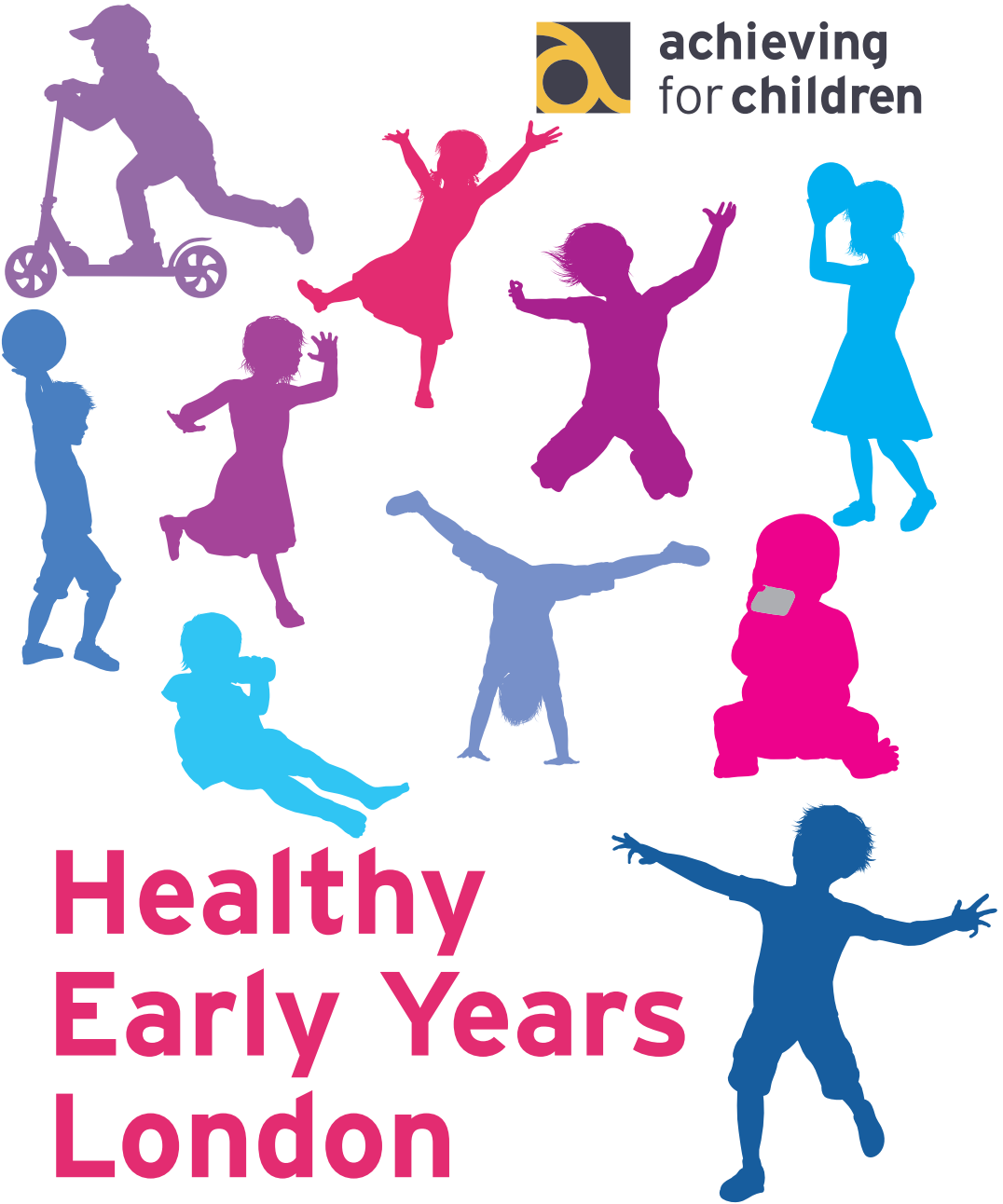




achieving  
for children



# Healthy Early Years London

HEALTHY EARLY YEARS LONDON



**NHS**  
King's College Hospital  
NHS Foundation Trust

**NHS**  
Central London  
Community Healthcare  
NHS Trust

# Why should every provider sign up to Healthy Early Years London?

A significant proportion of London's children have health problems that may affect their wellbeing and future education. For example:

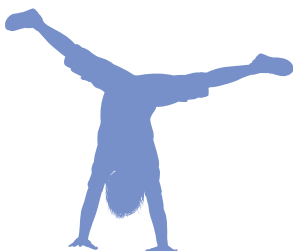
- almost one in five (20%) children in Reception year are overweight or obese
- one in four (25%) 5 year olds in London have tooth decay
- children eligible for free school meals (FSM) are almost 20% less likely to have a good level of development at age 5 than those not eligible

Locally, Public Health teams have a focus on helping people to start well, live well and age well. Every child deserves a healthy start in life, and we need to make sure that no child gets left behind.

Achieving for Children's (AfC's) mission is 'To provide children and their families with the support and services they need to live happy, healthy and successful lives'.

It is for these reasons that Achieving for Children have joined forces with the agencies listed below to fully support this scheme.

- Richmond Public Health
- Kingston Public Health
- Your Healthcare (Health Visiting and Speech and Language Therapy)
- Richmond Speech and Language Therapy,
- Central London Community Healthcare NHS (Health visiting services)
- King's College Hospital (Oral Health Promotion Services)



# What is Healthy Early Years London (HEYL)?

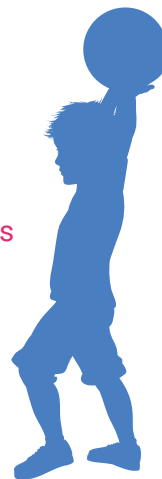
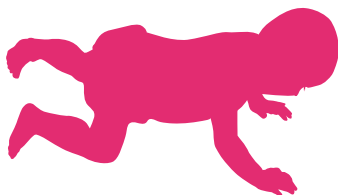
HEYL is an awards scheme funded by the Mayor of London which supports and recognises achievements in child health, wellbeing and development in early years settings.

There are four levels of award - First Steps, Bronze, Silver and Gold - can be used to improve and support practice in all settings with early years children.

It fully complements the Early Years Foundation Stage and the revised Ofsted Education Inspection Framework.

Building on the success of healthy schools it will help to reduce health inequalities by supporting a healthy start in life across 12 priority themes.

- **Social and emotional health and wellbeing**
- **Speech, language and communication**
- **Healthy eating, breastfeeding and starting solid food**
- **Oral health**
- **Home safety, accident prevention and reducing injuries**
- **Physical activity and reducing sedentary behaviour**
- **Independence in self-care and hygiene**
- **Immunisation and infection control**
- **Sustainability (active travel, recycling, energy saving)**
- **Parenting and home learning**
- **Early cognitive development**
- **Supporting children with SEND, health and additional needs**
- **Parent and staff health and wellbeing**



# How can I get involved?

For further information please contact:

**Helen Gillespie:** [helen.gillespie@achievingforchildren.org.uk](mailto:helen.gillespie@achievingforchildren.org.uk)

**Nadia De Jesus:** [nadia.dejesus@achievingforchildren.org.uk](mailto:nadia.dejesus@achievingforchildren.org.uk)

Registration only takes a few moments. To register for the scheme please visit:

[www.london.gov.uk/what-we-do/health/healthy-early-years-london/about-healthy-early-years-london](http://www.london.gov.uk/what-we-do/health/healthy-early-years-london/about-healthy-early-years-london)

Once you are registered you have the option to progress through the awards. AfC are running workshops on how to apply for Bronze. The dates are as follows and can be found on

[www.afccpdonline.co.uk](http://www.afccpdonline.co.uk)

**21 October 2020** (1.00 to 3.00pm or 6.30 to 8.00pm)

**10 February 2021** (1.00 to 3.00pm or 4.00 to 6.00pm)

**29 April 2021** (10.00am to 12.00pm or 6.30 to 8.00pm)



## To summarise the benefits

**For children and their families:** a healthy start in life can lead to good outcomes in life.

**For settings:** High standards demonstrated to parents and carers that setting has been quality assured to provide good health and wellbeing for children 0 and 5 years, competent staff, support, training and information and certificate. Includes reference to Ofsted and Early Years Foundation Stage requirements.

**For AfC and the local area:** reflects our mission and the local public health priorities of Tackling obesity, oral health and mental health and wellbeing.

**For UK:** Nationwide health priorities and also tackling health issues early saving NHS money.

