

Books help young people

A new collection of books to help young people manage their mental health and wellbeing is available from county libraries. The books are part of the Reading Well on Prescription scheme and contain information about managing personal wellbeing and developing the ability to cope under pressures.



READING WELL: County Councillors Carl Les and Janet Sanderson with Indica Sherwood-Smith, a library user and keen reader, with library staff, users and partners in the Reading Well programme.

Good progress in second year of Young and Yorkshire plan

The Children's Trust Board has discussed the second review of the Children and Young People's Plan, Young and Yorkshire, which assesses progress across its over-arching priorities to the end of 2015/16.

These are:

- Ensuring that education is our greatest liberator, with a greater proportion of pupils attending a good or outstanding school or setting.
- Helping all children enjoy a happy family life, with a safe reduction in the looked after child population.
- Ensuring a healthy start to life, with more children and young people leading healthy lifestyles.

Good progress has made against all three priorities and strengths include:

- more children attending good or outstanding schools;
- No Wrong Door being declared the winner for innovation at the Local Government Chronicle awards;
- fewer looked after children and

children on child protection plans;

- fewer teenage conceptions; and
- increased percentage of pupils making expected progress in maths at KS4.

Young and Yorkshire has a three-year lifespan so it would be unrealistic to expect that there would not be areas for improvement and challenges in its final year. A number of challenges remain:

- childhood obesity and physical activity in older children;
- the long-term and short-term stability of placements for looked after children; and
- closing the gap between disadvantaged pupils and their peers.

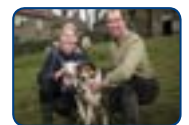
Board members also discussed performance against a range of indicators from Young and Yorkshire. The position remains positive, with improving, or stable, performance in 64% of the indicators. The Q4 targets have been achieved or exceeded in 16 instances.

For more information, contact Louise Rideout on 01609 798009.

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Volunteer Police Cadets needed

North Yorkshire Police is looking for young people from the Scarborough area to join their second Volunteer Police Cadet unit, following the success of the York unit, which opened last year.

The scheme is open to girls and boys aged between 14 and 16 who live and study in the Scarborough area and is run in partnership with Askham Bryan College.

Temporary Inspector Martin McLachlan, who is leading the scheme, said: "This is a great opportunity for young people in the Scarborough area to do something different.

"The aim of Volunteer Police Cadets is to encourage a spirit of adventure, good citizenship and increase self-esteem and confidence. It will also help to promote a practical understanding of policing among young people and aims to inspire them to participate positively in their communities."

To apply, visit www.northyorkshire.police.uk/cadets.



GREAT REWARDS: Trudy and David Sanderson are farmers who foster with Fostering North Yorkshire at their farm near Helmsley. Trudy says: "There are going to be tough times and challenges when you're fostering, but the rewards are great – you really can make a difference and change a child's life!"

Fostering North Yorkshire joins take time to care campaign

Take time to foster, time to care and you could change a life – that was the message from Fostering North Yorkshire during last month's Foster Care Fortnight.

This is a national event promoted by the Fostering Network to raise awareness of the need for more foster carers and its aim is to encourage people who have been thinking about fostering to step forward and provide a home to a vulnerable young person.

Fostering North Yorkshire is part of North Yorkshire County Council and it has an impressive record of placing children and young people in care with foster families. There is always a need, however, for more people to come forward, particularly those willing to give a safe and caring home to vulnerable teenagers or to offer a short-term placement to a disabled child.

David Stubbs has been fostering with

Fostering North Yorkshire for around six years. He's a single foster carer and is happy to share his fostering journey: "My social worker is very supportive, and the network of other foster carers is great. I really appreciate the opportunity to talk through issues with them as I don't have a partner to talk things over with.

"My message to anyone thinking of fostering is – if I can do it, you can. I've never regretted doing it for a minute, although there have been some difficult times. But when I can see they are in a good place – happy and smiling and full of laughter... well, knowing you are making a difference is just priceless. So please give it a go with Fostering North Yorkshire."

For more information about becoming a foster carer with Fostering North Yorkshire, please visit www.northyorks.gov.uk/fostering or call 01609 534654.

Foundation Trust retains Healthy Child contract

Harrogate and District NHS Foundation Trust (HDFT) has retained the contract to deliver the 0-5 years Healthy Child Programme (HCP) in North Yorkshire following a competitive bidding process.

The contract, worth around £5m a year, was commissioned by North Yorkshire County Council and will run until March 2020.

Health visitors lead and deliver the HCP to ensure a healthy start for every child in North Yorkshire. HCP provides universal and targeted prevention and early intervention support during pregnancy through to school entry.

This includes promoting positive physical and mental health, supporting new parents, and assessing the health and development of children and young people.

Working to build carer friendly communities

Earlier this month, North Yorkshire County Council joined the rest of the UK in backing Carers Week, the national campaign highlighting the challenges carers face and recognising the contribution they make.

The County Council used Carers Week as an opportunity to ask young people what one change would make their community more carer friendly as part of their work to develop a new carers' strategy, to be launched in 2017.

Over the coming year, the council will work together with individuals, groups and organisations to find out what really matters to carers of all ages.



SUPPORTING CARERS: County Councillor Clare Wood (centre, left) and County Councillor Janet Sanderson (right) with young carers and carer support workers at the Scarborough and Ryedale carers resource centre during carers Week 2016.

There are several ways young people can take part in shaping the strategy, from attending events and joining discussions to completing questionnaires.

Carers can register their details online at www.northyorks.gov.uk/carersstrategy or by sending an email to HASconsultation@northyorks.gov.uk.

Progress against key SEND priorities highlighted by report

The Children's Trust Board has discussed a report on the progress being made against key priorities in special educational needs and disability (SEND) provision.

These priorities are captured in the new SEND strategy for North Yorkshire, which is about to be finalised and aligned with the main Children and Young People's Plan, Young and Yorkshire.

Key areas of progress include:

- further development of the Local Offer in response to feedback from parents/carers to increase accessibility;
- increased numbers of special families groups established to promote localised support for families with disabled children;
- transformation of support for young people experiencing transition into adulthood;
- developing locality based support for families with

disabled children.

CQC/HMI Ofsted SEND Inspection Framework

The new SEND inspection framework for local areas began in May 2016 and will focus on how effectively the local area:

- identifies children and young people with special educational needs and/or disabilities;
- assesses and meets the needs of children and young people who have SEN and/or disabilities;
- improves outcomes for children and young people who have SEN and/or disabilities; and
- engages with children, young people, parents and carers.

It is important to note that the inspection is not of the local authority, but all key partners involved in supporting children and young people aged up to 25 years with SEND.

Young people race off for Tour de Yorkshire

The Tour de Yorkshire was an exciting occasion for two young people. Jasmine-Katy Gordon and Jamie Lynas were special guests in the TdY race car that took them from the start line in Beverley to the finish in Settle.

Jasmine, from Filey, was chosen to be part of the TdY through her involvement with the Young People's Council (YPC). The YPC is a group for North Yorkshire care-experienced young people. Being part of the group gives them an opportunity to come together, share experiences and speak directly to those who plan services about what developments need to be made.

Jamie, from Spofforth, has been a member of the Flying High group for five years. This group is made up of young adults with disabilities or extra support needs, aged 16 to 25, from across North Yorkshire. They take the views of young people to NYCC to officers to find ways to improve opportunities and services for young people like themselves.



ON THE TOUR: Jamie and Jasmine with County Councillor Carl Les during their Tour de Yorkshire experience.

Jamie has taken part in County Council interview panels for a range of job roles, including the Assistant Director for Inclusion and the Head of Special Educational Needs and Disabilities. He was chosen to experience the TdY because of his consistent willingness to work for the Flying High group and also enjoys cycling on a tandem with a sighted rider.

Report examines scale of childhood injuries and sets out priorities for action

The County Council's public health team has produced a report which examines the scale of childhood injuries in children and young people aged up to 24 years across the county and identifies priorities for action.

Nationally, injuries are the leading cause of death among children and young people aged between one and 14 years. The majority of the injuries in children under five occur in the home, whereas road traffic collisions play a larger role with older children and young people. The report on childhood injuries builds on the thematic analysis on Young and Yorkshire, A Healthy Start to Life (2015), which highlighted injuries in children as an area of concern in the county. In the North Yorkshire Child Health Profile (June 2015), hospital admissions caused by injuries in children (0-14 years) was one of two areas in which North Yorkshire performed significantly worse than the England average.

Injuries are preventable and we can take action to reduce the incidence of these. Based on local data and evidence-based guidance from NICE (National Institute for Health and Clinical Excellence) and Public Health England, the report identifies priorities to reduce injuries among children and young people in North Yorkshire, which are:

- developing local multi-agency injury prevention action plans, led and delivered by Children's Safeguarding and

- Strategy Groups (CSSGs) reporting to the Children's Trust Board;

- ensuring support and training is available for the early years workforce to strengthen its central role in helping to reduce unintentional injuries;
- ensuring there are locally based evidence programmes across the five main kinds of injury for children under five years old;
- exploring the feasibility of commissioning a home safety service;
- maximising opportunities to integrate home safety into other visits;
- implementing multi-agency pathways to ensure families at increased risk of injury are supported;
- improving data collection to help understand variations in injury rates;
- analysing data on 15-24-year-olds to look at the relationship with self-harm, suicide and emotional and mental health; and
- working through the Children's Trust Board and other children's strategic boards to reduce the rate of children killed and seriously injured in road traffic accidents.

For more information, contact Gemma Mann, Health Improvement Manager, Gemma.Mann@northyorks.gov.uk

Pupils celebrate one year of being Dementia Friends

Pupils from St Mary's Primary RC school in Richmond are spreading the message about what being a Dementia Friend means – and what a difference it can make to people's lives.

Dementia Friends is an Alzheimer's Society national awareness-raising initiative to increase knowledge about dementia and how it can affect people. Its aim is to change the way people think, talk and act about dementia.

"Dementia is a condition that can affect any of us, from the person living with dementia to their friends and family," said North Yorkshire County Councillor Clare Wood, Executive Member for Adult Social Care and Health Integration. "Something that also became



SPREADING THE WORD: St Mary's School young Dementia Friends

very apparent last year at St Mary's was that in every year group there were children who had experienced dementia in their lives."

Year four pupils at St Mary's presented an assembly to the entire school, family and friends, telling them what a Dementia Friend is, the important key messages, and their chosen action. Some of the children also brought in photos of their favourite memory to share, explaining why the memory was so important to them.

Priorities set out to improve young people's emotional and mental health

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

Future in Mind plans for each clinical commissioning group were approved by NHS England in 2015. The plans were written by officers from North Yorkshire County Council and City of York Council, with contributions from NHS England, young people, families and the voluntary sector.

The priorities currently funded by NHS England are the two largest projects in the transformation plans. Both have good outcomes for young people's emotional and mental health.

Eating disorders

The funding allows improvements in the eating disorders pathway. This means increased staff to ensure young people are supported; working towards reducing waiting times; and working towards national standards for response times.

Overall, young people with eating disorders will be seen quicker by specialist staff.

Schools project

This offers mental health support to young people and allows earlier identification of and emotional and mental health issues. A named school mental health/wellbeing worker will work alongside specialist CAMHS, pastoral teams, school nurses and primary care to allow integrated approaches to support young people.

This is an innovative project that will support earlier intervention and a reduction in specialist CAMHS referrals.

Other priorities are being addressed through further discussion and multi-agency working to see how improved young people's emotional and mental health can be delivered. A yearly refresh of the plans is expected in October 2016, including consultation with young people.

Safeguarding strategy groups work on key projects

The North Yorkshire Children's Safeguarding Strategy Groups are working on projects to respond to the priority actions for each group. Key initiatives include:

- raising awareness of the issues around alcohol consumption with children and adults;
- raising awareness of the "say something if you see something" child sexual exploitation campaign;
- improving inter-agency relationships with MOD families;

- improving awareness of local services;
- reducing unintentional injuries among children;
- improving agency response and understanding of self-harming behaviours; and
- raising awareness of the dangers of illegal highs with secondary schools.

For more information, contact Haydn Rees Jones, Policy and Development Officer, on 01609 535188.

DofE Diamond Challenge aims to help two million more

The Duke of Edinburgh's Award is celebrating its diamond anniversary in 2016. As part of the festivities, it is launching its Diamond Ambition to enable two million more young people to start their DofE by 2020.



To help achieve this ambition, and to celebrate its 60th birthday, the DofE is calling on everyone to take the DofE Diamond Challenge. This is a once-in-a-lifetime chance to take on a DofE-inspired challenge to raise money for the charity and help it reach more vulnerable and disadvantaged young people. For more information go to www.DofEDiamondChallenge.org

Founded in 1956, The Duke of Edinburgh's Award is the world's leading youth achievement award, giving millions of 14 to 24-year-olds the opportunity to be the best they can be. Find out more at www.dofe.org.

Workshop focuses on healthy start for children

Ensuring a healthy start to life, with more young people leading healthy lifestyles, is a key priority area for Young and Yorkshire 2014-2017.

A workshop called Reimagining Health for all Children in North Yorkshire was held in April. It was commissioned by the Children's Trust Board following consideration of the A Healthy Start to Life report and other reports focusing on the health of young people.

The event brought together leaders and practitioners with responsibility for children's wellbeing to debate some of the biggest health challenges North Yorkshire faces. Speakers included Eustace de Sousa (National Lead for Children, Young People & Families, Public Health England) and academic Kate Pickett (University of York and co-author of the Spirit Level).

Through workshops, delegates were asked to identify innovative solutions to ensure that all young people in North Yorkshire are as healthy as they can be.

Feedback has been analysed, and actions set out for the Trust Board to consider, including focusing on long-term interventions to ensure young people lead a healthy life.

Encouraging young people to have a voice

The County Council is encouraging young people living in North Yorkshire to have a voice – to have direct access to those who plan and deliver services and to influence change.

Initiatives to date include:

- supporting existing youth councils and developing new ones across the county;
- supporting six lesbian, gay, bi-sexual and transgender groups;
- setting up young carer voice groups and establishing more care-experienced young people groups;
- involving HMS Heroes in the wider Youth Voice;
- creating more groups for young people with special needs and disabilities;
- ensuring school councils in both primary and secondary schools have a greater voice;
- planning Youth Voice consultation events, Youth Summits and conferences for the coming year;
- recruiting young advisors to work on commissioning services;
- planning a Children and Young People Youth Voice Award event; and
- encouraging young people involved in Youth Voice to become County Council volunteers.

A Youth Voice Executive meeting will be held twice a year, involving representatives from all the youth voice groups and key decisions makers.

For more information, contact Kathy Peacock, participation manager, on 0160932107 or kathy.peacock@northyorks.gov.uk.

Advice about farm visits

The public health team at North Yorkshire County Council has produced a factsheet – Avoiding Infection on Farm Visits – as a reminder to families about good hand hygiene when visiting farm attractions. Farm animals may carry infections that may be harmful to people, so good hand-washing is important.

The factsheet contains key messages with links to further guidance/information and is available at www.northyorks.gov.uk/article/28297/Public-health-factsheets.

Food for Life initiative launched

North Yorkshire County Council has launched a partnership initiative with the Soil Association to deliver its Food for Life programme across the county.

Food for Life is a multiple outcome intervention, based in schools, that uses food to engage young people and their families towards the behaviours that matter for public health, sustainability and education.



The project is being funded by the county council's public health grant and in the first year the Food for Life Programme Manager will be working with 10 primary schools to support them to work towards their Bronze and Silver awards.

In Year 2 a further 10 schools will be supported through the programme. Additional schools will be able to access training, network meetings and an annual food-themed celebration event.

For more information on Food for Life, go to www.foodforlife.org.uk or contact Ruth Stacey (Food for Life Programme Manager) at foodforlife@northyorks.gov.uk or ring 07792954112.

High score on school admissions

This year, more than 93 per cent of parents or carers of primary age children secured their first school preference in North Yorkshire, a higher figure than many other places in the country.

"This is good news for North Yorkshire," said County Councillor Arthur Barker, Executive Member for Schools. "We are very pleased that so many families in the county continue to be able to gain their first preference and we wish the children starting primary school in September all the best and hope they will enjoy their education over the coming years."

Stronger Communities grants for youth projects

North Yorkshire County Council's Stronger Communities programme has awarded grants to youth organisations and projects across the county. Stronger Communities is the county council's programme to support communities in playing a greater role in the delivery of services in the county by helping them to create local solutions for service provision at a time of financial challenge for the authority. The Stronger Communities team will work with local residents, community groups and other partners from the public and private sectors. One of the programme's priorities is services for children and young people.

Stronger Communities grants

Organisation	Project
Craven	
Skipton extended learning for all	Activities for disabled/disadvantaged young people
Fallfest	Drama summer school
Hambleton	
Thirsk junior football club	Fun day – health bus
Parents4Parents	Organisational development
Harrogate	
Chain Lane community centre	Try It group
Tabbies	Parent/toddler group
Richmondshire	
Parents4Parents	Organisational development
Richmondshire YMCA	Organisational development
Ryedale	
Homestart Ryedale	Wolds outreach project
Huttons Ambro Youth Club	Drama and music sessions
Scarborough	
Futureworks	Cash flow support
Pre-school learning alliance	Healthy Start pilot
Selby	
Pre-school learning alliance	Healthy Start pilot
Tadcaster and Rural Community Interest Company	Bright Sparks – mentoring and support for young people starting up their own business

Online survey on SEND services

North Yorkshire County Council is asking children and young people with SEND what they know about the changes to SEND support and how they affect them. It is doing this to find out more about how it can best support them and improve services for them. It is really important that children and young people have a chance to give their views. A short online questionnaire can be completed at www.northyorks.gov.uk/sensurvey.

Postal testing now offered for STIs

YorSexualHealth now offers free and confidential postal tests for chlamydia, gonorrhoea, HIV and syphilis for men and women aged 16 years and older living in North Yorkshire, making it even easier to get tested for sexually transmitted infections (STIs).

It is very common for people to have infections without noticing any symptoms, so getting tested is the only way to know if they have a STI. Chlamydia is particularly common in young people, so it is recommended that they are tested for chlamydia every year or whenever they have a new sexual partner.

Visit the YorSexualHealth website to find out more or to order a test kit: www.yorsexualhealth.org.uk/clinics-and-services/postal-testing.

Report highlights youth volunteering opportunities

The Children's Trust Board asked North Yorkshire Youth to report on volunteering activity across North Yorkshire, specifically looking at voluntary youth clubs.

The report provides a picture of the opportunities being taken and the challenges faced when working with volunteers and young people in youth clubs. It highlights the work volunteers do in providing activities and support to young people. This is especially important in the context of the economic pressure on services.

The report highlights issues faced in recruiting and retaining volunteers and demonstrates that volunteers are ever more important. Investment in resources is needed to encourage young people to volunteer. The Children's Trust Board endorses the work being done to provide volunteering opportunities for young people.

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>.

New regulations for tobacco packaging

The County Council has welcomed a landmark decision to introduce standardised packaging for tobacco products across Britain.

From 20 May, all cigarettes and hand-rolled tobacco have to be packaged in drab green, with large graphic images on the front and back and health



warnings on all four sides of the pack. There is a one-year transitional period for selling through existing stock, and the new packs are scheduled to hit retailer's shelves in the next few months.

The County Council will work with partners across the county to maximise the potential to support smokers who want to quit, and to discourage children and young people to start smoking, as part of the overarching Breathe 2025 vision for a smoke-free generation.

For more information, visit the Breathe 2025 website, www.breathe2025.org.uk

The County Council is already funding the Smokefreelife North Yorkshire stop smoking service, which is available for anyone aged 12 upwards. Visit www.smokefreelifenorthyorks.co.uk for the nearest stop smoking clinic.

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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