

Championing the voice of children, young people and families

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What do we know about our CYP's health and wellbeing?

The health and wellbeing of children in Southwark is mixed compared with the England average:

In Year 6, 26.7% (692) of children are classified as obese, worse than the average for England.

Child poverty (under 16) is worse than the England average.

Looked After Children (LAC) have lower health and care outcomes and we need to strengthen the Corporate Parent responsibility of LAC.

The rate of alcohol specific hospital stays among those under 18 was 13.9%, better than the average for England.

Levels of GCSE attainment, breastfeeding and smoking at time of delivery are better than the England average.

Levels of teenage pregnancy and new Sexually Transmitted Infections (STIs) are worse than the England average.

Emotional wellbeing and mental health has been highlighted as a high priority issue for our local CYP and their families.



Local priorities – emerging areas of focus

1. Early years, better start, 0-5 years and school readiness.



2. Emotional wellbeing and mental health.

4. Emergency admission avoidance to reduce pressure on hospital and crisis services to and focus on promoting and maintaining wellness and early identification of need.

3. Long term physical conditions including diabetes, asthma, epilepsy, sickle cell and complex co-morbidity.



Local Priorities – Emerging areas of focus



5. Young People's Health 10-25 years old including sexual health, drugs misuse, self-harm and gang violence.

6. Vulnerable Children and Young People including:

- young Carers
- young Offenders
- Looked After Children/Children in Need (LAC)
- CYP at risk of violence, abuse or neglect
- children with learning disabilities
- Special Educational Needs and Disability (SEND).

7. Children and young people who are obese.



Pop-up stall

In August 2015 we had a stall at International Youth Day to gather feedback from CYP and their families about what keeps them happy and healthy.



Some of the findings from this event include:

- eating healthily is important
- exercise is important
- teachers can help with emotional health and wellbeing.



- We have cultivated a relationship with Southwark Youth Council (YC).
- Working collaboratively with the YC we developed a health and wellbeing survey that they took to their peers.
- We received 128 responses.
- Respondent ages ranged from 13-17.
- Survey focussed on:
 - emotional wellbeing and mental health
 - physical health
 - accessing health services
 - health and wellbeing outcomes.



Findings – Youth Council Survey

There were mixed opinions about services currently provided within schools

65% of respondents said that bullying is a major problem for young people

The main outcomes that were important to young people include:

- doing well at school/ getting good grades
- getting into University
- increased self esteem and feel positive/ happy
- increased confidence
- increased fitness levels
- ready for employment
- find a girlfriend/ boyfriend
- pursue hobbies and interests e.g. music, languages, sports

GPs need to build more trust with young people – only 40% of young people were happy with their GPs

Stress was the most common cause of unhappiness, with over 70% saying they felt stressed regularly



Early years conferences

- We ran sessions at two Southwark Early Years Providers conferences in November 2015. Nursery managers attended the first conference and early years carers attended the second conference.
- There were approximately 60 attendees at each day.
- We ran text poll sessions and facilitated focus groups with attendees.
- We asked questions about issues they face in their roles relating to the health and wellbeing of the children they are in care of (under fives).



Findings

Early years carers need sufficient support to communicate with parents effectively.

Early years parents need to be provided more information relating to the wellbeing needs of their children.

Behaviour change of children and their families to improve eating habits is needed.

Behavioural issues in early years children need to be handled in partnership with the parents.

Working with providers to improve a child's speech and language where issues are identified is necessary.



Vulnerable children and young people – LAC

- We ran a focus group with participants in the 'Stand up Southwark' programme – a group of vulnerable young people, a number of who have previously been in care.
- Findings include:
 - a more holistic approach to mental health support is necessary for vulnerable young people
 - health education – particularly around prevention should be improved in schools
- young people should also receive more education about general life skills such as managing finances
- GPs should develop stronger relationships with their community, suggestions include attending community events and using social media



Vulnerable children and young people - SEND



- We attended an engagement event held by Southwark Council's SEND Local Offer Team in November 2015.
- The event was attended by children and young people with special educational needs and/or disabilities and their families.
- We had a stall with information on health services and we discussed their health service issues experienced.
- On the whole the feedback on services was positive and they thought highly of the level of service provided to them by the NHS.



My Voice Counts

- We held a joint Healthwatch and Southwark CCG event in April 2016 with 16-20 year olds from Southwark focussed on wellbeing issues they face.



- We used the personas, text polling, forum theatre, focus groups and a spoken word artist to engage with the young people and begin developing solutions for some of the key priority areas.
- 25 young people attended.



Findings My Voice Counts

Teachers need more training on health and wellbeing. The young people believe that they should be better equipped to provide them with support.

Young people will not use health services if they don't appeal aesthetically.

Young people will not access services unless they have a very serious problem.

Self-harm is real and common with 91% of respondents indicating they know of someone who has self-harmed.

Schools should have a more comprehensive health and wellbeing programme - knowledge of mental health symptoms is limited.

Schools should provide more information on health services – knowledge of sexual and mental health services is limited.

Health professionals need to be more young people friendly.

The Challenge

- We worked with the National Citizen Service programme – The Challenge in July 2016.
- The programme helps young people aged 16-18 develop skills and experience for life.
- We held an engagement event with 20 young people where we used text polling and focus groups to develop solutions to issues raised at My Voice Counts and wider.
- We helped the young people design a campaign to capture information from young people on health services and promote health services.
- We also sat on a 'Dragon's Den' style panel representing the CCG.



The Challenge – focus groups

We broke into three groups and using personas we looked at solutions for the following areas:

- sexual health
- emotional wellbeing and mental health
- access to health services.



The Challenge – campaigns



The Challenge – campaigns

- The Challenge split up into two groups to run two campaigns.
- One group went to Peckham Square and one group went to the Butterfly Walk Shopping Centre in Camberwell.
- The purpose of the campaigns were to raise awareness amongst young people of mental health, sexual health and other services such as the Pharmacy First scheme in Southwark.
- The groups also undertook a survey to find out more about young people's thoughts about health services. 72 people took part in the survey.
- Goodie bags with health information in were given to 60 young people.



Findings - The Challenge

Young people want to access a one stop shop for health/ MOT somewhere discrete and private.

Young people want a choice of how they can access services including using online tools and apps.

Young people want educational sessions on health and wellbeing in schools from health professionals that are meaningful, relevant and 'real' to them.

Teachers need more training on health and wellbeing to provide young people with support.

Young people would access some health services in schools such as free contraception – only if completely discrete and anonymous.

GPs and other health professionals need to be more young person friendly and relatable.



So what are we doing with this information?

They said	We did / are doing
Health services are not young people friendly.	There are a number of initiatives underway to improve the 'young people friendliness' of health services including the rolling out of the 'You're Welcome' standards.
Teachers need more health and wellbeing skills.	CYPHP are currently tendering for a provider to deliver a programme over the next four years to develop emotional resilience skills in education professionals.
More health and wellbeing education needs to be delivered through schools.	Along with the recognition that schools are a key delivery mechanism for health and wellbeing education we are working closely with our education partners on all initiatives and the PSHE programme is being designed to improve emotional resilience in CYP.
Mental and emotional wellbeing is very important to young people.	Along with mental health and emotional wellbeing being a key strand in this project, the Mental Health Transformation Plan is developing increased capacity in services and delivering new services.

So what are we doing with this information?

They said	We did / are doing
Support with healthy eating, behavioural issues and speech and language issues in early years.	The early years (0-5) and the implementation of the Healthy Child Programme through a best practice early years pathway is a core strategic priority of the Strategic Framework.
Young people need to know more about what services are available to them.	There are a number of initiatives underway or planned focussed on improving access and use of wellbeing services in Southwark including: <ul style="list-style-type: none">- rollout of CYPHP 'You're Welcome' standards for reception and administration staff- improved CYP wellbeing information being delivered to the public via a number of applications including Health Help Now and KidsConnect.
A one stop shop for health MOT somewhere discrete and anonymous	We are exploring the option of developing a youth focussed wellbeing service. CYPHP is developing a Teen Health check for GPs.