

# How does ELFT prioritise children and young people's emotional, physical, social and learning development as part of its commitment to improving population health?

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NHS

East London  
NHS Foundation Trust

**Project Purpose:** this Population Health review assesses ELFT's delivery on this strategic objective and begins work on a shared vision for the future.

## Review of work:

Question

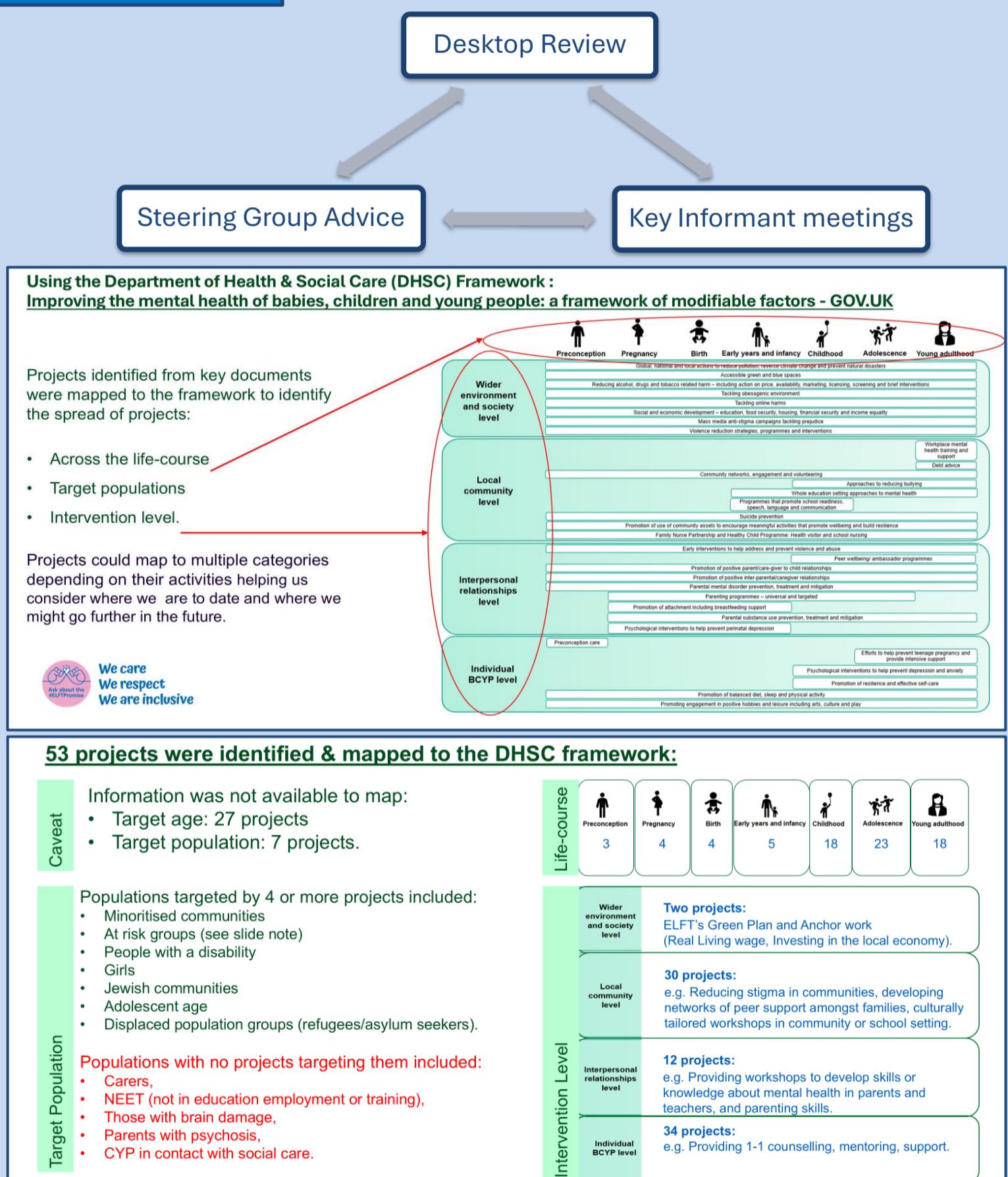
What work has been done and what impact achieved?

Activity

Map work and impact to date\*

Output

Evaluation report



### Key Learning:

We need to maintain a strong focus on social determinants of health and population groups facing specific vulnerabilities (e.g. homelessness, migration status).

### Examples of Impact:

- Healthier Wealthier Families** began as a pilot with £60k Funding received from ELFT Charity and London Borough of Tower Hamlets and was based at SCYPS (Specialist Children and Young People's Services) with London Borough of Newham and a children's centre in Tower Hamlets. ELFT is now testing with partners co location of benefits advice in a community specialist children and young peoples service leading to wider expansion in Newham and Luton.
- Perinatal Mental Health** - understanding equity in access and outcomes through a Strategic Health Needs Assessment. Working with the Race Health Observatory and Institute of Health Equity to improve community awareness and access to support for Black African, Black Caribbean and Black Mixed ethnicities.
- ELFT as a Marmot Trust**: Celebration and ongoing evaluation help identify how we as a Trust are meeting strategic objectives against the Professor Sir Michael Marmot informed principles.

## Stakeholder Engagement and working towards a Living Theory of Change

Question

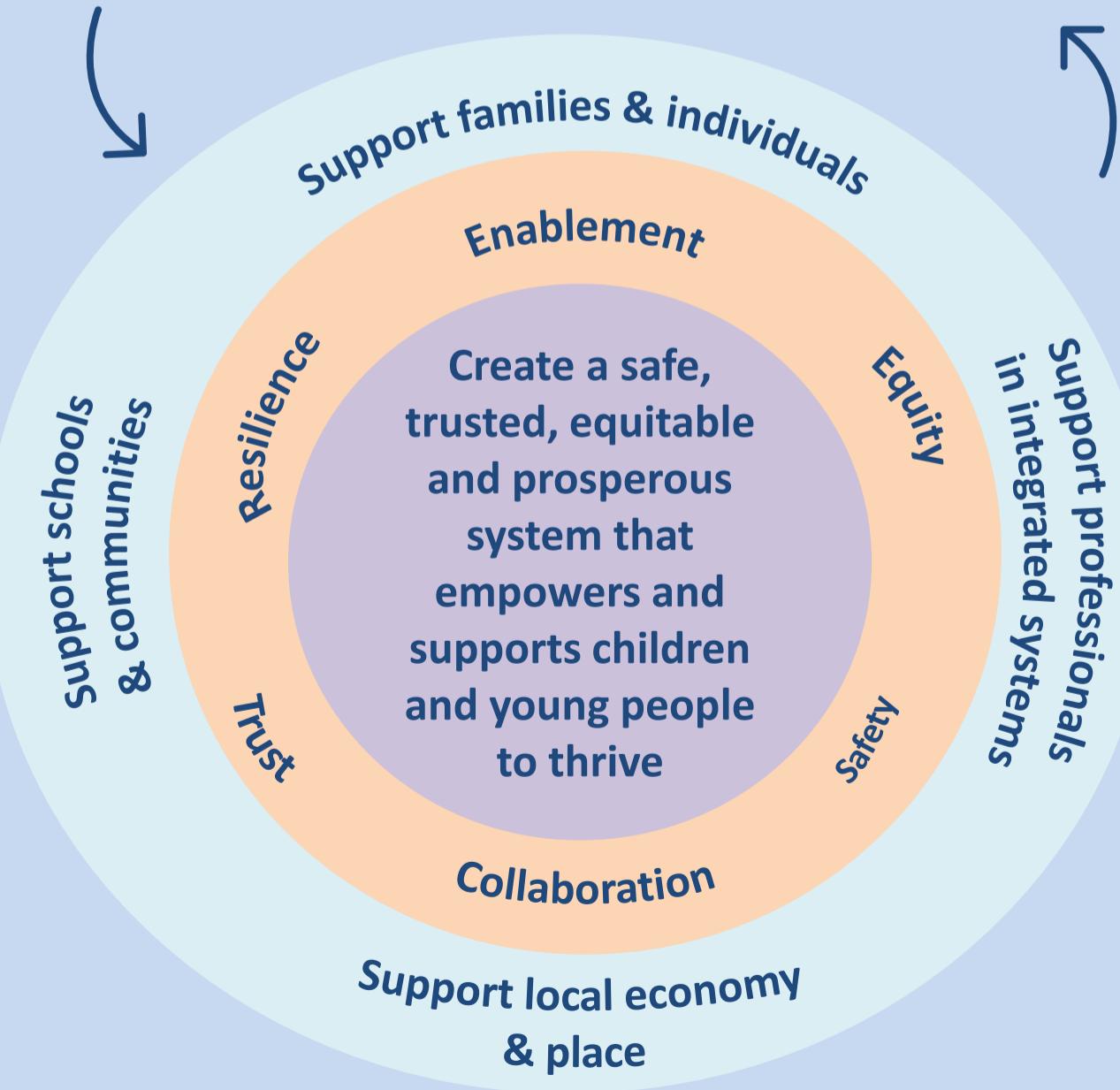
What is our vision and what are the mechanisms to achieve change?

Activities

ELFT & Institute for Healthcare Improvement workshop (May 2025)

Children and Young People Focus Groups (Bedfordshire & Luton: July 2025  
East London October 2025)

Output



\*With reference to: Improving the mental health of babies, children and young people. Department of Health & Social Care. Available at: <https://www.gov.uk/government/publications/improving-the-mental-health-of-babies-children-and-young-people>

## Planned Impact:

- Understand current context and gaps
- Build a shared vision with partners to support coordinated activities.

## Next steps:

To develop the theory of change and an accompanying driver diagram, we will incorporate young people's feedback into the living theory of change and Deep Dive into four topics to develop an accompanying driver diagram:

- ELFT's role to influence social determinants of health.
- Mental Health Support Teams in schools.
- Evidencing mechanisms of change.
- Aligning with community models.

This will support future work according to the new Trust strategy.

## Acknowledgements:

With warm thanks to our steering group members from CAMHS, CAMHS People Participation in East London and Luton and Bedfordshire, & Mental Health Support Teams in Schools.

Thanks also to colleagues who supported the project along the way including Public Health registrars, QI colleagues, CAMHS People Participation & all the young people who participated in the focus groups, all those internal and external colleagues who gave their time and expertise on internal and external context, and the Marmot Implementation and Advisory Group.