

Children and Young People's Overview and Scrutiny Committee

3rd February 2016



Wellbeing for Life Update

Report of Rachael Shimmin, Corporate Director of Children and Adult Services

Purpose of the Report

1. To provide Children and Young People's Overview and Scrutiny Committee with an update on Wellbeing for Life and a brief update on childhood obesity.

Background

2. Members of the Children and Young People's Overview and Scrutiny Committee received a presentation on Wellbeing for Life at their committee meeting on 12 January 2015 and requested that a further update to a future committee.
3. Members also requested that as part of the update on wellbeing for life that they received information on current initiatives relating to programmes to address childhood obesity.
4. The committee received information on the four strands of 'Wellbeing for Life':
 - **Community Parenting Programme** – to support identified families from pre-birth until their child's fifth birthday. Mothers and families are supported by trained volunteers
 - **Resilience Building Parenting Programmes** – using the 'Strengthening Families' accredited programme delivered by resilience workers employed within DCC one point service. Strengthening Families focuses on good mental health being central to all other health related choices.
 - **Whole school approach to resilience** - a role for schools to contribute to building resilience in children and young people. There is evidence to strongly associate resilient children and young people with improved educational attainment.
 - **Family Initiative Supporting Child Health (FISCH) childhood obesity programme** - Childhood obesity will continue to be prioritised through the established Family Initiative Supporting Child Health (FISCH).

Current Position

1. Community Parenting Programme

Over the last twelve months close partnership working between health (Midwives and Health Visitors), DCC Public Health, DCC One Point and DCC adult learning has strengthened.

Training for volunteers: Two accredited courses for the volunteers have been developed by adult learning. The first course 'The Volunteer Passport' is a five week (15 hrs) programme designed as a foundation programme for any volunteer in County Durham to access. This course ensures volunteers understand their role as a volunteer: confidentiality, safeguarding, information governance, personal safety and much more. This is a building block prior to the volunteers progressing to the bespoke accredited programme, the 'Community Parenting' module (24 hrs). The eight week Community Parenting course is focused on the volunteers developing their skills in more detailed aspects of family and child health. Volunteers receive training from midwives and health visitors on topics such as infant feeding, good mental health, learning through play, safety in the home and avoiding minor illnesses. A significant part of the volunteers' role is about encouraging families to engage in community life and to reduce social isolation. Throughout the training the facilitators are assessing the volunteers for their eligibility to work with families, looking for key attributes such as excellent listening skills, communication skills, empathy and being able to support a family to progress.

Recruitment: Two members of staff have been appointed to the roles of Community Parenting Coordinator and Volunteer Coordinator and the multi-agency steering group has enabled the programme to progress throughout the year until the staff were in post.

Volunteer recruitment and activity to date:

The specification for community parenting requires 50 active community parenting volunteers working with families. The programme is on target to achieve this. So far there has been significant interest from the local community and from professionals working with families who are pregnant or who have children under the age of five.

Wave one volunteer recruitment commenced in June 2015 in the Newton Aycliffe area. Nine volunteers were nominated by One Point staff and Health Visitors as being ideal candidates for Community Parenting. Eight out of the nine completed the Volunteer Passport five week programme and subsequently went on to the Community parenting eight week module in September 2015. At present the eight trained volunteers are undertaking shadowing experience with Health Visitors and Family Support Workers. Following shadowing they will have a nominated family to start work with.

Wave two has commenced in the Stanley locality. There are 14 volunteers confirmed in this area, two of whom are fathers. The volunteers started their 'Volunteer Passport' training in January 2016.

Wave three of volunteer recruitment is planned to start in the east of the County mid-February commencing with an engagement carousel.

Next steps for community parenting

There is further work to do to consolidate the pathways for professionals to nominate families to receive support from a volunteer or for a family to self-refer. Marketing materials will be produced once the volunteers are in post and trained.

2. Strengthening Families / Resilience Team

Staff recruitment and training: This programme is provided through one point. The staff infrastructure includes one coordinator and ten resilience workers based across the County. Recruitment into the posts was completed by April 2015. The Strengthening Families programme is a well evidenced based parenting programme. Staff are required to attend training prior to be able to deliver the course. In addition to the Strengthening Families programme staff were also expected to become trained Health Trainers. The Health Trainer accreditation enables staff to support families with lifestyle behaviour changes and provides motivational interviewing skills to encourage such change.

Due to one point restructures, some staff trained in the Strengthening Families programme have been successful at interview for other posts. This has left the resilience team with reduced capacity to deliver courses. Further recruitment to resilience worker posts is ongoing.

Delivery to date:

Since staff have been trained 14 Strengthening Families courses have been delivered across the County with 58 families participating. When families do engage with the Strengthening Families programme the attrition rate is only 5% which indicates that the right families are being invited onto the programme. However numbers are still low and plans are in place to encourage families to participate and attend the programme. A case study is attached in appendix two to demonstrate the positive outcomes that can be achieved from participation in the course.

Next steps

A steering group has been established to review the Strengthening Families programme and better links are being forged with the Stronger Families programme. The key performance outcomes are being reviewed to ensure outcomes for the families participating are being monitored tightly. At present only families who have children aged 10 – 13 years are eligible for the programme. Working in partnership with Oxford Brookes University, who designed the programme, the Stronger Families manager within DCC is liaising with public health to design a programme for 5 – 9 year olds. This will be evaluated to assess its impact.

3. Resilience in schools programme

Working in partnership with DCC Education Development Service (EDS) and DCC Education Psychology service, an agreement was put in place with the nationally recognised Young Minds charity. Rather than progress with an 'off the shelf' package designed by Young Minds called 'academic resilience', DCC education

team and public health worked with Young Minds to bring together their skills and expertise and that of local professionals to develop a *Durham Resilience in Schools Programme*. The purpose of the Durham Resilience in schools programme is to have a whole school approach to emotional wellbeing and resilience. By working with County Durham experts and professionals there is a sustainable model of support for schools across the County once Young Minds exit the programme. Brighton University has been commissioned to evaluate this programme as they have international expertise in this field.

Pilot schools: Twenty schools (primary and secondary) were included in a pilot to develop and adapt the Young Minds academic resilience programme and embed Durham specialist expertise and experience into this. During the pilot phase (academic year 14/15) seventy percent of schools (n 14) continued with the pilot undertaking a whole school resilience audit, developing a resilience action plan and putting the plan into place. Many of these schools undertook work on staff resilience. Some schools focused on parents, thus developing a greater support network for parental resilience and other schools emphasised a resilient classroom with specific tools for children and young people. Schools have reported a much greater sense of wellbeing within the school environment and a broader understanding of how resilience can enhance achievement.

Wave one roll out: The multi-disciplinary steering group have reviewed the lessons learnt from the pilot and have amended the programme delivery style.

In December 2015 a capacity building 'train the trainer' two day session was held with Young Minds, DCC education teams, school nurses and public health. This session was followed by 15 further schools (primary and secondary) being invited to an engagement session about the Durham Resilience Programme. As of January 2016, all 15 schools have signed up to participate in the resilience audit. These 15 schools which will participate in the formal evaluation.

4. Expansion of FISCH programme

County Durham & Darlington NHS Foundation Trust is the current provider of the school nursing service who deliver the FISCH intervention.

CDDFT is responsible for recruiting the five family health trainers to expand this programme. Recruitment was slow and the full complement of staff did not come into post until September 2015. Staff are still undergoing training to be qualified as Health Trainers. Whilst still being trained the Health Trainer staff have been supporting school healthy eating events across the county. Further details regarding this programme will be provided at a later date.

Next steps

The school nursing contract for 2016 – 2018 has been awarded to Harrogate and District NHS Foundation Trust.

As part of the new contract with Harrogate there will be a review of the FISCH programme in 2016/17.

The outcomes for children participating in the FISCH programme are good, as demonstrated in a recent evaluation. However the uptake of the FISCH service is below that expected with many overweight and obese children/families declining the opportunity to participate in the programme. Public Health is establishing a review task and finish group to make sure families and all stakeholders voices are included to explore this further.

Other work on childhood obesity: At a universal level midwives and health visitors have a priority role to promote a healthy lifestyle to families and educate and inform parents about how healthy eating and physical activity can be built into everyday lives. Within the new 0 – 19 specification there is an expectation that health visitors will work closely with children centre staff to identify weight issues early and work with families to prevent weight issues escalating.

Early work has started in partnership with Newcastle university to scope out how health visitors can be better trained and supported with tools to identify early weight issues and to support families to prevent their toddlers become overweight by the time they reach reception age.

Out of scope of this report, but worth mentioning is the work to tackle obesity being delivered by our VCS partners, the AAPs and other council service areas such as culture & sport, planning, active travel, 20 mph programme etc.

The issue of obesity remains complex and multi factorial. The Director of Public Health's annual report will focus on obesity this year. The report, once published, will be a call to action across the whole system and will be presented to OSC at a later meeting.

A national children's obesity strategy is due to be published imminently by Public Health England. Current strategies and action plans will be updated as appropriate.

Obesity system leadership: DCC Public Health have recently been agreed as one of four local authorities across England to work with Leeds Beckett University for the next three years on approaches to tackle obesity. The purpose of the project is to understand how County Durham can work with all partners to reduce obesity and to turn around the current upward trend in our figures.

Recommendations

5. The CYP Overview and Scrutiny Committee is asked to:
 - Note the content of the report.
 - Receive further reports as the programme progresses.

Background Papers

Previous OSC report

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APPENDIX 1 - Implications

Finance – ongoing contracts

Staffing – within existing contracts

Risk none

Equality and Diversity/Public Sector Equality Duty - None

Accommodation - None

Crime and Disorder - None

Human Rights - None

Consultation – Consultation will be undertaken as reviews of services progress

Procurement - None

Disability Issues - None

Legal Implications - None

Appendix two: case study examples

Strengthening Families

Family A was referred onto the strengthening families (SF) course by their Youth Worker. Work had been done to improve the two girls' behaviours and attitudes which they had engaged with very positively. However it was felt that mother needed some support with parenting strategies and that the family as a whole could benefit from improved communication methods.

The children were happy to attend SF but mother needed some persuasion. Sessions were completed with mother prior to the course starting to improve her confidence, thus enabling her to attend.

Both girls attended with mother, and attendance was 100%

The girls engaged well from the start but mother was nervous, and did not participate much in activities initially. As the weeks progressed mother started to join in more and during the family session's significant change was noticed. Mother started off having very little to do with the girls but by the end she was helping the girls with their tasks and enjoying the different activities together.

A team around the family (TAF) meeting was held the week before the final SF session was completed and mother informed the team that she was feeling much more positive. She felt far more able to cope with the girls and they were getting on better together as a family. Mother was sad that the course was coming to an end and said that she had enjoyed being part of a group.

This was a big achievement and very positive from a mother who was reluctant to attend the course in the first place.

Resilience in schools

St Stephen's

- St Stephen's have completed their staff audit and action plan, and have a clear timeline set out for this academic year.
- EDS is delivering relax kids through the school's allocated support visits. This links with one of their main priorities: helping pupils to cope- teaching self-soothing, management of feelings. They hope for relax kids to be a regular, universal entitlement for their pupils, as well as a more targeted approach for their most vulnerable children.
- They are still keen to find out more about the Young Minds resilient classroom materials and what training they could access in relation to this.
- One of their priorities was to develop their preparedness and capacity to help with the basics. They plan to act as a 'hub' for parents i.e. their first point of contact for accessing help from services within the school and local community. They are developing a notice board and information sheets for parents with this information, and are planning to find out more information about helping out with uniform costs.

- Another of their main focuses was to help map out a sense of future and developing life skills. For this they are planning a careers event in the summer, to link with pre-existing events e.g. young enterprises. They are also planning to make further use of community links e.g. local businesses, and to develop family learning days to help increase parent's involvement with and aspirations for their children.

Willington

- School has completed their staff audits which resulted in them identifying quite a few areas within the resilience framework which needed development. Of these, three were selected as main focuses for this academic year, based on their priority within the school and how they linked with other areas for development. The school has identified further areas which they will postpone until the current work is well under-way.
- Their first priority was to increase staff awareness of the need of pupils, and to improve staff-pupil relationships so that pupils feel they have at least one 'trusted-adult' in school who holds them in mind. With this in mind school has developed a pupil identification tool and review process, which ensures that the most vulnerable children all have a key person who is responsible for monitoring their progress.
- Another of their priorities was to develop their pupil's aspirations and sense of future. For this they have events scheduled in the summer term around careers, alcohol and energy drinks, as well as incorporating a careers package (linking what you learn in school to specific jobs) into PSHE throughout the year.
- Their third focus is a composite of areas relating to children's coping and the core self. Proposed work here includes work around identifying and developing 'safe spaces' within school, the 'relax kids' programme, and reintroducing buddies. School are planning on accessing the service's Buddy training for a group of children and staff; the idea being that they can continue to train children themselves in years to come. They are also linking to an ongoing project in school focusing on children's self-esteem which includes several initiatives e.g. establishing a base-line of pupil's self-esteem, worry boxes in each class, and reading mentors.

Peases West

- Completed audit and action plan, and have clear timeline set out. This links in with a number of initiatives that are also currently taking place e.g. Inspiring Young Minds, British Values
- Are interested in what training/support they can access from DCC re young minds material/ other areas.
- The three main focuses for their project are: developing a sense of future, safe spaces, understanding resilience and learning problem-solving skills.
- Looking to measure impact in part via 20 target children (academic progress and EWEL questionnaire scores), but also other measures (see action plan from school).

- Developing a sense of future: School are linking the resilience project with their Inspire project, and are planning to recruit local 'real people' to come in to speak to the children as community role models.
- Safe spaces: School is planning to ask the children to map their school and local community in terms of where they do and don't feel safe in order to develop these. Also looking to develop a specific 'safe space' in school for vulnerable children to access via a needs-based approach.
- Understanding resilience and learning problem-solving skills: School are working to embed the language and behaviour of resilience in school via modelling. This will be supported by both formal and informal opportunities for staff and parents to learn about resilience. They also plan to make targeted use of the Young Minds materials in weekly 'family' (house) time.