

Healthwatch Derbyshire: Children and Young People - Creative Engagement Report

| Response provided by the Children’s STP Board in July 2019 | Update provided by the Children’s STP Board in October 2020: |
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| <p>1. Dental Health:</p> <p>We have an oral health promotion team in the County who focus on training staff working with children around the importance of establishing good oral health routines from birth. The team work within a range of settings to help maintain and improve the oral health of specific groups of people across Derbyshire County. Oral Health initiatives are targeted in areas where there is a higher dental need. The service includes a supervised tooth brushing programme to support children accessing nurseries to establish good routines. Our services encourage the use of “toothbrush DJ” to make brushing fun and to educate staff around diet and sugar consumption.</p> <p>Results of the latest survey of oral health in 5 year olds in England in 2017 report that in Derbyshire County the proportion of five year olds free from dental decay was 79.6%, which is better than the average for England, better than the average for our nearest statistical neighbours and for the region. Whilst these results are positive there’s always more to do to improve things. However, we know there are some areas within Derbyshire where levels of decay are higher, and we are currently working with Public Health England on an oral health needs assessment to better understand levels of dental decay and access to dentistry services across Derbyshire County.</p> | <p>The Oral Health Promotion Service in the County are working to develop digital platforms so that they can continue to provide training for staff who work with children, young people, and vulnerable adults. The service are working with settings who take part in the Smile 4Life supervised tooth brushing scheme to reinstate this programme in line with Covid-19 guidance. This scheme is targeted to the areas where need is highest in the County and supports children in early years settings to develop good routines.</p> <p>In Derbyshire we now have a multi-agency group where different services can work in partnership to improve oral health and oral health inequalities in Derbyshire. This group will focus on those who are at the highest risk of poor oral health.</p> |
| <p>2. Smoking, drugs & alcohol:</p> <p>In Derbyshire County, the Live Life Better Derbyshire service is</p> | <p>Space 4 U – DCC Public Health has increased the funding available to Space 4 U to enable them to work with more children and young</p> |

primarily focused on helping anyone aged 12 and over to quit smoking. Occasionally we get asked to go to schools to deliver talks to children on Weight Management/Physical Activity/Smoking. For further information visit:
<https://www.livelifebetterderbyshire.org.uk/home.aspx>

Public health services for children and young people include Space 4 U which supports children who are seriously affected by someone else's substance misuse and Derbyshire CGL which is a free and confidential drug and alcohol outreach service for young people up to the age of 19.
<https://services.actionforchildren.org.uk/derbyshire/space-4-u/>
<https://www.changegrowlive.org/young-people/derbyshire-cgl-young-peoples-service>

Additionally, as part of the wider multiagency offer on substance misuse, the Derbyshire County Council Schools Improvement service offer support to schools to follow Ofsted guidance on substance misuse education, via PHSE and the Science curriculum which advocates a balance between facts and skills, and Public Health in the County are identifying new and innovative opportunities to communicate with young people, in order to deliver messages and promote awareness on a universal basis.

In relation to the third recommendation on slide 17 around substance misuse which is a request for “experts by experience” to talk about their substance misuse with children and young people - this has been evaluated both nationally and internationally and the evidence base indicates this can be a damaging intervention. Whilst peer support between children and young people is positive, having adults talk about their experiences of substance misuse to children and young people can have damaging outcomes. As such we would not want to see this promoted as a recommendation to decision makers. In relation to *‘improve mental health services (access) for CAYP’* please see

people.

Schools work – we are delighted to announce The Coriell Award, the new Derbyshire universal programme between DCC Public Health and the Schools Improvement Service, supporting secondary schools to adopt a whole schools approach to addressing alcohol and drug use. COVID and lockdown disrupted the first year of our planned three year programme, but we are keen to move forward now that young people have returned to the classroom. We have had considerable interest from schools, and aim to have all Derbyshire secondary schools signed up to the programme by the end of 2022. The focus is on delivering high quality, confident, relevant education which reduces risk and prevents harm from drug and alcohol use in young people.

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| <p>section 5. In relation to 'more activities for CAYP' please see section 4.</p> | |
| <p>3. Teenage pregnancy:</p> <p>Although rates of teenage pregnancy has improved and actually more than halved in the last decade getting feedback from young people is very useful to receive. The “why it is an issue?” and “how to improve?” are points which we agree with young people on. This is a brief update in response to some of these points:</p> <ul style="list-style-type: none"> • County Public Health have commissioned Education Improvement to pilot work in schools on the improvement of Relationship and Sex Education with a focus to prepare schools for the new mandated RSE curriculum in Sept 2020. Key action focuses on supporting young people to become RSE champions; work with parents; training with staff; practical resources. Quality of RSE is key in the pilot, which places importance on the whole child to enable healthy and safe relationships. • Young people’s perception of embarrassment to ask for contraception because it is not private - Services should always be private and confidential for individuals - this feedback will be passed onto relevant services. • C-Card (free condom scheme for under 25s) is under review to ensure improved access. It is of concern that still the scheme for some young people is unknown and this will be forwarded to services to support the review. Non health sites such as some schools are registered as C-Card sites currently and condoms can be obtained through school health, youth worker staff - however it is important to ensure this is managed carefully to prevent safeguarding risk, Child Sexual Exploitation (CSE) risk. A training programme is in place for | <p>Derby City update: The picture of need remains very much the same. We continue to progress the review of the C-Card scheme (delayed due to COVID) and deliver the two-year LARC pilot. In addition, in the city:</p> <ul style="list-style-type: none"> • The Integrated Sexual Health Service managed by DCHS has a ‘support’ offer included as part of the service. This service will work with schools and colleges to increase the range and reach of their sexual health offer, including a Relationships and Sexual Health (RSE) network offer, which will be delivered in partnership with Public Health Nursing Service. This will be an annual event aimed at improving knowledge and confidence in staff who are responsible for delivering RSE. However, the impact of COVID-19 has meant that a network event has had to be postponed, alternative delivery mechanisms are currently being explored. • The School Health team have implemented a confidential text messaging service called ‘ChatHealth’. This service improves access to school nursing advice for young people or their parent/carers, with a response received within 24 hours. • The enhanced health visiting team (a team providing specific support for teenage mums) will be trained to offer emergency contraception to prevent future unplanned pregnancies. This will be offered before Christmas 2020. • All school nurses continue to offer condoms and will be offering emergency contraception from January 2021. |

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| <p>professionals delivering C-Card currently. https://www.yoursexualhealthmatters.org.uk/contraception/c-card/free-condom-finder</p> <ul style="list-style-type: none"> • A pilot working with maternity in Chesterfield and Derby has begun to evaluate long acting reversible contraception (LARC) delivery to women with vulnerabilities (incl. all presenting under 18s). This seeks to locally evaluate the offer to choose LARC on the hospital ward rather than just the pathway to the GP or sexual health services - which for women with vulnerabilities has a strong evidence base of being more successful on ward than in the community after a longer timeframe post birth. The 2 year pilot receives funding for training from Derbyshire County Public Health. • The young people responding quite rightly emphasise that teenage pregnancy and other issues are part of a whole and that professionals should be mindful of that. Sexual health professionals work from a holistic premise and engage young people's voices to support services, endeavouring to link to other health areas including mental health. • Teenage Pregnancy Framework - work is to commence across multiple organisations to explore the local response to teenage pregnancy - beginning with a review of service position across the whole system, identifying gaps and going forward into action: https://www.gov.uk/government/publications/teenage-pregnancy-prevention-framework | <p>Derbyshire County update:</p> <p>1. The Pilot: Relationship and Sex Education (RSE) funded by Public Health to add value to the work of the Education Improvement team – supporting engaged schools in their preparation to the mandate (formerly Sept 2020 – this is now extended for schools that need extra preparation time to the Summer term 2021). Key achievements from pilot: raised profile of RSE mandate, received concerns from schools to establish local need for further support; secondary and primary schools engaged, student champions established in some schools, staff training delivered across engaged secondary schools; there was increased engagement in RSE Day June across primary and secondary – Twitter and local press. A proposed extension of support to schools, subject to funding is being developed jointly across Public Health and the Education Improvement service towards a 3 year development of a RSE award programme across secondary and primary as a response to needs raised by schools in the pilot, with further needs exacerbated by the pandemic. All work relative to RSE is within a whole school curricular approach.</p> <p>2. Feedback from young people regarding service confidentiality was raised with services and reiteration of this fact was communicated on web during COVID.</p> <p>3. The c-card review is due to be completed November; the recommendations for the new scheme will then be worked upon to relaunch C-Card. However currently young people are able to access c-card under new 'postal condom' provision, which has been ongoing during the pandemic. This enables all young people aged 13+ to have a telephone consultation with a worker and have condoms discreetly sent to their home address. Learning from this will be fed into the c-scheme re-launch and a digital and postal element will certainly feature in the new design.</p> |
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| | <p>4.LARC in Maternity pilot for women with vulnerability is still ongoing. This includes women of all ages (and incl. under 18s). The pilot has been hindered due to the pandemic, thus midwifery training temporarily stopped but is now beginning again. It is hoped data from the pilot will be collated during 2020/21.</p> <p>5.ISHS sexual health continues to offer a holistic approach. During the pandemic and a reduced offer of service ISHS have prioritised seeing young people, this means young people have been able to access clinical and health promotion by telephone and video, and face to face if needed. ISHS sexual health promotion have reinstated their face to face services offering outreach events in market places, offering education and support in in looked after children’s homes, supported living for young people, and YMCA alternative education. We have redesigned our evaluation and engagement tools to be more accessible, especially for young people; all evaluations will be able to be submitted electronically by phone/email. We have also offered a community fund for organisations who work directly with those impacted by poor sexual health, this has been taken up by schools in high risk area an example project is a health music video to be shared on local social media networks.</p> <p>6.Teenage Pregnancy Framework: initial meeting of partnership planned for December – plethora of agencies working with young people engaged.</p> |
| <p>4. Eating well, maintaining a healthy weight and exercise levels:</p> <p>The Derbyshire Healthy Family Service provides education and support for parents to establish healthy eating behaviours from the start. Our school nursing service also supports pupils with dietary advice, and advice on exercise and weight in their 1:1 clinics, and we also have the HENRY programme. HENRY stands for Health, Exercise Nutrition for the Really Young. HENRY is an eight week programme for parents of infants and toddlers aged 0</p> | <p>Public Health continue to commission Food For Life a programme that supports schools to take a whole school approach that sees them grow their own food; organise trips to farms; source food from local producers; set up school farmers’ markets; hold community food events; provide cooking and growing clubs for pupils and their families; serve freshly prepared, well-sourced meals and provide an attractive and welcoming dining environment so lunchtimes are a positive, social feature of the school day. These activities enable a</p> |

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| <p>to 5 years. The Programme helps parents get their children off to the best start in life. The programme sessions are interactive, fun, practical and informative. For more information please go to: https://www.derbyshirehealthyfamily.org.uk/home.</p> <p>From the 1st September 2019 Derbyshire County Council is bringing the national childhood measurement programme (NCMP) in house. The current NCMP offer is focused primarily upon the delivery of the service, with only limited advice provided to the parents/carers of children who are identified as overweight/obese. As part of the work to bring the service in house work has begun positioning NCMP within a broader community-based programme to tackle childhood obesity that will include a programme of advice/activity on healthy eating and keeping active aimed at children and their parents/carers. As part of the programme we are looking to include an emotional wellbeing element and it's really useful that this feedback validates that approach. Given the comments on healthy eating and cookery courses we will look at this element as the existing cookery courses delivered as part of heart of Derbyshire are aimed at adults - not children.</p> <p>In relation to the offer of activities and the promotion of the Daily mile - Public Health in Derbyshire work closely with Active Derbyshire, who have a priority to support people who are inactive to become active, and a focus on addressing inequalities in physical activity and sport engagement for young people. We will ensure relevant feedback from this report is shared with our colleagues at Active Derbyshire.</p> | <p>more innovative approach to children and young people's opportunity to learn and be more socially active at school. The programme aims to prevent ill health in the future by encouraging healthy habits in young people, using schools as a setting to have maximum impact.</p> <p>The programme is delivered by staff from The Soil Association providing one to one support to schools, engaging the wider local community, Derbyshire-based food networks and groups, plus directly supporting school caterers. In addition, schools have access to the FFL Awards framework, resources and HQ support for 2-3 years, a full suite of training programmes for teaching staff in cooking, food growing, farm visits and schools farmers' markets, plus cooks' networks. The year culminates in a celebration event and also provides regular reporting and monitoring of impacts.</p> <p>A childhood Healthy Weight Steering group has been formed with a wide variety of stakeholders. This group will take a strategic whole system approach to understand the needs across Derbyshire. Including some in-depth work in some small locality areas with the local community. This work to understand the needs of children, families and stakeholders will inform the development of the LLBD family focused weight management offer.</p> <p>In line with national guidance due to the COVID19 pandemic the NCMP programme remains suspended but we are planning on the service resuming in Spring 2021.</p> |
| <p>5. Mental health and wellbeing:</p> <p>Some of the key areas of work in the County at the moment are:</p> | <p>Some of the key developments in the County at the moment are:</p> |

- Awareness of positive mental health and wellbeing through the 5 ways to wellbeing messages
- Whole School Approach - supporting schools in developing a positive and supportive setting
- Training - school and community staff are offered training in mental health and suicide prevention
- Future in Mind Strategy
- My Life My View emotional health and wellbeing survey of young people in Derbyshire
- There is a self-help website called Kooth which all schools and young people have access to which has a range of services and support listed. This can be found at <https://www.kooth.com/>

It's also worth remembering that the Public Health Nursing Service, offer a drop in service in every senior school in the county. The majority of senior schools also support and require an appointment service in order for pupils to be seen for longer sessions where specific and planned advice and support will be offered around all areas of health in particular sexual health and mental health. The Derbyshire school nurse website offers a 24 hour a day information service for anyone seeking health advice around sexual health emotional health and health needs which may be affecting educational attainment and attendance. The Derbyshire school nurse Facebook page is updated daily with different health topics which are both nationally and regionally relevant". Both these services are enabling the school nurse service to be more accessible and relevant to the needs of the Derbyshire population.

I hope this information is helpful in pointing out what is already available and in place across Derbyshire but as I said earlier we will consider your 10 pledges when planning our work to improve health outcomes and services moving forward.

Derby and Derbyshire Emotional Health and Wellbeing website launched in May, this is a central point for all Emotional Wellbeing and Mental Health information for CYP, parents, carers and professionals,

<https://derbyandderbyshireemotionalhealthandwellbeing.uk/>

24/7 All Age Mental Health Helpline - For anyone experiencing a crisis to get immediate support. Voluntary sector provide the 'front door' triage with a direct link to mental health professionals when a clinical response is required, direct routes to CAMHS urgent care services and the CAMHS Specialist Community Advisors.

KOOTH – Digital platform to provide information, advice, support on emotional well-being and mental health, articles, messages and online therapeutic / supportive conversations

<https://www.kooth.com/>

QWELL - Digital platform for parents and carers to provide information, advice, support on wellbeing and Short term therapeutic /supportive conversations.

<https://www.qwell.io/>

Build Sound Minds – Targeted early intervention specialist support for children and young people experiencing mild to moderate mental health difficulties offering 1:1 support, group work, telephone support and a digital offer

Changing Lives - Mental Health Support Teams in specific school networks (pre-school, primary, secondary and tertiary for SEND) and pupil referral units across the area, providing consultancy, specialist interventions and support to staff, children and young people, their parents and carers. Educational Mental Health Practitioners (EMHPs) trained in CBT and SFT. Currently based at

- Lady Manners, Bakewell
- Ormiston/Ilkeston Academy, Ilkeston

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| | <ul style="list-style-type: none">• Bolsover School, Derbyshire• Kingsmead Pupil Referral Unit, Derby City <p>New teams to commence from 2021</p> <ul style="list-style-type: none">• Noel Baker Academy School , Derby City <p>Bemrose School , Derby City</p> |
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