



Children and Young People's Overview and Scrutiny Committee

Date Wednesday 26 February 2025
Time 9.30 am
Venue Council Chamber, County Hall, Durham

Business

Part A

Items which are open to the Public and Press
Members of the public can ask questions with the Chair's agreement,
and if registered to speak.

- 1 Apologies for absence
- 2 Substitute Members
- 3 Declarations of Interest, if any
- 4 Any items from Co-opted Members or Interested Parties
- 5 Children and Young People's Mental Health Update
 - A) Report of the Interim Corporate Director of Adult and Health Services (Pages 3 - 8)
 - B) Presentation by Public Health Strategic Manager (Pages 9 - 26)
- 6 Mental Health Support Pilot (Consett)
 - A) Report of the Corporate Director of Children and Young People's Services (Pages 27 - 30)
 - B) Presentation by Director of Children and Young People's Integrated Services, County Durham Care Partnership (Pages 31 - 54)
- 7 Healthy Weight in the County Durham Children and Young People Population
 - A) Report of the Interim Corporate Director Adult and Health Services (Pages 55 - 60)
 - B) Presentation by Public Health Strategic Manager (Pages 61 - 76)
- 8 Such other business as, in the opinion of the Chairman of the meeting, is of sufficient urgency to warrant consideration

Helen Bradley
Director of Legal and Democratic Services

County Hall
Durham

18 February 2025

To: **The Members of the Children and Young People's Overview
and Scrutiny Committee**

Councillor A Reed (Chair)

Councillors V Anderson, C Bell, J Cosslett, R Crute, S Deinali,
K Fantarrow, J Griffiths, K Hawley, C Lines, L Mavin, D Mulholland,
K Rooney, J Scurfield, M Simmons, S Townsend, C Varty, E Waldock
and M Walton

Faith Communities Representatives:

Mrs L Vollans

Parent Governor Representatives:

Professor Gosia M Ciesielska and Mr P Debrett-Watson

Co-opted Members:

Ms A Gunn and Ms K Wilson

Contact: Michelle Lagar

Tel: 03000 269 701

**Children and Young People's Overview
and Scrutiny Committee**

26 February 2025



**Children and Young People's Mental
Health Update**

**Report of Michael Laing, Interim Corporate Director of Adult &
Health Services**

Amanda Healy, Director of Public Health

Electoral division(s) affected:

Countywide

Purpose of the Report

- 1 The purpose of the report is to inform the Children and Young People's Overview and Scrutiny Committee (CYPOSC) of the forthcoming presentation on Children and Young People's Mental Health in County Durham.

Executive summary

- 2 Mental health, wellbeing and resilience is a priority for the Health and Wellbeing Board. The Joint Local Health and Wellbeing Strategy (JLHWS) outlines the priorities for improvement which includes improving the mental health of children and young people.
- 3 The Children and Young People's Mental Health Partnership provides strategic co-ordination and leadership for the children and young people's mental health agenda across County Durham and is responsible for the delivery of CYPMH Plan.
- 4 The presentation will be introduced by Kirsty Wilkinson, Public Health Strategic Manager and chair of the Children and Young People's Mental Health Partnership and Angela Maddison, Getting Help Service Manager, Durham and Darlington CAMHS. The presentation will update CYPOSC members on the support and services that are available in County Durham across the iThrive framework of:
 - Thriving
 - Getting advice
 - Getting help
 - Getting more help
 - Getting risk support

- 5 The presentation includes contributions from
- Tanfield Primary School
 - Relationships, Sex and Health Education (RSHE), Education Durham
 - Emotional Wellbeing and Effective Learning Team – Children and Young People’s Service
 - Endeavour Academy
 - Investing in Children
 - Emotional Health and Resilience Team, 0-25 Service, Harrogate and District Foundation Trust
 - One Point Service/Family Hubs, Children and Young People’s Service
 - Durham Works – Children and Young People’s Service
 - Tees, Esk and Wear Valley NHS Foundation Trust
- 6 There will be an opportunity for discussion about the help and support available and members will further understand where to signpost people to.

Recommendation

- 7 The Children and Young People’s Overview and Scrutiny Committee is recommended to:
- (a) receive the presentation;
 - (b) provide feedback on the help and support available and the communication/awareness of the support and services available to enhance children and young people’s mental health.

Background

- 8 The Children and Young People's Mental Health Partnership (CYPMHP) is accountable to the Health and Wellbeing Board (HWB) for the delivery of improvements in children and young people's mental health and wellbeing.
- 9 The CYPMHP encourages integrated working between system partners such as commissioners of health services, public health and social care services, and providers of education, family hubs, specialist services for mental health and other partners including voluntary and community organisations to improve children and young people's mental health.
- 10 Most children and young people in County Durham thrive. We do know, however, that some children and young people and their families need help. Where they do need help and support it needs to be easy to access and available when needed. A minority of children and young people need specialist clinical services to support their mental health.
- 11 OSC will hear about some of the many interventions in place in County Durham which are commissioned across the whole system – through self-help, community, schools, general practice and specialist services to support children and young people's mental health both directly for children and young people and their parents.

Conclusion

- 12 CYPOSC members will receive an update from system partners and will have an opportunity to ask questions about the support and provision that is available to enhance children and young people's mental health.

Background papers

- None

Other useful documents

- None

Author(s)

Kirsty Wilkinson	Tel:	03000 265445
Diane Foster	Tel:	03000 265212

Appendix 1: Implications

Legal Implications

None.

Finance

None.

Consultation and Engagement

The consultation and engagement with local individuals, families and communities is a core principle for supporting any new system-wide developments, recommended by the County Durham Approach to Wellbeing. The use of co-production is a fundamental aim in developing any new pathways, or services for mental health support and is encouraged throughout the work of the CYPMHP.

Equality and Diversity / Public Sector Equality Duty

Equality and Diversity are at the heart of our vision and core values. We understand the wider benefits of improving everyone's quality of life and recognise that inequality continues to affect different people and communities in different ways. We are committed to creating and sustaining a modern and supportive offer for children and young people's mental health and wellbeing and tackling the inequalities, prejudice and discrimination affecting the diverse communities which we serve.

Climate Change

None identified.

Human Rights

No adverse implications.

Crime and Disorder

Improving mental health and wellbeing across all ages will have a positive impact on crime and disorder.

Staffing

None identified.

Accommodation

None identified.

Risk

None identified.

Procurement

None.

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Better for everyone

15%
Health and social care

Services which prevent and treat illness and maintain health and wellbeing. This includes services which support with day-to-day life for people who live with illness and disability and as people age, if needed.

15%

40%
Healthy behaviours

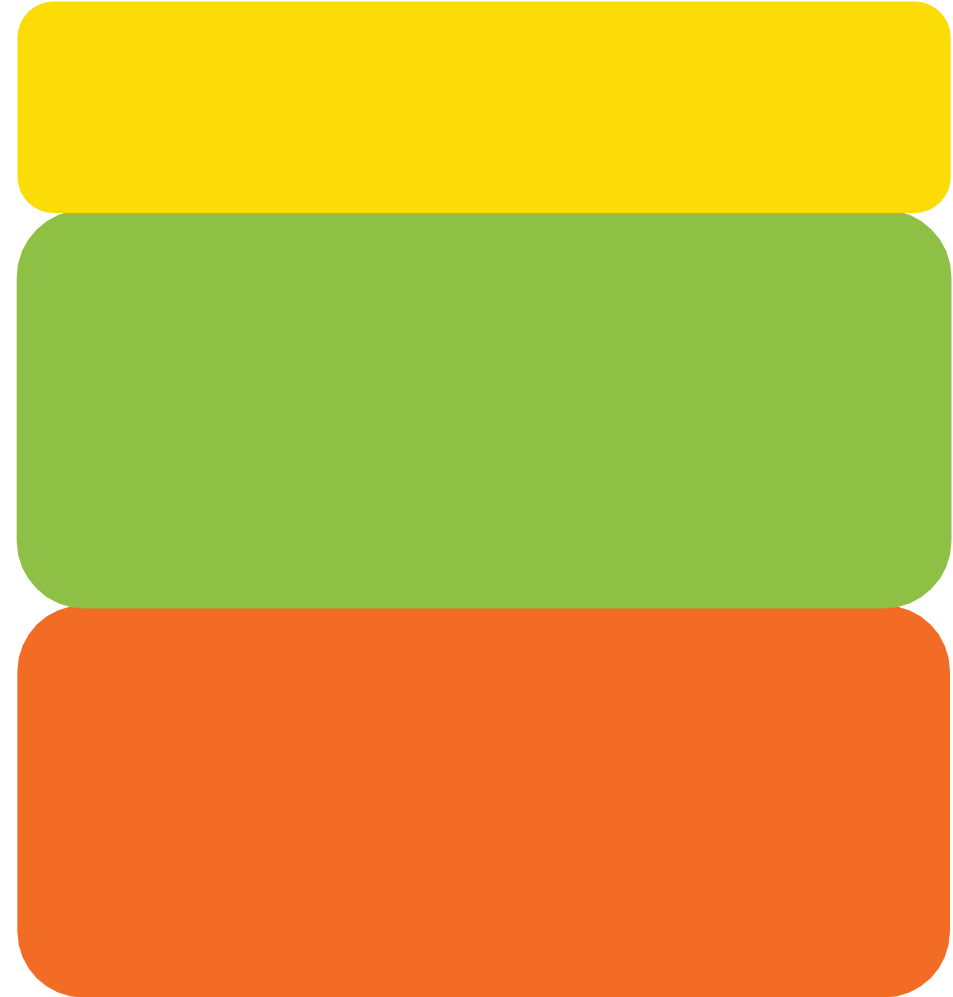
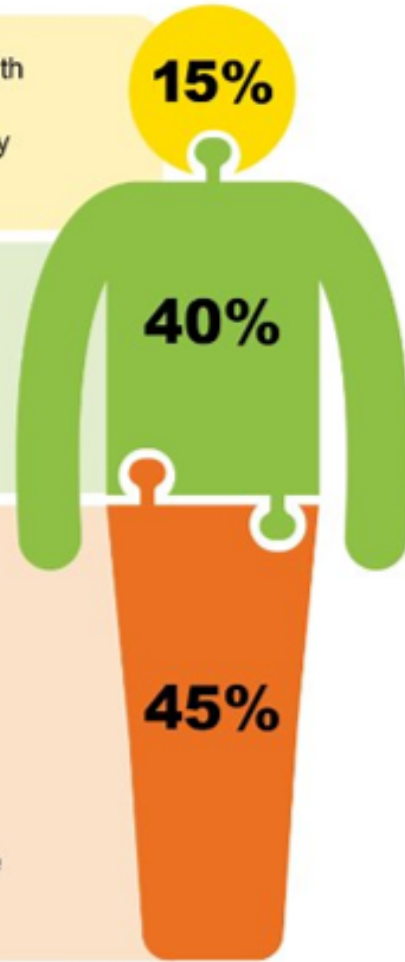
What we eat and drink
Our use of tobacco, alcohol and drugs
Whether we are physically active
Our sexual behaviour
Our attitudes towards health and wellbeing

40%

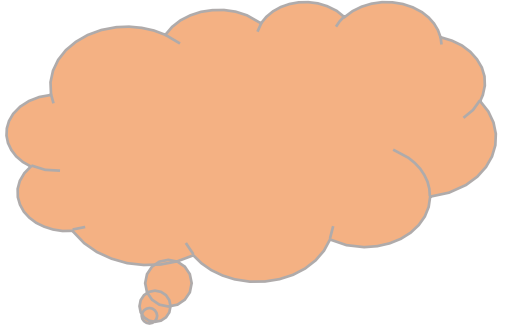
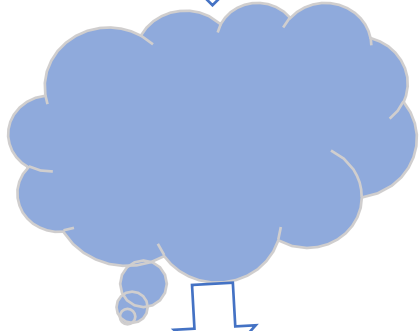
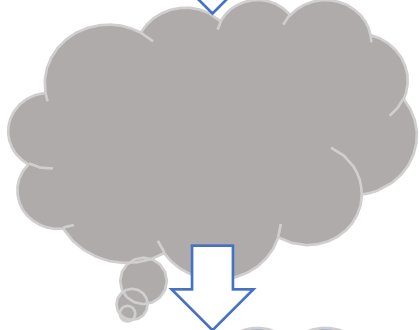
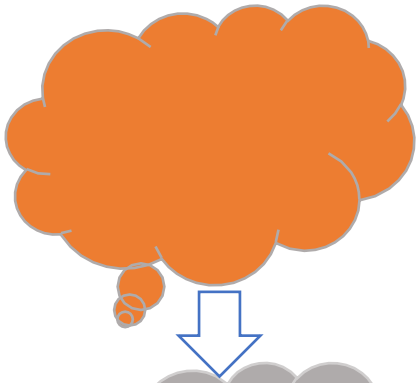
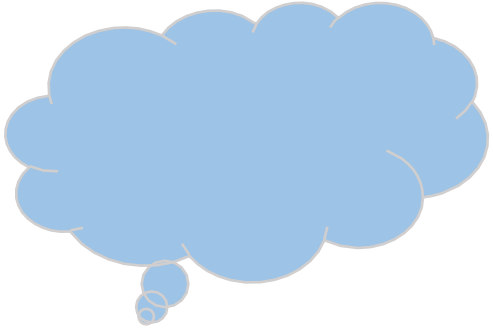
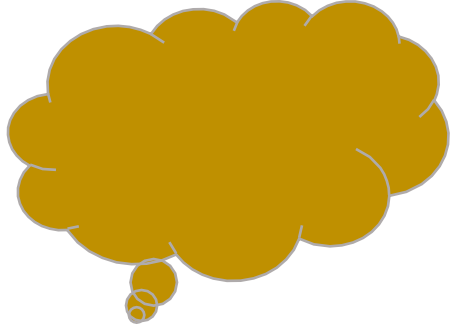
45%
The wider determinants of health

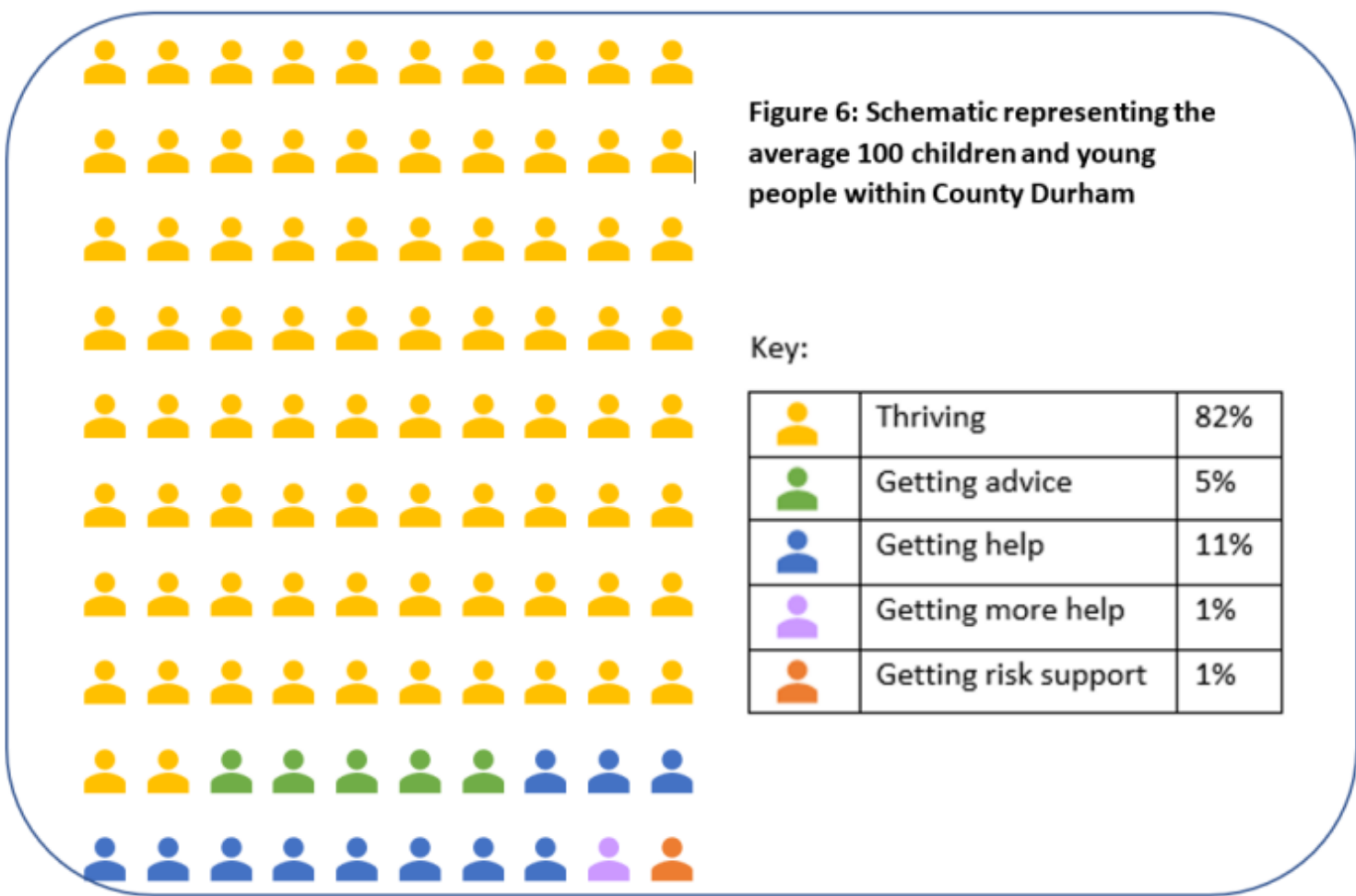
How much money we have
The quality of the house we live in
Being safe and secure
The natural environment surrounding us
Our access to transport, education and work
These are the 'building blocks of good health' which impact on our chances of living a long and healthy life

45%



McGinnis, J.M., Williams-Russo, P. and Knickman, J.R. (2002) cited in The King's Fund (n.d.). Time to Think Differently. Broader determinants of health: future trends. Available at: <https://www.kingsfund.org.uk/projects/time-think-differently/trends-broader-determinants-health> (Accessed: 9 March 2023).











maddy

Feedback for Art Club

1. How did you feel when you first started coming to our Art Club?
☹️ ☹️ ☹️ 😊 😊

2. Have you enjoyed the activities that we have explored throughout the sessions?
☹️ ☹️ ☹️ 😊 😊

3. Have you found the time/day of our Art Club suitable for you?
☹️ ☹️ ☹️ 😊 😊

4. How do you feel about coming to Art Club now?
☹️ ☹️ ☹️ 😊 😊 OR

5. Could you provide some feedback about what you have enjoyed the most throughout your time at our Art Club?
making things, painting the eggs

6. Would you be happy to attend other clubs? Could you give some examples of what clubs you would like to attend?
Art because it is relaxing and we could have some songs on



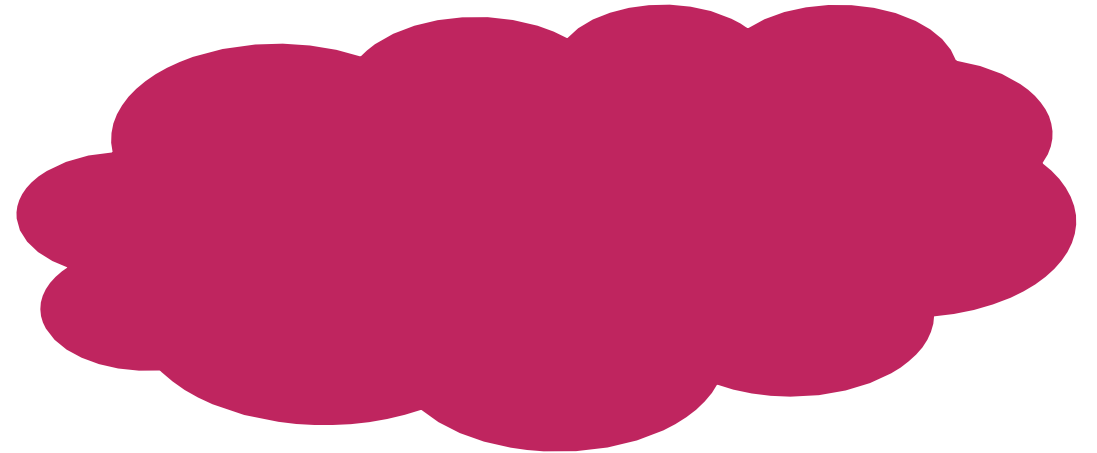
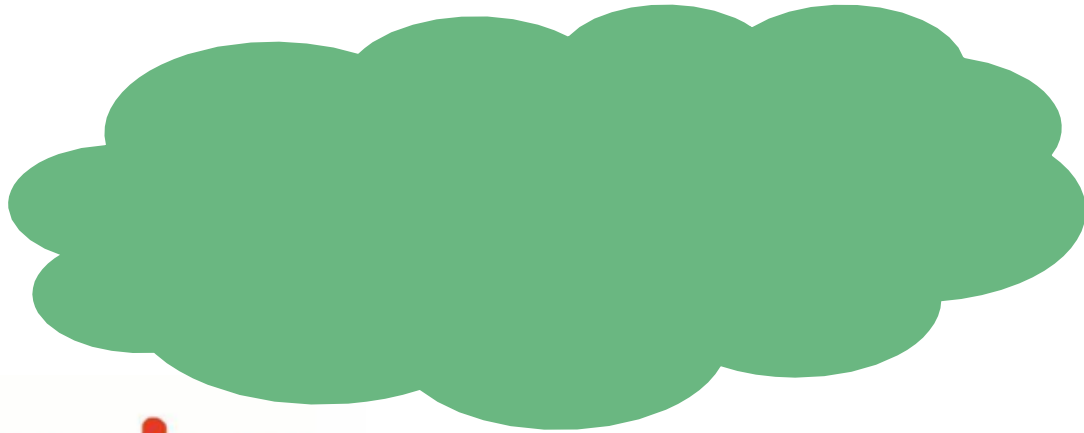
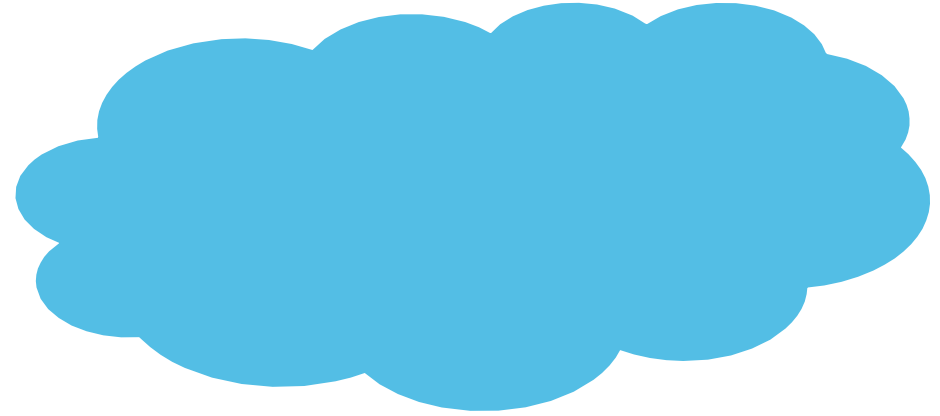
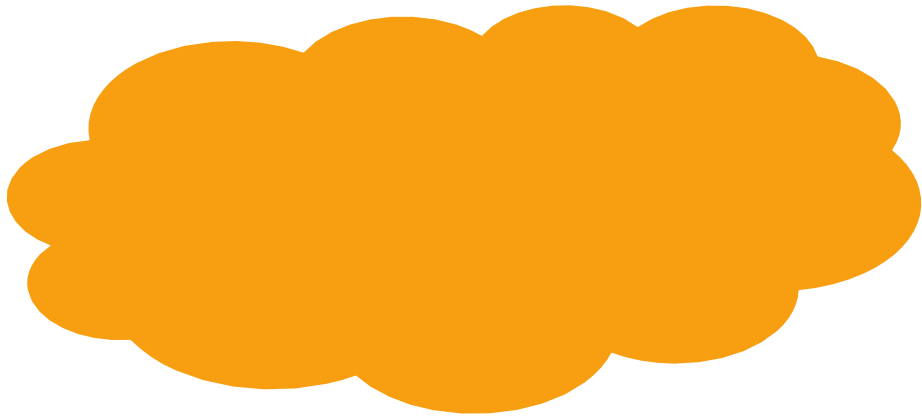


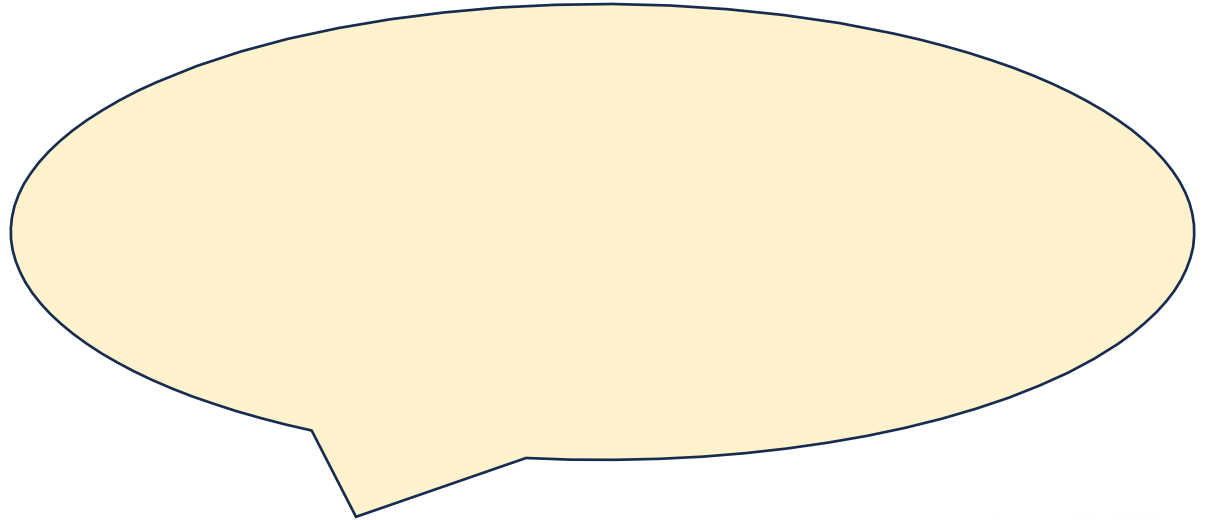
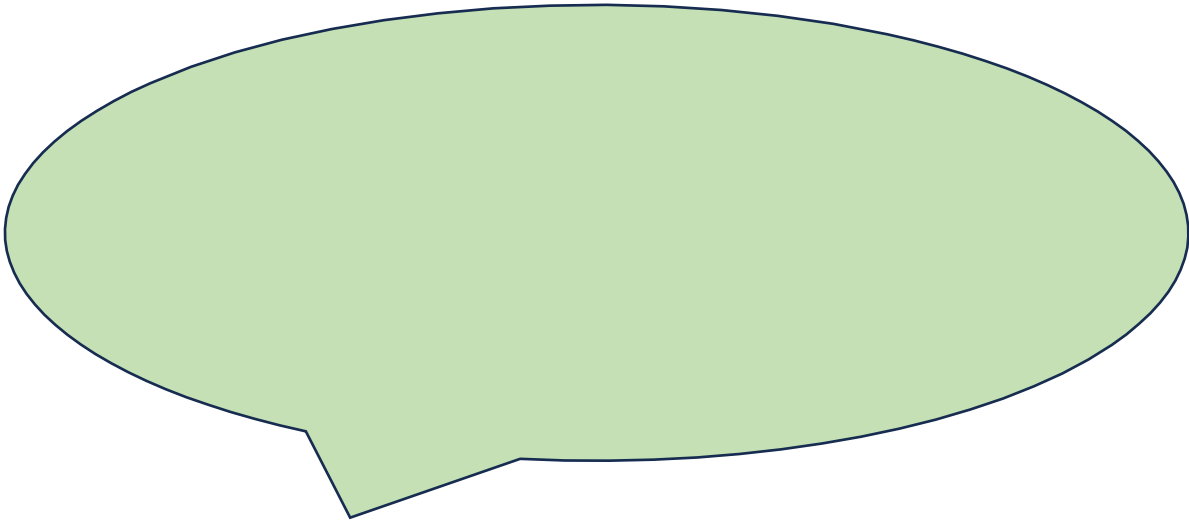
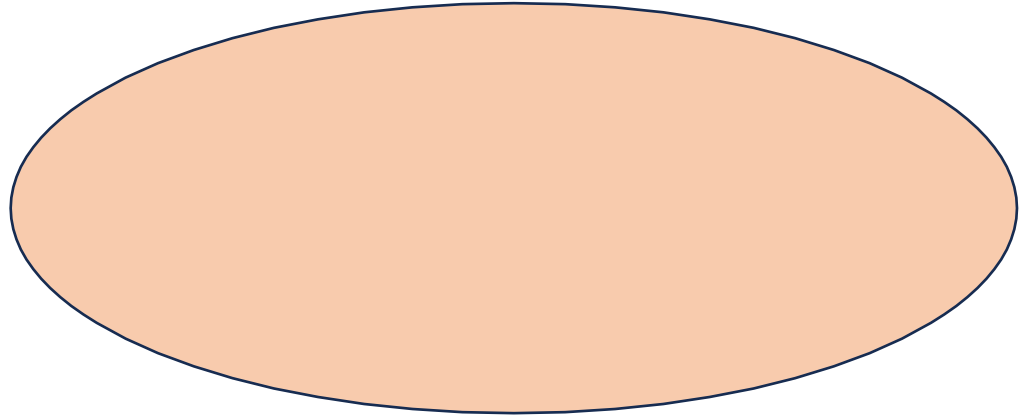
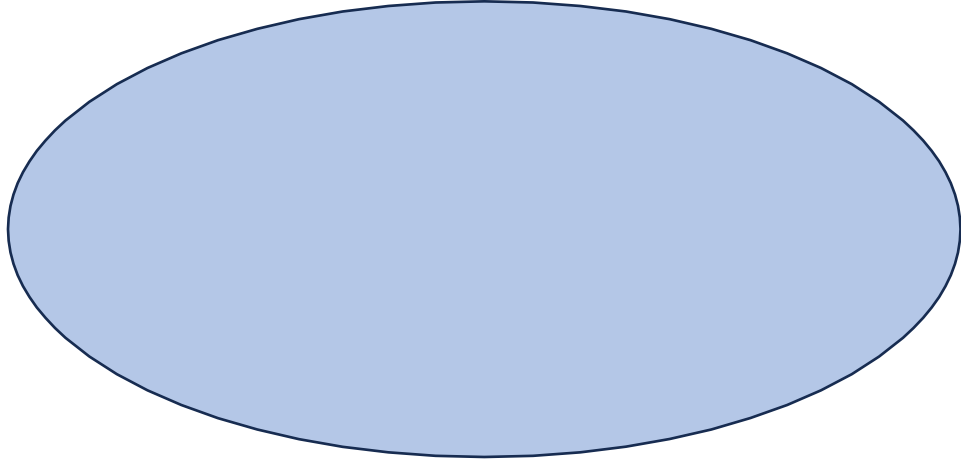
Tees, Esk and Wear Valleys
NHS Foundation Trust



Works







WHY WE WANT TO BE PEER MENTORS







Tees, Esk and Wear Valleys
NHS Foundation Trust



**Children and Young People's
Overview and Scrutiny
Committee**

26 February 2025

**Mental Health Support Pilot
(Consett)**



**Report of John Pearce, Corporate Director – Children and Young
People's Services, Durham County Council**

Purpose of the Report

- 1 The purpose of the report is to provide members of the Special Children and Young People's Overview and Scrutiny Committee with information regarding the progress and next steps of the Mental Health Support pilot in Consett.

Executive summary

- 2 Arrangements were made with the Director of Children and Young People's Integrated Services, County Durham Care Partnership to attend a special meeting of Children and Young People's Scrutiny Committee to provide information on the Mental Health Support pilot in Consett.

Recommendations

- 3 That the Special Children and Young People's Overview and Scrutiny Committee receive the presentation and comment accordingly.

Background

- 4 The Children and Young People's Overview and Scrutiny Committee agreed its work programme for 2024/25 and included within that work programme was an item on the mental health support pilot in Consett.
- 5 Arrangements were made with the Director of Children and Young People's Integrated Services at County Durham Care Partnership to attend a Special meeting on 26 February 2025 and provide a presentation covering:
 - Background and aims of the pilot
 - Work strands
 - Evaluation and impact so far

- Roll out / next steps for the pilot

Conclusion

- 6 Members of Children and Young People's Scrutiny Committee will be aware of the work that has been undertaken in the Consett area and plans to continue/roll out wider within the County.

Background papers

- None

Authors

Jennifer Illingworth – Director of Integrated Children's Services

Appendix 1: Implications

Legal Implications

Not applicable

Finance

Not applicable

Consultation

Not applicable

Equality and Diversity / Public Sector Equality Duty

Not applicable

Human Rights

Not applicable

Climate Change

Not applicable

Crime and Disorder

Not applicable

Staffing

Not applicable

Accommodation

Not applicable

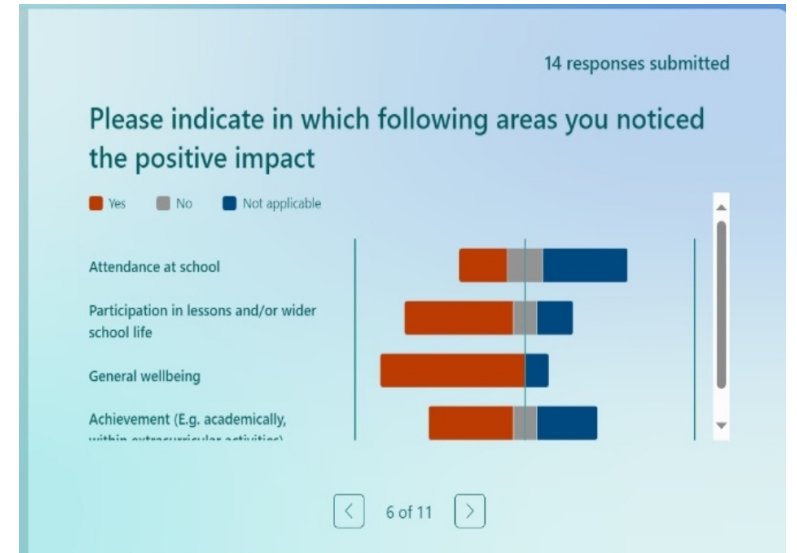
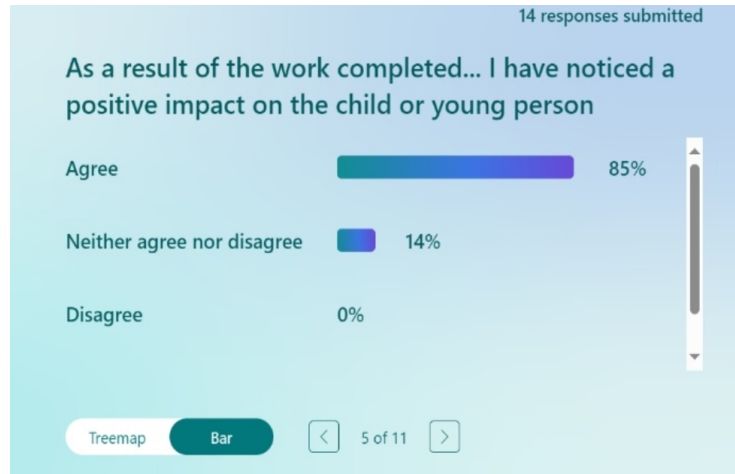
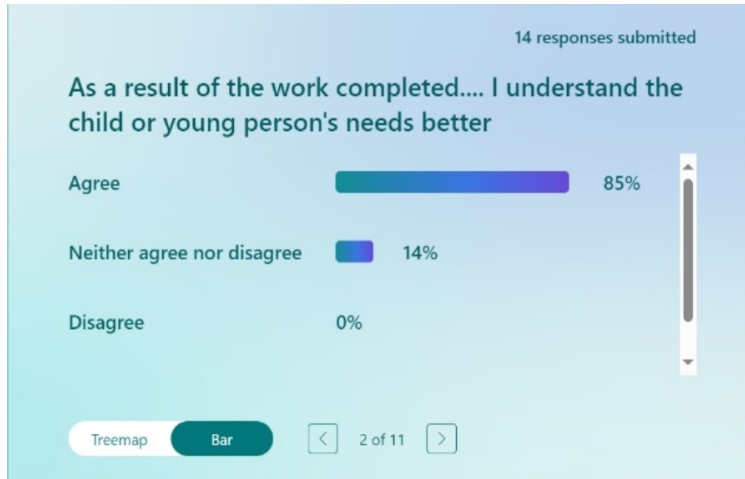
Risk

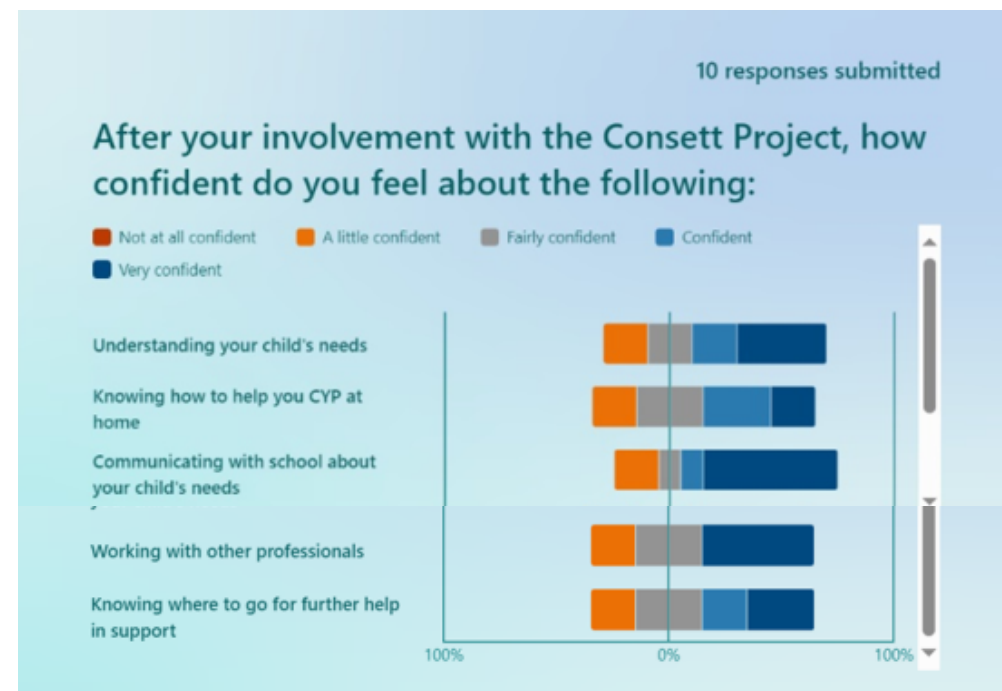
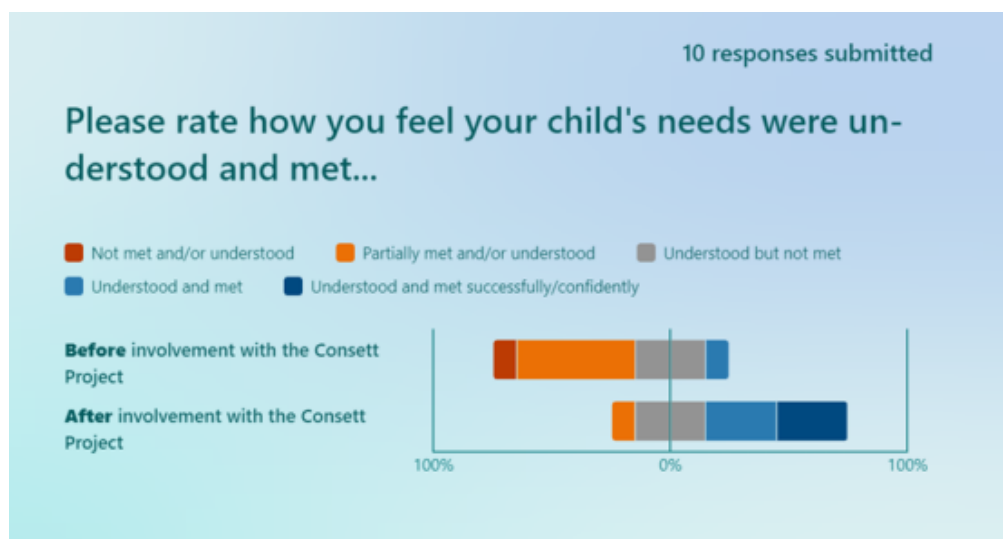
Not applicable

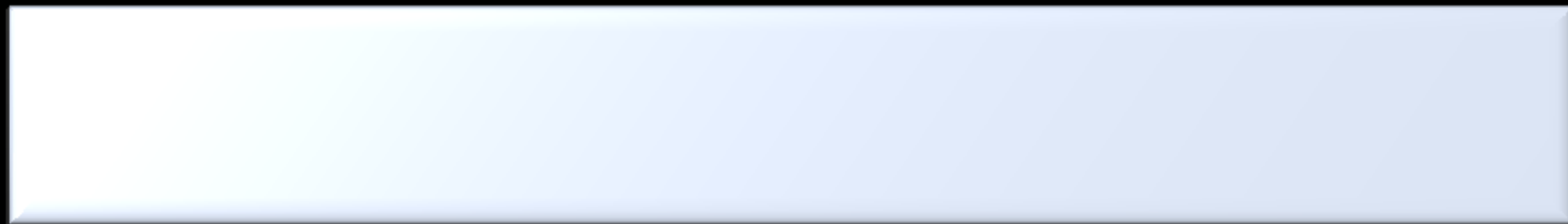
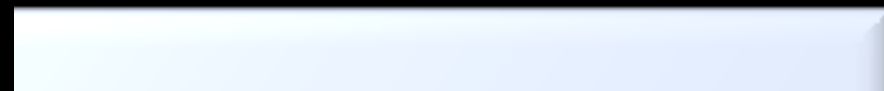
Procurement

Not applicable

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The 8 Broad Areas of Need

- 1. Speech, Language, and Communication**
- 2. Interacting, Empathising, and Developing Relationships**
- 3. Flexibility, Adaptability, and Managing Transitions**
- 4. Energy, Attention, and Impulse Control**
- 5. Understanding, Communicating, and Regulating Emotions**
- 6. Self-Esteem, Resilience, and Emotional Wellbeing**
- 7. Seeking, Avoiding, and Sensory Processing**
- 8. Thinking, Learning, and Processing Information**



Step 1: Profile Needs

- **A parent/carer (or potentially a young person themselves) raises concerns with a professional about possible neurodivergence and/or mental health needs. As part of an initial conversation, they use the Needs-Led Planning Tool to begin to explore issues of concern together.**
- **They start by using the Needs Profile (Part 1 of the document) to identify relevant contextual information, to recognise the CYP's underlying strengths, and to detail and prioritise areas of concern. The professional records these discussion points on the document.**



Step 2: Plan & Implement Next Steps

- Having completed the Needs Profile and identified areas of priority, the professional and the parent/carer (and/or young person) consults the relevant sections of the Planning Tool (Part 2 of the document) for recommended strategies, resources, and other helpful information.
- All those involved make a plan of action based on these recommendations and commit to implement some changes over the coming weeks. They agree to come back together again after an agreed period (4-6 weeks) to review progress and impact. All of this is recorded on the document.

Step 3: Review & Plan Additional Steps

- Often, focusing on the specific needs of the CYP and implementing targeted strategies in this way will be sufficient to bring about meaningful, positive change. In this case, no further action may be required beyond maintaining and regularly reviewing the agreed plan.
- If it is felt upon review that significant concerns remain despite the implementation of targeted strategies, the professional may navigate the parent/carer (and/or young person) to an appropriate service for further advice and support, using the referral information in Part 2.

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

**Children and Young People's Overview
and Scrutiny Committee**

26 February 2025



**Healthy weight in the County Durham
children and young people population.**

**Report of Michael Laing, Interim Corporate Director of Adult &
Health Services**

Amanda Healy, Director of Public Health

Electoral division(s) affected:

Countywide

Purpose of the Report

- 1 To update Overview and Scrutiny ongoing and future work to improve the health and wellbeing of children and young people living in County Durham through increased population level healthy weight.

Executive summary

- 2 A review of approaches to healthy weight in County Durham was completed in 2023. This resulted in the current 'Living with healthy weight in County Durham Action Plan 2024'.
- 3 The action plan focusses on five key priority areas:
 - Healthy at place
 - Healthy families
 - Healthy and sustainable food for all
 - Healthy workforce
 - Healthy patient care
- 4 Today's presentation will focus on the following key areas of work as they pertain to improving healthy weight prevalence amongst our children and young people:
 - Data – the local picture

- Hot food takeaway density and Policy 30 County Durham Plan
- NCMP
- Healthy Weight Plan for County Durham
- What are doing in County Durham
 - Healthy at place
 - Healthy families
 - Schools
 - Hot food takeaway density and Policy 30 County Durham Plan
 - Moving Together in County Durham
- A Healthy Weight Declaration for County Durham
- Regional and national work

Recommendation(s)

- 5 Children and Young People's Overview and Scrutiny Committee is recommended to:
- a) note the contents of this report;
 - b) Provide feedback on and recommendations on current and future work to improve healthy weight levels for our children and young people.

Background

- c) Obesity is a chronic condition which can contribute to a range of physical health conditions including cardiovascular disease, diabetes and poor mental health. Helping people to achieve and maintain healthy weight is one of the most important things we can do to improve population health.
- d) Children living with obesity are susceptible to poorer long term health outcomes and eating behaviours established in childhood can continue into adulthood.
- e) We know that one in five children are overweight when they start school and this rises to one in three children when they leave primary school. This is one of the reasons that 'enabling healthy weight for all' is a key priority of the County Durham Joint Health and Wellbeing Strategy 2023-28.

Governance

- f) The County Durham Healthy Weight Alliance is a multidisciplinary partnership whose goal is to achieve population level health and wellbeing by increasing healthy weight levels. It promotes a whole systems approach to healthy weight to create conditions that make it easier for residents to develop and maintain healthy behaviours. The Alliance reports annually to the County Durham Health and Wellbeing Board.

The County Durham picture

- g) At reception age, 72.7% of children in County Durham are living with healthy weight. This compares to 76.8% of reception age children nationally and 74.5% regionally.
- h) At year 6, this reduces to 60.9% locally, compared 62.5% nationally and 60.1% regionally.

Conclusion

- i) Children and young people living with overweight and obesity is a significant public health issue, and one which requires multidisciplinary stakeholder commitment, with a shared vision and close collaboration. In short, everyone must play their part to achieve a workable and successful outcome.

Background papers

- None

Other useful documents

- None

Author(s)

Kelly Rose, Public Health Advanced Practitioner

Mick Shannon, Public Health Strategic Manager

Appendix 1: Implications

Legal Implications

None

Finance

A wider 'out of home food award' would require financing; however, these matters are currently under consideration.

Consultation and Engagement

Consultation and engagement was undertaken with community members and local professional stakeholders to inform the 'Review of healthy weight approaches in County Durham 2023'. These findings underpin the 'Living with healthy weight in County Durham Action Plan 2024-28'.

Equality and Diversity / Public Sector Equality Duty

Matters relating to equity, diversity and inclusion have been woven throughout the healthy weight review and underpin the current healthy weight action plan.

Climate Change

N/A

Human Rights

The United Nations Convention on the Rights of the Child (to which the UK is a signatory) requires countries to take action to address childhood obesity.

Crime and Disorder

N/A

Staffing

N/A

Accommodation

N/A

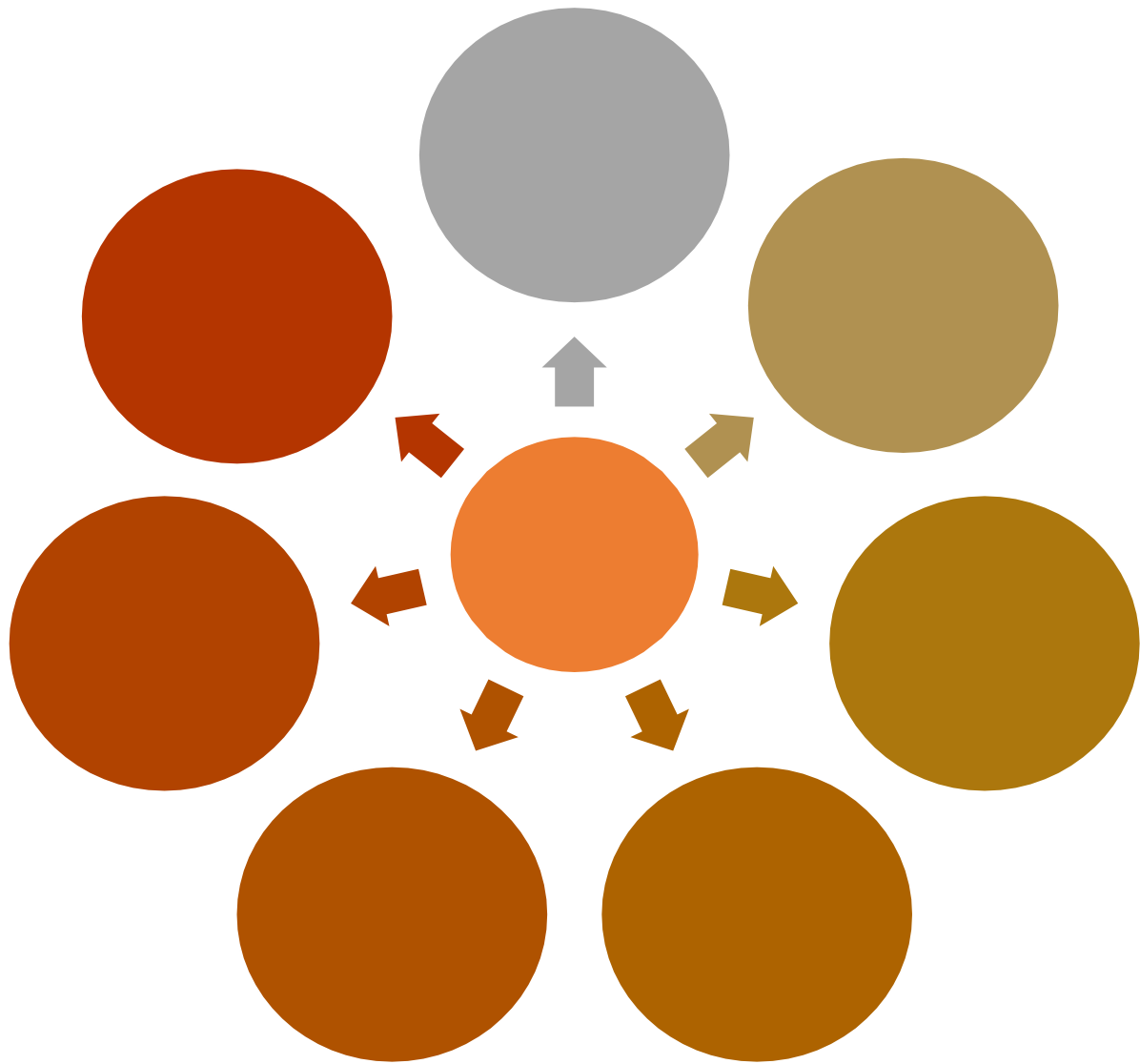
Risk

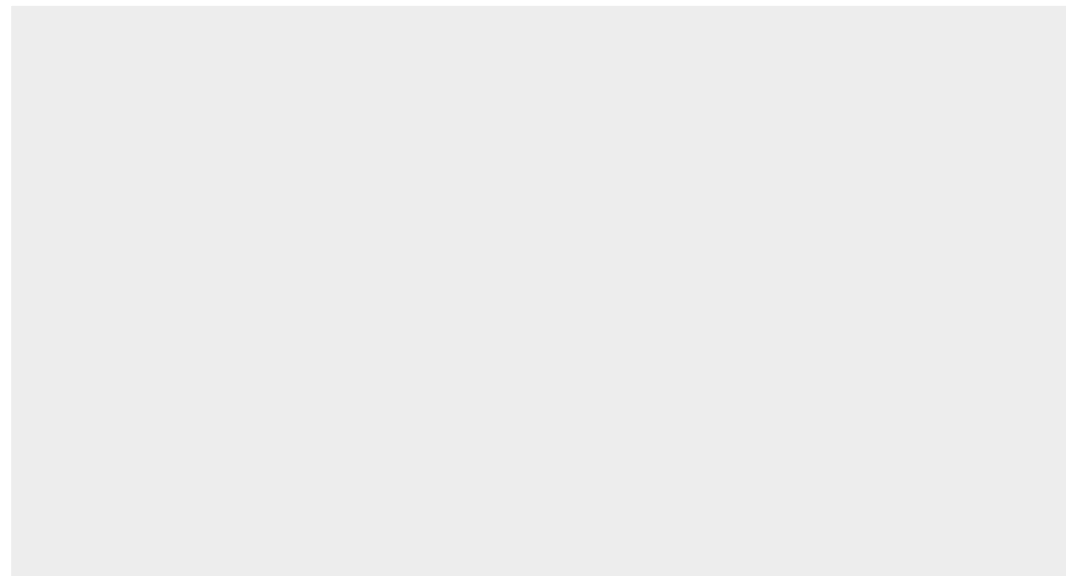
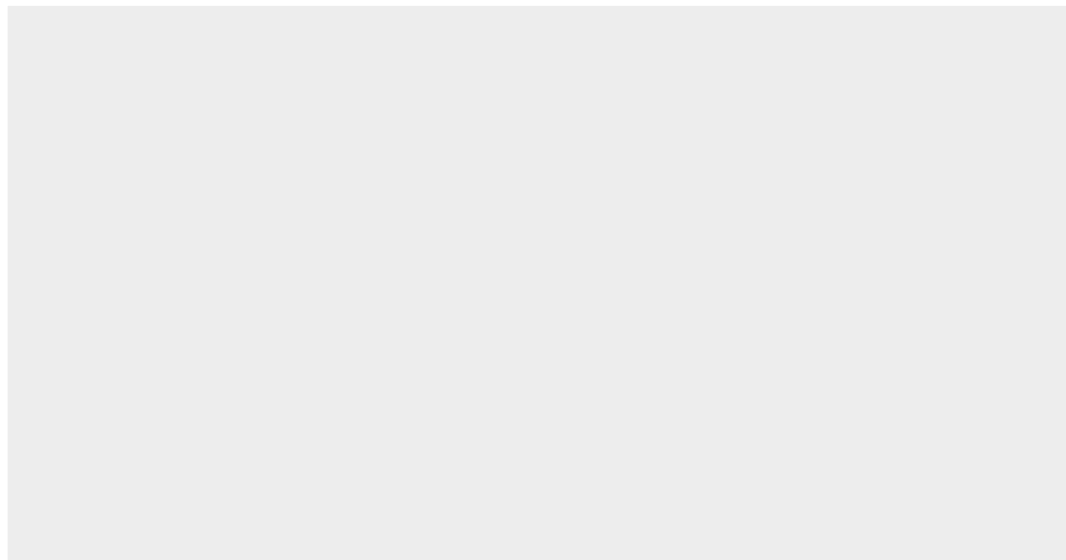
Text.

Procurement

An 'out of home food award may require procurement consideration.

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Reception prevalence of overweight (including obesity)

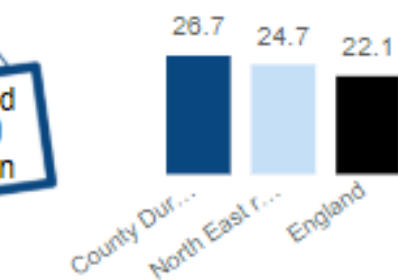
Statistically **worse** than England

2023/24

Around **1,330** children

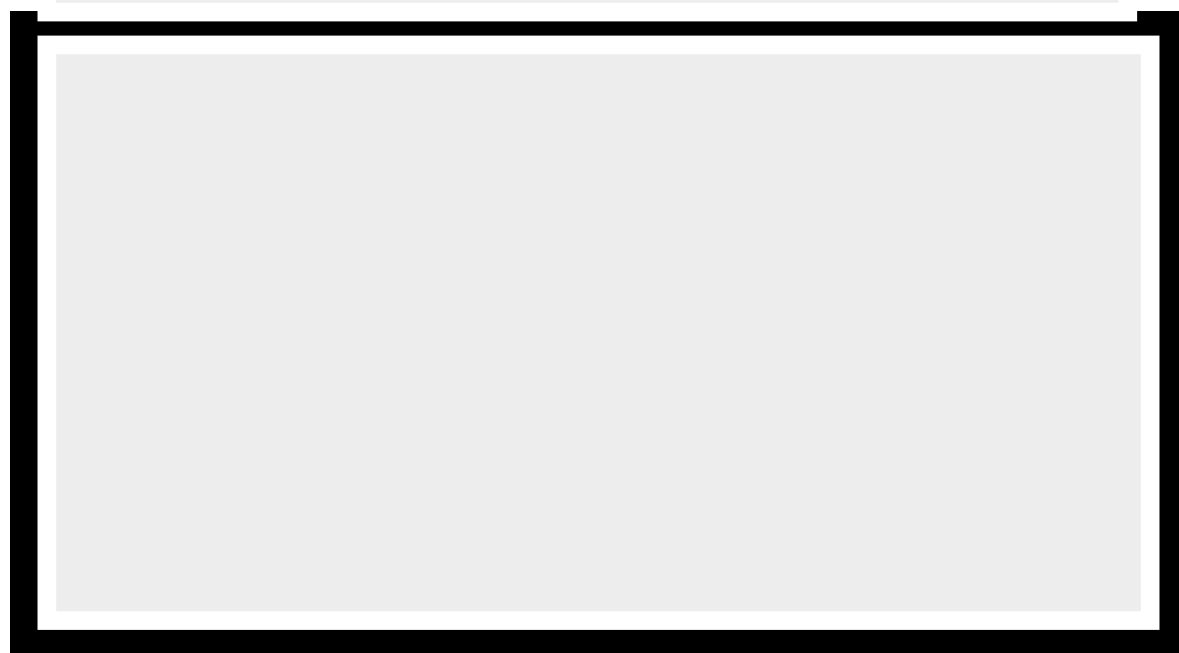
26.7

County Durham (%)



Area Name	% change from last year
England	3.5% ↑
County Durham	2.3% ↑

Around 1 in 5 children



PARENTS
ARE NOTIFIED



SCHOOL HEIGHT &
WEIGHT CHECKS



PARENTS'
FEEDBACK
LETTER



“ I am a child who feels emotionally and physically healthy, with lots of opportunities to actively play and enjoy healthy foods. ”

Increase food familiarity – widen the taste experiences of healthy foods from early years

Increase fibre intake – more wholegrains, fruits, and vegetables, healthy snack swaps

Increase 5 a day portions – snack swaps, healthy food access and including fruits and vegetables throughout the day

Every child meeting over 60 minutes of physical activity each day

