

READING HEALTH AND WELLBEING BOARD

Date of Meeting	06 October 2023
Title	Health and Wellbeing Strategy Quarterly Implementation Plan Narrative and Dashboard Report
Purpose of the report	To note the report for information
Report author	Amanda Nyeke
Job title	Public Health and Wellbeing Manager
Organisation	Reading Borough Council
Recommendations	<p>1. That the Health and Wellbeing Board notes the following updates contained in the report:</p> <p>Priority 1 – Tasks supporting Actions 1 - 8 within this priority area including partnership working, proposing projects to support provision of a range of services to support people to be healthy, reduce health inequalities.</p> <p>Priority 2 – Tasks supporting Actions 1 - 6, focusing on identifying health and care needs of individuals at risk of poor outcomes and actions to support them. Including engaging with and funding projects that enable people to access information and support at a time and in a way that meets their needs.</p> <p>Priority 3 – Tasks supporting Actions 1 - 7 have been updated, focusing on the development of evidence-based parenting programmes, multi-agency working and rolling out a revised parenting offer including fathers and parents to be. There continues to be progress in all priorities.</p> <p>Priority 4 – Tasks supporting Actions 1 - 7 have been updated with a focus on addressing inequalities in mental health, training, the work of the Mental Health Support Teams (MHSTs) and Primary Mental Health Team (PMHT).</p> <p>Priority 5 – Tasks supporting Actions 1 - 8 have been updated with progress in awareness raising of local mental health support, strengthening partnership working and training.</p>

1. Executive Summary

- 1.1. This report presents an overview on the implementation of the Berkshire West Health and Wellbeing Strategy 2021-2030 in Reading and, in Appendices 1, detailed information on performance and progress towards achieving the local goals and actions set out in the both the overarching strategy and the locally agreed implementation plans.
2. The Health & Wellbeing Implementation Plans narrative report update (Appendix 1) contain a detailed update on actions agreed for each implementation plan.

3. Policy Context

- 3.1. The Health and Social Care Act 2012 sets out the requirement on Health and Wellbeing Boards to use a Joint Strategic Needs Assessment (JSNA) and a Joint Health and Wellbeing Strategy (JHWS) to develop plans which:
- improve the health and wellbeing of the people in their area;
 - reduce health inequalities; and
 - promote the integration of services.
- 3.2. In 2021 The Berkshire West Health and Wellbeing Strategy for 2021-2030 was jointly developed and published on behalf of Health and Wellbeing Boards in Reading, West Berkshire and Wokingham. The strategy contains five priority areas:
- Reduce the differences in health between different groups of people
 - Support individuals at high risk of bad health outcomes to live healthy lives
 - Help families and children in early years
 - Promote good mental health and wellbeing for all children and young people
 - Promote good mental health and wellbeing for all adults
- 3.3. In Reading the strategy was supplemented by the development of implementation plans for each priority area. These were presented to the Health and Wellbeing Board and approved in March 2022.
- 3.4. In 2016 the board had previously agreed to introduce regular performance updates, including a Health and Wellbeing Dashboard Report, at each meeting to ensure that members of the board are kept informed about the Partnership's performance in its priority areas. The current Health and Wellbeing Dashboard Report has been developed to reflect the new priorities set out in the Berkshire West Health and Wellbeing Strategy 2021-2030 and the associated implementation plans.
- 3.5. The Health and Wellbeing Dashboard provides the latest data available to support the Board to scrutinise and evaluate the performance of the Partnership against the agreed priorities set out in the Health and Wellbeing Strategy. Some of the national data used to measure public health outcomes, particularly for those indicators based on annual national survey and hospital data, goes through a process of checking and validation before publication, which can mean that it is published sometime after it was collected. Other data contained in this report is reported directly from local health service providers, including primary care providers, and, as these data are not validated or processed before publication, there may therefore be some minor discrepancies and corrections between reports.
- 3.6. At each Health & Wellbeing Board meeting Health & Wellbeing Strategy Priority Leads for Reading Borough Council will provide a narrative update against selected tasks and priority items that have been actioned during that period. Statistical data will be refreshed every six months. The reporting schedule for 2023/24 is therefore as follows:

Health and Wellbeing Board	Narrative updates - selected tasks and priorities	Data refresh
July 2023	✓	✓
October 2023	✓	✗
January 2024	✓	✓
March 2024	✓	✗

4. The Proposal

4.1. Overview

Priority 1 – Reduce the differences in health between different groups of people

The Reading Integration Board projects are focused on ensuring people get the right care at the right time and in the right place. A Population Health Management approach is used to identify areas/groups of people where there are differences, e.g., life expectancy and disease prevalence. Focused activity to address health concerns is being delivered to those groups and in community areas to reach people who may have inequitable access to health services. A review of the current action plan will be undertaken during Quarter 3 (Oct to Dec). A Community Wellness Outreach project is launching in October, a collaboration to build on existing community-based services and enable direct referrals or drop in options for people to receive a full NHS Health Check, alongside other wellbeing support such as financial advice, mental health awareness and referrals to community and voluntary sector services.

Priority 2 – Support individuals at high risk of bad health outcomes to live healthy lives

The initial focus of the Community Wellness Outreach project, linked to Priority 1, is to reduce the likelihood of cardiovascular disease, although all health risks will be assessed. A Falls and Frailty service will be set up pending the outcome of a diagnostic review of Falls and Frailty across the Berkshire West footprint, to ensure the service meets the immediate needs of the Reading communities. The JOY App is currently funded through the Better Care Fund and is a pilot project that Reading Voluntary Action are leading on. The App is used as a Social Prescribing platform to enable GPs to directly refer to community and voluntary sector services to support wellbeing, and for Social Prescribers, who are linked to primary care services, to make and track onward referrals.

Priority 3 – Help families and children in early years

The under 5s workstream of the One Reading partnership continue to lead on priority 3 to help families in early years in Reading. There are seven key priority areas, and we are working across the partnership including maternity services, health visitors, paediatricians, education, and the voluntary sector to drive forward priority areas. Universal and targeted health services have continued to develop collaboratively with multi-agency approaches to families' support from pre-birth via antenatal groups. Self-weighing had been introduced across children's centres and well accessed by local families. Promotion of the importance of preschool boosters has been a priority as the take up rates have dropped. Vaccinations are given in early childhood when children are most vulnerable to disease.

To support the decline in 2 year old funding take up over the spring (65%) and summer term (60%) a 'Time for Two's' session delivered by the Childrens centres is new to the timetable and aimed at children who are eligible for two year funding and not accessing provision.

The Wellcomm speech and language tool has been piloted and reviewed by the Best Start for Speech, Language, and Communication multiagency working group. 45% of children who had a review using the Wellcomm tool made progress.

Priority 4 - Promote good mental health and wellbeing for all children and young people

The group has 7 priority areas alongside the continuation of our Mental Health Support Teams, Primary Mental Health Team, Autism Advisory Service and the Educational Psychology Service. These priorities are all partnership based and have task and finish groups to ensure outcomes are achieved. We are supporting Public Health in bringing together a partnership-based suicide awareness and prevention action plan, with this group focusing on a clear joined up approach across Reading, with aligned training and linking closely with the work of the Adult Mental Health group. The second priority is School Attendance and Mental Health, looking at the impact of current mental health services on school attendance, and the very positive impact of the Emotionally Based School Avoidance Team, and how to continue this much needed work. The next priority is Inequalities in Mental Health in Relation to CYP from Global Majority Heritage with a long-standing task and finish group called 'Reading Anti-Racist and Equity Forum' helping guide this work including close working with community and faith leaders, again building on the work by PH Adults MH group. Our next

priority is Inequalities in Mental Health in Relation to CYP who are Neurodiverse where the group is looking specifically at what evidence-based interventions are appropriate and can be more widely used by services across Reading and promoting a system of putting the parents/carers and CYP voice central to meeting their needs. We are also focusing on how we help parents/ carers and communities support CYP mental health, and the mental health of all our school staff. This compliments our whole school approach to mental health. We now have a Specialist CAMHS Service for Children in Care across Berkshire West, which has been co-commissioned.

Priority 5 – Promote good mental health for all adults

The Mental Wellbeing Group ran an interactive workshop at the last meeting where the group went through a self-assessment process for the Prevention Concordat for Better Mental Health application process. Work has started around the Local Suicide Prevention Action Plan with a multi-agency group with partners from across the system coming together to start this work. Reading has also taken note of the recent national suicide prevention strategy and action plan and will use this to inform our local work. Voluntary sector partners came together to coordinate a response to the national voluntary sector suicide prevention grant which was announced, with a range of partners planning to bid and work together on this programme. A new mental health support programme has recently launched in Reading. The Managing Emotions Programme supports individuals who struggle to manage their emotions and support those caring for them.

5. Contribution to Reading’s Health and Wellbeing Strategic Aims

- 5.1. This proposal supports Corporate Plan priorities by ensuring that Health and Wellbeing Board members are kept informed of performance and progress against key indicators, including those that support corporate strategies. It contributes to all the [Berkshire West Joint Health & Wellbeing Strategy 2021-30](#) priorities.

6. Environmental and Climate Implications

- 6.1. The recommended action will have no impact on the Council’s ability to respond to the Climate Emergency.

7. Community Engagement

- 7.1. A wide range of voluntary and public sector partners and members of the public were encouraged to participate in the development of the Health and Wellbeing Strategy. The indicators included in this report reflect those areas highlighted during the development of the strategy and included in the final version. Key engage will continue to be a part of the process of implementing, reviewing and updating actions within the strategy to ensure it continues to address local need.

8. Equality Implications

- 8.1. Not applicable - an Equality Impact Assessment is not required in relation to the specific proposal to present an update to the Board in this format.

9. Other Relevant Considerations

- 9.1. Not applicable.

10. Legal Implications

- 10.1. Not applicable.

11. Financial Implications

- 11.1. The proposal to update the board on performance and progress in implementing the Berkshire West Health and Wellbeing Strategy in Reading offers improved efficiency and value for money by ensuring Board members are better able to determine how effort and resources are most likely to be invested beneficially on behalf of the local community.

12. Timetable for Implementation

12.1. The Berkshire West Health and Wellbeing Strategy is a 10-year strategy (2021-2030). Implementation plans are for three years however will continue to be reviewed on an annual basis.

13. Background Papers

13.1. There are none

Appendices

1. Health & Wellbeing Implementation Plans Narrative Update

Note of RAG rating:

We apply a RAG rating system to assess the status of each action within the strategy implementation plans. The RAG rating is a visual indicator that helps us qualitatively evaluate the progress of these actions while focusing on challenges and dependencies rather than emphasizing risks and concerns. RAG stands for Red, Amber, and Green, and here's how we interpret these ratings:

- **Red (R):** Indicates that actions have not commenced. The implementation plans are three-year plans. Additionally, actions may not have started due to challenges or dependencies that need to be addressed before they can commence. These challenges may include awaiting critical resources or the completion of other interconnected actions.
- **Amber (A):** Indicates that there is moderate progress, but there may be some delays or dependencies. This highlights our strategic approach to carefully plan and coordinate actions to ensure they align with our overall strategy. The actions are progressing, and we are actively working on establishing a clear path forward for- completion of these actions.
- **Green (G):** Indicates actions are on track and progressing as planned and are meeting their milestones and are aligned with the overall strategy's goals and objectives. They require no immediate intervention and are contributing positively to our strategy's success.

The RAG rating system, allows us to provide a quick and clear overview of progress across different actions within our strategy. It helps stakeholders, to easily identify areas where action planning and coordination are necessary and where progress is already underway.



APPENDIX 1 - HEALTH AND WELLBEING IMPLEMENTATION PLANS NARRATIVE AND DASHBOARD REPORT UPDATE

PRIORITY 1: Reduce the differences in health between different groups of people, Implementation Plan narrative update

Action name	Status	Commentary (100 word max)
1. Take a 'Health in All Policies' approach that embeds health and wellbeing across policies and services.	Green	All policy reviews and development of new policies are assessed to ensure there is a reflection of the health and wellbeing of our residents and staff where appropriate, including reference to climate change.
2. Address the challenge of funding in all areas and ensure that decisions on changing services, to improve outcomes, does not adversely affect people with poorer health.	Green	The Better Care Fund supports delivery of Adult Social Care services and projects to address health and social care concerns for all people in Reading, that are aligned with the Better Care Fund objectives: BCF Objective 1: Enable people to stay well, safe and independent at home for longer BCF Objective 2: Provide the right care in the right place at the right time
3. Use information and intelligence to identify the communities and groups who experience poorer outcomes and ensure the right services and support are available to them while measuring the impact of our work.	Green	A population health management overview for Reading, based on the National Core20Plus5 model to address areas of inequality, across Reading has been produced, showing an increase in the delivery of health checks for people with Learning Disabilities. Whilst there have been some improvements in delivering checks for people with Mental Illness, there is more work to do to address the impact and improve life expectancy of people from different backgrounds and compares outcomes against deprivation deciles. We have worked with partners to build a Hoarding Protocol and pathway, installed Technology Enabled Care devices and equipment to reduce risk of falls and we are developing a Falls service, alongside other specialist hospital discharge support for a bariatric pathway to enable timely discharges from hospital and to enable respite care, as well as developing dementia friendly services.
4. Ensure an effective programme of NHS Health Checks and follow up support services that are designed to meet the needs of all people in the community, ensuring appropriate communication and engagement methods that are culturally sensitive.	Amber	The Integration Board membership includes representatives from Primary Care Services - GPs. There is currently a Mini health check service in operation within Community settings, s that include most elements of the NHS Health Check, including blood pressure. There is an agreed method of escalating cases, in emergencies, to their GPs where necessary. Translation of materials to support awareness is available. Monitoring data shows a slight increase in the percentage of people having completed Health Checks who have cardiovascular diseases, diabetes asthma and other long-term conditions. Due to the limited capacity within GP surgeries to deliver the NHS Health Check, a pilot project is starting in October to go into Community Settings and deliver full NHS Health Checks via an existing service that is run by the Royal Berkshire Foundation Trust in partnership with communities and voluntary care sector. There will be a phased implementation of the project with a plan to deliver 5,000+ NHS Health Checks, and enhanced Health Checks to those people who are outside the main target group for NHS Health Checks to pick up any conditions or concerns at an early stage to support effective management of potential long-term conditions.
Continue to develop the ways we work with ethnically diverse community leaders, voluntary sector, unpaid carers, and self-help groups that sit within Local Authorities.	Green	We have good connections with our voluntary care sector and representatives that attend the Reading Integration Board as members. We have active participation within ethnically diverse communities such as supporting digital literacy and health and wellbeing activities. Community Outreach services are available to support people with understanding their mental health and information and advice to address concerns. We work with community and faith groups to meet the needs of those communities and ethnic groups that do not necessarily engage with primary care.
6. Ensure fairer access to services and support for those in most need through effective signposting, targeted health education and promoting digital	Green	One of our voluntary care sector partners has implemented a referral platform (JOY) to enable effective social prescribing (i.e. referral to support services in voluntary sector, such as bereavement or walking groups, as well as mental health services, such as talking therapies). GPs can also refer directly from their surgeries through this route, and there were in excess of 400 effective referrals within the first two months of operation. The platform enables people to reach the right support for them at the time they need it. A full report on the effectiveness of this platform is to be presented to the Integration Board in October 2023, together with some case studies on the outcomes for people who received referrals.

inclusion, all in a way that empowers communities to take ownership of their own health.		
7. Increase the visibility and signposting of existing services and improve access to services for people at higher risk of bad health outcomes, whilst also providing pastoral support through faith-based organisations linked to health and social care services.	Green	A number of voluntary sector and faith-based services are funded to deliver key information and advice services for Reading residents, as well as offering local exercise groups in church halls and other activities that promote wellbeing in the community, such as a Parish Nurse funded through a small grant from the Better Care Fund, who runs Chair Exercise and health awareness sessions and actively engages within their community, signposting people to services where needed. A digital literacy programme, delivered by ACRE, has been supported through the Better Care Fund to improve effective access to health care and community services to support wellbeing of minority ethnic groups using their community-based services.
8. Monitor and assess how Covid-19 has differentially impacted our local populations, including through the displacement or disruption of usual services. Ensure health inequalities exacerbated by COVID-19 are addressed as we recover and ensure access to services.	Green	Our primary care, community and voluntary care sector providers continue to be key participants in identifying any health inequalities exacerbated by COVID-19 and referring to appropriate support services.



PRIORITY 2: Support individuals at high risk of bad health outcomes to live healthy lives, Implementation Plan narrative update

Action name	Status	Commentary (100 word max)
1. Identify people at risk of poor health outcomes, using Population Health Management data and local data sources, as well as increase visibility of existing services, and signposting to those services, as well as improving access for people at risk of poor health outcomes.	Green	There are a number of activities that support the identification of people at risk of poor health outcomes that are active within the borough; NHS health checks through GPs, mini health checks in community settings, complex and long-term condition multi-disciplinary teams to review cases and ensure there are care plans in place, community exercise and information groups as well as advice and wellbeing services. A Population Health Management (PHM) approach is taken to identifying groups of people at higher risk and making direct referrals onto the services to support their needs.
2. To raise awareness and understanding of dementia. Working in partnership with other sectors, we can introduce an integrated programme ensuring the Dementia Pathway is robust and extended to include pre diagnosis support, and improve early diagnosis rates, rehabilitation and support for people affected by dementia and their unpaid carers.	Green	The Dementia Friendly Reading Steering Group is currently undertaking a self-assessment exercise ahead of applying for Dementia Friendly Community status with Alzheimer's Society before the national closure of this scheme in December. The group have also submitted a funding application to resource a Dementia Friendly Reading Coordinator post who can support with this work, including coordinating a borough wide Dementia Friends training programme and supporting organisations (including RBC) with Dementia queries and advice.
3. Improve identification and support for unpaid carers of all ages. Work with unpaid carers and partner agencies to promote the health and wellbeing of unpaid carers by giving them a break from their caring responsibilities, whilst allowing them to fulfil their caring role.	Green	Work to develop a Joint All Ages Unpaid Carer Strategy for Reading is underway and is awaiting the outcome of the Carers Survey and subsequent actions. This work is driven by the Carers Steering Group, with active membership from the Reading & West Berkshire Carers Partnership, the Carer Leads for Royal Berkshire Healthcare Foundation Trust and Berkshire Healthcare Foundation Trust, Brighter Futures for Children, wider voluntary sector partners and unpaid carers themselves. This process will enable us to build a picture of the needs of carers in Reading and inform next steps to improve the experience of carers in Reading.
4. We will work together to reduce the number of rough sleepers and improve their mental and physical health through improved access to local services.	Green	At Berkshire West, Oxfordshire and Buckinghamshire (BOB) Integrated Care System level, a joint review has been commissioned across our six local authority areas using Rough Sleeping Initiative (RSI) grant funding to strategically look at prison releases, hospital discharges and issues/disputes around local connection and rough sleeping. The team are working on a pilot with HMP Bullingdon re: pre-work in, and a protocol with, prisons so that people are identified and referred to the local authority prior to release, so that the most suitable accommodation can be explored. In Reading we are keen for this scope to cover Prospect Park, Royal Berkshire Foundation Hospital, which ties into the work that is underway with our Housing team. A proposal has been put forward to develop a Homelessness Pathway for Reading that is aligned with other neighbouring local authorities and supported by Housing.
5. Prevent, promote awareness, and provide support to people affected by domestic abuse in line with proposals outlined in the Domestic Abuse Bill.	Green	We work closely with our Voluntary Care Sector Partners, Adult Social Care, Housing and Thames Valley Police to ensure safeguarding concerns are reported to enable action to be taken to support people at risk of domestic abuse, and a Tackling Domestic Abuse Strategy has been developed and implemented.
6. Support people with learning disabilities through working with voluntary organisations in order to concentrate on issues that matter most to them.	Green	We are working with our Voluntary Care Sector partners, some of whom are specialists in supporting people with Learning Disabilities, who are involved in a range of forums to enable engagement and feedback to support commissioning priorities across Reading and the wider Berkshire West "Place". We have funded a part-time Autism Outreach worker post and have contributed to the Autism Strategy for Berkshire West. We also have the Compass Recovery College which provides free training and information for people with both low-level mental illness and long-term conditions affecting their mental health.

PRIORITY 3: Help families and children in early years, Implementation Plan narrative update

Action name	Status	Commentary (100 word max)
<p>1. Explore a more integrated universal approach that combines children's centres, midwifery, health visiting as outlined in the Best Start for Life report.</p> <p>This will aim to improve the health, wellbeing, development, and educational outcomes of children in Reading</p>	Green	<p>Health Visiting service lead Well Baby Clinics are back being delivered face to face in Children's Centres.</p> <p>Drop-in clinics have been re-introduced for breastfeeding support and BHCFT are in the process of commissioning peer support.</p> <p>A multi-disciplinary approach at Whitley Children's Centre is up and running supporting families developed from an 'Introduction to your midwifery support' session.</p> <p>The infant hub team in the children's centres provides a link between the BUSCOT ward, midwifery and the under 1's targeted offer for families.</p> <p>Young mums to be parenting is co-delivered between Childrens centres and Midwifery to prepare young mums for parenthood, delivery and birth.</p> <p>Self-weighing in the children's centres is now in place and well used across the service.</p> <p>Immunisations are being promoted across all Childrens centres to increase uptake and awareness for preschool boosters.</p> <p>FIS working in partnership with public health to ensure key messaging around immunisation is shared with parent carers.</p>
<p>2. Work to provide evidence-based support for mothers, fathers, and other carers to help prepare them for parenthood and improve their personal and collective resilience during pregnancy and throughout the early years.</p>	Green	<p>Evidence based, trauma informed, parenting programmes (Mellow Parenting) are now established and being delivered on a rolling programme for families. This includes Mellow Bumps, Babies and Toddlers.</p> <p>The fathers to be support is also now established, good links through the infant hub established with maternity services that is seeing consistent signposting of father and now self-referrals.</p> <p>SEND training through the EY teams for settings to be upskilled and to therefore in turn upskill parents.</p> <p>Portage groups and home visiting to support children with SEND and transitions to settings.</p> <p>Tiny Talkers, part of the Speech and language pathway in place in all children's centres to support children who are at risk of speech and communication delay. Strategies provided to families to support speech development.</p> <p>Sleep support, behaviour support and drop ins virtual for parents. Health visiting teams are providing a number of face-to-face drop ins on similar topics at the children's centres.</p> <p>Collective resilience is met through Maternity pathways which are a referral route to direct support with housing, finances, behaviour, etc.</p> <p>Dedicated advice and guidance page for fathers on the FIS website/directory, providing key information and signposting to local and national organisations. Reading Directory Dad's Information</p>
<p>3. Increase the number of 2-year-olds (who experience disadvantage) accessing nursery places across Reading</p>	Green	<p>The number of 2 year-olds accessing a funded place for Summer 2023 dipped further to 60%. A survey was sent to the families of "unregistered children" to get a better understanding as to why their child was not accessing a place during Summer 2023. A 23% response was received which highlighted that, for some families, local providers were full, or their child was on a waiting list. As a response to this, EY's and CC's have worked together to support these families and as such "Time for Two's" sessions have been launched from this September and are being offered to all eligible 2YO's that are not yet in an Early Years provision. The group is aimed at supporting families to find a suitable setting, with an opportunity to meet others and learn through play.</p> <p>The two Parent Champions have now moved onto full time employment so recruitment for a new cohort of volunteers is underway. Comms have been adapted, and information has been sent via FIS to local charities and organisations and has been sent to EY's providers and CC's to display.</p> <p>The 2-year funding page on the FIS directory is in the top 10 most visited between 1 January 2023 - 8 July 2023 with 4,161 page views and 2,908 unique page views.</p> <p>Parent Champions have been recruited and visiting community venues to promote take up to parents/carers.</p> <p>FIS attended outreach sessions at JCP (2023) raising awareness of the 2-year funding offer to parent carers looking to return to work/study. Health Visitor full team meeting attendance to inform and refresh the teams about the funded offers.</p> <p>Regular mailouts to parent carers through FIS/SEND Local Offer informing parent cares to about 2-year funding.</p> <p>Scheduled Facebook post through FIS/SEND Local Offer planned in for the year, as soft marketing to raise awareness.</p>

Action name	Status	Commentary (100 word max)
		EY have developed 2 year funding leaflets in 13 most spoken languages in Reading. These are available on the 2-year funding page, are utilised by parent carers and professionals supporting families - Reading Directory 2 Year Old Education & Childcare Funding
4. We will ensure that early year's settings staff are trained in trauma-informed practice and care, know where to find information or help, and can signpost families	Green	<p>Early years settings continue to have access to level 1 trauma informed, and level 2 trauma skilled training provided online.</p> <p>The Brighter Futures for Children (BFfC) Early Years team offer 'Child at the Heart - A Trauma Informed Approach' which is delivered face to face in two parts. It incorporates the videos from Level 1, guided discussion, ACES, healthy brain development, self/co - regulation, attachment, communication styles/behaviour. This will be repeated in September 2023.</p> <p>Child at the Heart has been completed by 42 practitioners (17 settings) to date.</p> <p>In addition, 12 practitioners (9 settings) have benefited from therapeutic play session and 53 practitioners (30 settings) have benefited from guided discussions to implement learning.</p>
5. We will publish clear guidelines on how to access financial help; tackle stigma around this issue where it occurs.	Green	<p>The Reading Job Centre Employment Advisor, co-located with BFfC, works closely with Children's Centre to provide parents/carers with informal opportunities to discuss benefits and work. This includes one off benefit checks and 1-2-1 tailored support.</p> <p>FIS has dedicated sections for childcare and family money. These sections include information on funded childcare, debt management and universal credit. FIS also have partnership working with local VCS organisations who provide support and guidance to families on financial support. Support is also offered through the childcare brokerage in relation to financial guidance, information, and signposting.</p>
6. Develop a speech, language, and communication pathway to support the early identification and low-level intervention to prevent later higher cost services	Green	<p>There has been an overall 38% reduction in referral to speech and language therapy, contributing to a reduced waiting list and time for children.</p> <p>The Speech and Language Champions scheme is now in its second year with 43 champions enrolled in the programme. There has been an overall improvement in champions confidence levels including 90% reporting an increase in confidence in creating communication friendly environments.</p> <p>The Wellcomm speech and language tool has been piloted and reviewed by the Best Start for Speech, Language, and Communication multiagency working group. 45% of children who had a review using the Wellcomm tool made progress.</p> <p>End of First Year Wellcomm Speech Tool - 2022-2023</p> <ul style="list-style-type: none"> • 335 Children assessed • 56% Green • 18% Amber • 26% Red • 20% made progress upon review within first year of project <p>Speech and language Pathway is established - working group continues. Priority is now:</p> <ul style="list-style-type: none"> - Parent Hub webpage - Professional Webinars <p>SALT are continuing adapting services to meet the needs of community e.g. delivering monthly parent/setting workshops online & also face to face via the SALT bus. Planning to offer telephone service weekly.</p> <p>Dedicated advice & guidance page on the FIS directory/website - Reading Directory Speech and Language to support parent carers with information, guidance and signposting. FIS/SEND Local Offer, syndicated to BHFT this ensure parent carers have access to host information on SALT provided by BHFT</p>
7. Explore the systems for identification of need for ante natal and post-natal care of pregnant women and unborn/new-born babies to reduce non-accidental injuries	Green	<p>BFfC Children's Social Care and Health completed joint work on pre-birth assessments for those children where there are safeguarding concerns. In addition, the work completed by BWSCP.</p> <p>There is close working established with Children's Centres, maternity services, and health visiting. BFfC has two staff focused on supporting families pre- and post-birth (Infant Coordinator and Infant Family Support Worker). They work closing with midwifery both in the hospital and the community.</p>

PRIORITY 4: Promote good mental health and wellbeing for all children and young people, Implementation Plan narrative update

Action name	Status	Commentary (100 word max)
1. Provide early intervention for children and young people with the right help and support at the right time	Amber	The national Oxwell Survey found that 68% CYP from Reading knew where to access mental health support compared to 39% from the rest of England. The 2 Mental Health Support Teams in Reading received over 200 referrals in Q1 2023, with 89% of their CYP making progress against goals. The Primary Mental Health Team worked with 28 CYP in Q1, with all achieving their goals. Both teams, along with the Educational Psychology Service, also provide training for schools to enable a whole school approach to mental health, so CYP can access emotional wellbeing and mental health support from people they already know and trust in schools. The teams also run groups for CYP to improve emotional wellbeing and mental health with excellent feedback from CYP and parents. This item would be RAG rated green, except for concerns around funding for continued work.
2. Support settings and communities in being trauma informed and using a restorative approach	Green	A new Task and Finish group is in place to share good practice across Reading educational settings and practitioners from across Reading. We are committed to supporting educational settings in using Therapeutic Thinking approaches, and relational approaches in their work with CYP. We are a training Hub for the Autism Education Trust with training being rolled out to all schools across Reading. We work closely with schools to reduce exclusions.
3. Coproduction and collaboration with children and young people, families, communities and faith groups to shape future mental health services and in delivering transformation of mental health and emotional wellbeing services	Green	This runs through all our work, with CYP being encouraged to choose their goals in therapeutic interventions, to have a choice of intervention and settings, to give views on where and how they would like to access mental health support e.g., in school, we have established Mental Health Ambassadors. We have started a Task & Finish group chaired by a parent/ carer to encourage further partnership working across the fantastic range of parent / carer run groups in the community, in partnership with professionals and practitioners. The aim is to support parents and carers and the community to be able to support their CYP's mental health and emotional wellbeing, and to ensure we listen and respond to what parents/ carers and the community tell us is needed locally or how things can be improved, where the gaps are, and share and signpost to what is available. We want parents/ carers and community leaders to know where and how to access and navigate the local mental health and emotional wellbeing offer for children, young people, parents, carers.
4. Identify and provide services for targeted populations i.e. the most vulnerable children and young people to ensure equality of access to support and services	Amber	We are having a particular focus on addressing inequalities in mental health for CYP including those from global majority heritages, Neurodiverse CYP, and CYP who are not in school including those who are excluded, on part-time timetables, or unable to attend school due to fear and anxiety. The Emotionally Based School Avoidance Team has had a very positive impact on helping CYP re-engage with education, with an intensive model of working supporting the CYP in the home and supporting the parent/carers. This item is amber because there are concerns around funding for continued work.
5. Suicide awareness and prevention	Green	We are working closely with PH and the HWB Priority 5 leaders, and have developed a local working group in partnership with colleagues across the partnership to start work on the local suicide prevention action plan. As a group we have identified key groups to start working with and continue to work together to identify other priority groups. We have a joint workshop in December.
6. Recovery after Covid-19/ adolescent mental health	Green	The Covid recovery money funded the initial set up of the co-commissioned Specialist CAMHS Service for Children in Care, and the Emotionally Based School Avoidance Team. Evidence of impact is very positive. There is a concern about longevity of both services given initial funding source.
7. Local transformation plan	Green	The Local Transformation Plan is across the ICB BOB area with a local chapter. The priorities are captured in our priorities above. We are working closely with our ICB and local place-based providers to support the establishment of a new Specialist CAMHS Service for LDA, and support the Key Worker programme for CYP and parent/carers of those CYP who are on the dynamic risk register. We are as a partnership working on an improved crisis response offer.



PRIORITY 5: Promote good mental health and wellbeing for all adults, Implementation Plan narrative update

Action name	Status	Commentary (100 word max)
1. Raise mental health awareness and promote wellbeing	Green	A partnership event took place this September as part of Suicide Prevention Month to raise awareness in our local communities. The event is titled 'Community Suicide Conversations' and has been organised by Berkshire Healthcare Foundation Trust, Community Wellbeing Hub, Reading Borough Council and Brighter Future for Children. Community members shared their lived experience of suicide and their journeys through services, a range of local support services where available and present during the day and shared what support is available locally. Those sharing their lived experience shared a number of recommendations for services to take forward based on their personal experiences.
2. Address social factors that create risks to mental health and wellbeing, including social isolation and loneliness	Green	The Public Health and Wellbeing and OD/HR teams are working with partners across the council who support residents who may be experiencing some of the social factors which can impact mental health, including the debt advice team, housing teams and the customer fulfilment centre. Frontline staff in these teams have noticed an increase in calls from residents where the resident may be struggling with their mental health and in some cases are expressing suicidal ideation. As a result, we are working together to support and train our frontline teams to feel confident to support these residents as best they can. We are doing this with our new Suicide First Aid training and we are working together to create a document which team members can use to understand which services are available and appropriate for the resident. The next step of this process will be to work with voluntary sector colleagues who are also facing these challenges and looking at how we can share learning and resources around this topic. Compass Recovery College is also delivering a Money and Mental Health workshop this term which will look to support people where finance may impact their mental health and vice versa.
3. Focus targeted support on groups at greater risk of experiencing mental health challenges, loneliness and social isolation and health inequalities in order to support early identification and intervention	Amber	This action includes linking to the Pan Berkshire Suicide Prevention Group and strategy. We continue to engage with this work and have developed a local working group in partnership with colleagues leading priority 4 to start work on the local suicide prevention action plan. As a group we have identified key groups to start working with and continue to work together to identify other priority groups. In the latest round of Reading Borough Council Small Grants a number of successful projects will impact this action, including projects delivered by Sport in Mind, Berkshire Women's Aid, Becoming Mums and Alana House, South Reading Over 50s.
4. Foster more collaborative working across health, care and third sector services to recognise and address mental health support needs	Green	The Social Prescribing Forum continues, led by Reading Voluntary Action. The last forum brought partners together across primary care, voluntary sector, adult social care and Berkshire Healthcare Foundation Trust and allowed workers to build relationships and share insights across teams. Work has continued around developing the Front Door model for Adult Social Care in partnership with voluntary sector partners with a final draft of the model coming to fruition, bringing adult social colleagues together with voluntary sector organisations. Berkshire Healthcare Foundation Trust launched their One Team Model at a networking event this period which was well attended by Reading organisations including Compass Recovery College, Citizens Advice Reading, Sport in Mind and Reading Voluntary Action to name a few.
5. Develop and support peer support initiatives, befriending and volunteer schemes, particularly recognising the impact of Covid-19 on smaller voluntary sector groups	Green	The Befriending Forum continues to be led by Reading Voluntary Action, bringing partners together to share best practice, network and hear about the latest activity from partners across the borough. A number of peer support networks continue including the Let's Connect Wellbeing Network and Compass Recovery College's Coffee and Chat session, with a new Coffee and Chat session launching in Coley Park. In the latest Reading Borough Council Small Grants Scheme funding was awarded to a number of projects which will also support this action, including: Rising Sun Arts Centre and Double Okay's Queer Social team, creating a safe space for LGBTQIA+ people to volunteer and provide/receive peer support.
6. Build the capacity and capability across the health and social care workforce to prevent mental health	Green	At the last Mental Wellbeing Group Berkshire Healthcare Foundation Trust's PICT (Psychologically Informed Consultation and Training) team presented this offer to the partners in the group. They shared information and support that partners across the system can access when supporting individuals with challenges around emotions or those diagnosed with a personality disorder. The local working group for suicide prevention is working together to identify potential training that might be appropriate across the system around suicide prevention - this is happening in partnership with

Action name	Status	Commentary (100 word max)
problems and promote good mental health		priority 4 leads. Compass are also launching Wellness Planning for Carers later in the year, supporting unpaid carers to look after their own wellbeing, building capacity in our unpaid carer workforce.
7. Support people affected by Covid-19 with their mental wellbeing and associated loneliness and isolation	Green	Compass Recovery College continue to develop their training offer and in this has included an increased offer for the voluntary and community sector in the last two terms. In this upcoming term the Compass offer will include workshops around 'Managing Anxiety' and 'Mindfulness Based Cognitive Based Therapy for Life' which contribute to this action. Compass will also be delivering Wellbeing Planning for Carers throughout November which will support unpaid carers with their own wellbeing.
8. Develop local metrics to measure progress linked to Reading Mental Health Needs Assessment	Amber	The mental health survey closed at the end of July, inviting those with lived experience, carers of people experiencing a mental health problem and professionals supporting this cohort to share their experiences with us. A wide range of focus groups also took place with organisations like Alana House, ACRE, Sport in Mind, BHFT's Let Connect network, Together UK and Compass Recovery College. These responses are currently being analysed and will heavily inform the Adults Mental Health Needs Assessment.