

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 Cambridgeshire¹. 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 problems². Looked-after children and young offenders are also particularly likely to have poor health outcomes³.

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.

¹ Cambridgeshire's Child Poverty Needs Assessment 2011. Available at: <http://www.cambridgeshire.gov.uk/childrenandfamilies/providingchildreinservices/children/strategiesandplansforchildren/default.htm>

² D. Hirsch and N. Spencer (2008), Unhealthy Lives: intergenerational links between child poverty and poor health in the UK

³ 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 injuries³, 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.

Cambridge Local Health Partnership

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