

Care leaver Rachel gets to the top

One of North Yorkshire County Council's care leavers, Rachel Malik, is fulfilling her ambition to be an investment banker.

She has won a highly competitive scholarship from the Chinese government to study for a master's degree in world economics and Chinese economic development - one of China's most coveted scholarships.

Read Rachel's story in full on p4



ON THE MOVE: Rachel Malik (right) with Kate Barraclough, a manager in North Yorkshire's leaving care team

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Healthy start update highlights re-emerging types of poverty

At its recent meeting, North Yorkshire Children's Trust Board received an update on Young and Yorkshire's priority to give all children a healthy start to life.

The report looked at five key areas:

- re-emerging types of poverty
- health promotion
- child health in the perinatal period
- long-term conditions in children and young people
- mental health

The report highlights that the overall health and well-being of young people living in North Yorkshire is generally very good, but there are significant variations in some areas. The county's most hard to tackle health issues are concentrated in the east of the county, especially in the coastal strip from Whitby to Scarborough.

The report also presented new data about the new and re-emerging types of poverty, such as fuel and food poverty, which appear to compound existing health problems for some residents.

It goes on to say that the long-standing health issues identified in North Yorkshire cannot be resolved in the short-term or by a single or small group of agencies.

A longer-term strategy supported by a wider range of agencies may need to be developed to ensure that the health and well-being of all the county's young people is maximised so they can achieve their full potential.

The contents of the report will help to shape the refresh of Young and Yorkshire from 2017. The full report can be downloaded from <http://cyps.northyorks.gov.uk/index.aspx?articleid=15745>

Students shine in exams once again

Early indications showed that A-level students and schools across North Yorkshire have a good deal to celebrate.

While the full county-wide picture is not yet known, there are impressive individual success stories and schools that show improvement on last year.

North Yorkshire has consistently been a high-performing authority for A-levels and sends an above average proportion of students to the top third of high-performing higher education institutions.

North Yorkshire's young people, families and schools have plenty to celebrate with the outcome of their GCSE results.

Again, early indications show that students continue to perform well, building on traditionally strong outcomes. Results for 2016 suggest a higher than average proportion of students attained grades A*-C. This should once more place the county in the top 20 per cent of local authorities nationally.



WORD POWER: All the children who took part in the final with (from left) Cllr Cliff Trotter, Cllr Val Arnold, Cllr Janet Sanderson and Pauline Erwin, lead adviser English 0-19

Primary school pupils raise the temperature in debating contest

Primary school children from across North Yorkshire gathered in the County Council's council chamber in Northallerton to present their arguments in the final of a county-wide debating competition.

The competition was started four years ago by the County Council's then chairman, County Councillor Cliff Trotter. In the first year, only six schools took part, but this year 34 have been involved, with heats in each district of the county.

This year's finalists were Easingwold Community Primary School, Hambleton; Richmond Church of England Primary School, Richmondshire; Rossett Acre Primary School, Harrogate; Amotherby Community Primary School, Ryedale; Newby and Scalby Primary School, Scarborough; Chapel Haddlesey Church

of England Primary School, Selby; Green Hammerton Church of England Primary School, Harrogate. The winner of the Craven heat, Cononley Primary School, was unable to attend the final.

The topic of debate was "Do you think our climate is changing?" and the winning school was Rossett Acre. The runner-up was Amotherby.

Rossett Acre pupil Poppy, who spoke for the motion, said: "It was good to be able to debate here. When we started the work, I never thought we would get here. We did a lot of preparation in school and I have been rehearsing non-stop at home."

The other members of the Rossett Acre team were Mia, who spoke against the motion, and questioners Joseph, Bahar, Isabel and Niamh.

North Yorkshire celebrates Youthvember

Youthvember promotes the voice and work of children and young people across the county.

The county council's Children and Young People's Service participation team has encouraged groups run by children and young people to put on events and activities throughout November to highlight the work they do.

Groups wishing to raise their profile can apply for up to £250 from the Youth Community Fund to help finance their

activity. Applications can also be made throughout the year.

The county council is also hosting a Children's Voice Conference and a Youth Voice Conference, offering children and young people the opportunity to meet and share good practice. For further information about Youthvember, contact Kevin.Jeffrey@northyorks.gov.uk or Kathy.Peacock@northyorks.gov.uk.



Young take steps towards a healthier future

A group of young people from North Yorkshire took steps towards getting fitter and healthier this summer at the annual MoreLife residential camp hosted at Woodhouse Grove School, West Yorkshire.

The MoreLife camp aims to tackle one of today's most serious public health challenges – childhood obesity. Current data collected through the National Child Measurement Programme (NCMP) shows two in ten children aged four to five in North Yorkshire are overweight or obese, a figure that increases to three in ten by the age of 10 to 11 years.

Attending the MoreLife camp helps children and young people work towards achieving – and then maintaining – a healthy weight, by providing them with the knowledge and skills they need to make positive and realistic change to their lifestyles. North Yorkshire County Council is committed to tackling childhood obesity.



HEALTHY STEPS: County Councillor David Chance, Director of Public Health Lincoln Sargeant and members of the Healthy Choices service with four young people attending the MoreLife camp

“We offer a range of services to support young people who are above a healthy weight,” said County Councillor David Chance, Executive Member for Public Health and Stronger Communities. “The MoreLife programme plays an important part in these, offering a distinctive and fun package of professional and peer support to young people through the experience of a residential camp.

“A number of places are funded by the County Council for young people aged eight to 17 years who feel that staying at the camp will give them the chance to discuss their lifestyles and eating habits with health professionals in a fun and confidential way.”

Get into music – encouraging school children to take up an instrument and have fun

North Yorkshire County Music Service is urging parents and guardians of school age children to think about encouraging them to learn to sing or play an instrument – and gain additional skills and have fun in the process.

Research shows that learning to sing or play a musical instrument provides enormous benefits for young people in terms of their intellectual, social and emotional development; physical co-ordination; language; and overall literacy.

It also teaches them transferable skills such as teamwork, discipline and achievement – as well as being an extremely rewarding and fun experience.

Music lessons through the County Music Service are on offer to all young people in North Yorkshire, and there are plenty of options to choose from. They can have individual or small group tuition; have lessons during schools hours or

in the evening; and take part in activities at music centres across the county on Saturday mornings.

All the musical instruments and playing styles are covered, as well as singing. And once they have mastered the basics, they can go on to have great fun taking part in ensembles and bands, enjoy residential courses and have the chance to go on international tours with our county orchestra.

Tuition fees start from just £68 a term and instruments can be leased or bought through an assisted purchase scheme. Help with fees is available for parents or guardians receiving certain benefits.

To find out more about what is on offer, contact the County Music Service on 01609 532783 or email countyhall.music@northyorks.gov.uk or visit www.northyorkshiremusicclub.co.uk.



Care leaver gains coveted scholarship

Rachel Malik, 21, who graduated from the University of Birmingham in Economic and Social History, has been awarded one of China's most coveted scholarships – only 95 have been given out globally.

Rachel came into the care of North Yorkshire County Council aged eight and has faced some challenging times. Nevertheless, as a young teenager she developed a deep interest in banking and world economic affairs.

Originally from Glusburn near Skipton, Rachel now lives in Hawarth and is beginning Masters studies in September at Beijing Normal University.

North Yorkshire's young people in care who go on to higher education are given a key worker for support. Key workers operate to a flexible timetable and will accompany young people to university and visit them as required.

All young people in care who attend university get a



HONOUR: Rachel also reached the top ten this year in the Undergraduate of the Year: Future Business Leader Award 2016. This led to an award ceremony at Canary Wharf, London, and accolades from TV presenter Fiona Bruce

package of financial support from the County Council amounting to £9,000 over three years, over four times the amount offered in many other authorities. This financial support, despite the fact the council has made huge savings (one third of its budget by 2020), is a sign of North Yorkshire's commitment to supporting young people in care into higher education.

Food for Life and North Yorkshire Sport link up to offer free support to primary schools

North Yorkshire County Council's new Food for Life programme is joining up with North Yorkshire Sport to offer free tailored support for 20 primary schools to enable pupils to develop healthier lifestyles.

The organisations will work closely together to offer the schools a rolling programme of support on healthy eating, farm links, cookery and growing vegetables along

with exercise and a bespoke plan for increasing activity in school. The County Council intends to roll the programme out to other schools in future.

For more information, contact Ruth Stacey, Food for Life programme manager, at foodforlife@northyorks.gov.uk or on 07792 954112. Find out more at www.foodforlife.org.uk.



Targets revised for children and young people's plan

The Children's Trust Board has been asked to endorse proposed changes to the Young and Yorkshire year three targets.

The proposed revised year three targets are for the measures continuously identified as "red" (with unrealistic targets) in the Young and Yorkshire scorecard throughout 2015/16. These are:

- Education is Our Greatest Liberator – 10 targets missed out of 29.
- Helping all Children Enjoy a Happy Family Life – three targets missed out of 18.
- Ensuring a Healthy Start to Life – nine targets missed out

of 33.

Proposed year three targets for these measures have now been set following conversations between senior members of North Yorkshire County Council's Children and Young People's Service team. The new targets remain challenging but are more realistic for services to achieve.

A number of educational "red" measures are yet to have revised targets set due to changes in the way attainment will be measured. These measures will be reviewed in October.

The full scorecard can be found at <http://cyps.northyorks.gov.uk/index.aspx?articleid=15745>

Making healthy choices can mean free family fun

A free, fun programme designed to help young people and their families make positive changes to their diet and enjoy a healthier lifestyle has been developed and rolled out by North Yorkshire County Council.

Called Healthy Choices, the free programme aims to tackle one of the most serious public health challenges of the 21st Century – childhood obesity. Current data shows that in England one in five children aged four or five is overweight or obese, a figure that increases to one in three by the age of 10 and 11.

The aim of the new Healthy Choices service is to help children and young people work towards achieving – and maintaining – a healthy weight by providing them and their family with the tools and information to make positive, and realistic, changes in their habits, helping them to start enjoying a healthier way of living.



HEALTHY FUN: County Councillors Janet Sanderson and David Chance with members of the Healthy Choices team

Importantly, the emphasis is on family fun rather than a strict diet regime.

For more information and to find out how to book a place on the programme, contact the Healthy Choices team on 01609 798081.

Youth Justice Service pursues integration to address changes in work and finances

Since the introduction of the first multi-agency youth offending teams in 2000, there has been a consistent reduction nationally in young people entering the criminal justice system.

However, evidence shows that more cases are complex, with more interventions needed to support the young person while ensuring that victims are represented and the public are protected. In addition, there has been significant change in the financial position of most local authorities, driving efficiencies across services.

North Yorkshire County Council recognised the need for change and a project was commissioned to review its Youth Justice Service. The review had the following objectives:

- to analyse the current youth justice service
- to research external relevant aspects
- to identify options for further development
- research and document what other authorities are doing
- document likely direction of travel for youth justice services

A full evaluation of the service has been completed and a report was presented to the Youth Justice Management Board in July. It identified eight options for ways in which youth justice services could be delivered in future.

The outcome was to pursue the option that allowed for integration within the county council's Children and Young People's Services while retaining youth justice specialism. Work is under way with the service, partners and stakeholders to develop a model that will be presented to the Youth Justice Management Board in December. If it is approved, a formal consultation on the proposal will start in January.

Strategic Plan

The key priorities of the Youth Justice Strategic Plan are to:

- develop a new service model that meets the needs of young people who offend and their parent/carers, and also of victims and communities
- reduce first time entrants to the criminal justice system
- reduce re-offending
- reduce young people in custody
- improve practice with victim engagement and restorative justice
- improve practice with child sexual exploitation.

The full update can be downloaded from <http://cyps.northyorks.gov.uk/index.aspx?articleid=15745>

Flexible care packages for disabled children

North Yorkshire County Council's Disabled Children's Service is using a new process for setting up care and support for disabled children. Personal Budgets for Care are an opportunity to create more flexible packages of care that meet personal needs – and use the money available better.

The new process uses a "resource allocation system" to calculate an "indicative budget". This is a sum of money to help care for a child or young person.

A number of families have taken part in a pilot and comments include:

- "It helped us to think more deeply about what we need as a whole family."
- "We thought of different ways of doing things, it felt we were more in control."
- "We started to think about the future for our son and what he will need when he is older."

For more information go to www.northyorks.gov.uk/dcs.



North Yorkshire is officially baby friendly

North Yorkshire County Council has joined the national Baby Friendly Initiative in a drive to increase breastfeeding rates.

The county council has been awarded Stage 1 Accreditation from the UNICEF UK (United Nation's Children's Fund) Baby Friendly Initiative, together with Harrogate and District NHS Foundation Trust. The trust delivers the council's 0-5 Healthy Child Programme.

The Baby Friendly Initiative, set up by Unicef and the World Health Organisation, is a global programme that provides a practical and effective way for health services to improve the care provided for all mothers and babies.

In the UK, the initiative works with professionals to ensure that mothers and babies receive high-quality support to enable successful breastfeeding. The Stage 1 Accreditation recognises that an organisation is dedicated to implementing recognised best practice standards.

For more information about the Baby Friendly initiative, go to www.unicef.org.uk/babyfriendly.

Young people urged to make their mark

During August and September young people across the county were urged to vote on issues to be debated in the House of Commons later this year.

Voters chose what they considered to be the most important issue for young people in the UK from 10 options, ranging from votes at 16 to tackling racism and religious discrimination.

County Councillor Arthur Barker, North Yorkshire's Executive Member for Youth Services, said: "North Yorkshire's youth parliamentarians play an important role in getting the concerns of young people in the county heard on the national stage. This ballot makes sure that the issues of most concern are chosen for the campaign."

North Yorkshire schools and youth groups were able to vote online or using ballot papers distributed by the county council's voice, influence and participation team in Children and Young People's Services.

For more information, contact Kevin Jeffrey on 01609 535931 or at Kevin.Jeffrey@northyorks.gov.uk.



Give us a break

Fostering North Yorkshire is looking for people who could give a disabled child or young person a short break.

Giving a disabled child a short break can be flexible to fit around daily life – with lots of short break care taking place at weekends and during school holidays. Short break foster carers don't need special qualifications or experience, just the time, energy and a genuine wish to help. For more information, contact Fostering North Yorkshire on 01609 534654 or email fostering@northyorks.gov.uk.

Plans to improve mental health move forward

The Children's Trust Board has been briefed about progress on transformation plans to improve the emotional and mental health of children and young people.

Future in Mind local transformation plans for each clinical commissioning group (CCG) were approved by NHS England in 2015.

After a review this year, it was agreed to commit to the delivery of two of the main priorities in the plans: to provide a better service for young people with eating disorders and to develop the School Mental Health and Wellbeing Project.

The eating disorders service is under way with recruitment to additional posts. CCG commissioners will ensure the service works towards meeting the new access and waiting time standards through attendance at the Eating Disorders Steering Group and through quality and performance meetings.

Procurement for the School Mental Health and Wellbeing Project is under way, and the successful provider is expected to start work in January 2017.

Continuing progress on three priorities

Children's Trust Board members have discussed performance in the first quarter of 2016/17 against a range of indicators from the children and young people's plan, Young and Yorkshire.

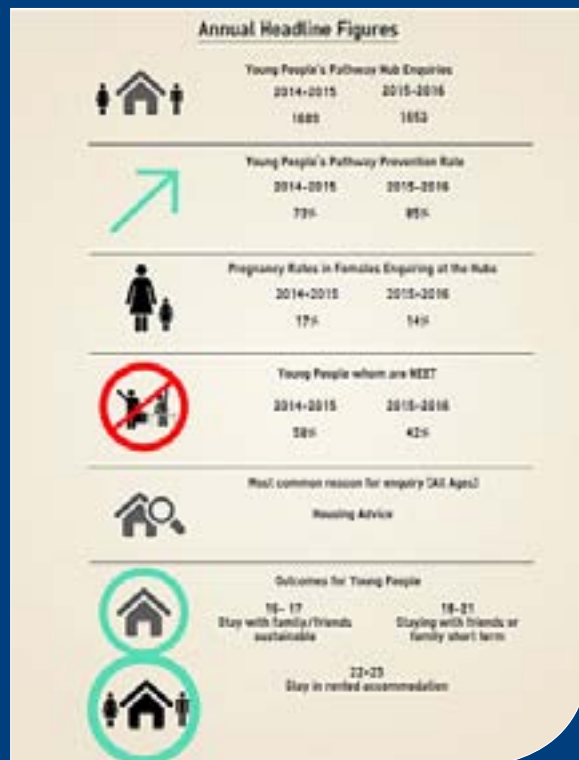
The plan's three priorities are:

- ensuring education is our greater liberator
- helping children enjoy a happy family life
- ensuring a healthy start to life

Performance overall remains positive, and board members were reassured by the continuing progress. Improving or stable performance was achieved in 80% of the indicators and in the first quarter targets were achieved or exceeded in 16 instances.

Young people's pathway helps to prevent homelessness

North Yorkshire County Council jointly commissions a Young People's Pathway, Housing Solutions @ The Hub, a partnership approach delivering a homelessness prevention service to 16 to 25-year-olds who are at risk of being homeless.



The service is modelled on CLG's guidance, *Developing Positive Pathways to Adulthood*, revised in 2015. The partnership includes the Children and Families Service, the seven district and borough councils and six providers of emergency and supported accommodation, involving other key agencies.

A hub in each district or borough provides a single point of access to information, advice, reconnection with family, emergency accommodation and assessment for supported accommodation for young people delivered by a multi-agency team of district and borough council housing authorities, Children and Families Service and a voluntary sector provider. A referral for child in need assessment is made for 16 and 17-year-olds who are homeless or have additional needs that might be met through statutory support.

In the last year, 85 per cent of young people who are at risk of being made homeless were supported to return home safely, to access supported accommodation or to move into independent living.

The service has been re-commissioned with a stronger focus on prevention and a more innovative approach to supported accommodation, move on and resettlement options from 1 October.

For more information on the service, contact Jill Boak, young people's pathway manager, at jill.boak@northyorks.gov.uk or 01609 798438 or visit www.northyorks.gov.uk/article/30942/Homelessness.

Board supports road safety efforts

The Children's Trust Board has been given an update on the road safety education and training provided in North Yorkshire.

Britain's roads are very safe by international standards, coming second only to Sweden. However, road safety requires continuing effort and investment.

The county council's road safety team is an integral part of the 95 Alive York and North Yorkshire Road Safety Partnership, which also comprises public health, City of York Council, district councils, police, fire and rescue service and Highways England.

The partnership's resources are targeted at:

- Education – help road users to understand how to use the roads safely and how their actions affect others.
- Engagement – work with local people and partners to promote and deliver a safer road network.
- Enforcement – work with the police to deal with anyone who is responsible for breaking the law.
- Engineering – make roads safer through appropriate design for all road users.

The Children's Trust Board was asked to accept the report and support the work of the road safety team.

Safeguarding Week

Safeguarding Week runs from 17 to 23 October and its theme is: Domestic abuse can affect anyone.

The campaign is supported by the four safeguarding boards that look after young people and adults in North Yorkshire and York and their partner organisations.

During Safeguarding Week they will hold information and training events for anyone who would like to know more about safeguarding and how to work with victims – or survivors – of domestic abuse. There will also be safeguarding awareness raising events delivered by local domestic abuse coordinators and IDAS.

For more information, visit www.northyorks.gov.uk/safeguardingweek.

Protecting the sexual health of young people

Reducing the number of young people engaging in risky sex leading to teenage pregnancy and sexually transmitted infections supports Young and Yorkshire's ensuring a healthy start to life theme.

The North Yorkshire Public Health Team has analysed data covering a range of issues to provide an overview of the sexual health of young people. The analysis confirmed that young people in North Yorkshire generally enjoy good sexual health.

However, recognising the importance of good sexual health, a multi-agency workshop was held in May to explore potential opportunities for future working. Participants felt good progress had been made in the following areas:

- Commissioning a countywide sexual health service (YorSexualHealth) with provision for young people.
- Developing a countywide training programme for health and non-health professionals.
- Developing a curriculum entitlement framework to support schools in delivering personal, social and health education (PSHE).
- Establishing a programme for young parents that includes a focus on preventing second unplanned pregnancies, contraception and seamless links to sexual health services.

The workshop also looked at areas for improvement. An action plan is being developed to bring this work together and to identify further action needed to address this priority work.

This newsletter is produced by North Yorkshire County Council on behalf of the Children's Trust

For more about the work of the Children's Trust, visit <http://cyps.northyorks.gov.uk/childrenstrust>.

To submit an article to this newsletter, email Helen Bawn at helen.bawn@northyorks.gov.uk

Who are the partners?

North Yorkshire County Council, North Yorkshire schools, NHS North Yorkshire and York, district and borough councils, North Yorkshire Police, Youth Justice Service, National Probation Service and Community Rehabilitation Companies, North Yorkshire Fire & Rescue Service and the voluntary and community sector.

How do I get copies?

The newsletter is emailed to partner organisations and is available via the cyps.info website. You can also call Helen Bawn on 01609 533665 or email helen.bawn@northyorks.gov.uk

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