



## CAMBRIDGE LOCAL HEALTH PARTNERSHIP

**Date:** Thursday, 12 November 2015  
**Time:** 12.00 pm  
**Venue:** Committee Room 1 - Guildhall  
**Contact:** Graham Saint **Direct Dial:** 01223 457044

### AGENDA

**1 Apologies**

**2 Public Questions**

This is an opportunity for members of the public to ask a question or make a statement to the Partnership. Please refer to the Public Participation section at the end of this agenda.

**3 Minutes and Matters Arising**  
*(Pages 7 - 12)*

To approve the minutes of the meeting held on 10 September 2015.

**4 Presentation: Progress with the Health and Wellbeing Board Strategy Priority "Ensure a Positive Start to Life for Children, Young People and their Families"**  
*(Pages 13 - 24)*

As a guide this item has been allocated 30 minutes, including discussion time.

Meredith Teasdale, Service Director for Strategy and Commissioning at Cambridgeshire County and lead for this priority will give an update on progress in the main areas of focus for this priority. An extract from the strategy outlining this priority and a background paper showing some of the issues raised for children and young people at a City Diversity Forum is attached.

Members are invited to identify areas where local partnership working might assist in the delivery of this priority.

The full Cambridgeshire Health and Wellbeing Strategy 2012 to 2017 can be found at the link below:

<http://www.cambridgeshireinsight.org.uk/health/hwb>

Reducing the impact of poverty on children and helping low income families with the cost of raising a child is also one of the City Council's priority areas of focus for its Ant-Poverty Strategy, which can be found at the link below:

<https://www.cambridge.gov.uk/antipoverty-strategy>

## **5 Outline of the Work of the South Cambridgeshire and City Area Partnership**

*(Pages 25 - 28)*

As a guide this item has been allocated 15 minutes, including discussion time.

Gill Hanby, Area Partnerships Manager at Cambridgeshire County Council, will outline the work of South Cambridgeshire and Cambridge City Area Partnerships, highlighting joint work that is taking place.

Members are invited to identify areas where the partnership could add value.

The Cambridgeshire Children's Trust Plan for 2014-17 and a South Cambridgeshire and Cambridge City Area Partnership progress report is attached.

## **6 Outline of the Work of the Looked After Children's Team**

*(Pages 29 - 32)*

As a guide this item has been allocated 15 minutes, including discussion time.

Nicola McLean from Cambridgeshire Children's Service (CCS) will outline the work of the CCS team and highlight issues where additional partnership working could be helpful.

The Executive Summary of the Corporate Parenting Strategy 2015-18 is attached.

## **7 Updates**

### **7a Health and Wellbeing Board (HWB)** *(Pages 33 - 36)*

The HWB Newsletter is attached for information.

## **8 Ongoing Work**

### *(Pages 37 - 38)*

As a guide this item has been allocated 30 minutes, including discussion time.

- Cambridge CAB Outreach project at East Barnwell Medical Practice  
(An update paper is attached for information).

## **9 Date of Next Meeting**

January 2016 date to be confirmed.

## Information for the Public

### Location

The meeting is in the Guildhall on the Market Square (CB2 3QJ).

Between 9 a.m. and 5 p.m. the building is accessible via Peas Hill, Guildhall Street and the Market Square entrances.

After 5 p.m. access is via the Peas Hill entrance.

All the meeting rooms (Committee Room 1, Committee 2 and the Council Chamber) are on the first floor, and are accessible via lifts or stairs.

### Public Participation

Some meetings may have parts that will be closed to the public, but the reasons for excluding the press and public will be given.

Most meetings have an opportunity for members of the public to ask questions or make statements.

To ask a question or make a statement please notify the Committee Manager (details listed on the front of the agenda) prior to the deadline.

- For questions and/or statements regarding items on the published agenda, the deadline is the start of the meeting.
- For questions and/or statements regarding items NOT on the published agenda, the deadline is 10 a.m. the day before the meeting.

Speaking on Planning Applications or Licensing Hearings is subject to other rules. Guidance for speaking on these issues can be obtained from Democratic Services on 01223 457013 or [democratic.services@cambridge.gov.uk](mailto:democratic.services@cambridge.gov.uk).

Further information about speaking at a City Council

meeting can be found at;

<https://www.cambridge.gov.uk/speaking-at-committee-meetings>

Cambridge City Council would value your assistance in improving the public speaking process of committee meetings. If you any have any feedback please contact Democratic Services on 01223 457013 or [democratic.services@cambridge.gov.uk](mailto:democratic.services@cambridge.gov.uk).

**Filming, recording and photography**

The Council is committed to being open and transparent in the way it conducts its decision making. The public may record (e.g. film, audio, tweet, blog) meetings which are open to the public.

Anyone who does not want to be recorded should let the Chair of the meeting know. Those recording meetings are strongly urged to respect the wish of any member of the public not to be recorded.

**Fire Alarm**

In the event of the fire alarm sounding please follow the instructions of Cambridge City Council staff.

**Facilities for disabled people**

Level access to the Guildhall is via Peas Hill.

A loop system is available in Committee Room 1, Committee Room 2 and the Council Chamber.

Accessible toilets are available on the ground and first floor.

Meeting papers are available in large print and other formats on request prior to the meeting.

For further assistance please contact Democratic Services on 01223 457013 or [democratic.services@cambridge.gov.uk](mailto:democratic.services@cambridge.gov.uk).

**Queries on reports**

If you have a question or query regarding a committee report please contact the officer listed at the end of relevant report or Democratic Services on 01223 457013 or [democratic.services@cambridge.gov.uk](mailto:democratic.services@cambridge.gov.uk).

**General  
Information**

Information regarding committees, councilors and the democratic process is available at <http://democracy.cambridge.gov.uk/>

**Mod.Gov  
App**

You can get committee agenda and reports for your tablet by using the mod.gov app

**CAMBRIDGE LOCAL HEALTH PARTNERSHIP**

10 September 2015

1.00 - 2.40 pm

**Present:** Councillors Johnson & Moore: Cambridge City Council

Alan Smith: Cambridgeshire Citizens Advice Bureau

Jamie Butcher: Riverside ECHG

Holly Gilbert: Public Health, Cambridgeshire County Council

Dr Joy Sharma: Cambridge System (CATCH and Cam Health LCGs)

Karen Begg: Health Watch Cambridgeshire

Mark Pears: Riverside ECHG

Mark Freeman: Cambridge CCVS

Dr. Rachel Harmer: CAM Health

Sally Salisbury: Cambridgeshire Citizens Advice Bureau

Graham Saint: Strategy Officer, Cambridge City Council

Frances Swann: Support Housing Manager, Cambridge City Council

Yvonne O' Donnell: Environmental Health Manager, Cambridge City Council

Claire Tunnicliffe: Committee Manager, Cambridge City Council

**FOR THE INFORMATION OF THE COUNCIL**

**15/19/CLHP Apologies**

Apologies were received from Antoinette Jackson, Councillor Price, Dr Liz Robin, Mike Hay & Dr Cathy Bennett.

**15/20/CLHP Public Questions**

There were no public questions.

**15/21/CLHP Minutes and Matters Arising**

The minutes of the meeting held on 25 June 2015 were approved and signed as a correct record.

**15/22/CLHP Presentation: Cambridgeshire Public Mental Health Strategy**

Holly Gilbert, Public Health Manager - Mental Health & Community Safety, Cambridgeshire County Council gave a presentation on the Public Mental Health Strategy for Cambridgeshire. At any one time at least one person in six was experiencing a mental health condition, which had huge financial impact as there was a cost to the individual, society and the economy.

The strategy looked at mental health promotion and prevention activity, taking a multi-agency approach with the public and voluntary and private sectors. The work had highlighted the need for additional central government support.

Members were advised there were plans to make the most of opportunities across county services to promote mental health and prevent mental illness, for example through education. An anti-bully toolkit had been developed that would help support schools to improve their approach to mental health in young people.

The strategy would look at mental health promotion and prevention activity across three broad themes:

- i. A life course approach to promoting mental health
- ii. Developing a wider environment that supports mental health
- iii. Physical and mental health

The themes would cover the following areas:

- i. Promotion of Children & Young People
- ii. Social Isolation & Loneliness
- iii. Mental Health & Work
- iv. Mental Health Promotion in the Community
- v. Mental Health of People with Long Term Conditions
- vi. Physical Health of people with Mental Illness

A further report outlining progress will be brought back to the Partnership at a future date.

Members discussed several projects that had been or were in the process of being undertaken. Reference was made to the HealthWatch Cambridgeshire's Ely's School Project and a County website developed around mental health that could be linked to other associated sites, which would go live next year.



Many factors that could contribute and / or impact on mental issues were also discussed, such as use of alcohol, individuals who were isolated, lack of exercise, whether the same services were available to those individuals who lived outside of a City. Another factor discussed was that of debt and the introduction of Universal Credit

With the introduction of Universal Credit being paid directly to the individual an additional pressure could be put on young people or vulnerable individuals who had no experience of money management.

The Chair asked what strategies were in place to assist with the issue.

Cambridge Citizens Advice Bureau advised that there was a dedicated team to deal with debt management and all individuals would be offered budget help at the point of a claim. There is also a financial inclusion worker employed by the City Council for tenants.

It was queried if a directory of services available could be produced but it was acknowledged information quickly changed and a printed format would quickly go out of date.

Members were reminded of the Mental Health First Aid (MHFA), 2 day training and nationally recognised and certificated course which were available; details could be found at the following link <http://www.mindincambs.org.uk/Services/Workplace>.

The Chair thanked Holly for her presentation, who agreed to send out a Powerpoint version, including self-harm, it's prevention and treatment, for members.

***Committee Manager's note: A copy of the self-harm presentation can be viewed at the link below:***

**<http://democracy.cambridge.gov.uk/ieListDocuments.aspx?CId=347&MId=2901&Ver=4>**

**15/23/CLHP      Presentation: Mental Health Community Support and Prevention**

Jamie Butcher and Mark Pears from Riverside ECHG (a registered social housing provider) gave a presentation on the support their service offers for

adults in Cambridge with mental health issues who required assistance to help maintain their accommodation.

Members were informed of 'The Victoria' project which accommodated up to thirty homeless people many of whom had either addiction, mental health issues or both. The individuals were in the process of tackling their problems to help take ownership of their situation and to start make positive changes. A separate project 'The Spring's' was also mentioned, which accommodated men and women who were committed to learning new skills and keen to get into employment.

Jamie and Mark explained that the key to the service was having a personalised focus with a positive coaching approach, when working with individuals, concentrating on their strengths and identifying the goals they wanted to achieve. Through this approach the individual was able to push for the changes that they want and have the tools to prevent falling back into negative habits.

Individuals were referred to the service through outside agencies such as Jimmy's, the Police or Housing Associations.

Members discussed information sharing and how fundamentally important it was, but also how difficult it is to find the complete history of one individual from one source of information. Therefore it was vital to build strong working relationships all the organisations concerned.

### **15/24/CLHP      Presentation: World Mental Health Day 10 October 2015**

Suzanne Goff, Strategy Officer, Cambridge City Council presented a report outlining the details of the City Council's preparations for World Mental Health Day on 10 October 2015, and highlighted a range of the key policies and strategies that the Council had been working towards which would help address environment risk factors for poor mental health.

The report referred to the Council's aims to raise awareness across different organisations, groups and communities during the week and also to facilitate discussions and action about mental health issues. As part of the week the City Council would be offering additional training and support to the Council staff on mental health awareness and a variety of activities for staff and the public had been planned.

Suzanne concluded that she would welcome any interest from Members of the Partnership who wished to take part or would like to put on an event.

**15/25/CLHP      Updates**

**15/26/CLHP      Health and Wellbeing Board (HWB)**

Alan Smith, Cambridge Citizen Advice Bureau provided an updated on the East Barnwell GP Surgery Outreach Advice Project.

The project is overseen by a steering group, which included representation from the City Council, County Council public health team and the East Barnwell Surgery and had been running for four months.

The main area that had been identified for advice in the project was welfare benefits, with a third of the clients being referred to the project for this issue. It had been recognised that there is an issue with individuals under claiming what they are entitled to. Other issues were health related community care and housing as the largest areas followed by debt, education, consumer, relationships and employment. The trend had changed from the first report when the main advice had been for Housing.

Alan concluded that the partnership was going from strength to strength. Enquiries had been received to ask if this partnership working could also take place in other GP surgeries, which would be dependent on funding.

Yvonne O'Donnell, Environmental Health Manager, Cambridge City Council advised that the City Council had identified that there was a need for a Hoarder's Policy. It would be a multi-agency approach working with such agencies as the fire service. All agencies were working towards the completion of a policy which would be brought back to a future meeting.

**15/26/CLHPa      Ongoing Work**

Alan Smith, Cambridge Citizen Advice Bureau provided an updated on the East Barnwell GP Surgery Outreach Advice Project.

The project overseen by a steering group which included representation from the City Council, County Council public health team and the East Barnwell Surgery and had been running for four months.

The main area which had been identified for advice was welfare benefits with a third of the clients being referred to the project for this issue, it had been recognised that there is an issue with individuals under claiming what they have been entitled to. Other issues were health related committee care and housing as the largest areas followed by debt, education, consumer, relationship and employment. The trend had changed from the first report when the main advice had been for Housing.

Alan concluded that the partnership was going from strength to strength. Enquiries had been received to ask if this partnership working could also take place in other GP surgeries which would be dependent on funding.

Yvonne O'Donnell, Environmental Health Manager, Cambridge City Council advised that the City Council had identified that there was a need for a Hoarder's Policy. It would be a multi-agency approach working with such agencies as the fire service. All agencies were working towards the completion of a policy which would be brought back to a future meeting.

**15/27/CLHP      Date of Next Meeting**

12 November 2015, Committee Room 1, The Guildhall, 12.00pm,

The meeting ended at 2.40 pm

**CHAIR**

# PRIORITY 1 OF THE CAMBRIDGESHIRE HEALTH AND WELLBEING STRATEGY 2012-17

## Priority 1

### 5.1 Ensure a positive start to life for children, young people and their families

The [Joint Strategic Needs Assessment \(JSNA\) for Children & Young People](#) provides an overview of key issues and needs for children and young people currently living in Cambridgeshire. We know that the first few years of life have a significant impact on the health and wellbeing of children for the rest of their lives. It is therefore vitally important that we help to support the early development of healthy behaviours and foster a supportive community for parents and families, to give children the best opportunities in life. An essential component of this is positive and supportive parenting. This is particularly important for parents experiencing poor physical or mental health or in poverty. There is now a range of effective ways to support parents – from low-cost interventions for all parents, through to intensive programmes to support those families most in need.

In Cambridgeshire, there are children growing up in poverty in every town and village. Despite the affluence of much of the population, there are pockets of real

deprivation as well as disadvantaged families living within prosperous areas. Based on 2011 figures, 14,110 children (13.1% of the total) live in relative poverty (families whose income is at or below 60% of the national average) in Cambridgeshire<sup>1</sup>. This represents an increase from 12.5% in 2008. Children living in areas of deprivation are exposed to multiple social factors which adversely affect their health, educational attainment and life chances. Children from poorer families living in more prosperous areas are also at risk of poorer outcomes.



National evidence shows that children growing up in poverty are two and a half times more likely to suffer chronic illness and almost four times more likely to suffer mental health problems<sup>2</sup>. Looked-after children and young offenders are also particularly likely to have poor health outcomes<sup>3</sup>.

Action to tackle poverty is a key strand within the Children's Trust programme and there are specific opportunities where the Health & Wellbeing Board and Network can encourage all partners to identify and reach families vulnerable to poverty or with high or complex needs. This includes both a concerted effort to identify children who are at risk of poverty or in challenging situations, tackling the challenges of worklessness, work poverty and poor housing, and working together to ensure these families can access effective, high-quality services and support.

The [Mental Health of Children and Young People JSNA 2013](#) provides an overview of the key issues and needs relating to mental health for children and young people in Cambridgeshire.

<sup>1</sup> Cambridgeshire's Child Poverty Needs Assessment 2011. Available at: <http://www.cambridgeshire.gov.uk/childrenandfamilies/providingchildrengovernanceservices/children/strategiesandplansforchildren/default.htm>  
<sup>2</sup> D. Hirsch and N. Spencer (2008), Unhealthy Lives: intergenerational links between child poverty and poor health in the UK  
<sup>3</sup> JSNA Children & Young People. Available at: <http://www.cambridgeshireinsight.org.uk/jsna>



Mental health disorders in childhood can have high levels of persistence. Around 50% of lifetime mental illness starts before the age of 14 and continues to have a detrimental effect on an individual and their family for many years. Potentially, half of these problems are preventable.

Meeting the unmet mental health needs of children is important. In Cambridgeshire we will continue to strive to provide

integrated multiagency services which address the physical and mental health and wellbeing needs of children, young people and their families through using tools such as the Common Assessment Framework. This also links closely to the importance of creating a safe and supportive environment and the positive effect on families of tackling drug and alcohol abuse and preventing abuse and neglect. In particular, domestic abuse can have a devastating impact on children and young people and is the most frequently reported reason for referrals to Children's services in Cambridgeshire.

These are specific areas of focus under Priority 4 which have a substantial effect on children, young people and their families. All of our partners are also committed to meeting their statutory requirements to ensure effective safeguarding of children and young people.

The [Carers JSNA 2014](#) provides an overview of key issues and needs of carers, including young carers. According to the 2011 census, 4,208 young people under 25 years in Cambridgeshire provide unpaid care. 385 young people under 25 provide 50 or more hours care per week (including 92 under 16s). Young carers often take on practical and/or emotional

caring responsibilities that would normally be expected of an adult. Joint working between services specifically working with young carers and mainstream preventive services for children and young people is needed to ensure that young carers are seen as a vulnerable group, their needs identified early and seen in the context of the whole family.

In Cambridgeshire, there are key inequalities in outcomes for children and young people, and these are demonstrated in a number of indicators, including attainment rates across all key stages of education, rates of unhealthy weight, childhood deaths and injuries<sup>3</sup>, and rates of young people becoming NEET (not in education, employment or training).

Cambridgeshire is experiencing rapid demographic growth and in parts of the county numbers of children are rising rapidly. The number of children with Special Educational Needs is also rising. It is not only an economic necessity, but critical to the best outcomes for these children that education, health and social care services work together to assess, plan and support these children and their families.

Tackling youth unemployment is important

if we are to grow the local economy, and increasing the participation of 16-18 year olds in education, work and training improves their life chances and makes a lasting difference.

Under 4% of 16- 19 year olds in Cambridgeshire are not in education,

employment or training (NEET). For young people with learning difficulties and/or disabilities (LDD), this percentage rises to over 11%. Narrowing the Gap, Cambridgeshire's strategy to raise the attainment of vulnerable groups outlines key interventions to ensure all children achieve their potential.

**Our focus will be to:**

- Strengthen our multi-agency approach to identifying children who are in poverty, who have physical or learning disabilities or mental health needs, or whose parents are experiencing physical or mental health problems.
- Develop integrated services across education, health, social care and the voluntary sector which focus on the needs of the child in the community, including the growing numbers of children with the most complex needs, and where appropriate ensure an effective transition to adult services.
- Support positive and resilient parenting, particularly for families in challenging situations, to develop emotional and social skills for children.
- Create and strengthen positive opportunities for young people to contribute to the community and raise their self esteem, and enable them to shape the programmes and services with which they engage.
- Recognise the impact of education on health and wellbeing and work to narrow local gaps in educational attainment.

12 November 2015

## **Background Paper: Issues affecting children and young people in Cambridge**

### **Introduction**

In November 2014 the City Council's Equalities Panel considered issues affecting young people in the City and invited local service providers to give their views. This may provide useful background in considering progress made with the Health and Wellbeing Strategy, Priority One "Ensuring a positive start to life for children, young people and their families".

The following is an extract of the slides presented at the meeting by Centre 33, the City Council's Children & Young People's Participation Service, Cambs Healthwath and SexYOUality.

### **Extract of Slides**



#### **An Overview of Centre33**

- Turnover of about £400,000 a year, with two thirds tax-payer funded income
- Drop-ins: about 3,000 contacts a year
- Planning support: about 300 YP a year (and rising this year)
- Housing advocacy: about 200 YP a year
- Mental health support and counselling: about 550 YP a year
- Young Carers Support: about 150 YP a year
- Schools awareness programme about 4000 YP a year

#### **Mental wellbeing for children and young people**

- Rising demand and severity
- Inequality creates mental distress- is this why we see such a high need?
- Threshold models of service lock young people out of early help
- Complex problems across families- single solution services are less effective
- Cuts across many services at once reduces resilience in the system

#### **Homelessness**

- Lack of supported housing in the City for vulnerable young people
- Young people struggling to access work



- High private sector rents
- Shortage of room lets- ? Overseas visitors have an impact?
- Young people's lack of awareness of their housing rights and responsibilities- can fall into homelessness without knowing the risk

#### Vulnerable families

- The most recent census showed a large increase in numbers of Young Carers, with more Young Carers in the younger age groups
- Adult and Children's services don't work well together, and YC are caught in this vacuum
- Problems are often played out in school- academies are not obliged to have a response

#### Population growth

- We might invest early in open access, connected services and avoid problems- or, we might let new communities repeat the mistakes of the past?

#### The impact of inequality

- Centre 33 advocate open access, non-stigmatising services that are Universal but capable of dealing with complex need. If Cambridge does not address its inequality, the whole community suffers, not just the most vulnerable

#### More diverse communities

- Will make for a richer community, but only if we get the equality issue right



The Children & Young People's Participation Service is based in Brown's Field Community Centre, providing City wide play activities, trading now across the Eastern Region

- Universal Play
- Brown's Field Community Centre
- ChYpPS Adventures

#### The City Council's Commitment to Play

We are committed to making sure that all children have access to rich, stimulating environments that offer challenge and provide opportunities to take 'acceptable' risks ... we understand that children and young people need opportunities to play on their

own but, also very importantly with others ... we believe that children and young people enjoy a range of play opportunities but that the built environment is not always conducive to safe or accessible play. We will work alongside partner organisations to ensure that good quality play provision in new communities is prioritised ... we are committed to ensuring that environments, services and provision for play are fun, child friendly, welcoming and accessible to all children and young people ... we will provide good quality play opportunities that support and promote children and young people's health and well-being ... we will continue to actively involve children and young people when developing all of our play opportunities and play spaces and engage with them other issues of local interest and importance that relate to their lives ... play facilities for children and young people will comply with all legislative requirements and be 'safe enough'.

#### City-wide Universal Provision

- School holidays – including SummerDaze and BIG neighbourhood events
- Targeted 8 – 13s
- Family friendly
- Accessible – FREE
- Term time linked ChYpPS Adventures

#### Brown's Field Youth & Community Centre

- East Chesterton
- Open every day! Managed and staffed by ChYpPS
- Family Stay & Play, Anger Management, Lithuanian School, Youth Club, Holiday Drop In, Over 50s Folk Dance, Tango!
- Opportunities and Challenges: great venue, multi use, income target, increasing local footfall, encouraging casual use, keeping neighbours happy, offering training

#### ChYpS Adventures

- Regional offer to schools, community groups, private sector, anyone!
- Forest Adventures
- River Adventures
- Scrap Adventures
- Play Pods
- Training Adventures

#### What's Happening Locally

Everyone is impacted by changes going on at either a national or local level, we are all doing things differently, we are all looking to do more or the same with less and we are all trying to make sure we still do the right thing for children and young people.

We know that some children live in circumstances that make them more vulnerable and we are seeing more children impacted by poverty and social change.

Positive Activities ... Developing Resilience ... Creating Safe Places To Be ...  
Listening ... Prevention and / or Good Crisis Management ... Children Now

What Does Childhood Look and Feel Like in 2014?

- Safety
- School
- Drugs
- Immigration
- Rules
- Something to do

What Makes Cambridge an Awesome Place ...

- Parks
- Health care
- It's beautiful
- Good shops
- The river
- Cineworld
- Good schools
- Cambridge Utd
- Can get to other places easily
- Free things to do in the summer
- ChYpPS coming to our area
- People are very kind
- There are people from all over the world
- The swimming pool
- The paddling pools
- The ice rink

How will things be in 2030? What year 9 said ...!

- Jobs – not everyone will work full time
- Everyone will have an Oyster card
- Digital devices will be even easier to use
- You will pay for everything on a device, we won't have cash
- Houses – we will have to stay living at home longer and it will a squash
- Education – they will keep on making it harder
- Robots in McDonalds – and they still won't get the order right
- Crime – will keep going up and up
- UKIP – will be running the country

- Health
- Will Cambridge Utd have gone up?
- Health will be a problem because young people now smoke too much, drink and do drugs
- There will be more people living in Cambridge
- Everything in the vending machine will be £1
- Everything in the vending machine will be smaller than it is now
- We might have children and be saying the same things our parents say to us now ... they won't listen either!

#### Key Issues for Services

- Things to do, places to go, spaces to be
- Working together not in competition
- Responding to changes and adapting services accordingly
- Preserving childhood – you're a long time an adult
- Taking opportunities, being risk takers
- Listening ...
- Lessons from the past

But it won't be all bad ... if we can get it right, childhood is a great place to be! It should be the time of your life ... carefree, fun, exciting and safe.

#### **Update: ChYpS Engagement Officer: Agenda Days**

Within the City Council's Children & Young People's Participation Service a Children's Engagement Officer is specifically tasked with involving children in the decision making at area committees. Young people are not being asked to stand up and speak at area committees but will be asked to provide visual displays and encouraged to share their thoughts and ideas about the issues through arts projects. It is early days with this project but the key is to find out what issues young people are interested in and then gauge their interest in either commenting or being more involved. This is being achieved through the delivery of Agenda Days (bringing groups of children together to hear their views), surveys and engagement on other similar projects (for example S106 consultation for parks and open spaces, TakeOver Day).

Agenda Days have taken place in the North and South wards during October half term (2015).



## About Healthwatch Cambridgeshire

- Statutory requirement - Health & Social Care Act 2012
- In Cambridgeshire established 7th May 2013 as a Community Interest Company
- Small staff team: 4 full time and 6 part time
- Office base in Huntingdon
- Part of a national network – Healthwatch England
- Committed to tackling inequalities
- Partnership is what we do – never duplicate!

## What we do

- LISTEN & INFLUENCE
- Collect people's lived experiences and concerns
- Feedback to regulators and decision makers
- INFORM & ENABLE
- Provide an Information & Signposting Service
- Promote good practice in engagement and learning from experience

## HWC's Youth Engagement Worker

- Happy & Healthy in St Neots – worked with Year 6 children about what makes them happy and healthy
- A 'Voice Network' for young people, so there is a safe space to tell their experiences and contribute their views
- Building links with schools, colleges, children's centres
- Making links with commissioners to feedback views and press for change
- Recruiting young people as volunteers

## Children & Young People tell us:

- They care about their health (and each other) but are very rarely asked what they think
- They like outdoor activities
- There are clearly not enough services to help with emotional wellbeing
- Long waiting times and poor quality of service from mental health services (CAMH)

## The future:

- Move beyond the 'passive recipient of care' model
- Truly shared and informed decision-making
- Lessons from social care personalisation
- Language - people not patients
- The power shift required is a big ask



### Data from the HRBS 2012 (Health Related Behaviour Survey)

- 4.2% of year 10 pupils in Cambridgeshire indicated that they identify as lesbian, gay or bisexual. Of these 43% worry about it.
- LGB pupils more than three times more likely than their straight peers to having : received nasty or threatening phone calls, text messages and emails, been threatened for no reason, been threatened with a weapon, and been ganged up on.
- 36% have been bullied at school compared to 15% straight pupils
- 25% been bullied away from school compared to 6%
- 18% of LGB pupils are very often or often afraid of going to school because of bullying compared to 4% of straight pupils

### Homophobic bullying

- 96% of young LGB people here homophobic remarks such as 'poof' or 'lezza' used in school (Stonewall 2012)
- Only ten per cent of gay pupils report that teachers challenge homophobic language every time they hear it (Stonewall 2012)
- Three quarters of primary school teachers report hearing the phrases 'you're so gay' or 'that's so gay' in schools
- 65% of lesbian, gay and bisexual young people experience homophobic bullying in Britain's schools.
- 44% of LGB pupils who experience homophobic bullying skip school because of it.
- 7 out of 10 gay pupils who experience homophobic bullying state that it has an impact on their school work.(Stonewall 2012)
- Fewer than half (46%) of young gay people feel there is an adult at school they could talk to about being gay.
- 'Talking to someone you trust allows you to 'let go' of some of the responsibility. It's a little bit of a weight off your shoulders'

## Mental Health and Resilience

- One in ten (ten per cent) gay and bisexual men aged 16 to 19 have attempted to take their own life in the last year (Stonewall 2012)
- 72% of lesbian and bisexual girls deliberately harm themselves (Stonewall 2012)
- Nearly one in four (23%) lesbian, gay and bisexual young people have tried to take their own life at some point.
- 71% of lesbian and bisexual girls and 57% gay and bisexual boys have thought about taking their own life, with boys who are black or

This page is intentionally left blank



## What is the Children's Trust?

The Children's Trust works as a partnership between different organisations to improve the services that are delivered to children, young people and their families across Cambridgeshire. The Children's Trust Board will support and facilitate local activities, informing and delivering key work areas on behalf of the Health and Wellbeing Board. The Children's Trust includes three Area Partnerships which identify emerging needs and commission activities to meet these needs locally.

The Children's Trust will support and facilitate the work which is being delivered both locally and countywide. Partners will work together on a number of different projects, initiatives and plans at every level to ensure the best outcomes can be achieved.

The Children's Trust will review their governance arrangements regularly to ensure they are fit for purpose and to strengthen the vital links needed to move forward.

The Children's Trust is the primary delivery mechanism for Priority 1 of the Health and Wellbeing Strategy: Ensure a positive start to life for children, young people and their families.

## The role of the Area Partnerships

The Children's Trust has three Area Partnerships:

- East Cambridgeshire & Fenland
- South Cambridgeshire and Cambridge City
- Huntingdonshire

Each Area Partnership has developed its own local commissioning plan. This plan identifies local activities which are delivered collectively with local partners to meet the needs of families. Each Area Partnership informs the Children's Trust Board of local issues and emerging needs to ensure these can be taken forward in the planning process.

## What are the priorities?

The Children's Trust has agreed to take forward the following priorities over a three year period (2014-17):

- Addressing the impact of welfare reforms and poverty on educational attainment and health outcomes
- Improving children's mental health and considering parental mental health
- Addressing drug and alcohol misuse within the family environment

*The priorities have been developed from the views of partners on the Children's Trust Board, each of the Area Partnerships and feedback captured at the Children's Trust Conference held in November 2013.*

## What is this plan for?

This plan sets out the strategic direction of the Children's Trust for the next three years, highlighting key needs, success criteria, and lead responsibilities. This plan will be reviewed annually alongside a more detailed action plan.

## How will this plan be monitored?

A detailed action plan will be developed annually to capture the key priority work areas, activities and outcomes both locally and countywide. Every six months the Children's Trust Board will review progress and highlight the next steps to take forward.

The Children's Trust has an annual commissioning cycle:

April - ongoing	Agreement and implementation of annual action plan
July - September	Begin to review emerging needs (using latest needs assessment)
October	Review progress of action plan
November - March	Deliver annual conference to inform forward planning and refresh annual action plan

## What are the key areas to improve the way we work together?

- |  |  |   |
|--|--|---|
| <p><b>1</b><br/>Better understanding and communication of what each agency does (including VCS), what services they offer, the threshold to their services and referral processes they use</p> | <p><b>2</b><br/>Earlier use of intervention and preventative services is required, strengthening the link between children and adult services and considering a whole family approach to enable the delivery of services to be more joined up, effective and efficient</p> | <p><b>3</b><br/>A more joined up approach to sharing of data and information between agencies</p> |
|--|--|---|

This will form part of the first year's action plan for the Children's Trust.

## Workforce

All partners contribute to the Children's Trust Workforce plan which identifies the opportunities and delivery methods for providing workforce development across all organisations in a multi-agency way. Further details can found in the latest annual Children's Trust Workforce Plan. [www.cambridgeshire.gov.uk/childrenandfamilies/children-services/workingwithpartners/childrenstrust](http://www.cambridgeshire.gov.uk/childrenandfamilies/children-services/workingwithpartners/childrenstrust)

## Partners of the Children's Trust have agreed to:

- Deliver the priority areas together in a multi-agency way
- Progress and work through the areas to improve the way we work together
- Provide support and challenge to each other to deliver the best outcomes for children, young people and families

## What other work areas link to the Children's Trust

- Special educational needs and disability (SEND)
- Emotional wellbeing and mental health
- Healthy Child Programme
- Think family approach:
  - Together for Families
  - Family Common Assessment Framework (CAF)
  - Child Poverty
  - Welfare reforms

*These have been identified as key projects and are currently being developed and implemented across multi-agency organisations.*

## Need Analysis

### Poverty:

- Almost 16,000 children living in poverty in Cambridgeshire
- Around 70% come from lone parent households
- 75% come from workless households
- Homelessness and financial hardship are increasing in Cambridgeshire
- There is hidden and dispersed poverty in otherwise affluent areas over 70% of families in poverty in Cambridgeshire live in less deprived areas, and these children often have the worst outcomes.

### Attainment:

- Cambridgeshire has wide attainment gaps between the achievement of pupils who are deprived and those who are not.
- At Key Stage 2 (KS2), a significant proportion of children failed to achieve Level 4+ in reading, writing TA and maths and the gap widened for a number of vulnerable groups in 2013. **This included:**
  - 72% of children with SEN,
  - 53% of children eligible for FSM,

- 78% of Gypsy/Roma children,
- 52% of children with a Central or East European language
- 72% of children who are Looked After

### Special educational needs and disabilities (SEND):

- 3116 children and young people have a statement of Special Educational Needs; this is 3.4% of the school population
- Over the last 18 months there has been a significant rise in the number of statements issued. This rise is continuing.
- There are 876 children and young people who have Autism as their primary need on their statement, this makes up 28% of the total statement cohort
- Pupils with SEND are eight times more likely to be excluded from school compared with pupils with no SEND.
- Pupils with SEND are disproportionately likely to have higher levels of absence:
  - 6.7% absence rate compared with 4.6% at primary level
  - 9.1% compared with 4.8% at secondary level.

### Mental Health:

- 5,500 preschool children with mild mental health problems
- 8,000 children school age children with a diagnosable mental disorder
- 1,275 children aged 17 years with a mild mental health problem
- There are more children with mental health problems in the most deprived areas of Cambridgeshire

### Drug & Alcohol abuse:

- Nationally the 138 overview reports from Serious Case Reviews featured:
  - Substance misuse – in 59 (42%) cases
  - Drugs misuse – in 41 (29%) cases
  - Alcohol misuse – in 38 (27%) cases

#### In Cambridgeshire, it is estimated that:

- 5,400 children and young people are living with a problem drinker with mental health issues.
- 3,300 living with a drug user with concurrent mental health problems
- 1,300 living with parent with all three

(DfE: New learning from serious case reviews: a two year report for 2009-2011)

## Our Priorities

## What we need to do

### Priority 1: Addressing the impact of welfare reforms and poverty on educational attainment and health outcomes

1a	Accelerate the achievement of vulnerable children and young people	Refresh of the Narrowing the Gap strategy to 'Accelerate the Achievement of Vulnerable Groups'
1b	Health inequalities across vulnerable children and young people are understood and addressed	Build understanding across the workforce of health inequalities and action needed to address them
1c	The needs of and support to vulnerable groups, including those physical and learning disabilities, are identified as early as possible	A focus on early intervention and preventative work with families with children with a disability of special educational need and the development and implementation of a commissioning strategy to meet these needs
1d	Outcomes for children and families from deprived backgrounds are improved and the impact of poverty is minimised	Refreshing the Child Poverty Strategy to mitigate the impact of the welfare reforms on vulnerable families and support families in crisis
1e	The uptake of Free Schools Meals countywide are increased and the effectiveness of pupil premium to vulnerable families are increased	Area Partnerships identifying eligible families for Free School Meals to register.
1f	The benefits of nurturing aspirations within the family environment are understood and promoted	Further actions are set out in the detailed action plan

### Priority 2: Improving children's mental health and considering the impact of parental mental health

2a	Children's mental health needs are recognised, understood and supported appropriately	A county strategy for mental health, which covers the spectrum of need and early intervention and community service alongside the service provided by CPFT for more acute need
2b	The impact of parental mental health is considered and understood across the workforce	
2c	Our workforce are supported and equipped with the right tools to support children and young peoples' emerging mental health issues	

### Priority 3: Addressing drug and alcohol misuse within the family environment

3a	Parents, children and young peoples' awareness of the effects of alcohol and drug misuse are increased	Issue of guidance on substance misuse and the implementation of a 2 year project to strengthen the link between children's and adult treatment services
3b	Adults and children's services delivering drug and alcohol misuse across organisations have an increased synergy between organisations	Further actions are set out in the detailed action plan

## South Cambs & Cambridge City Children & Young People Area Plan Progress Report. June 2015

### 1.1 Supporting mental health initiatives in primary schools in the Bassingbourn/Melbourn/Gamlingay cluster – Allyance

Emotional well being conference for year 5 students (April 2015) 200 students participate (emotional wellbeing is universal need) Practical workshops looked at mental and physical health and coping strategies, included dance, art, music, drama and protective behaviours.

Heads from participating schools have taken activities back into their own schools to follow up. Protective Behaviors work is now taking place in all Y2 classes

Cluster will look to repeat the initiative in future. Year 5 is an appropriate target group

In addition to direct benefits to young people the event also strengthened partnership working between schools in the cluster and with local providers

### 1.2 Pilot project to deliver mental health services for primary school aged children in schools South of the River Y

The steering group have been approached by Cambridge Family Social Enterprise that is interested in the contract. They presented a proposal which seems on the face of it to fit the spec offering: 'Early evidence-based treatments for mild to moderate mental health need.' They have been accepted by the Judge Business who will support the evaluation of the project. They are aware of the timescales for RFQs. RFQ will be published on 10th June with a deadline of 9th July for responses. Bids will be evaluated on 13th July with a view to a contract start date of 14th September

### 2.1 Developing a pilot project with North Cambridge Academy offering intensive support to improve work readiness G

Initial discussions with NCA and agreement to begin pilot project in Sept 2015. Cohort of young people who are likely to choose apprenticeship/work with training as a post school option will participate in employability initiatives (additional to universal school provision). Their progress and choices will be tracked to Y14

The group have £3k to allocate to this project. This has been allocated to City Council to add capacity to staff delivering this project

As the project becomes established there will be costs eg transport; additional staff for trips. Funding needs to be identified

### 2.2 Promoting work and meet the employer opportunities within planned projects Y

Employers invited to participate in City Council 'Big Wednesday' family events  
Gamlingay young people's summer projects to consider including workplace/employer visits. Linking with Cambridge Area Partnership contacts  
Looking at possibility of linking employer contacts to arts projects in Sawston

### 3.1 Supporting New Communities Y

Key developments - Northstowe; Southern Fringe; North West Fringe and Cambourne West. All have community representation on working groups looking at local service needs and facilities.

Lack of funding for service delivery is a common issue across the developments and is likely to result in higher demand on services in the longer term as experience with new developments is showing a higher demand for services in new developments.

#### Current Issues:

Northstowe – lack of service delivery for early residents

S Fringe – Community space and capacity to deal with safeguarding/child protection (high need)

NW Fringe – Potential divisions between communities – University site and Darwin Green

Cambourne W – High birth rate putting children's services under pressure and distance of new development from existing resources which may lead to new residents feeling excluded

The focus of the new communities team has been on Northstowe over the last few months the 2nd phase has recently received planning permission. Although not formally agreed yet the S106 requirement includes resources to be used to form a purpose built multi agency group to support new residents. The focus will be on preventative and early intervention with a view to create a resilient community. This resource is not available in phase 1 (phase 1 residents will start to move in early in 2016). The partnerships influence may be required to establish an informal multiagency group to support phase 1 residents.

The CCC Supporting new communities strategy is due to be taken to GPC in September. The area

partnership are invited to comment on the strategy prior to this.

**4.1 Promoting the voice of young people in projects linked to the Area Partnership Y**

The Youth Council is now working with Kirstin Donaldson to put together a project plan for the 'Babel' Network. The Network would be made up of young volunteers to support children and young people whose first language isn't English. Support would be for things like conversational English, social and day to day situations and schooling. The overall aim would be for these young people to develop their speaking and written English so that they could take a full and active part in their communities, establish social networks, as well as supporting the more formal mechanisms in place through the education system

**5.1 Supporting families experiencing multiple problems R**

No action

**5.2 Increasing the Up-Take of Free School Meals Y**

Current work priorities for Education Welfare Benefits Service have had to be processing the 3000 Early Years Pupil Premium applications for Early Years settings. This work however will benefit the new September 2015 intake into schools and the impact of the universal free school meals and pupil premium issue. As we will be able to identify new children entitled to FSM even if their parents have not applied for free school meals, as the information taken from Early years premium entitlement can be rolled over to the School year. So with this work we hope the impact of free school meal figures will not decrease as initially suggested





Cambridgeshire Children, Families and Adults Services

# Corporate Parenting Strategy 2015-2018

## Children and Young People's Version

(this version is included as the  
Executive Summary)

Developed by Young Members of the Voices Matter  
(Children in Care Council) Panel



*'As corporate parents we will ensure you feel safe, supported and cared for. We will respect and listen to you and involve you wherever possible. This is our pledge and our promise to you'*

Produced July 2015  
To be revised July 2016

The Pledge

Please feel free to contact us via [voicesmattercicc@gmail.com](mailto:voicesmattercicc@gmail.com)

## Who is a Corporate Parent?

Everyone who works with Looked After young people and care leavers have the responsibility of a corporate parent. This can be a social worker, councillor and other professionals who work in health, housing and education.

Some of these professionals meet on a regular basis to discuss the important issues involving LAC young people and what work and support is needed to help young people succeed in lives. This is called a [Corporate Parenting Board](#) meeting and young people from the Voices Matter panel also attend to represent other looked after young people.

The Council has a [Pledge](#) for looked after children and young people which was developed by young people themselves with different professionals, senior managers and councillors. The pledge is a commitment to young people by the council so they know what help and support is available and what their rights and entitlements are.

In regards to corporate parenting, the Council pledge is:

***‘As corporate parents we will ensure you feel safe, supported and cared for. We will respect and listen to you and involve you wherever possible. This is our pledge and our promise to you’***

## Corporate Parent Strategy

We have a Corporate Parenting Strategy to help support children who come into care as the majority of Looked After Children need extra support in their lives because they've experienced a lot of disruption and hurt. Their experiences may make it harder for them to do as well as they could for example in their school, health and in their relationships. The strategy looks at the areas that are needed to support the young people and over the next 3 years they will focus on 5 key areas. These are:

- Improve the life chances of looked after children, young people and care leavers by widening the ownership of responsibility for these children to all Councillors, Officers and partners				
- Improve key performance indicators for looked after children and young people to meet national and local targets				
OUTCOME AREAS				
1. Looked After Children fulfil their educational potential	2. Care Leavers successfully gain employment	3. Looked After Children have good health and wellbeing	4. Looked After Children and care leavers are well equipped to be parents	5. Cambridgeshire Looked After Children and young people placed outside of the county are not disadvantaged

## How we will achieve the key areas in the strategy

### **Outcome1: Looked After Children fulfil their educational potential**

- Corporate Parents will support schools to ensure you have full-time education and make good progress in school.
- Provide good support during the year and at important times like exams to help you achieve your goals and aspirations. They will work with other partners to create opportunities such as apprenticeships and when you leave school, help and support you with your choices for higher education.

### **Outcome 2: Care leavers successfully gain employment**

- Corporate Parents will support you when choosing a college that's right for you and with linking potential employers with schools and colleges to support you in progressing onto a job.
- We will ensure that your Personal Education Plan is completed and the information from this is included in your Pathways Plans to support your transition when you leave school.
- We will promote apprenticeships including opportunities within the Council and ensure that there are named Jobcentre Plus Advisers for care leavers if they need to claim benefits.
- Opportunities and support will also be provided for young people with disabilities for when they leave care.

### **Outcome 3: Looked After Children have good health and wellbeing**

- Corporate Parents will make sure you know how your health is by having appointments and make sure things are on track. Help you to go to appointments and get the support and advice you need to maintain your good health and wellbeing.
- Make sure your carers can help you with being healthy.
- Help you to be part of decisions about your health.

### **Outcome 4: Looked After Children and care leavers are well equipped to be parents**

- Corporate parents will work with young parents in care or who have left care to help them get the services and support they need to support them to be good parents.

### **Outcome 5: Cambridgeshire Looked After Children and young people placed outside the county are not disadvantaged**

- Corporate parents will make sure your health, education and contact is given the same top priority as if you were living closer to home and to make sure that where you live is right for you.
- Ensure that you are involved in decisions about whether it's best for you to stay living out of County or return to Cambridgeshire.

This page is intentionally left blank



# News from...

# Cambridgeshire Health and Wellbeing Board

## October 2015

### Welcome!

Welcome to another issue of the Cambridgeshire Health and Wellbeing Board (HWB) newsletter.

This time we have updates on some public health initiatives such as Healthier Options, a local healthy food accreditation package and a campaign for alcohol awareness over the winter period. We also feature a number of updates from Healthwatch Cambridgeshire, including news of the appointment of a new Chair.

We'd appreciate your feedback on this newsletter, particularly on what you'd like to see in future issues. Please get in touch by emailing Adrian Lyne on [adrian.lyne@cambridgeshire.gov.uk](mailto:adrian.lyne@cambridgeshire.gov.uk) or by calling 01223 706307.



**Cllr Tony Orgee,  
Chairman  
Cambridgeshire  
Health and  
Wellbeing Board**

## Healthier Options in Cambridgeshire

[Healthier Options](#) is a local accreditation package that aims to increase healthy food choices in local food businesses. Beginning as a pilot, Healthier Options has been developed by Cambridgeshire County Council (Public Health) and Environmental Health teams at Cambridge City Council, East Cambridgeshire District Council and Fenland District Council, and is being evaluated by the University of Hertfordshire.

Environmental Health Officers support businesses to create a pledge, to be completed within 3 months, and be awarded a membership. A pledge contains at least 10 change intentions, resulting in a reduction of salt, sugar, fat, saturated fat, portion sizes and an increase in fruit and vegetables. Cambridgeshire businesses that have been approached since July 2015 are in progress towards their membership. Customers can use the website ([www.healthier-options.org.uk](http://www.healthier-options.org.uk)) to choose to dine in Healthier Options members' restaurants or become ambassadors to promote it with their favourite restaurants and on social media.

The UK is not reaching the [Eat Well plate guidelines](#) and the average energy intake from food and drink is above what is needed to maintain a healthy weight. As eating out accounted for 10% of total energy intake in 2013, small dietary choices can affect long term health. Similar schemes have been implemented across the country, with businesses noticing an increase in footfall and intrinsic benefits of promoting health.

For more information, contact Sarah Stevenson, Health Improvement Specialist- Nutrition at [Sarah.Stevenson@cambridgeshire.gov.uk](mailto:Sarah.Stevenson@cambridgeshire.gov.uk)

- Follow Healthier Options on Twitter: [@Healthier\\_Cambs](https://twitter.com/Healthier_Cambs)
- Like us on Facebook [Healthier Options- Cambridgeshire](https://www.facebook.com/Healthier-Options-Cambridgeshire)
- Website: [www.healthier-options.org.uk](http://www.healthier-options.org.uk)



## Upcoming meetings

The Cambridgeshire HWB holds its meetings in public and all are welcome to come along to observe.

**Thurs 19 November 2015**

10am – 1pm  
Shire Hall, Cambridge

**Thurs 14 January 2016**

10am – 1pm  
South Cambridgeshire Hall, Cambourne

**Thurs 17 March 2016**

10am – 1pm  
The Grange, Nutholt Lane, Ely

For more details about HWB meetings including venues and papers, visit: <http://tinyurl.com/opvqvvv>

Agenda Item 7a

## FOCUS ON: HEALTHWATCH CAMBRIDGESHIRE

### Val Moore appointed as new Chair of Healthwatch Cambridgeshire

Val Moore (pictured), most recently a director at NICE (National Institute for Health and Care Excellence) has been appointed as the new Chair of Healthwatch Cambridgeshire.



Healthwatch Cambridgeshire's job is to make sure that local people have a say when important decisions are made about their health and social care services. As Chair, Val will provide a strategic lead to the organisation, as well as sitting on local health and care

policy boards including Cambridgeshire's Health & Wellbeing Board.

Val has an in depth knowledge of how health and social care services work and is keen to understand the impacts of health and care service challenges and change on local people, particularly those that are seldom heard.

### Healthwatch Cambridgeshire wins national award

Healthwatch Cambridgeshire won a national award for "Making a difference with the Care Quality Commission (CQC)" at the Healthwatch national annual conference in July 2015. The award was achieved based on work done to support people's experiences being listened to during hospital inspections.

Anna Bradley, Chair of Healthwatch England, said: "The work they have done with the CQC locally, ensuring that the experiences of people using hospital services influences inspection and are at the heart of improvements, is a shining example of how involving and informing local people in discussions about health and social care can really make a sustainable impact and bring about long-term change to services."

Working in partnership with groups in the community, Healthwatch Cambridgeshire has helped influence service development in areas as diverse as young people's mental health, gender identity services and podiatry.

Get in touch with Healthwatch Cambridgeshire if you work with people in the local community, and want their experiences be listened to by health and care service commissioners and providers.

Find out more at:

[www.healthwatchcambridgeshire.co.uk](http://www.healthwatchcambridgeshire.co.uk)

Call 01480 420628



Follow us on Twitter [@HW\\_CAMBS](https://twitter.com/HW_CAMBS)



Like us on Facebook '[Healthwatch Cambridgeshire](https://www.facebook.com/HealthwatchCambridgeshire/)'

### Local work featured as Healthwatch England's 'story of the week'

Healthwatch Cambridgeshire's work to influence local podiatry services was featured in Healthwatch England's national newsletter as the 'story of the week' during September. Healthwatch England said:

#### ***A step forward for podiatry care in Cambridgeshire***

*When it heard local people's concerns about inconsistent access to podiatry care on the NHS, Healthwatch Cambridgeshire raised the issue with its CCG. The CCG has since published an updated policy making it easier for people to understand which services they can access.*

To find out more, [CLICK HERE](#).

## Alcohol awareness season



The Cambridgeshire Drug and Alcohol Action Team (DAAT) is looking for teams and/or organisations to support its alcohol awareness campaign season running from November 2015 until end of January 2016.

This year there is an overarching theme called 'Have you ever?' This was suggested by local organisation, [the SUN Network](#) who advocate on behalf of service users in contact with alcohol treatment services.

The period of November to January is an important one as it encompasses Alcohol Awareness Week (16- 22 of November), the festive period and into January where there is an opportunity to promote [Dry January](#).

The 'Have you ever?' theme allows organisations supporting the campaign to tailor alcohol themed

messages to their audience. For example, for older people the message could be 'Have you ever heard that too much alcohol can increase the risk of cancer?' Or, to support people with weight management, a message could be 'Have you ever realised how many calories are in alcoholic drinks?'

Resources can also be directed to staff in organisations to help promote healthy lifestyles and reduce sickness and stress levels. The DAAT will support any organisation wishing to deliver its own campaign with materials, which could include providing leaflets, posters and a range of easy to use tools or apps.

A campaign pack has been designed which details all the resources available.

For further information, contact Joseph Keegan at [joseph.keegan@cambridgeshire.gov.uk](mailto:joseph.keegan@cambridgeshire.gov.uk) or on 01223 507 141.

## What's on the agenda?



The HWB last met on 17 September 2015 at the Bargroves Centre, St Neots.

The first half of the meeting was

dedicated to Priority 4 of the Cambridgeshire Health and Wellbeing Strategy 2012-17, which is to ***create a safe environment and help to build strong communities, wellbeing and mental health.***

Aligned with this priority, at the start of the meeting members of the Health and Wellbeing Board heard of the experiences of a local resident using mental health services.

Dr Dorothy Gregson, Chief Executive of the Cambridgeshire Police and Crime Commissioner's Office joined as a guest of the Health and Wellbeing Board for this meeting, given the relevance of the police and crime to the theme of the meeting.

Other items discussed included:

- An update on all work contributing to Priority 4

- A report from the Police and Crime Commissioner
- A discussion on the New Communities: New Housing Developments and Migrant Populations Joint Strategic Needs Assessment (JSNA) 2015
- Annual reports from Cambridgeshire's two safeguarding boards for adults and for children
- An update on the delivery of Cambridgeshire's strategy for accelerating the achievement of vulnerable groups of children and young people in the county

Page 36  
The HWB next meets in public on Thursday 19 November 2015, 10am – 1pm at Shire Hall, Cambridge.

This next meeting's theme will be on Priority 1 of the Cambridgeshire Health and Wellbeing Strategy: **Ensure a positive start to life for children, young people and their families**

To view the full agenda and other papers for HWB meetings – past and present – [click here](#).

For any other questions about meetings of the HWB, contact Ruth Yule at [ruth.yule@cambridgeshire.gov.uk](mailto:ruth.yule@cambridgeshire.gov.uk) or on 01223 699184.

## We want to hear your views!

*What do you think of this newsletter?*

*Is there anything you'd like to see added or changed?*

We want to hear your views so that we can include the updates you want to hear about in future issues.

For any comments, feedback or suggestions, email Adrian Lyne at [adrian.lyne@cambridgeshire.gov.uk](mailto:adrian.lyne@cambridgeshire.gov.uk) or call 01223 706307.

**East Barnwell GP Surgery Cambridge and District CAB Project Report**  
**22<sup>nd</sup> October 2015**

Since the outreach started at East Barnwell GP Surgery, we have delivered face to face advice to approximately 50 clients and we have 6 more clients scheduled for appointments with us following our sessions at the Flu Clinics.

For the 50 clients seen so far we have helped clients to claim approx. **£66,500** between them on benefit entitlement. For every £1 gained for clients it is said to generate an economic value of approx. £10.45 for the local community. This shows an economic value **of £694,925**.

On average we are seeing 3 to 4 clients per week but we are happy to offer more appointments to meet demand.

The top areas for advice have continued to be Debt, Benefits and Housing. Clients presenting problems in these areas normally have additional problems in two or three of the additional areas. .

Out of the 50 clients 14 (28%) have disclosed they are suffering from mental health issues.

11 clients have seen us about debt problems specifically, however many clients have visited us about other issues may also have an underlying debt problem relating to the presenting issues .

We have spoken to clients about reviewing their gas and electric bills as part of the Energy Best Deal initiative. We've helped clients, on average to **save £340 each!** This has been additional money gained for the clients **of £640** with two more clients wanting appointments for Energy Best Deal checks. This is a service we are hoping to offer the surgery during Energy Best deal week.

We are now also working with the Stop Smoking Group in the Surgery and Debbie has helped arrange for us to visit a local Church coffee group and offer CAB services.

According to the Citizens Advice Value of Advice\* data, Cambridge CAB's advice service has a public value of £7,768,847. For every £ invested in Cambridge CAB we generate £10.45 fiscal and public value.

In terms of how we can put a value on our relationship with GP surgeries, it has been calculated that through providing advice services we can help cut down on demand for GP appointments. This generates a fiscal benefit of £39 per client for clients with Physical Health problems and for clients with Metal Health issues, a fiscal benefit of £830.00 per client.

<b>GP consultations</b>	<b>Reducing the demand for GP services (physical health)</b>	All clients, 2014/15	£	39.00
<b>Mental Health</b>	<b>Reduced cost of health interventions</b>	All clients in 2014/15	£	830.00

\* Our financial model uses a tool produced by New Economy alongside Citizens Advice management information and impact research. The Treasury has approved the model.

If we use the Citizens Advice Value of Advice approved by the treasury then we can calculate to date that the approx. saving to the GP surgery would be:

For the 36 clients disclosed with physical health or have not disclosed their health issues we have recorded them at a saving of £39 per client equals saving of **£1,404**. This client group could also include clients suffering from depression or other mental health issues that have not been confirmed during the CAB interview.

14 clients disclosed with mental health/debt/health issues at a saving of £830 per client equals saving of **£11,620**

Total saving to GP surgery today approx. £13,024.00

Clients gains in financial outcomes approx. £66,180.000

Economic benefit for the community £694,925.00

Alongside the saving in economic value to both the Doctors surgery and Community we have helped to reduce stress for clients and aim to reduce number of visits for clients to see their GP.

We continue to have a good working relationship with the Doctors surgery and appreciate their support.

Sally Salisbury  
Deputy CEO  
Cambridge CAB

## A prescription for free advice

Meet our in-house Citizens Advice Advisor and get help with:

- Budgeting
- Benefit Issues
- Dealing with Debt
- Other issues such as employment & housing

Name: \_\_\_\_\_

Advice about: \_\_\_\_\_

Referred by: \_\_\_\_\_

Date: \_\_\_\_\_

Book your appointment via email:

[moneyadviceteam@cambridgecab.org.uk](mailto:moneyadviceteam@cambridgecab.org.uk)

Would you prefer to call? 07876 865991 or speak to a member of the GP reception team.



Cambridge & District CAB is a registered charity number 1056102, regulated by the Financial Conduct Authority FRN 617537