



North Yorkshire
Children's Trust

Young and Yorkshire

Happy, healthy, achieving

The plan for all children,
young people and
their families living
in North Yorkshire



Welcome to Young and Yorkshire 2



This document is a summary of the plan to improve the lives of children and young people living in North Yorkshire, as well as their families and those who care for them. The full version can be found at www.northyorks.gov.uk/yandy2. The plan has been produced by the Children's Trust Board for North Yorkshire, a strong well-established partnership that represents all the agencies working with children and young people across the county. The Children's Trust unites all partners providing services for children and young people at both a strategic and local level. References to "we" in this document are intended to refer to the trust collectively, working together in close partnership with children and their families.

In this new plan we have retained many features of the first Young and Yorkshire plan. This is not because we are complacent, but because we believe it has already made, and can continue to make, a real difference in the lives of children and young people. The ambitious and aspirational approach of Young and Yorkshire was embraced by partners across the county, and this has been critical to its success. But just as the children whose voice so heavily influenced our first Young and Yorkshire plan have matured, so have our ambitions.

We want to make not just step-by-step improvements, but to start to address some of the more difficult challenges that sometimes limit children's life chances - whether it be the school they go to, the community they grow up in, or the earnings of their parents. We do not accept these limits on the opportunities for children and young people in North Yorkshire.

We want this plan to make a difference, not just to the services we deliver but to children's lives. Realising the outcomes in this plan cannot be achieved by any single organisation. To really make change happen, we need collective action across all parts of system - from families to children's services, schools and other statutory services, to communities and voluntary organisations. This plan presents a huge opportunity, as well as a great responsibility. It is a responsibility which the Children's Trust Board is privileged to hold and an opportunity it is determined to seize.

This plan is intended to be a "live" document that provides an overarching framework to stimulate action, encourage debate and support continuous challenge of our collective leadership. It will drive conversations across the partnership and also with children, young people, families and front line professionals to help ensure that whatever we do genuinely makes a difference to their lives. We will keep this plan under continual review, and on an annual basis complete a formal review to ensure it remains relevant, dynamic and aligned with shifting local and national priorities.

In this summary document we explain the key features of our framework to improve the lives of all children, young people and their families:

- **Our vision**
- **Our approach** to all that we do for children and young people
- **Our key considerations** that we will use to test we are truly making a difference
- **Our outcomes** that we want to achieve for all children and young people
- **Our priorities** and the action we will take to achieve them

The plan on a page

The vision:

A place of opportunity where all children and young people are happy, healthy and achieving



Our Priorities:

1. Empower families to be resilient and economically secure
2. Protect those at risk of harm
3. Encourage fun, happiness and enjoyment of life

Happy

4. Promote health and wellbeing through positive choices
5. Improve social, emotional and mental health and resilience
6. Reduce health inequalities

Healthy

7. Ensure children have great early years
8. Raise achievement and progress for all
9. Equip young people for life and work in a strong North Yorkshire economy

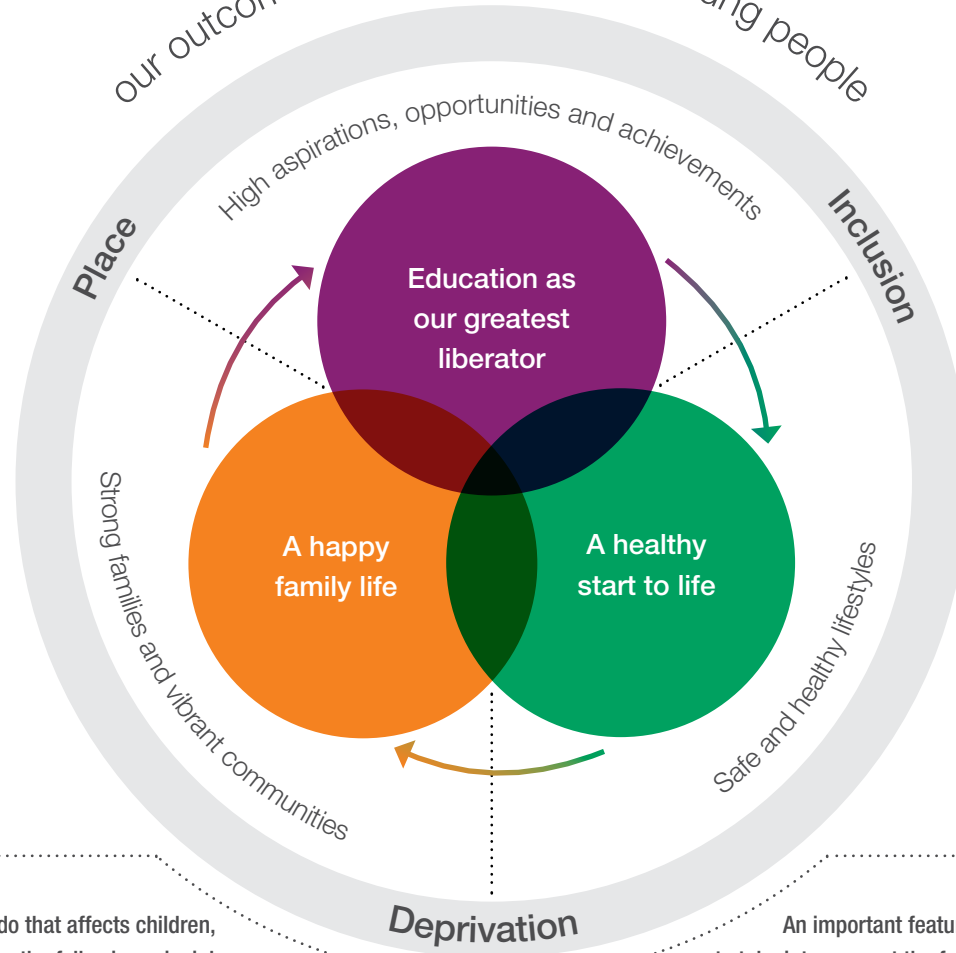
Achieving

Our key considerations

We have agreed that our overall approach to everything we do that affects children, young people, their carers and their families will be guided by the following principles:

- Celebrate diversity
- Listen and involve
- Think family and community
- Work creatively and innovatively in close partnership
- Prevent problems beginning or escalating

Happy, healthy, achieving -
our outcomes for all children and young people



How we'll know if we've made a difference:

Happy

- Fewer children in need of help and protection by social care services
- Higher average household income with fewer children living in poverty

Healthy

- More children and young people with high resilience scores
- More young people making healthy behaviour choices

Achieving

- More children achieve a good level of development in their early years
- More young people in education, employment or training
- Increase in progress 8 and attainment 8 at KS4

Our approach in all that we do...

An important feature of Young and Yorkshire 2 is that we will challenge ourselves to take into account the following three key considerations at all times, especially where they raise uncomfortable questions or issues that we must work together to address:

Place - We will tackle differences based on where people grow up

Inclusion - We will recognise and meet the needs of diverse groups of children and young people

Deprivation - We will confront material deprivation to improve life chances

Growing up in North Yorkshire

14% had not been to the dentist at all in the past year



2% had nothing to eat or drink before school



39% scared to be at school because of other children



22% scared to travel to school



53% are happy at school;
69% are happy at home;
68% are happy outside

73% feel safe at school;
85% feel safe at home;
67% feel safe outside

6-7 year olds



85% like school



50% have somebody who reads them a bed-time story on an evening



Worried

20% about school work;
38% about family issues;
23% about their look



Worried

25% about family issues;

27% about school tests;

17% about bullying;

13% about health

22%
bullied in
the past
12 months

Happy

47% at school;

73% at home;

70% outside

Safe

78% at school;

91% at home;

72% outside

7-10 year olds

42% felt tired at school yesterday

5% afraid to go to school because of bullying

3% cared for a family member after school

27% read a book for pleasure after school

3% never have family celebrations or parties for birthday;

23% never had at least one week's holiday away from home with family;

6% never go out for family meals

8% had not been to the dentist at all in the past year

5% had nothing to eat or drink before school

Happy

31% at school;

66% at home;

71% outside

Safe

64% at school;

90% at home;

77% outside

Worried

42% about exams;

21% about family health;

21% about family issues

3% regularly smoke cigarettes

19% have been offered drugs

20% had alcohol in the last seven days

8%

are a young carer

8% victims of violence in the area where they live

20% bullied in the past 12 months

11-15 year olds

16% never had at least one week's holiday away from home with family

3% never have family celebrations or parties for birthday

9% never go out for family meals

3% always on a diet

6% had nothing to eat or drink for lunch

14% had nothing to eat or drink before school

72% enjoy school and lessons

58% want to go onto university in the future

22% have a regular paid job outside school during term-time

Young and Yorkshire In...



Hambleton

Hospital admissions caused by unintentional and deliberate injuries in North Yorkshire

119.8

(rate per 10k aged 0-14)

Richmondshire

154.7

(rate per 10k aged 0-14)

Demand for children and families services in Richmondshire was better than the North Yorkshire average for the rate of early help cases, LAC and CPP

The prevalence of excess weight in ten to eleven year olds in

North Yorkshire

30.1%

Hambleton

34.5%

Lowest percentage of young people presenting at hubs as homeless is Hambleton

5%

(86/1653)

Hospital admissions caused by unintentional and deliberate injuries in North Yorkshire

119.8

(rate per 10k aged 0-14)

Scarborough

100.1

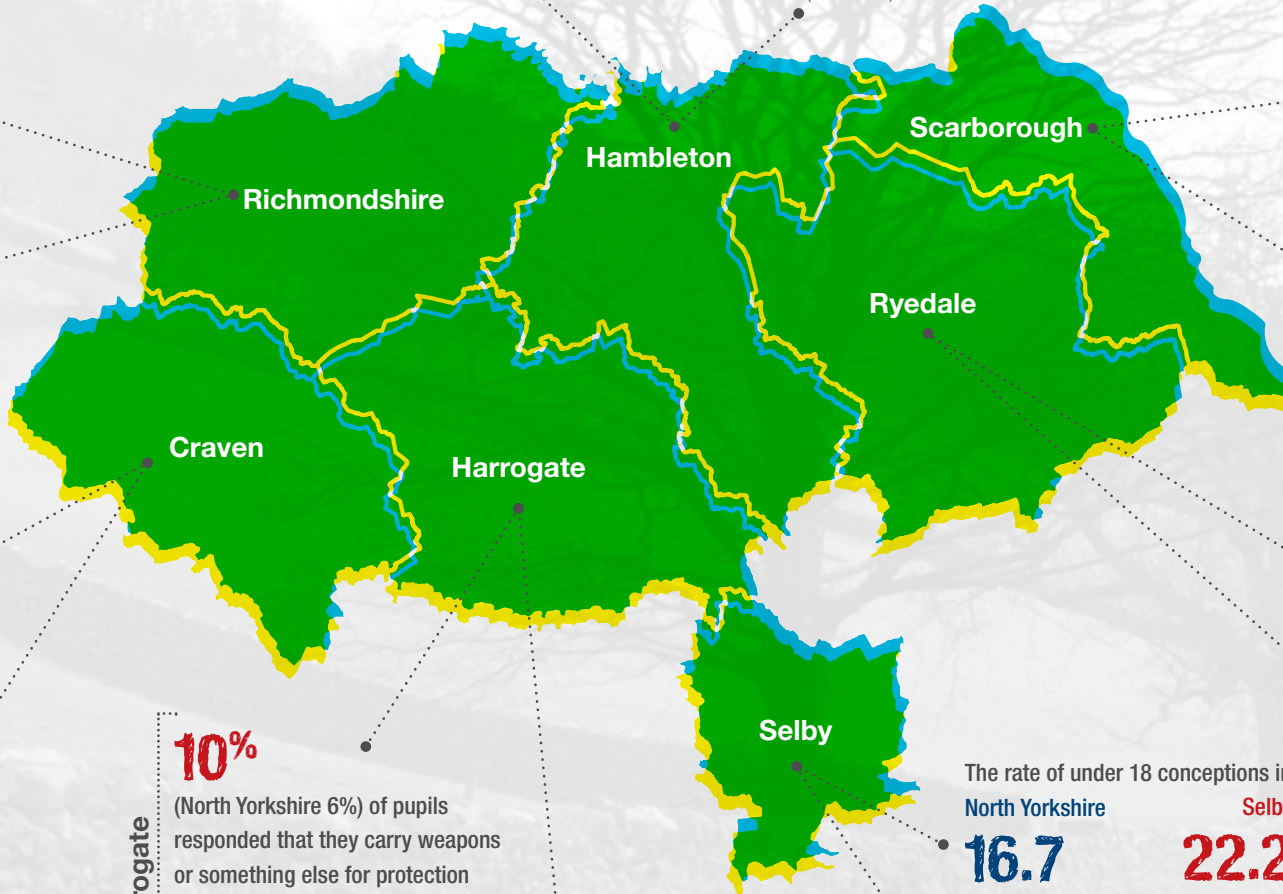
(rate per 10k aged 0-14)

Rate of child poverty in North Yorkshire

11%

Scarborough highest at

19.3%



Risk with the lack of internet safety e.g. adult supervision online - Y6's

31%

never supervised and

7%

have sent images or personal images and wished they hadn't

Rate of child poverty in North Yorkshire

11%

Craven lowest at

8.6%

10%

(North Yorkshire 6%) of pupils responded that they carry weapons or something else for protection when going out at least 'sometimes'

Educational attainment in Harrogate is ABOVE the North Yorkshire average across all key stages

The rate of under 18 conceptions in North Yorkshire

16.7

(rate per 1000 females aged 15-17)

Selby

22.2

Selby has the second best college in North Yorkshire according to Ofsted

Significantly lower % of NEET in North Yorkshire

1.9%

Ryedale

3.3%

Educational attainment in Ryedale is worse than the North Yorkshire average in all key stages

A happy family life in strong families and vibrant communities

Why this is important

By-and-large, most children who live in North Yorkshire enjoy very happy childhoods living with their parents or family members, and tell us that they are happy. But this is not the case for every one of them. How young people feel about themselves, and those around them, can influence the choices that they make, and in some cases their whole life journey. Some children in North Yorkshire face adversities in their family life or their neighbourhood that stack the odds against them. These difficulties can conspire against a child and all too often result in poor school readiness, poor educational attainment in later life and poorer health and wellbeing.

“My hope for the future is that young people’s mental health becomes a priority. Schools need to focus more on mental health and life skills and less about exams so that I learn to manage my finances and emotions to live a happy life”

Our three priorities to achieve this outcome

Priority 1: Empower families to be resilient and economically secure

We want strong, resilient families to provide a happy family life for all our children and young people in vibrant and aspirational communities that they can be proud of. Helping parents to improve their economic security and to increase their household income must be part of our solution to enhance children’s life chances.

Priority 2: Protect those at risk of harm

We want all children and young people to be safe, and to feel safe in the families and communities in which they live. We must work relentlessly to identify the risks of harm to the welfare of our children and young people and tackle those factors which risk harming their life chances, which may include bullying, domestic violence, mental health issues, substance misuse, youth crime, family and youth homelessness, and road casualties.

Priority 3: Encourage fun, happiness, and enjoyment of life

We must always remember that not everything that is important to children and young people is tangible, and our overriding aim is that they feel happy in a childhood that is full of fun, laughter and love, with enjoyment of a life in which their dreams are realised.

The actions we will take

- Enable parents and carers to improve their material circumstances through access to support, training and employment opportunities
- Influence the affordability of housing, and opportunities for home ownership for families with children to support the economic security and future prosperity of children and young people, particularly in their transition to adulthood
- Support improved parenting skills through evidence based programmes that help build resilience and promote self-help
- Support peers, family members and professionals to be better equipped to identify need early, working seamlessly across organisations to provide the right support at the right time and by the right agency
- Provide effective and innovative child protection services that support children to live safely at home wherever possible, and provide



The key measures we will use to check we are making a difference

The number of involvements with the children and families service:

- The number of open early help cases
- The total number of children in need
- The total number of children subject to a child protection plan
- The total number of children looked after

First time entrants to the youth justice system aged 10-17 (per 100,000 population)

The number of violent and sexual offences against children

The number of North Yorkshire lower super output areas that are within the 20% most deprived nationally

The percentage of children and young people who 'always' feel safe at home

The number of youth clubs operating across North Yorkshire

The percentage of children and young people with a high wellbeing score

- safe and stable permanence arrangements where this is no longer an option
- Target resources in areas of the highest need through strengthened services for complex families and children and young people with multiple vulnerabilities
- Transform short breaks provision for families with disabled children and young people ensuring parents/ carers have choice and flexibility in how their needs can be met
- Build tolerant communities that value all children and young people as members and provide positive opportunities for them to contribute
- Work with the voluntary and community sector to develop vibrant communities that take responsibility for the aspirations, opportunities and achievements of their children and young people
- Improve access to play, leisure, sport and cultural opportunities for children and young people
- Influence the improvement of transport connectivity and availability of travel options for young people including independent travel training, and the ease-of-use and affordability of public transport, particularly in rural areas.

A healthy start to life with safe and healthy lifestyles

Why this is important

We know that if a child suffers from poor health when they are young, this can leave a legacy which lasts their entire lifetime. We also know that many of the lifestyle factors that lead to early illness and death such as smoking and poor diet start before adulthood, and the vast majority of mental health problems experienced in adult life emerge before young people reach adulthood. In these critical years we support children and young people to have the best start by promoting good health behaviours and supporting their social emotional and mental health needs. To ensure that all children and young people have the best start, we must address the stubborn and worsening health variations associated with social, economic and environmental circumstances that are compromising our children's health. These inequalities can be felt in almost every aspect of a child's life- their education outcomes, housing quality, employment opportunities, environmental conditions, all of which shape their health and wellbeing.



“My family to me are the dream team, I feel so safe when I'm in this place. If I'm in the space it feels ace. We stick together always and forever. When I'm feeling sad they make me feel glad”

Our three priorities to achieve this outcome

Priority 4: Promote health and wellbeing through positive choices from conception to adulthood

Even before a child's life starts, the choices and actions of their parents will influence outcomes for their child far beyond their birth. Children and young people also have considerable power over their own health and wellbeing. We must create an environment of health promotion so that children, young people and their families can navigate the many challenges that they will face throughout their life course.

Priority 5: Improve social, emotional and mental health (SEMH) and resilience

SEMH issues cause considerable distress for the individuals who experience them and the people who care for them. We can prevent problems occurring by encouraging strong self-esteem and building resilience. For those that need support, we must identify need and intervene early, with seamless transitions to high quality specialist services.

Priority 6: Reduce health inequalities

To make a positive and life lasting impact on the health and wellbeing of children and young people we must address socio-economic inequality, material deprivation and child poverty, as these wider determinants are the major risk factors for worsening health inequalities that affect health and wellbeing and limit life chances.

What we will do

- Promote positive health choices by parents, especially during pregnancy
- Ensure good public health outcomes in maternity services
- Develop innovative ways to empower children to make informed and healthy choices in all of aspects of their lives, from nutrition and exercise to oral health
- Undertake targeted and intelligence led activity to improve health related behaviour in schools
- Reduce a range of risk taking behaviour including substance misuse and sexual health
- Identify risk and intervene early to prevent poor health outcomes, in particular obesity
- Strengthen the 'protective factors' of mental health and wellbeing by enabling children and young people to develop skills around building friendships, self-esteem and resilience

The key measures we will use to check we are making a difference

Life expectancy at birth

Smoking at the time of delivery

Hospital admissions caused by unintentional and deliberate injuries to children under 15 years per 100,000

Breastfeeding initiation rate

The percentage of children who have excess weight:

- Aged 4 or 5 (reception)
- Aged 10 or 11 (Year 6)

The percentage of children with a high measure of resilience

The rate of children and young people admitted to hospital for mental health conditions per 100,000

The rate of children and young people admitted to hospital as a result of self-harm per 100,000

- Improve confidence skills and knowledge across the children and young people's workforce around social and emotional mental health at a universal and targeted level, in particular support early identification of mental health problems
- Improve individual outcomes for children and young people with social, emotional and mental health needs
- Ensure that the continuum of provision for social emotional and mental health needs across health, education and social care is co-ordinated and that services commissioned meet the needs identified locally
- Ensure timely access to specialist mental health services for children, young people and their families when required
- Support delivery of the road safety strategy and ensure that evidence based interventions are reducing the number of child casualties
- Ensure positive activities and opportunities for young people that prevent the need for more acute interventions
- Promote healthy places through influencing spatial planning decisions to create environments that enhance health and wellbeing
- Address the wider social, economic and environmental determinants which influence health inequalities and compromise the health, well-being and life chances of children and young people.

Education as our greatest liberator

with high aspirations, opportunities and achievements

Why this is important

High quality education releases talent, ignites enterprise and endeavour, and transforms lives. It truly is the greatest liberator. The vast majority of pupils in North Yorkshire receive a good education, taught by good teachers, in good schools, with the support of their family. To help them to make progress and achieve to the fullest of their ability at every stage of their lives we must always hold high expectations for all children and young people. Our ambition for young people is more than simply seeing them leave school with good qualifications. We want to ensure that they have many learning opportunities, so that they are equipped for life- living independently and succeeding in a career of their choosing.



Our three priorities to achieve this outcome

Priority 7: Ensure children have great early years

Overwhelming evidence shows that children's life chances can be predicted by their development in the first five years of life. In this critical window we want all children to have the opportunities they need to develop their health, skills and knowledge so that they are not only ready for school but have a great start in life, a start that will shape their lifelong health and well-being.

Priority 8: Raise achievement and progress for all

Educational attainment has a strong and direct impact on improving social mobility in life and the consequent health and wellbeing of our children and young people. We will support children and young people to progress and always achieve to the fullest of their ability.

“Education is good, education is great, it can take you where you want, help you graduate. We want the education we deserve, don't hold anything in reserve”

Priority 9: Equip young people for life and work in a strong North Yorkshire economy

There are inevitable challenges for our children and young people in their journey of moving on, moving up and for some, moving out of North Yorkshire. We must equip our young people to learn and adapt, particularly as the world of work continues to change so that they have the right skills at the right time to help North Yorkshire's economy thrive.

The actions we will take

- Increase the uptake of high quality early education, in particular for targeted two year olds
- Encourage parental engagement and enable families to provide strong support of their child's learning and development
- Ensure that learning needs are identified early through robust assessment and are met through high quality intervention and support
- Improve the journey to adulthood for children and young people with special educational needs and disability
- Enhance joint commissioning of support and services between education, health and care agencies for children with special educational needs and disabilities
- Deliver focused adult learning programs that allow parents to develop a greater sense of



The key measures we will use to check we are making a difference

Percentage of children reaching a good level of development in the early years foundation stage profile

The percentage of young people who are not in education, employment or training (NEET) in academic year 12 and year 13

Percentage of pupils working at the expected standard at key stage 2 (reading, writing and mathematics)

Progress 8 score at key stage 4

Average attainment 8 score at key stage 4

Percentage of young people with a level 2 and level 3 qualification by age 19

Overall attendance

Progress made by those on free school meals and those within particular communities

- purpose, achievement and self-esteem and support a thriving, flexible workforce
- Enable a strong sustainable sector led system so all children go to an outstanding school or setting, including those in remote communities
- Ensure that educational provision reflects changing need and trends so children can have their needs met locally across mainstream, special and alternative provision
- Improve the quality of teaching and address pockets within the county where it is hard to recruit
- Support areas of poor educational outcomes to develop the capacity to improve
- Ensure through great careers guidance, education and training opportunities that children are equipped to successfully take advantage of careers opportunities on offer to them
- Increase the success of young people in the labour market by removing barriers to employment and connecting every learner to business and employers
- Recognise young people as a valuable asset and create opportunities beyond the school gates that build their skills, knowledge and broaden their horizons
- Deliver an inspiring broad and balanced 'whole child' curriculum which promotes learning and values the contribution of sport, cultural, social and health education in preparing young people for their future
- Improve social mobility for young people through inclusive programs of support, access to good quality employment and affordable housing, particularly in the Scarborough opportunity area.

How was your day?

A mundane yet powerful question asked from adult to child in the hope of a recounting of a sandpit ruckus or classroom catastrophe. Yet it is these days, months and steadily years that build childhoods of listening and being listened to. This plan is a triumphant recognition that the voice of the young deserves to be heard outside of sandcastle testimonies. Indeed, the progress it outlines as having been already enacted evidences the awesome power in not only the rolling barrage of mutual listening, but the promise of finding individual value in each young person's experience. So as we young people grow into the future of North Yorkshire, '*Young and Yorkshire*' represents a county growing with us, ready to face challenges beside us and open to growth because of us. Thus making "**How was your childhood?**" more and more likely to overflow with the joyous response that each child deserves.

Emily Capstick

Chair

Chair of the North Yorkshire Youth Voice Executive



Contact us

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Our Customer Service Centre is open Monday to Friday 8.00am - 5.30pm (closed weekends and bank holidays).

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