

MAYOR OF LONDON

HEALTHY EARLY YEARS LONDON

HEYL Newsletter Issue 1: Autumn 2018

Welcome to our first Healthy Early Years London (HEYL) Award newsletter. These will be published on our website once a quarter.

Healthy Early Years London (HEYL) is the Mayor's new award programme that aims to support London's 13,000+ early years childcare settings to boost the health, wellbeing and development of under-fives as they grow, play and learn. It is open to all childcare settings registered with Ofsted, including childminders, and seeks to reinforce healthy habits like healthy eating and daily physical activity, as well as boosting social and emotional wellbeing.

HEYL will help parents and carers to improve their knowledge and skills to support their children's health, wellbeing and development; support the health and wellbeing of parents, carers and staff; and signpost them to services and support. It will set a new standard and provide settings with a self-evaluation framework to also help them meet their EYFS Ofsted requirements.

HEYL is a key ambition of the Mayor's [Health Inequalities Strategy](#) and the programme will focus on reaching the settings where it is most needed. The Mayor is setting up three Early Years Hubs, linked to Healthy Early Years London, which will support schools, childminders, nurseries, and others to work together to improve access to high quality early education for disadvantaged families.

Healthy Early Years London Launch Event

On Wednesday 17 October the Mayor of London, Sadiq Khan, visited the Acacia Pre-School and Children's Centre in Merton, alongside his Deputy Mayor for Education and Childcare, Joanne McCartney, to jointly launch the new Healthy Early Years London award programme and his Health Inequalities Strategy.



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This was a really exciting event and the children enjoyed the opportunity to play with the Mayor and share their healthy snacks with him. Parents and staff also said how important it was for their childcare setting to look after their children's health and wellbeing.



You can see our coverage of the HEYL launch on YouTube, via the following links:

- [Healthy Early Years London](#)
- [Health Inequalities Strategy](#)

Bloomberg Philanthropies and the World Health Organisation involved with HEYL

London is part of the Bloomberg Philanthropies Partnership for Healthy Cities programme, which is supporting the first-year evaluation of HEYL. The Partnership is a global network of 54 cities working to reducing noncommunicable diseases (NCDs) and injuries. It is led by World Health Organisation (WHO) Global Ambassador for NCDs and former New York City Mayor, Michael R. Bloomberg, with public health experts Vital Strategies as implementing partners.

The WHO has selected HEYL's work with the Partnership for Healthy Cities as a case study for its upcoming report on city-level action against NCDs and road injuries because the programme fits into a comprehensive urban health strategy that truly sets London apart.

Get involved with HEYL

The [Healthy Early Years London website](#) is now LIVE for all London's early years settings to use. All settings can register and achieve their HEYL First Steps award online. Settings looking to achieve their HEYL Bronze, Silver and Gold awards will have free support from their local Borough HEYL Lead. If you would like to take part in HEYL, you can find your Borough Lead's contact details on the website via the [Borough Lead Contacts list](#).

We now have 670 settings registered. Of these, 389 have achieved the HEYL First Steps Award, 32 have gone on to achieve their Bronze award and 13 of those have received their Silver award. Congratulations and thank you to those of you

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participating in HEYL, and for your continued work to help our London children have the best possible start in life.

Resources and support for HEYL

Boroughs taking part in HEYL will be providing free advice and support for their settings. [Contact your Borough Lead](#) to find out more about taking part in HEYL and the dates of any upcoming HEYL training in your borough.

Settings looking for resources to support them achieving their HEYL awards should access the [HEYL Resources page](#) on the website and the “Documents” tab on the HEYL dashboard, accessed once you have registered and logged in. For ideas to help with your case studies for HEYL Silver and Gold awards, visit the [Get Inspired page](#) on the website.

If you are a setting in a borough that does not have a Borough Lead (i.e. your borough is not currently providing local support for HEYL), you can still achieve your HEYL First Steps award. Please go to the HEYL website and [register your details](#) to begin your HEYL journey. If you wish to progress to your HEYL Bronze award and beyond, please contact the HEYL team at HealthyEarlyYears@london.gov.uk for further advice.