



START WELL IN KINGSTON 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.

Maximise the mental wellbeing and resilience of our children and young people	Improve the health of children and young people with a focus on tackling childhood obesity	Give children and young people with special educational needs and disabilities opportunities to flourish and be independent
Action	Action	Action
<ul style="list-style-type: none"> Ensure that there is an emotional wellbeing programme in all of our schools, by April 2021. This will include wellbeing support, training and information to students, parents and staff. Ensure that this programme provides easy access to online resources and digital counselling Work with young people to develop mechanisms to involve them in the design, commissioning, delivery and promotion of peer-led services to reduce involvement in risk-taking behaviours Improve the quality of the experience and outcomes for young people who transition from child to adult mental health services Enhance the assessment tool for young carers and extend the range of emotional resilience and mental health support provided - so that we can see an increase in uptake during the life of this plan 	<ul style="list-style-type: none"> Implement healthy campaigns and initiatives in partnership with schools and other community organisations. This will improve the dietary habits and weight management of children and young people Promote and support roll out of the Daily Mile (getting all children to run for 15 minutes a day in school), in all of the borough's primary schools by April 2021 Support vulnerable families to access healthy and affordable food by implementing a Good Food Group and tackling food insecurity in partnership. Enhance parent programmes that promote healthy eating and active play for 0-5 year olds in children's centres by March 2021 	<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, health and care support. Promote the local SEND website so that more children, young people, parents, carers and professionals are aware of its value as a one-stop shop for information on local health and care services Provide all schools with specialist therapeutic consultations so that they can modify and improve their school spaces and environments for learners with special needs Improve the quality and timeliness of education, health and care plan assessments and reviews to ensure they support and achieve the agreed outcomes, promote resilience and independence and provide good value for money Co-design with young people, parents/carers and professionals an improved local therapies offer to be in place by March 2020 Establish a local neuro developmental service for children and young people to include access to pre-and post-diagnostic support by March 2020
<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>		
Impact	Impact	Impact
<ul style="list-style-type: none"> Timely access to support and local counselling will be available for children and young people, seven days a week through the digital offer Incidences of self-harm and its impact will reduce because children and young people will receive better support Young people, with identified mental health needs, will have a planned and smooth transition between child and adult mental health services Children and young people, including those who are caring for others, will have their emotional wellbeing and mental health needs identified early. And they will be referred to appropriate services for support The number of young people, who smoke, drink alcohol and use cannabis regularly, will reduce 	<ul style="list-style-type: none"> The number of children and young people who are overweight, including those who are obese, will reduce Healthy eating and active play for 0 to 5-year-olds will be available in children's centres through enhanced parent programmes A Good Food Group will be put in place for vulnerable families to access healthy and affordable food The Transport for London STARS programme (which inspires young Londoners to think differently about travel and its impact on their health and wellbeing) will expand. School travel plans will also be developed to ensure children and young people in active travel Practitioners will have training to enable them in Making Every Contact Count with patients and to provide advice on healthy eating and active lifestyles 	<ul style="list-style-type: none"> Children, young people, parents and carers will be actively involved in the planning of health and care services. They will also be more aware of how to access local health and care services, and because of this use of services will increase Children and young people's needs will be better met in local schools, health and care services Children and young people who use local therapy services will have shorter waiting times for assessment appointments. And feedback from parents about therapy services will improve Referrals for a neuro-developmental assessment will be completed within 12 weeks