

Start well in Richmond 2019/2021



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.

<p>Improve the mental wellbeing and resilience of children and young people</p>	<p>Support children and young people with special educational needs, disabilities and complex health and care needs to flourish and be independent in their local communities</p>	<p>Reduce obesity to improve the health of our children and young people</p>
<p>Action</p>	<p>Action</p>	<p>Action</p>
<ul style="list-style-type: none"> By April 2020 we will complete an assessment of the mental health needs of the under 5 population of Richmond, to inform development of services Ensure that there is an emotional wellbeing programme in all our schools, by April 2021. This will include wellbeing support, training and information to students, parents and staff Work with young people to design and develop peer led services to reduce involvement in risk taking behaviours by 2020 Establish a digital youth project steering group by January 2020 to review and expand the range of resources and tools to support emotional wellbeing and strengthen resilience By April 2020 we will complete a review of the current neurodevelopment assessment offer and services ensuring that by 2021 the recommendations of the review are fully implemented 	<ul style="list-style-type: none"> Work with children and young people, parents and carers to ensure they can have their say and are involved in decisions about their own education and health and care support Promote the local SEND website so that more people are aware of its value as a one-stop shop for information on local health and care services Co-design with young people, parents/carers and professionals, an improved local therapies offer. This will be in place by March 2020 Build on the existing transition protocol and preparing for adulthood strategy improve the transition between children and adult health and care services Develop a local post-16 learning offer for specific groups most likely to use residential provision maximising the use of the adult education curriculum and community assets 	<ul style="list-style-type: none"> Roll-out the Family Start programme to support children who are identified through the national child measurement programme by March 2020 Promote and support an increased roll out of the Daily Mile (getting all children to run for 15 minutes a day in school), in the borough's primary schools by April 2021 Carry out a needs assessment on breastfeeding by April 2020 to identify if there are areas of the population where uptake is below the London average of 49%. Develop a Healthy Catering Commitment Plan to ensure that healthy food is served or sold in all of the borough's schools by 2021. Enhance parent programmes that promote healthy eating and active play for 0 to 5 year olds in children's centres by March 2021.
<p>We will take action to improve our practice in identifying and recognising carers of all ages so they are linked to appropriate support options, enabling carers to reduce the social, financial and health impacts they face.</p>		
<p>Impact</p>	<p>Impact</p>	<p>Impact</p>
<ul style="list-style-type: none"> Children and families will receive early targeted support to prevent the development of serious difficulties Children and young people will have timely access to support with local counselling, 7 days a week, through the digital offer Improvements in mental well-being and incidences of self-harm will reduce due to children and young people receiving better support Reduced waiting times for access to CAMHS Neurodevelopment assessment referrals will always be completed within 12 weeks The number of young people who smoke, drink alcohol and use cannabis regularly will reduce 	<ul style="list-style-type: none"> Feedback will increase from children and young people, their parents and carers and measure their confidence that plans reflect their needs Assessment and intervention waiting times for therapy services will improve. Better satisfaction rates from parents and carers and schools will also be reported The number of specialist resource provision places will increase to reflect the needs identified in the ten-year SEND provision plan Young people will experience a planned and smooth transition from children's to adult health and care services A local post-16 learning offer will be put in place and the number of young people, with post-16 educational health and care plans on vocational pathways, will increase 	<ul style="list-style-type: none"> The number of children and young people who are overweight will reduce year-on-year, including those who are obese An increase in primary schools in the borough undertaking the Daily Mile initiative by April 2021 The uptake in breast feeding will increase to ensure that all parts of the borough meet the London average by April 2021 All schools are signed up to the healthy catering commitment by 2021 Children's centres offer a range of programmes that promote healthy eating and active play