



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 emotional wellbeing, mental health and resilience



Promote a healthy weight approach



Provide opportunities for those with special educational needs and disabilities (SEND) to flourish and be independent

Objective	Objective	Objective
<ul style="list-style-type: none"> Ensure there is an emotional wellbeing programme in all schools, including training and information for students, parents and staff Promote access to online resources and digital mental health care Develop a multi-agency community hub-based approach to provide integrated support for emotional health needs, including help with bereavement, grief and loss With young people, co-produce and promote peer-led services that reduce involvement in self-harm and risk-taking behaviours Provide advice and support to all parents and carers to develop their confidence in caring for their child Implement preventative programmes to reduce serious youth violence and exploitation 	<ul style="list-style-type: none"> Promote breastfeeding and safe infant feeding practices to improve nutrition of babies and infants in their first 1,001 days Work with all schools to implement initiatives that actively promote healthy weight through healthy eating, regular physical activity and maximising opportunities for children to safely walk or cycle to school Expand parent-led programmes that promote healthy eating and active play for children in their early years. Implement a healthy lifestyle programme for parents and children aged 5 to 11 years Promote healthy lifestyle activities via online platforms and through social media campaigns Create more opportunities for children and young people to participate in active play, sport and adventurous activities, including targeted programmes for those who need support to reach and maintain a healthy weight 	<ul style="list-style-type: none"> Improve the early identification of SEND through improved multi-agency working and information-sharing Work with children, young people, parents and carers to input into and be involved in decisions about their own education, health and care support Support schools to deliver Quality First Teaching so that they can support more children and young people in mainstream settings and achieve good outcomes Improve the quality and timeliness of education, health and care assessments, plans and reviews and ensure they promote independence, and provide good value for money Implement a balanced model for the delivery of an improved therapy offer Develop the neuro-developmental service to improve timeliness of assessments and pre- and post-diagnostic support
Outcome	Outcome	Outcome
<ul style="list-style-type: none"> Open access to digital emotional wellbeing support increases Reduction in incidences of self-harm and suicide (CCG) More children and young people have their emotional wellbeing and mental health needs identified earlier and receive more timely support including for bereavement, grief and loss (CCG) Reduction in the number of young people who smoke, drink alcohol, use cannabis and misuse other substances (AFC) Reduction in youth violence and exploitation (AFC) 	<ul style="list-style-type: none"> Increase in the number of new mothers who breastfeed their baby for the first six to eight weeks (Public Health) More schools achieve the Healthy Schools London Award and participate in the Daily Mile (Public Health) Increase in the number of children and young people who take part in physical activity for at least 60 minutes every day (Public Health) 	<ul style="list-style-type: none"> Participation in local services for children and young people with SEND increases due to greater awareness of local health and care services (AFC & CCG) More pupils with SEND are in mainstream schools and education settings with support from health and care services (AFC) Children and young people who use local therapy services have shorter waiting times for assessment and therapy programmes (CCG) The identification of neurodevelopmental support takes place earlier and assessments are completed within 12 weeks of referral (CCG)



Overarching Themes

We will **improve our practice in identifying and recognising young carers** so they are linked to appropriate support, enabling them to reduce the social, financial and health impacts they face. We will strengthen the early identification and assessment of **young carers** to ensure their mental health and wellbeing needs are met and supported

Outcome: More young carers have an assessment of their needs and appropriate support for their mental health and wellbeing is identified

We will **tackle inequalities in health and reduce disparities for those most disadvantaged** between 0 to 25 by tackling wider determinants of health and targeting resources where there is appropriate need to improve life chances

Outcome: Young people with SEND have a better planned and smoother transition to post-16 education and support from Adult Social Care Services where this is needed

We will **promote healthy weight**, enabling young people to be physically active with healthy lifestyles to prevent ill-health and improve wellbeing by developing a system-wide **healthy weight strategy** with a particular emphasis on whole-family approaches to reducing obesity and maintaining healthy weight

Outcome: The number of children and young people who have healthy weight increases

We will **promote the mental health and resilience of residents of all ages** by implementing a new model of **mental health care** for children and young people aged 0 to 25 years to provide swift and flexible support based on their holistic needs with an emphasis on prevention and early intervention

Outcome: Young people with identified mental health needs have a better planned and smoother transition between child and adult mental health services