



# Start Well in Richmond 2022-2024

What happens in early life, starting from conception, affects health and wellbeing in later life. Prevention is critical to ensuring that children and young people can fulfil their potential.



Maximise the mental wellbeing and resilience of our children and young people

## Objective

- Ensure that there is an **emotional wellbeing programme** in all schools with support, training and information for students, parents and staff.
- Promote access to online resources and **digital mental health** care to strengthen the emotional wellbeing and resilience of young people.
- Implement **a new model of mental health care for children and young people aged 0 to 25** to provide swift and flexible support based on holistic needs with an emphasis on prevention and early intervention.
- Develop a community hub-based approach to provide **integrated support** to children and young people with emotional health needs from specialist professionals.
- Work with young people to co-produce and promote peer-led services that reduce **self-harm and risk-taking behaviours** such as substance misuse.
- Improve the quality of the experience and outcomes for young people who **transition from children's to adult mental health services**.
- Provide **advice and support to parents and carers** to develop their confidence in caring for their child and supporting their mental health and emotional wellbeing.
- Strengthen the early identification and assessment of **young carers** to ensure their mental health and wellbeing needs are met and supported.
- Implement preventative programmes that increase the safety and emotional wellbeing of young people and reduce **serious youth violence and exploitation**.
- Ensure that children and young people have access to the support they need to help with **bereavement, grief and loss**.



Improve the health and wellbeing of children and young people by tackling childhood obesity

## Objective

- Promote **breastfeeding and safe infant feeding** practices to support the nutrition of babies and infants in their first 1,001 days.
- Work with all **schools** to implement initiatives that actively promote pupils' healthy weight through healthy eating and regular physical activity.
- Expand parent-led programmes that **promote healthy eating and active play for children in their early years**, and implement a healthy lifestyle programme for parents and children aged 5 to 11.
- Create more opportunities for children and young people to take part in **active play, sport and adventurous activities**, including targeted programmes for those who need support to reach and maintain a healthy weight.
- Develop a system-wide **obesity strategy** with a particular emphasis on whole-family approaches to reducing obesity and maintaining healthy weight.
- **Promote healthy lifestyle activities** via online platforms and through social media campaigns



Give children and young people with special educational needs and disabilities (SEND) opportunities to flourish and be independent

## Objective

- Improve the **early identification** of children and young people with SEND through better coordinated multi-agency working and information-sharing.
- Work with children and young people and their parents and carers to ensure they can have their say and are **involved in decisions about their own education, health and care** support.
- Improve the range, quality and accessibility of **information on local education, health and care services** for children and young people with SEND, their parents and carers and the professionals who support them.
- Support schools to deliver **Quality First Teaching** so that they can support more children and young people in mainstream settings and achieve good outcomes for them.
- Improve the quality and timeliness of **education, health and care assessments, plans and reviews** to ensure they support and achieve agreed outcomes, promote resilience and independence, and provide good value for money.
- Implement a balanced model for the delivery of an **improved therapy offer** for children and young people with SEND.
- Develop the local **neuro-developmental service** for children and young people to improve the timeliness of assessments and the provision of pre- and post-diagnostic support.
- Improve early planning for all **young people's transition to adulthood** and independence, particularly those who will need ongoing support from adult health and care services.

Outcome	Outcome	Outcome
<ul style="list-style-type: none"> <li>• More children and young people have timely access to emotional wellbeing support seven days a week through a well-used digital offer.</li> <li>• There is a reduction in incidences of self-harm and suicide because children and young people receive earlier and better coordinated support for their mental health and wellbeing.</li> <li>• Young people with identified mental health needs have a better planned and smoother transition between child and adult mental health services.</li> <li>• More children and young people have their emotional wellbeing and mental health needs identified earlier and receive more timely support from the most appropriate services, particularly those from groups at higher risk of mental health problems.</li> <li>• More children and young people have access to support with bereavement, grief and loss.</li> <li>• There is a reduction in the number of children and young people who smoke, drink alcohol, use cannabis and misuse other substances.</li> <li>• More young carers have an assessment of their needs and appropriate support for their mental health and wellbeing.</li> <li>• There is a reduction in youth violence and exploitation.</li> </ul>	<ul style="list-style-type: none"> <li>• There is an increase in the number of new mothers who breastfeed their baby for the first six to eight weeks.</li> <li>• There is a reduction in the number of children and young people who are overweight, including those who are obese.</li> <li>• More schools achieve the Healthy Schools London Award</li> <li>• There is an increase in the number of children and young people who take part in physical activity for at least 60 minutes every day.</li> </ul>	<ul style="list-style-type: none"> <li>• Participation in local services for children and young people with SEND increases due to greater awareness of local health and care services</li> <li>• More children, young people, parents and carers are engaged in the co-production of SEND services.</li> <li>• More children and young people with SEND are in mainstream schools and education settings with support from local health and care services.</li> <li>• Children and young people who use local therapy services have shorter waiting times for assessment and therapy programmes.</li> <li>• The identification of neurodevelopmental happens earlier and assessments are completed within 12 weeks of referral</li> <li>• Young people with SEND have a better planned and smoother transition to post-16 education and support from adult health and care services where this is needed.</li> </ul>



## Overarching Themes

We will identify, recognise, support and take action to **improve our practice in identifying and recognising carers of all ages** to ensure that in all objectives, unpaid carers are linked to appropriate support options, enabling carers to reduce the social, financial and health impacts they face

We will take action to **tackle obesity in all ages, enabling people to live physically active with healthy lifestyles and a healthy weight** to prevent ill-health and improve wellbeing. See Priority two

We will take action to **promote the mental health and resilience of residents of all ages**. See Priority one

We will tackle inequalities in health to reduce **disparities for those most disadvantaged**