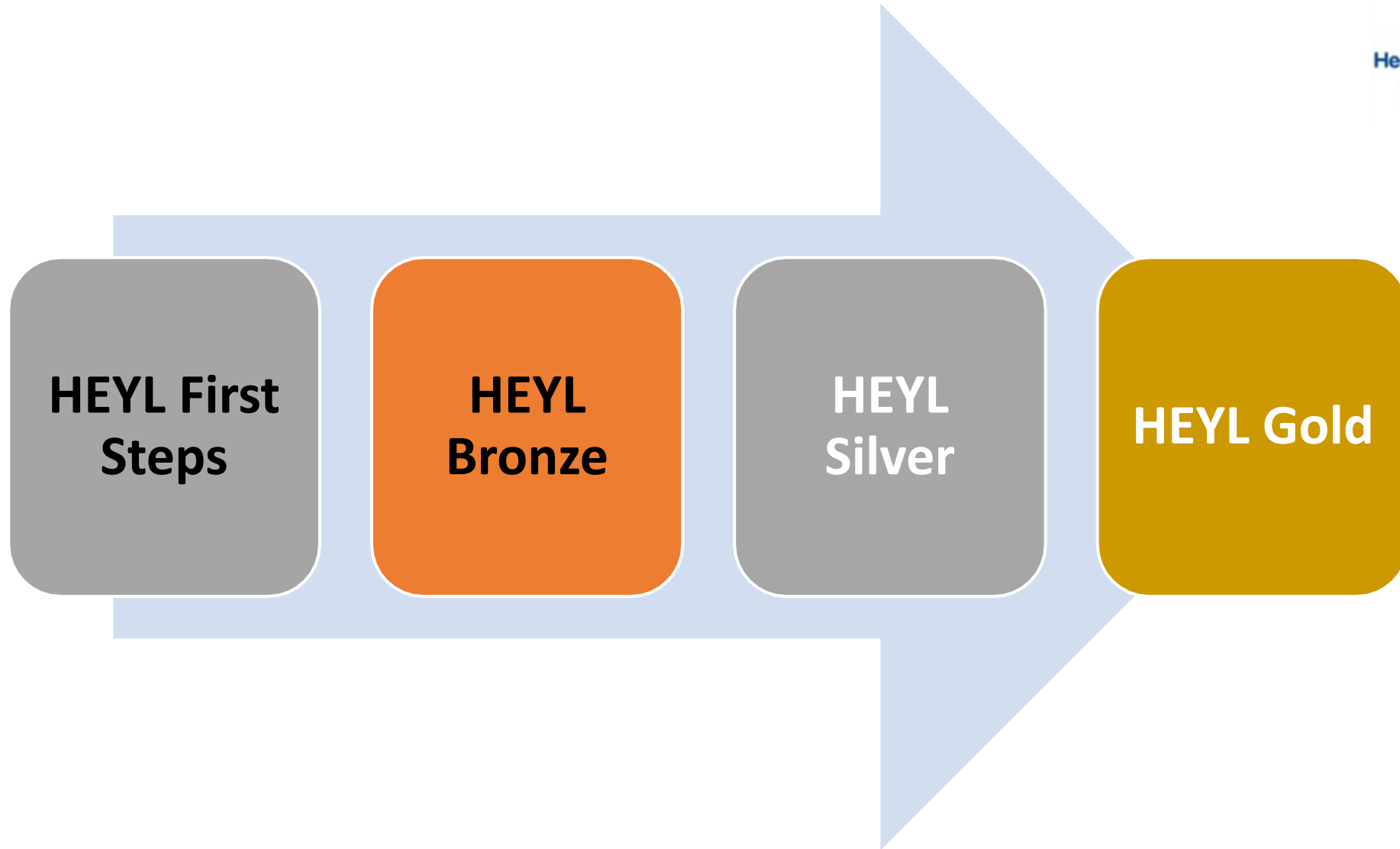
Healthy Early Years Partnership
London Borough of Barnet



HEYL Award pathway



Healthy Early Years Partnership
London Borough of Barnet



Healthy Early Years London



Healthy Early Years Partnership
London Borough of Barnet

Barnet Engagement

- 99 Registered settings (Nurseries, Children's Centers, PVI's, Schools, Childminders)
- 89 EY Settings have 'First Steps' Certificate
- 40 Bronze Awards
- 12 Silver Awards
- 1 Gold Award

Qualitative feedback from HEYL Review 2021

Been to quite a lot of meetings where Barnet was the beacon of good practice

The way Barnet has done it has been very successful, how it has been commissioned, recognising the need”

Standout compared to other LAs in terms of the support given



I don't know if we would have had the confidence to become sugar free without it



HEP and the team – every setting says how amazing they are



- To continue to support settings throughout the HEYL programme process to gain their awards
- To continue to offer online training for all early years staff
- To continue to work in collaboration with Early Years colleagues
- To explore other ways in which evidence can be provided and reduce the length of applications (GLA working on a refresh) inline with new Ofsted requirements (interviews, photos, visits)
- To book in celebration events for the recognition of all our settings on the programme that have achieved awards for this Summer 2022

The Wellbeing of Care leavers

Key Area 2 Deep Dive

Health and Wellbeing Board

17th March, 2022



Strengths and Resilience Group

- The Strengths and Resilience Group provides a space for social and emotional connection for care experienced young adults throughout the year.
- The groups continue to be facilitated by our new Expert by Experience with the support of a Personal Advisor.
- The Strengths and Resilience Group meets once a month with about 10-15 young people joining in on the sessions. The sessions are care leaver led, meaning that they choose the topics they want to discuss and raise in the sessions.
- Some of the themes covered have included:
 - anxiety and best ways to cope with it;
 - self-esteem;
 - mindfulness/remaining present;
 - things that make us happy/what we are grateful for;
 - what being a care leaver means to us and;
 - relationships and domestic violence.
- They watch films and have conversations/debates afterwards on issues arising from the film. In these sessions they talk, draw and journal their thoughts.
- During care leavers week in October 2021, we had a selection of activities chosen by the young people that include barbering, hairdressing, nail technicians, food and films.
- As part of the consultation process for the Corporate Parenting Strategy, the Head of Service attended two group sessions to hear young people share their views on what they need from their corporate parent. The themes from these discussions centred around housing, employment and confidence to be in the world. This feedback has led to a revision in the Care Leaver Housing Protocol, the NEET/EET project and the Independent living project, all launching in 2021/2022.

The emotional wellbeing of our care experienced young people

Terapia Therapeutic Services

- Onwards and upwards commission 5 trainee therapists to work with staff and care experienced young people
- Group supervision session for personal advisors provide the professional space needed to explore and understand our young people's experiences and to develop our approach to respond to changing needs
- Individual therapy offered to young people, both virtual and in person
- Therapeutic services are commissioned to work with mild to moderate concerns and are currently working with 14 young people. With new therapists about to start with the service a further 12 young people will be able to access support.
- This service provides therapy for young people who are not likely to meet the criteria for adult mental health services but who without mental health support will become more unwell with lasting impact.

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.





Jayne Abbott
Resilient Schools Programme Manager



What is the Barnet Resilient Schools Programme?

The Programme Aims To:

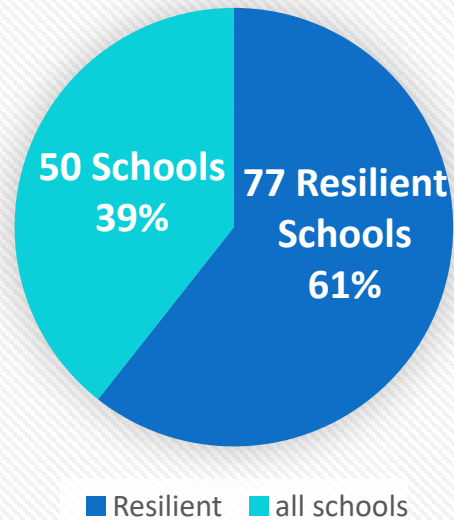
Raise awareness and de stigmatise mental health

Help school communities (pupils, staff, parent and carers to recognise their own and others mental health needs and be confident to seek support for themselves and others.

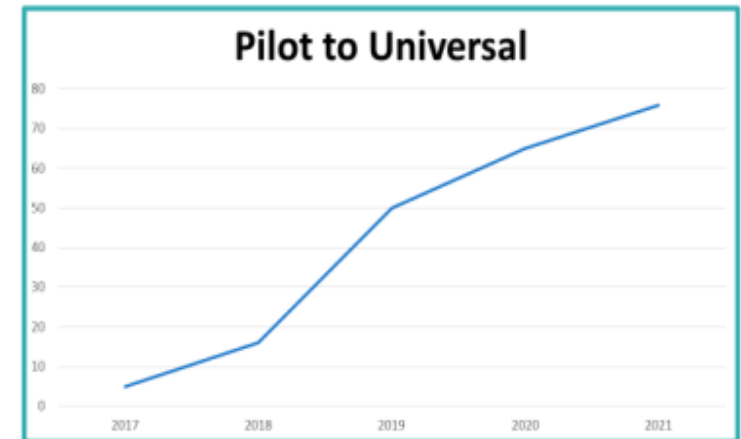
Through awareness be able to intervene early to prevent the escalation of poor mental health



Uptake of Resilience Schools Programme



Resilient Schools 2017 - 2021 BARNET LONDON BOROUGH



6 Special Schools (2 remaining)
15 Secondary Schools (17 remaining)
56 Primary Schools (38 remaining)



RESILIENT SCHOOLS UNIVERSAL OFFER

CORE COMPONENTS

- Mapping Tool
- Mental Health First Aider
- Suicide Prevention
- Digital Resilience
- Kooth and Qwell

Evidence of being a Resilient School

SUPPORT

- Network Meetings
- Peer to Peer Support
- Support through Programme Manager and Health Improvement Officer
- Resilient Schools website
- Links to new evidence-based support and resources
- Resilience in Schools Forum – Inclusion Advisory Team
- Pastoral Forum – Barnet Integrated Services

TRAINING

- Mindfulness
- Department for Education Return to Wellbeing
- Physiological First Aid
- Emotion coaching
- Unconscious Bias
- Restorative Justice
- Zones of Regulation



Parkfield, Childs Hill, Claremont Federation

Childs Hill and Claremont Primary Academies,
both proud members of The Elliot Foundation
Academies Trust (TEFAT)

Claire Cunningham



Youth Mental Health First Aid (MHFA)

- To preserve life where a person may be a danger to themselves or others
- To provide help to prevent the mental health problems developing into a more serious state
- To promote the recovery of good mental health
- To provide comfort to a person experiencing a mental health problem

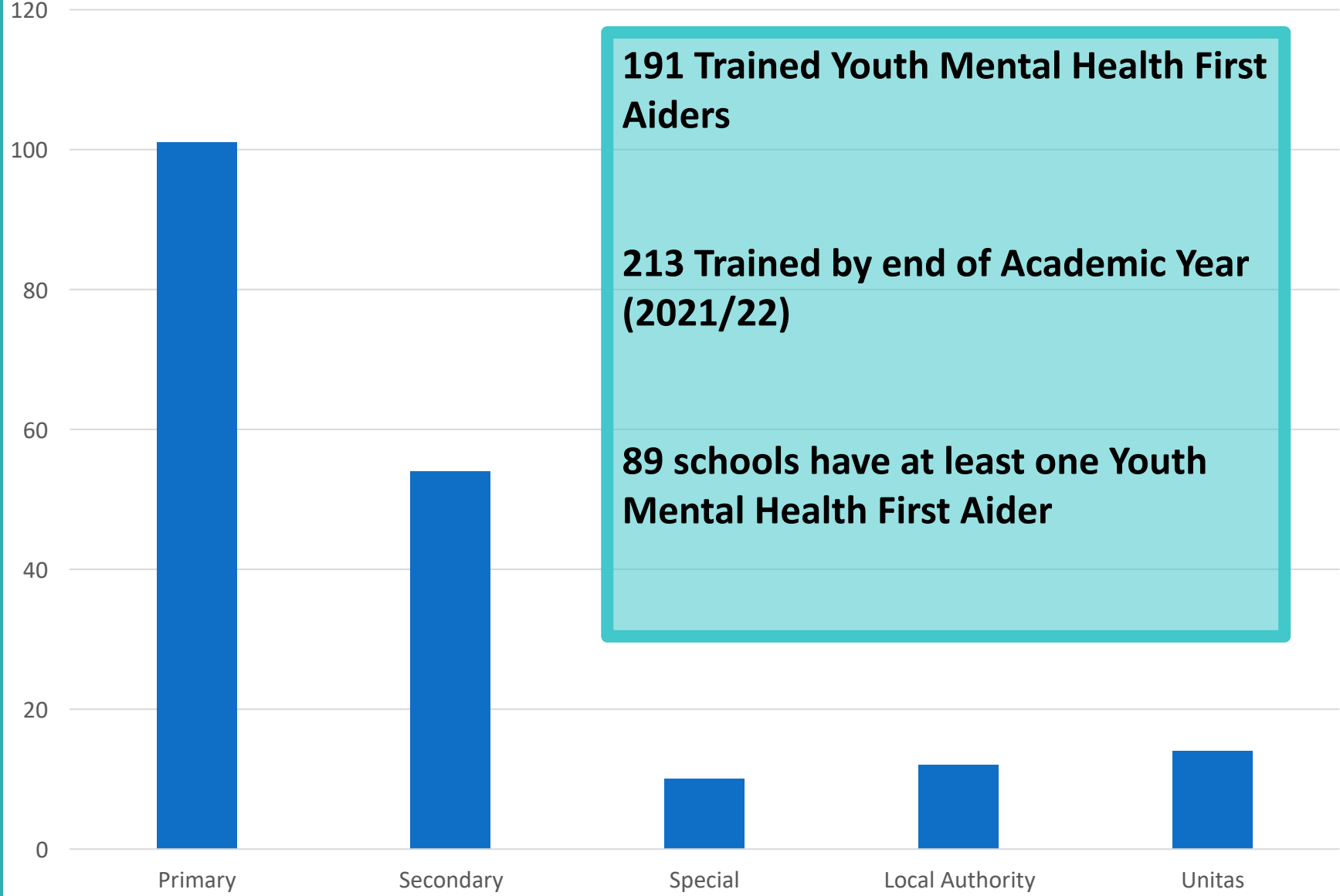
Covering the Mental health problems of:

- Depression ~ Anxiety ~ Eating Disorders ~ Psychosis ~ Self Harm and Suicide

Covering the Mental health Crisis Situations of:

- Suicidal behaviour/thoughts
- Panic attack/Acute stress reaction
- Acute psychotic behaviour

Youth Mental Health First Aid





‘Thought-provoking. I genuinely feel that the course has changed my way of thinking. I realise that you don't know what is going on in people's lives. I shall always try to be kind and tolerant and remember if someone is behaving unusually, there is most likely to be a reason for it.’

Average confidence and knowledge improvements after completing the course.



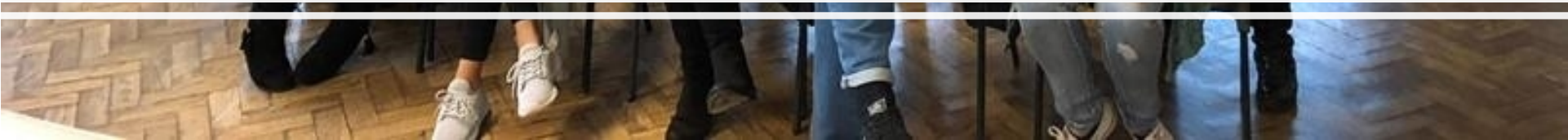
Average confidence and knowledge improvements after completing the course.



‘The course was delivered in a very personal yet professional manner. It was discussed in detail to support my understanding and develop my knowledge in this field. Completing this course has enabled me to have the confidence to share my experience and knowledge of this subject with my team and family who live alongside this. It has given me a broader scope in how to support a young person experiencing these issues in their life and to use the correct terminology to support them. It has been hugely beneficial and I am honoured to be part of this community and look forward to making a difference in society. Thank you’



MHFA to speak about the training and implementation



Lessons Learnt From Our Pilot Phase



Moving into the Universal Offer

- That's many schools address most of the Whole School Approach – they just need to demonstrate it and map out gaps.
 - That schools want to do everything but don't have the capacity.
 - That schools need recognition for their achievements – RS logo.
 - That a programme works well when it continues to be co produced.
 - Resilience in Schools Forum – support with the key principles of Resilient Schools
 - Youth Mental Health First Aid Training for ALL schools
 - Pastoral Forum – working in partnership with Barnet Integrated Clinical Team
 - Availability of Programme Manager and Health Improvement Officer when needed
 - Self Harm and Suicide Document
 - Development of RS website
- Delivery of Mental Health Awareness throughout the school community – a commissioned service.
 - Recognition for Schools using the Resilient Schools Logo
 - Peer Champions - a commissioned programme for 16+
 - Training and support for our Youth Mental Health First Aiders
 - Continue to work closely with schools to inform future decision making.
 - Ensure RS continues to align with pathways for mental health in Barnet using the Thrive approach and continues to work in partnership with others.

Get everyone moving

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





Middlesex
University
London

Barnet's Golden kilometre

Shannah Anico – Middlesex University

In partnership with Barnet Public Health



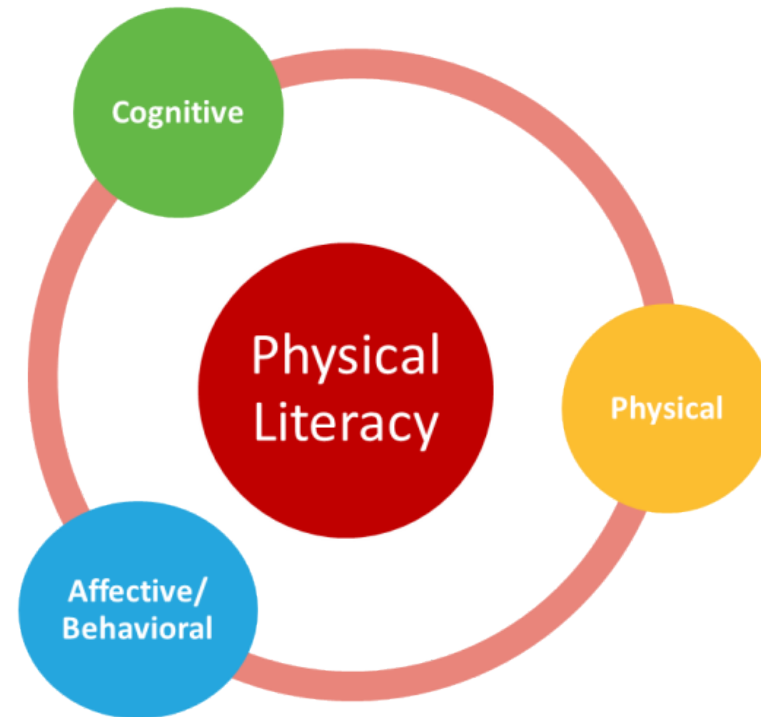
Barents Golden kilometre



- Primary aged children walk, jog or run 1km everyday at school lead by school staff. This is in addition to PE.
- Feasible, low cost, simple, no equipment
- Provide an **opportunity** for daily physical activity which supports physical, social & mental well-being and **positive behaviour change**

Research aim:

- To Identify the effects on physical literacy components of primary school children who complete Golden kilometre for 1 school year.



Current situation

- Whole school perspective
 - Students, Parents and Teachers
- Chart pupils physical literacy journey
 - MGkm & Physical literacy Questionnaires
 - Health status measures
 - Fundamental movement skills
 - Physical activity recording

"It's good because everyone gets fit and they do exercise"

Yr3

"I thought it was a really good idea... It helps keep everyone fit"

Yr4

"I feel very happy because like, I like to do more exercise"

Yr5



Next steps

- Follow-up measures scheduled
- Chart progression in physical literacy
- Continuing to recruit
- Contact details: s.anico@mdx.ac.uk



Support a healthier workforce

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



Support a healthier workforce

Where are we now?



Trained **>50** new MHFAs

>25 MHFA have had refresher

>15 trained in suicide reduction



187 members of staff vaccinated against flu



87 members of staff seen for a health MOT & 27 referred to GP



>100 participants in staff sports day September 2021



120 staff took part in January 2022 pay day step challenge

Next steps



Drafting Council's **Workplace Health and Wellbeing Strategy** and action plan, to build on current strategies and actions



Integrating workplace wellbeing agenda into FAB framework and Employment & Skills delivery plan



Develop an action plan to support businesses in the borough to invest in health and wellbeing of employees



Incorporate learning from Working Well project and utilise contacts to further support SMEs businesses in borough



Ensure health and wellbeing remains on agenda of workstreams across council

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.



Preventing Long Term Conditions (LTCs)

Recovery of national cancer screening programmes & awareness raising

Update

- Backlog on national cancer screening programmes nearly cleared, uptake recovering
- NCL Cancer Awareness campaign delivered with Voluntary and Community Sector (VCS)
- Barnet Mencap on track to delivering 15+ cancer awareness and screening training to care providers for people with Learning Disabilities (LD) across NCL

Next steps – NCL wide

- Conclude and evaluate phase 1 of LD project
- Plan projects to address health inequalities in breast screening programmes (NHSE/I bid)



<https://www.barnetmencap.org.uk/cancerscreeningpack/>

Recovery of National Diabetes Prevention Programme (NDPP)



Update

- Centralised referral to high risk patients using text messages led to 2 fold increase in referrals in September 2021, which led to almost 3 fold increase in group attendance in September and 3 fold increase in October
- On track to meet NHS E/I end of contract target of 85% uptake by June 2022

Next steps

- Plan & deliver community testing and engagement events in areas of high deprivation
- Stimulate primary care referrals through newly recruited engagement officers
- Complete national process for NDPP provider re-procurement

ICP inequalities workstream - CVD Prevention

Update

- Established a cross-system Cardiovascular Diseases (CVD) Task & Finish Group
- Submitted joint bid (Public Health & Inclusion Barnet) for Healthy Heart Peer Support roles to work with South Asian and black African/ Caribbean communities in Barnet with an initial focus on hypertension management.
- Drafting CVD Prevention Programme and action plan

Next steps

- Launch Healthy Heart Peer Worker project
- Finalise draft CVD Prevention Programme and Action Plan



Refinement and launch of NCL LTC LCS

Update

NCL Long Term Conditions Locally Commissioned Service (LTC LCS) is in development. It aims to achieve a more consistent NCL approach to LTC care, to deliver better outcomes for all the population. Initial focus on metabolic and respiratory conditions.

Next steps

- Due to launch early 22/23

Introducing community health checks



Update

- Taking a version of the NHS health check model into the community to increase opportunities for the public to check on their health

Next steps

- Commission, launch & promote

Cardiovascular Disease (CVD) prevention programme (1)

Aim: to develop a CVD prevention programme to reduce prevalence of CVD, improve management of risk factors, reduce premature mortality and inequalities in outcomes.

Four themes based on Public Health England / National Institute of Clinical Excellence (NICE) framework on inequalities and intervention decay, with specific areas of greatest need identified through intelligence and in line with regional & national policy



Population awareness & patient activation



Behavioural risk factor management



Clinical risk factor detection & optimal intervention



Self care & sustaining change

Health behaviours focus on:

- Smoking
- Alcohol
- Obesity

Clinical risk focus on:

- Hypertension
- Atrial Fibrillation
- Pre-diabetes/Type 2 Diabetes
- Raised cholesterol

CVD prevention programme (2)

Work already underway / being developed

- Community screening for CVD risk factors as well as NHS Health Checks
- Development of Long Term Condition Locally Commissioned Service (LTC LCS)
- Healthy Heart Peer Support programme
- Lifestyle hubs within secondary care
- Stop smoking services

Further major gaps that need addressing

- General comms campaign / health literacy to support LTC LCS and other prevention work
- Further work around excess alcohol
- Local approaches in areas of highest need

Process to develop detailed action plan for CVD Prevention Programme

- Working through Barnet Borough Partnership CVD Prevention Task and Finish group to agree draft plan and agree specific actions to take forward in next 2 years
- Bring to July Health and Wellbeing Board

Key Area 2: Summary

- Collaboration across the council and partners to achieve Key Area Two outcomes - from Public Health, to family services to the NHS and colleagues in education
- This deep dive has highlighted just some of the amazing work that has been done and what is planned for the future
- An update on the Health and Wellbeing Strategy also went to Children's Partnership Board where it was received positively and there was good recommendations to take onboard around children with SEND
- Next Steps:
 - Bringing updates and/or highlight reports to the Health & Wellbeing Board on a regular basis
 - Keep tracking progress against targets
 - Increasing collaboration across stakeholders
 - Health and Wellbeing Strategy to go to other Boards across the council to raise awareness and help increase collaboration
- Feedback and suggestions are much appreciated and will help future deep dives and updates