



Celebrating our young carers

Fostering North Yorkshire (FNY) joined the Fostering Network, the national fostering charity, in October to recognise the important role children and young people play in welcoming fostered children into their families. They play a vital part in ensuring successful fostering placements, and it is something FNY values very highly.

Read Briege and PJ's story on Page 3



Briege Robertson, whose family fosters on the coast

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Healthy weight, healthy lives is vision for North Yorkshire

Members of the Children's Trust Board are supporting the North Yorkshire Health and Wellbeing Board's Healthy Weight and Healthy Lives strategy vision. They will take the strategy to the organisations they represent to discuss how actions can be incorporated and taken forward.

Healthy Weight, Healthy Lives: Tackling overweight and obesity in North Yorkshire 2016-2026 has the objective of increasing the number of children and adults who are a healthy weight.

The strategy's vision is 'To inspire a healthy weight population'. Levels of excess weight for children in North Yorkshire are below the national average, but there are 2,716 four-to-five-year-olds and 3,822 10-11-year-olds who need support to maintain a healthy weight.

Six priorities have been identified: supporting children's healthy growth weight; promoting healthier food choices; building physical activity into daily lives;

providing accessible weight management services; ensuring people can make healthy choices that support weight loss; and building healthier workplaces.

Children-specific proposed actions include: working with schools and early years providers to offer healthy food and physical activities; promoting the use of the PE premium in schools; promoting the Change4Life campaigns; promoting breastfeeding; ensuring that young people, their parents or carers, get information about local lifestyle weight management programmes; ensuring members of the health, care and social care workforce have the knowledge and skills to support families who want help with managing their weight; and ensuring a proactive approach to the National Child Measurement Programme, including the support for parents and schools.

View the strategy at <http://www.nypartnerships.org.uk/healthylives>.



Herbie with Cowling school pupils

Celebrating North Yorkshire's first Food for Life school

North Yorkshire County Council is using money from its public health grant to fund an initiative which will see 20 schools in the county taking part in the Soil Association's two-year Food for Life programme.

The Food for Life programme helps pupils learn about where their food comes from through growing food, cookery lessons and farm visits. Funding the schools to take part in the programme is part of the County Council's commitment to tackle one of the most serious public health challenges – childhood obesity.

The first school to join the Food for Life programme is Cowling Primary, which celebrated in style on National Roast Dinner Day – enjoying a healthy and delicious lunch, using local ingredients where possible.

The lunch was prepared by staff from North Yorkshire County Caters, the County Council's catering service. The service has reached the Food for Life bronze catering mark for their school meals.

The school hosted all the partner organisations involved in the programme, including a special visit from Herbie the healthy eating carrot.

County Councillor Janet Sanderson, Executive Member for Children's Services, said: "We fully support pupils to lead a healthier lifestyle in North Yorkshire. It is one of the key aims in our Young and Yorkshire children and young people's plan. Programmes such as Food for Life enable pupils to learn about the origin of their food and why eating good food, along with having an active lifestyle, really matters."

A new young people's plan for North Yorkshire

The North Yorkshire Children's Trust Board is working with colleagues in the County Council and partner organisations to develop a new Young and Yorkshire Plan.

The plan will retain the three priorities of the Young and Yorkshire plan:

- ensuring education is our greatest liberator;
- helping all children enjoy a happy family life; and
- ensuring a healthy start to life.

It will also identify refreshed principles and priorities reflecting the ambition for the plan to expand to influence both the climate and context that children grow up in. Key considerations will give greater visibility to some of the seemingly intractable challenges that require a collaborative approach to improve life chances for all children and young people.

The Trust Board will be closely involved in discussions around the development of the professional's vision statement: "We want North Yorkshire to be a special place where every childhood is wonderful and every young person thrives", and will contribute to the proposed priority outcomes for the new plan.

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

Voice, influence and participation

Members of the Children's Trust Board have been updated on the work under way to ensure that North Yorkshire's children have the chance to influence and participate in decision-making.

Last year, the board heard how the County Council was planning to increase and improve the support given to children and young people to ensure their voices are

heard and they become involved in the services that are provided for them. This work is now well under way and a Voice, Influence and Participation team is working with young people across the county.

The team has been busy working on two major events – Youthvember and Make Your Mark – see stories on pages 7 and 8.

Fostering family life is celebrated

Every October, Fostering Network, the national fostering charity, celebrates the contribution made by the sons and daughters of foster carers.

Some take their roles much further, often working in partnership with their parents to support, encourage and enable the children placed with their family – and this is hugely appreciated by Fostering North Yorkshire.

Peterjack – PJ – Stubbs is the son of foster carer David, and lives in Harrogate.

“Massively rewarding is how I would describe it,” said PJ. “Every child that comes to stay with us leaves wanting to come back, to keep the contact. They are far more confident, and that’s a result of our family approach, to make sure they have fun, get supported, and see positive role models to help them achieve things in life.”

Briege Robertson’s parents farm on the coast and she thinks one of the success factors in her family’s fostering experience is that her parents spent time talking through their plans to start fostering with the whole family, long



PJ is a keen boxer and often involves the rest of his fostering family in the sport

before the first child arrived on placement.

“It’s brilliant seeing the children we foster learning about farm life and getting more confident with animals, which is often something they haven’t experienced before,” she says. “They all take away new experiences and skills from their time with us, and that’s just so great to be part of.”

FNY foster carers get the best training available and have support from a dedicated fostering social worker. There’s also a generous tax-free allowance for each child and, while this is not the main motivation for most foster carers, it is a consideration as additional income streams can be very welcome.

For more information, contact Fostering North Yorkshire on 01609 534654 or at fostering@northyorks.gov.uk.

Foundation trust retains contract to help to give children a healthy start in life

Giving North Yorkshire’s children a healthy start in life is the overall aim of the new 0-5 years Healthy Child Programme (HCP) and Harrogate and District NHS Foundation Trust (HDFT) has successfully retained the contract to deliver it following a competitive bidding process.

The HCP will come under the Growing Healthy brand, which HDFT has developed in partnership with children, young people and parents for its school nursing services in North Yorkshire.

“The service will include promoting positive physical and mental health, supporting new parents, and assessing the health and development of children,” said County Councillor Janet Sanderson, Executive Member for Children’s Services.

“Health visitors are able to provide ongoing support, working with a range of local services in partnership with

the family to deal with more complex issues over a period of time.

“The team works with maternity services, local authority provided or commissioned early years services, voluntary, private and independent services, primary and secondary care, schools, 5-19 Healthy Child Service, GPs and children’s social care services.”

County Councillor David Chance, Executive Member for Public Health and Stronger Communities, said: “HDFT is using a ‘one-team’ approach and service delivery model for the HCP, integrated into the local children’s services. This will help to deliver effective services at a community, local and individual level, providing a clear focus on prevention and early intervention to improve outcomes and tackle health inequalities.”

Young people helping to keep libraries open

Libraries across North Yorkshire are recruiting volunteers to help with a variety of duties. In return, they get the chance to make a positive difference in their community and the opportunity to learn valuable new skills.

Currently, there are ten community-managed libraries operating in the county, with a further 20 planned as part of a reconfiguration of the service due to come into effect next year.

Alex England, a volunteer at Eastfield library, said: "In year ten I did my work experience at the library for a week and came back to do the summer reading challenge. Then during term time I started running events like games night and a junior book group.

"I've definitely learned to deal with people a lot better. You learn about systems, how things work behind the



scenes, customer service and problem solving. They're all things I can put on my CV. That's what employers are looking for."

Without volunteers like Alex, the proposed community libraries will close. All libraries, including those that will continue to be run by the County Council, need volunteer involvement to maintain their current opening hours.

There are a number of different roles, from helping organise books and resources to running story time sessions for children. Young people who are interested in volunteering opportunities can find out more at www.northyorks.gov.uk/libraryvolunteers.

Joseph takes young volunteer award

Joseph Banks of Huttons Ambo has been awarded this year's Young People Volunteering Award, as part of the North Yorkshire Community Awards 2016.

The awards recognise and celebrate voluntary work by individuals and organisations countywide and showcase what people are doing to make their neighbourhoods better places to live in and to help the council to deliver critical services. The judging panel, including representatives from the County Council, volunteer organisations and young people, was very impressed by the quality of the nominees and particularly pleased to see so many young people contributing to their communities.



Joseph, who was nominated by Lilly Allenby of North Yorkshire Youth, instigated a youth club in Huttons Ambo, consulting young people in the area on his own initiative and working with the village hall committee to get a club up and running. The monthly club is now attended by up to 20 young people, who take part in many activities, including

fund raising. He also raised money for training on use of a defibrillator in his home village. Joseph was awarded a trophy, certificate and £1,000 for his nominated local charity. Runners-up were Young Carers and Young Adult Carers Project (Hambleton and Richmondshire) and Ripon Museum Young Volunteers.

Performance report shows continuing progress

Children's Trust Board members discussed performance in the second quarter of 2016/17 against 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 all children enjoy a happy family life; and ensuring a healthy start to life. The performance position overall remains positive. Data has been updated for 28 of the 80 indicators, and in the second quarter targets were achieved or exceeded in 16 instances.

Among the performance successes reported, members heard that more than 90 per cent of the county's children attend a good or outstanding school; the number of looked-after children continues to show a long-term reduction, in contrast to the national trend; and homeless hubs are diverting most children and young people presenting as homeless into suitable accommodation.

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

Central backing for Scarborough initiative

North Yorkshire County Council has welcomed a Government initiative which backs the Council's own innovative scheme to raise the aspirations of young people in Scarborough.

Scarborough is one of six Education Opportunity Areas across England which together will receive £60m to help local children and young people get the best start in life.

The County Council has already taken the initiative in Scarborough and is working with schools, businesses, cultural partners and the borough council to roll out a range of ground-breaking schemes that they have branded the Scarborough Pledge.

The aim of the Pledge is to improve educational attainment, increase cultural, training and work opportunities and generally broaden horizons for young people along this coastal area.

The County Council committed £750,000 over three years towards Scarborough Pledge to bring about a community-wide shift in attitude about expectations for the area's young people. This is intended to achieve:

- an overall improvement of educational standards;
- a closing of the attainment gap for the most



The launch of the Scarborough Pledge

disadvantaged young people;

- a reduction in the number of young people who are not in education, training or employment at 16 and 17;
- an increase in the recruitment and retention of good teachers in key subjects; and
- parents better equipped to support their children's learning.

The Government's Education Opportunity Area funding will help to build on this work. For more information, contact Pete Dwyer, Corporate Director for the Children and Young People's Service, on 01609 532234.

Safeguarding board events highlight that domestic abuse can affect anyone

The North Yorkshire Safeguarding Children Board celebrated Safeguarding Week 2016 with a series of events across the county based on the theme 'domestic abuse can affect anyone'.

They took the opportunity to highlight the fact that children and young people can be the forgotten victims of abuse. Living with abuse can be terrifying for a child and in the long-term can affect everything from how they feel, how they act at school and how they behave in their own relationships.

NSPCC/Childline has extended its helpline to support young people affected by abuse in a relationship as well as

those experiencing other types of domestic abuse.

The Independent Domestic Abuse Service (IDAS) also provides the Respect Young People's Programme designed to work with young perpetrators of domestic abuse. The service is available for young people aged 10 to 16 across North Yorkshire and focuses on helping them change their behaviour and to build their relationship with family members. For more information, go to respect@idas.org.uk

The North Yorkshire Safeguarding Children Board is now planning to work with partners on a range of safeguarding measures, including reviewing data around intentional and unintentional injuries.

Support for young people in Skipton



Skipton Extended Learning for All (SELFA) is a local charity supporting vulnerable, disadvantaged and disabled young people in Craven through out-of-school activities.

The children are referred to SELFA by schools, the police and probation services and support services. The reasons for referral are varied, including mental and physical health issues, family breakdown, deprivation, caring responsibilities and bullying. Their experiences have often resulted in low self-esteem, social isolation and emotional problems.

SELFA's staff and volunteers work closely with parents, carers and agencies to support each child, through access to activities that help develop confidence, raising aspirations and improving attitudes and behaviour.

The activities offer opportunities to try new things, learn new skills, make friends and have fun, opportunities that can be sadly limited elsewhere in their lives.

For families caring for children with disabilities, SELFA's activities provide welcome respite, giving time to fulfil other commitments, focus on siblings or have some rare time to themselves.

As staff get to know the children, they can help them develop strategies to manage the challenges they face in everyday life.

SELFA has high demand for services, with sessions often oversubscribed. To try to meet this demand, they are launching a pilot project called SELFA Social, a user-led programme for socially isolated teenagers.

They will also be providing clubs, trips and workshops in North Craven to support those whose rural isolation makes accessing services especially difficult.

For more information about SELFA, see www.selfa.org.uk or call 01756 706384.

Apprenticeships a genuine route for school leavers

The County Council's Adult Learning and Skills Service has apprenticeship programmes on offer to school leavers, including



business administration, early years and childcare, education and teaching, health and social care and customer service. An apprenticeship is work-based training that brings young people the opportunity to gain training while earning and working towards a nationally recognised qualification.

Daniel Druce, who has successfully completed a business administration apprenticeship with the Adult Learning and Skills Service, said: "I felt that taking an apprenticeship would allow me to learn just as much as if I was going to university – and I would be earning as well. It was a direct route into employment.

"My assessors, colleagues and line manager couldn't have been more supportive. I have recently secured a full-time position within the Adult Learning and Skills Service as a data and examinations officer. I would strongly recommend the apprenticeship route to other school leavers as an alternative to university."

Andy Eaton, programme coordinator, said: "Daniel has excelled through our apprenticeship programme, and through his hard work, enthusiasm and willingness to learn he has become a valued member of our team."

For details, email business.engagement@northyorks.gov.uk, call Jacqui Banks on 01609 533391 or visit www.northyorks.gov.uk/adultlearning.

Helping gardens grow

A group of young offenders have paved the way for people to make the most of their garden.

As part of a project organised by Broadacres' Community Involvement Team, young people from the Youth Justice Service spent a week creating a path in the garden area at the Rivendale extra care scheme in Northallerton. The young people were undertaking community reparation as a way of making amends for harm they have caused to victims and the community.

Helping our children enjoy a happy family life

The Children's Trust Board has discussed a review of the one of the key priorities in Young and Yorkshire – "Helping all children enjoy a happy family life".

Young and Yorkshire is the plan for all children, young people and their families living in North Yorkshire. The review looked at the progress being made to help all children enjoy a happy family life and the challenges the County Council and its partners face to deliver the aspiration.

The County Council has one of the highest performing services for children's social care in England. This was recognised by the government when it made the County Council one of its flagship Partners in Practice for children's social care.

The review looked at:

- children's happiness at home, at school and in the local community;
- new measurements of a happy family life in North Yorkshire;
- child wellbeing in North Yorkshire; and
- social mobility in the county.

The review identified four key challenges, which will be used by County Council children and young people's leadership teams to stimulate debate and innovation:

- examine data to understand the variations in happiness between boys and girls, and children living in different family circumstances;
- recognise that some children will not have the benefit of taking part in some family activities that might increase their overall levels of happiness and wellbeing – and be sensitive to the emotional challenges that may result from this;
- use information around child wellbeing to develop plans to ensure children across the county can make the very best of their home and community lives; and
- take action to tackle issues to ensure all children can enjoy improved opportunities and life chances.

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

Youthvember conferences are hailed a success



Killinghall CE Primary Schools pupils Matthew, Matthew, Thea and Bella at the Children's Voice Conference with Paralympian Athlete Kadeena Cox

The County Council celebrated Youthvember by hosting the first children's voice and youth voice conferences. The events brought pupils together to develop the voice, influence and participation work taking place in schools and community groups.

Pupils attended active workshops; visited a lively marketplace; met key decision-makers from the police, education, local authority and other organisations; got involved in interactive consultation activities; and heard from other school and youth councils.

Amitha Abhilash, from Broomfield School in Northallerton, had an inspiring day at the children's voice conference, and particularly enjoyed the guest speaker, Paralympian athlete Kadeena Cox. Amitha said: "I couldn't wait to hear what she had to say about her life. She became a Paralympic champion and she says never give up when you want to follow your dreams."

County Councillor Arthur Barker, Executive Member for Youth Services, said: "We hope that children and young people will be inspired and empowered to develop their voice, make a difference and suggest changes in their school, community and even globally."

For further information on the voice, influence and participation work taking place in North Yorkshire, contact kevin.jeffrey@northyorks.gov.uk or kathy.peacock@northyorks.gov.uk.

Deadlines for school places

An important date is coming up for parents in North Yorkshire applying for school places for their children.

15 January is the closing date for places in reception or at a junior school in September 2017 for nursery age children born between 1 September 2012 and 31 August 2013. A small number of schools in North Yorkshire are infant schools and children at these born between 1 September 2009 and 31 August 2010 are due to transfer to junior school in September 2017, so their parents also need to apply for places. Primary and junior school places are announced on Tuesday 18 April 2017.

Help to prevent injuries in the home

The County Council and its partner, Harrogate and District NHS Foundation Trust, have launched a resource designed to help health and childcare professionals, parents and carers keep the county's children safe from unintentional injuries in the home.

The new resource will help health and social care professionals know about the support and services available for those looking after young children, which includes a tool kit designed to help parents and carers identify and manage potential dangers in the home.

The toolkit is called Confident Parents, Safer Children and its focus is to give parents and carers of children under five the opportunity to understand, identify and minimise the risk of unintentional injuries, especially when a child begins to crawl and walk.

It provides information about the key stages in a child's development and the most common types of unintentional injuries and what can cause them. It also gives parents and carers an opportunity to think about risks in their own home through a self-assessment and draw up an action plan to avoid them.

May Lodge in Scarborough

The County Council is going to take over the running of May Lodge in Scarborough which provides short breaks for severely disabled children and young people.

The service has been run for many years by Action for Children with funding from the County Council and the National Health Service. The contract for May Lodge came to a natural close at the end of November and the County Council and Action for Children had agreed that the contract would be picked up by the County Council.

The County Council runs short breaks services (formerly known as respite care) for severely disabled children across the rest of the county in Children's Resource Centres. By taking over May Lodge, the County Council will be able to provide a unified service across the whole of North Yorkshire.

County pupils speak out at Houses of Parliament

Dylan Kennedy and Garrett Cole, two of our members of youth parliament (MYPs), travelled to London in November to attend the 17th sitting of the annual UK Youth Parliament.



Dylan and Garrett enjoyed a full day of debate and speeches, tackling issues that were voted on in the national Make Your Mark ballot. The five top issues from the national ballot were debated and MYPs voted for the two issues to be campaigned on during the following year – the winning issues are 'votes at 16' and 'a curriculum for life'.

Dylan, a pupil at George Pindar School in Scarborough, said: "I found the most enjoyable part being at the House of Commons and listening to the debates and it made me inspired to carry on with the work MYPs do."

Garrett, from Selby High School, added: "It's amazing to be on the green benches and having a genuine thought-provoking and inspiring conversation with young people like myself about how we can have a real positive impact on our world."

Young people are encouraged to participate in their school and community through their local youth voice groups. For more information, go to www.nyy.org.uk or email Kevin.Jeffrey@northyorks.gov.uk.

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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