

READING HEALTH AND WELLBEING BOARD

Date of Meeting	15 March 2024
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 for supporting 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 Appendix 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.
- 1.2. The Health & Wellbeing Implementation Plans narrative report update (Appendix 1) contains a detailed update on actions agreed for each implementation plan and the most recent update of key indicators in each priority area.

2. Policy Context

- 2.1. 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.
- 2.2. 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
- 2.3. 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.
- 2.4. 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.
- 2.5. 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.
- 2.6. 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	✓	✗

3. The Proposal

3.1. 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. The Programme of work includes a range of projects to support people who may find it more difficult to access services. Through the Better Care Fund there are commissioned services to support people with early onset Dementia, and the service is looking at ways in which they can engage with people by linking in with other joint services, such as the Community Wellness Outreach project. We know that people living in areas of deprivation, and those in minority ethnic groups tend to have poorer health outcomes. The Outreach sessions will not only deliver a full NHS Health Check but will provide a range of wellbeing support such as financial advice, mental health awareness and people will be supported to reach the services that will have the best impact for their overall wellbeing. This service is targeted in areas where there is minimal engagement of the community with primary care services and is aimed at people who have not had a health check to identify potential long-term conditions. The ONS Census (2021) shows that there is a larger proportion of people from an Indian, Pakistani, Asian or African ethnicity in Reading, compared to the ratios for England. In the first rounds of delivering the Community Wellness Outreach Sessions 42% of people attending were from an Asian or Asian/British ethnic background.

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

We are piloting a Community Wellness Outreach Project up to June 2025 – which aims to provide Health Checks in areas where uptake has been low. We are also widening the age group of those who can access these checks to all adults 18+ and focusing in areas where there are larger numbers of people who have not accessed primary care services and therefore may be at higher risk of poor health outcomes. There are sessions now running in several venues across Reading, including Whitley, Church and Southcote as well as central places, where people are already congregating, so that we can engage those communities effectively. We are working with our Community Health Champions and the programme is being delivered by a joint arrangement between Reading Voluntary Action and the Royal Berkshire Hospital's Meet PEET service, who had been delivering mini-health checks in community settings and had built up relationships with those community leaders. The aim of the programme is to reduce cardiovascular disease but will also pick up early indicators of conditions such as diabetes and hypertension. This collaborative project also engages our Primary Care services, and our GPs will be generating lists of people who have not had a Health Check to enable them to be invited to book a session that is convenient for them to access.

Priority 3 – Help families and children in early years

Health and Midwifery care and support is well integrated within the Children's Centres across Reading. Health presence within the centres has increased significantly since COVID 19, although there is scope for this to be more consistent across Reading. With a move towards a family hubs model, a community based approach to accessing pre and postnatal care and early years health input is likely to be developed and embedded further. Safer sleeping and 'coping with crying' is being run integrally to all baby groups and parenting across Reading Childrens centres; these important health messages are fully integrated in to support available to parents.

Evidence based, trauma informed parenting programmes (for example Mellow Parenting) are now established and being delivered on a rolling programme for families. The fathers to be support is also now established and there are good links through the infant hub established with maternity services that is seeing consistent signposting of fathers and now self-referrals. In terms of 2 year olds, which experience disadvantage, their access to a Nursery place has increased; the final take-up for the Autumn 2023 was 65.28%, which was a 5% increase on Summer 2023's take-up. Work to promote the 2-year-old funding scheme continues with the Family Information Service (FIS) providing childcare brokerage support. The (childcare) 2-year funding page on the Family Information Service (FIS) directory continues to be in the top 10 most visited between 1st January 2023 – 31st December 2023 with 19,974-page events which is an increase from the last reporting period. All early years providers have access to free national online training and local face to face training to strengthen their knowledge of Trauma Informed practice and care. FIS has dedicated sections for childcare and family money. These sections include information on funded childcare, debt management and universal credit.

Partnership working support ensures that staff are aware of local services and can signpost or support families to attend these, for example CAB and DWP. Additionally within the Children's Centres there is a designated Supporting Families Employment Advisor (SFEA), who is able to meet referred families at the Children's Centres to explore finances and support. This includes one off benefit checks and 1-2-1 tailored support. We have seen a wider range of community projects in each area of Reading to support families who are in financial hardship, and these are regularly shared as posters in our centres and verbally from staff to ensure vulnerable families have knowledge of the support. The SLCN pathway is established & the main priority is to promote this as parent/carers & professionals are not fully aware of the SLCN pathway support available before referring to SALT. Comms are developing the parent/carer hub & webinar for professionals. – The parent/carer hub is now available online for parents to access and been shared with professionals. Feedback is required in time to ascertain if parent/carers are using this.

Brighter Futures for Children and health engaged in joint work on pre-birth assessments for those children where there are safeguarding concerns. This work was also completed by the Berkshire West Safeguarding Partnership.

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 closely with midwifery both in the hospital and in the community.

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

We have Task & Finish groups in place for the following priorities: (i) Suicide Awareness and Prevention (in partnership with Public Health). (ii) School attendance and mental health. (iii) Inequalities in Mental Health relating to global majorities and heritages. (iv) Inequalities in Mental Health in relation to Neurodiversity. (v) Trauma informed approaches and Therapeutic Thinking Schools. (vi) Supporting parents and carers and community groups for children and young people's mental health. (vii) Supporting Head Teacher and school staff mental health and emotional wellbeing (viii) partnership working for children and young people's mental health including digital counselling offer.

Priority 5 – Promote good mental health for all adults

The March meeting of the Mental Health Network Group has been postponed until after the publication of the Director of Public Health's annual report. This statutory annual report will be the first that Reading has received for two years and will set the agenda for a range of public health priorities including Public Mental Health for adults. This is important because a coherent prevention approach in this area necessarily incorporates action on the complexity of the wider determinants of mental health, employment, housing, education and community connectedness. This delay has also been due to a lack of capacity in the team with competing priorities which limited the ability to manage and monitor progress on the 8 priorities within this area. An upcoming review of the strategy and its indicators will examine the progress that has been made by partners throughout 2023-24 and will determine which actions can be assigned as business as usual and those outstanding which will need to be continued. This will be reported later in the year and at the annual Health and Wellbeing Conference which is currently planned for July 2024.

Promotion of good mental health and wellbeing for adults has a wide scope and is complex. Priority 1 is to raise mental health awareness and promote wellbeing through 13 actions in 5 different action areas. Priority 2 is to Address social factors that create risks to mental health and wellbeing, including social isolation and loneliness through 4 actions in partnership with 16 different organisations. Priority 3 is to 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. This also has 4 actions some of which depend on the work of the mental wellbeing group and the delivery of the mental health needs assessment which is expected later this year. Priority 4 is to foster more collaborative working across health, care and third sector services to recognise and address mental health support needs through 6 actions and depends on partnerships which will have been affected by recent changes in the structure of the Integrated Care Partnership.

Priority 5 is to develop and support peer support initiatives, befriending and volunteer schemes, recognising the impact of COVID-19 on smaller VCS groups in particular. This area has been on hold and will be removed in the review referred to above and likely to be taken forward as part of the priority 3 work. Priority 6 is to build the capacity and capability across the health and social care workforce to prevent mental health problems and promote good mental health through 4 actions and is delivered mainly through training programmes. Priority 7 is to support people affected by COVID19 with their Mental Wellbeing and associated loneliness and isolation and like priority 5 above will be taken up by the priority 3 actions. Priority 8 is to develop local metrics to measure progress which are linked to Reading Mental Health Needs Analysis. This also depends on the delivery of the mental health needs assessment as above and its adoption by the mental wellbeing network and other stakeholders.

It is worth noting that suicide prevention planning work appears within this area and despite the same capacity limitations some progress has been made with the delivery of 3 suicide prevention first aid courses for frontline staff. In partnership with colleagues across Berkshire and the Thames Valley Partnership the contract for the Amparo bereavement support service has been extended for another year and coordinated work is progressing towards the development of a real time surveillance system This will help to identify opportunities for timely bereavement support, emerging novel methods and timely response to potential clusters.

4. Contribution to Reading's Health and Wellbeing Strategic Aims

- 4.1. 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.

5. Environmental and Climate Implications

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

6. Community Engagement

- 6.1. 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.

7. Equality Implications

- 7.1. 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.

8. Other Relevant Considerations

- 8.1. Not applicable.

9. Legal Implications

- 9.1. Not applicable.

10. Financial Implications

- 10.1. 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.

11. Timetable for Implementation

11.1. 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.

12. Background Papers

12.1. There are none

Appendices

1. Health & Wellbeing Implementation Plans Narrative Update



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 We continue to work with System Partners to align initiatives to meet the needs of our local populations.
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. The programme of Health Checks to be delivered in Community settings aims to improve life expectancy of people from different backgrounds and outcomes will be closely monitored. 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 will developing a Falls service, alongside other specialist hospital discharge support to enable timely discharges from hospital.
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.	Green	The Integration Board membership includes representatives from Primary Care Services - GPs. We are building on the Mini health check service that was operating within communities and have scaled this up to cover all aspects of the NHS Health Check. There is an agreed method of escalating cases, in emergencies, to their GPs or other service where necessary. This pilot project "Community Wellness Outreach" will be delivered in communities where health risks are identified as being high and will be delivered over a phased approach. The Health Check data will be fed back into GP record systems to ensure timely access to information when there are referrals to GPs.
5. 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 and Community sector and representatives that attend the Reading Integration Board as members. We have active participation within ethnically diverse communities and supported projects through grants from the Better Care Fund to deliver community based activities for people such as Coffee & Chat supporting young/new mothers, diabetic widowers and single men through baking clubs and social engagement activities. Acre were funded to support The Community Wellbeing Hub, engaging their community members in Cooking & sharing meals, Sewing & Dressmaking and working within their Community Garden. 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	Green	One of our Voluntary and Community Sector partners has implemented a referral platform (JOY), funded through the Better Care Fund, 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

<p>those in most need through effective signposting, targeted health education and promoting digital inclusion, all in a way that empowers communities to take ownership of their own health.</p>		<p>talking therapies). GPs can also refer directly from their surgeries through this route. The platform enables people to reach the right support for them at the time they need it. The JOY App is proving very effective with positive feedback from people who have used the service as well as GPs who are supported by the Social Prescribers. Our Community Hubs and charity organisations support people in learning about digital access to a range of information to enable choices about their health and wellbeing.</p>
<p>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.</p>	<p>Green</p>	<p>A number of voluntary and community sector, including faith-based services, are funded to deliver key information and advice services for Reading residents, 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. Coffee & Craft are offering baking sessions for diabetic widower's & single men, Mens Evenings, a baking club for young/new mothers. Sessions will also cover mental health, suicide prevention, meal planning, healthy eating. It will encourage social engagement & help build friendship groups & will allow participants to take part in community events.</p>
<p>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.</p>	<p>Green</p>	<p>Our primary care, community and voluntary sector providers continue to be key participants in identifying health inequalities, especially those that were exacerbated by COVID-19, and enable onward referrals to appropriate support services. The JOY App is being used extensively across Primary Care and Social Prescribing services enabling people to access the right activities and information for them and a programme of delivering Health Checks in community settings to reach into communities has started.</p>

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 several activities that support the identification of people at risk of poor health outcomes that are active within the borough; NHS health checks through GPs, and the recent project to deliver Health Checks in community settings, alongside 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. The next phase of the Community Wellness Outreach project will be to invite people to the sessions, with a focus on those people that have never had a health check, as we know that if conditions go undetected then there is a higher risk of developing long term conditions such as diabetes and heart disease.
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 has undertaken a self-assessment exercise ahead of applying for Dementia Friendly Community status with Alzheimer's Society and the outcome of this assessment is awaited. The steering group are exploring opportunities to develop a borough wide Dementia Friends training programme and supporting organisations (including RBC) with Dementia queries and advice. Our Community Health Champions are working with our Voluntary and Community Sector partners to build relationships and confidence with people to know what support and information is available to them, and we fund Young People with Dementia services to provide activities, advice and information for people with early onset dementia to enable them to remain active and engaged within their communities.
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	The recent carer's survey identified that Carer's breaks were a key priority. Reading have joined a Consortium to bid for the Accelerating Reform Fund with a focus on providing breaks for unpaid carers and on carer identification across the consortium, which covers Buckinghamshire, Oxfordshire and Berkshire West (BOB). The project will be informed by the Carer Strategy for Reading, and the project will engage Carers with lived experience to ensure a co-production approach. The early Expressions of Interest have been agreed and we are now progressing to the next stage, working with our Carers to shape a service that will meet their needs in relation to Carer's Breaks. We will be engaged in a BOB wide programme to enable better identification of Carers and directing them to the support that is available.
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 Buckinghamshire, Oxfordshire and Berkshire West (BOB) Integrated Care System level, a joint review has been commissioned and is ongoing 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 continuing work 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. Rough sleepers will also be able to access the NHS Health Checks being delivered through the Community Wellness Outreach sessions in a variety of locations across Reading.
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 continue to work closely with our Voluntary and Community 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 continue to work closely with our Voluntary and Community 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 inform commissioning priorities across Reading and the wider Berkshire West "Place". We have continued to fund a part-time 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, including Learning Disabilities.

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 and Midwifery is integrated within the Children's Centre building across Reading. Continuity of care and community midwife teams are based within each centre and women receive their anti and post-natal support directly out of the Children's Centres. Health presence within the centres has increased dramatically since COVID 19 this includes well baby weigh clinics being run from the centres monthly, developmental reviews and scheduled health visitor contacts are delivered as and when needed from most of the centres, although there is scope for this to be more consistent across Reading. Families across Reading have access to a consistent self weigh scales, provided by the Health Visiting team, in every Children's Centre. This can be accessed by families at any point whilst the Children's Centre is open, additionally, health information and up to date contacts to access health support (Chat Health) is visible at the self weigh area. Children's Centres have most recently been authorised with the distribution of Healthy Start Vitamins in all Children's Centres, and additional signage and banners have been purchased to increase the take up of Healthy Start Vouchers across Reading. The Baby Dimension groups are aimed for parents with children under 6 months, and a health visitor attends these each month to be able to give information and advice to families if needed. These groups also present Children's Centre staff with opportunities to share health messages such as Coping with Crying and Safer Sleeping, all Family Group workers delivering Baby Dimensions complete appropriate training for this and deliver termly within the sessions as part of the agreed Under 1's offer.</p> <p>Health Visiting service run Well Baby Clinics and 3-month, 9 month and 2-year checks in Children's Centres.</p> <p>Drop-in clinics have been re-introduced for breastfeeding support and BHCFCT are in the process of commissioning peer support.</p> <p>Safer sleeping and 'coping with crying' is being run integrally to all baby groups and parenting across Reading Childrens centres.</p> <p>Maternity Pathway referrals from midwifery are completed and actioned within the Children's Centre by a home visit from a team member to explore support and actions. As well as this Health Visitors can highlight families for a universal visit via the MDT meetings (multi-disciplinary team) which take place every 6-8 weeks at each centre- this allows partners to meet and support families in an integrated way.</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. Mellow Bumps and Babies is a therapeutic, Trauma Informed parenting programme offered to all vulnerable parents known to the Children's Centres. We are seeing an increase in retention in Q3 this could be that staff are more confident in their delivery.</p> <p>The fathers to be support is also now established and there are good links through the infant hub established with maternity services that is seeing consistent signposting of father and now self-referrals. The offer to fathers to be is the 'Dads to Be course', again a higher retention rate as the year progresses is being seen. Adults can self-refer for these courses, or be signposted to them by a midwife, health visitor or social worker. One of the parenting leads has strong links with these services and attends staff briefings and meetings to share updates of course dates and venues regularly.</p>
<p>3. Increase the number of 2-year-olds (who experience disadvantage) accessing nursery places across Reading</p>	Amber	<p>The final take-up for the Autumn 2023 was 65.28%, which was a 5% increase on Summer 2023's take-up.</p> <p>The Time for Twos sessions continue to be delivered by BFFC Children's Centres and are well attended. Time for Twos sessions are included within the Children's Centre programmes, which is shared out via CC's mailing list and shared with families on each DWP list.</p> <p>Work to promote the 2-year-old funding scheme continues with the Family Information Service (FIS) providing childcare brokerage support to 709 Reading families eligible for a 2-year funded place between 1 Jan 2023 and 31st December 2023.</p> <p>The (childcare) 2-year funding page on the FIS directory continues to be in the top 10 most visited between 1 January 2023 - 31 December 2023 with 19,974-page events which is an increase from the last reporting period.</p> <p>The Baby boost project is coming to an end 31 March and will be having a celebration event on Saturday 23 March to mark the success, outcomes and signposting for parents at Sun street Childrens centre.</p>

Action name	Status	Commentary (100 word max)
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>All early years providers have access to free national online training and local face to face training to strengthen their knowledge of TI practice and care. This includes:</p> <ul style="list-style-type: none"> - Beacon House Level 1 - Trauma Informed - Beacon House Level 2 - Trauma Skilled - Child at the Heart - A Trauma Informed Approach (An offer provided by the EY service, and which incorporates Beacon House materials, a supportive discussion, adverse childhood experiences, healthy brain development, self and co - regulation, attachment, and communication styles) - Little People Big Feelings (Delivered by EP and MH service to parents and practitioners) <p>It is estimated that 150 practitioners (41 settings & childminders) have completed Trauma Informed Level 1 training, 67 practitioners (19 settings & childminders) have completed Trauma Skilled Level 2. Beacon House is an external training source, and the EY team are wholly reliant on practitioner notification, therefore the actual numbers are likely to be higher.</p> <p>52 practitioners (30 settings & childminders) have accessed Trauma Informed guided discussions.</p> <p>43 practitioners (18 settings & childminders) have completed Child at the Heart training.</p> <p>In addition, the EY's service has purchased 12 EP sessions for 2023-24 for the EY sector to gain emotional wellbeing support and advice.</p> <p>Next there are plans to develop the 'EY professionals' section of the website to include a bank of trauma informed resources.</p>
5. We will publish clear guidelines on how to access financial help; tackle stigma around this issue where it occurs.	Green	<p>FIS has dedicated sections for childcare and family money. These sections include information on funded childcare, debt management and universal credit.</p> <p>Partnership working support in Hubs ensures that staff are aware of local services and can signpost or support families to attend these, for example CAB and DWP. Additionally within the Children's Centres we have a Supporting Families Employment Advisor (SFEA), who is able to meet referred families at the Children's Centres to explore finances and support, her role sits within the One Partnership team. This includes one off benefit checks and 1-2-1 tailored support. The Employment Advisor also acts as a link with Job Coaches ensuring they are up to date with information on funded childcare provision.</p> <p>This offer is included in the Young Mums to Be course attendees, who have access to support from the SFEA as part of the course. We have seen a wider range of community projects in each area of Reading to support families who are in financial hardship, and these are regularly shared as posters in our centres and verbally from staff to ensure vulnerable families have knowledge of the support.</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>The Speech, language and communication needs (SLCN) pathway is established & the main priority is to promote this as parent/carers & professionals are not fully aware of the SLCN pathway support available before referring to SALT. Comms are developing the parent/carer hub & webinar for professionals. The parent/carer hub is now available online for parents to access and been shared with professionals. Feedback is required in time to ascertain if parent/carers are using it.</p> <p>SALT waiting times continues to decrease and is now estimated to be 4 months for accessing SALT. The triage service supports and gives advice to parents. The service are setting up an instant access line.</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. New SLCN Training programme planned to embed champions into the SENCO networks due to decrease in numbers attending; and then plan specialist workshops for professionals; there will be a SLCN training page in the new training programme signposting to the monthly workshops.</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. 20% of children who had a review using the Wellcomm tool made progress in year 1. The wellcomm tool is now being introduced to the children centre model to continue its success with targeted children who would benefit from this.</p>
7. Explore the systems for identification of need for ante natal and post-natal care of pregnant women	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>

Action name	Status	Commentary (100 word max)
and unborn/new-born babies to reduce non-accidental injuries		<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 closely with midwifery both in the hospital and the community.</p> <p>The under 1's Co-Ordinator regularly meets with safeguarding leads within midwifery and collates local messages and themes, this is then shared within the wider Children's Centre team. Training needs are identified and put in place effectively, for example, a rise seen of baby deaths relating to SIDS was reported, Children's Centre staff completed Safer Sleeping training (Lullaby Trust) and routinely deliver this within their direct visits and within sessions in the Children's Centre. Health visitors are also able to seek support from the Children's Centre staff via the MDT meetings (multi-disciplinary team) and this includes home safety, maternal mental health, support networks, local services available - referrals through the MDT meetings are contacted by a Children's Centre team member and offered a home visit.</p> <p>All front line children's staff have received the Lullaby trust training in safer sleeping and NSPCC training in coping with crying.</p>

PRIORITY 4: Promote good mental health and wellbeing for all children and young people, Implementation Plan narrative update (no new updates)

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	Green	Our 2 Mental Health Support Teams and our Primary Mental Health Service, alongside our Educational Psychologists, continue to promote whole school approaches to mental health, and offer a range of training and workshops to nursery, school and college staff. We also offer regular free mental health surgeries to every setting. Oxwell Survey data showed 65% of those children in Reading that completed the survey knew how to access mental health support, compared to 49% nationally. The early identification and intervention is making a difference to children, young people and their families, as can be seen from this quote: "It 100% met my needs. Our sessions felt like a conversation - we talked through things together and I felt heard, understood and respected. This had not been my experience from professionals before. I appreciated the adaptability - we met face to face and online but we also did a session on the phone when this felt easier for me". MHST closely monitors and encourages uptake of the SMHL training.
2. Support settings and communities in being trauma informed and using a restorative approach	Green	The Task and Finish group has met twice and organised training on adapted Therapeutic Thinking schools for our Early Years provision. We are interviewing secondary school Head Teachers about their school's uptake of Therapeutic Thinking Schools, and what the barriers might be. The survey will then be extended across secondary school staff. Alternative Provision will also be surveyed. The tools for TTS will then be adapted and relaunched as necessary. Two local secondary schools are going to showcase their use of TTS.
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	MHST run School Mental Health Ambassadors training and we are investigating whether Reading College and Public Health can partner with us to offer Level 1 or Level 2 PH Awards. MHST run workshops with Children and Young People and their views inform service delivery. For example, the Assistant Educational Psychologist ran focus groups with children and young people from Global Majorities on their opinions of accessing mental health services, leading to recommendations for schools and commitments from local partners around inequalities in mental health work. We are looking at Inequalities in Mental Health in regard to Neurodiversity. We are developing a neurodiversity-affirming paradigm. We link closely with No5 and Starting Point and Autism Berkshire all of whom have excellent coproduction and collaboration work with children and young people. We are beginning to link more closely with Adults mental health colleagues to learn from them about their community based partnership and coproduction approaches.
4. Develop an easy to navigate local mental health and emotional wellbeing offer for children, young people, parents, carers and professionals/practitioners.	Green	This is on-going and small steps are made by developing the work above. We hold mental health triages within BFfC to ensure children are seen by the most suitable mental health service to meet their needs. We are constructing a list of parent/carer groups for practitioners to go out to and visit e.g. Fifi's Vision.
5. 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	Green	We are running 2 task and finish groups on inequalities in mental health - in regard to Global Majorities and Neurodiversity. We are beginning on a journey of sharing the neurodiversity-affirming paradigm and will work in partnership with parents/carers, schools, social care, SEND and health; we will offer training, and link closely with Autism Growth Approach, and develop our local commitment to needs- and strengths-led profiling tools, with neurodiversity-affirming adaptations where needed. We have a newly appointed Assistant Psychologist who will be developing work on inequalities in mental health due to gender and identity.
6. Recovery after Covid-19/ adolescent mental health	Green	Our EBSA team is funded until March 2024. They have worked with 39 young people (aged 11-16y) and 36 have returned to education, at an average cost of £6400 per child. Their attendance and mental health will be tracked for longitudinal impact.
7. Local transformation plan	Green	Waiting for an update but we continue to focus on priorities outlined in the existing plan (BOB ICB)

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	The Mental Health and Wellbeing Group will meet in June to review their ongoing work to promote awareness of mental health and wellbeing.
2. Address social factors that create risks to mental health and wellbeing, including social isolation and loneliness	Green	The Mental Health and Wellbeing Group are currently scrutinising the Grampian Mental Health Strategy to identify learning about a primary prevention approach for the local system.
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	Green	Partners and stakeholders in the Mental Health and Wellbeing group continue to deliver a range of support for groups at greater risk. Examples include the Ready Friends project which is delivered by Reading Voluntary Action, and the Befriending Form which runs on a quarterly basis.
4. Foster more collaborative working across health, care and third sector services to recognise and address mental health support needs	Green	Online collaboration has continued as above. The mental wellbeing group will be planning for the report to the Annual Conference in July
5. Develop and support peer support initiatives, befriending and volunteer schemes, particularly recognising the impact of Covid-19 on smaller voluntary sector groups	Green	This action is closed pending the conclusion of the implementation review and the consolidation of actions and KPIs. This work will be merged with no 3 working to support on groups at greater risk of experiencing mental health challenges, loneliness and social isolation and health inequalities.
6. Build the capacity and capability across the health and social care workforce to prevent mental health problems and promote good mental health	Green	The Compass Recovery College continue to offer a programme of courses that are available to the wider health and social care work force. In addition, the suicide prevention action plan has led the delivery of three suicide prevention first aid courses for frontline staff at Reading Borough Council
7. Support people affected by Covid-19 with their mental wellbeing and associated loneliness and isolation	Green	This action is closed pending the conclusion of the implementation review and the consolidation of actions and KPIs. This work will be merged with no 3 working to support on groups at greater risk of experiencing mental health challenges, loneliness and social isolation and health inequalities.
8. Develop local metrics to measure progress linked to Reading Mental Health Needs Assessment	Amber	This dashboard has been finished and the metrics that were developed are now to be examined as part of the implementation plan review. However, the mental health needs assessment has yet to be concluded pending identification of capacity