



Northern England Child Health & Wellbeing Network

Update briefing on the engagement phase
February - July 2019

Join our Journey

North East and North Cumbria

 @NorthNetworks



The Network

The North East and North Cumbria Child Health and Wellbeing Network's initial phase had a focus on getting engagement right to design and deliver better outcomes for our children.

The key objective is *to achieve meaningful and realistic plans for engagement across the Integrated Care System and into our four Integrated Care Partnerships to effectively design and deliver improved outcomes for our children.*

We are proud to be part of a small, but growing piece of work in the North East and North Cumbria that plans to make a real difference to children's services. Our evolving hypothesis from our logic model is detailed below:

"In the North East and North Cumbria we believe all children and young people should be given the opportunity to flourish and reach their potential, and be advantaged by organisations working together"

Background

A Clinical Lead post was funded by the Northern England Clinical Networks and appointed to in September 2018. In December 2018 the programme was successful in securing a place on NHS Improvement's Transformational Change Through System Leadership residential programme for 12 core leaders. A regional sequence of events was scheduled to mirror the residential schedule and transfer learning and feedback from the wider community.

Work within this phase

Since the inception of this programme, a huge amount of interest and connections have developed to ensure that this Network reflects the system supporting and impacting children, young people and their families across the region. This has included:

- The completion and analysis of a system survey focusing on the child health and wellbeing priorities, one designed for children and young people in which over 460 responded and a second designed for professionals' form all sectors who work with children and young people, in which over 550 responded and completed the survey.
- A contacts database of individuals keen to be involved in the work reaching over 420 individuals.
- Harvard University's Marshall Ganz's methodologies were adopted to support a commitment approach.
- The three residential courses have been attended by health, voluntary sector and local authority leaders working together to define the stakeholders, vision and narrative for this work.



- Three successful regional events with between 120 -150 participants at each event from across the system including Heath, Local Authority, Police, Voluntary Sector, Local Business, Education and Research. Our second event focused on the voice of the child and our final event was chaired by young people themselves and had an arts and wellbeing theme as well as celebrating some of our fantastic innovations in this field.
- Learning from other areas has been considered with connections both nationally (Cornwall, Nottingham, Scotland and Greater Manchester) and internationally in Canada (facilitated by Professor Sir Al Aynsley-Green) and in Netherlands (through Eldridge Labinjo on wellbeing and movement).
- We have webpages live with information about the Network.
- Through our survey and other engagement we have connected with well over 1000 individuals to help define our priority themes and a Network contacts list of over 420 individuals to check that we stay connected with our members for our next phase.
- We have published the survey findings from those working with children and young people and from the children, young people and family perspectives via our website available for the whole system to benefit from.

For further information - Appendix one records key findings from the professionals survey and the initial regional event, Appendix two records the highlights from the second regional event and Appendix three the inaugural Huddle event and Appendix four the final event and Children and Young People's feedback.

Our Next Steps

- ***To continue to develop a robust Network membership.***
- ***To continue to develop how we work with children, young people and their families and consider a Charter.***
- ***To develop our plan:***
 - ***To ensure the network framework can support delivery in our priority areas***
 - ***To become national leaders in the Long Term Plan implementation***
 - ***To set up governance to support the network with effective connections into local systems***
 - ***Network events*** – Further Huddles (like the one detailed in Appendix 3) in the next six months and a planned visit from the Chief Executive of Public Health England.
 - ***To achieve endorsement across the system for our plans.***
 - ***To effectively communicate both with and about the network including sharing best practice***

Anyone keen to get involved please contact england.northernchildnetwork@nhs.net to find out more.

Appendix one

Highlights of the Inaugural regional event March 2019

There were 120 representatives from across the Child Health and Wellbeing System that attended an event focused on engaging individuals to join the Network and make commitments to develop it further. They heard from internationally renowned speakers and examples of local innovation as well as discussing what they wanted from the Network.

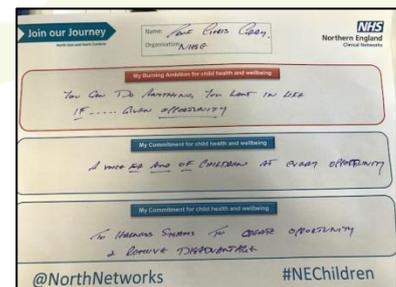


Over 80% of the feedback forms confirmed that attendees definitely wanted to stay involved. All the aspects of the day were highlighted as *the most* interesting and the opportunities to network and hear others' perspectives highlighted as invaluable. The most interesting element feedback included:

- ✓ *Opportunities to network and hear more about the Network's vision and aims*
- ✓ *Reassurance that there is a consensus on challenges and opportunities*
- ✓ *All today's speakers and talking to different agencies*
- ✓ *The opportunity to make a difference*
- ✓ *All of it but the 'Betrayal of Childhood' really fired me up*
- ✓ *Inspiring*

Burning ambitions of the participants were recorded and included:

- *My burning ambition is to see our region lead our nation in valuing ALL children and young people, hearing their voice and improving their outcomes to realise their full potential.*
- *To enable cross sector work to give every child the best start and provide the evidence to do the right things (or stop doing the ineffective things) - academic*
- *For the Network to achieve actions and results that draw national attention and that others want to replicate – public scrutiny*
- *To improve and support the needs of every child's emotional and physical wellbeing. To promote resilience and equality – educational support worker*
- *More work with parents and children in primary schools – VSO*
- *Develop pastoral support in local schools with (the) aim of increasing emotional resilience and decreasing fixed term and permanent exclusions –borough council*



There was also a facilitated discussion highlighting what the participants wanted out of the Network which were summarised as a:

- **Conduit** to the voice of the child, young person and their families
- **Inspire and Communicate** with the CYP and those working in the system
- **Drive action** – facilitate place-based action
- **Connect the system** – all organisations, all professions



- **Authority** on agreed system-wide focus for Child Health and Wellbeing – enabled by clear governance and senior support
- **Promote** intelligence led solutions
- **Political influence** for change.

Key findings from the survey

The key aims of the electronic survey were:

- ✓ To understand priorities across system
- ✓ To understand challenges and benefits to partnership working
- ✓ To grow our Network (respondents asked to join Network)
- ✓ To identify example of good practice

557 completed responses were received – most were from physical health (251) but representatives from most of the system responded, with 21 teachers, 13 social workers and 94 managers. Least representation came from faith groups, housing and local businesses (all<3). Although the survey was not for children and young people at this stage nearly 10% of respondents recorded their predominant role was the voice of the child. Of the priorities listed in the survey the highest scoring are recorded below:

Survey priorities (overall top 5): N= 497

Mental health

Poverty – children living in low income families

Children with additional needs (learning and physical disabilities)

Health promotion and prevention of illness

Equitable access to services including mental health services



The top three barriers to cross-system working (combined first, second and third choices) were listed as:

- No clear method (to work together as a system) (305)
- Lack of shared finances (211)
- Lack of data sharing (209)

In response to these barriers the top three areas for the Network to focus on with regard to addressing them were: (N= 431)

- Better recognition and understanding all available assets and services that currently engage with children and young people (218)
- Have authority from all organisational leaders to work together (181)
- Have a clear and cohesive plan (176)

There was a rich list of best practice examples that will be shared and the respondents closing words to the network included:

We can't afford not to do this

Clarity in how the integrated system is supposed to operate and be funded is key

In order to effectively support the patients in our community we need to communicate better and listen to their views.

Mental health services must be improved, for children and parents.

Resources need to come out to the communities.



Appendix Two

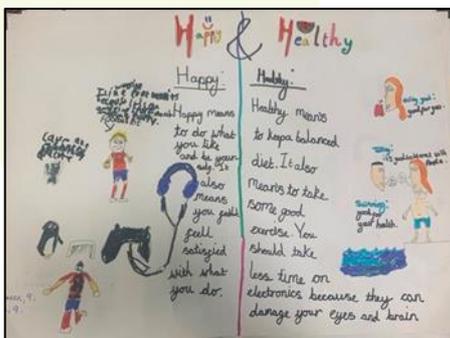
Our second event was focused around the Voice of the Child and Young Person and had an agenda packed with feedback from over 500 children, young people and families from across each area of our region. The feedback shared was collected by schools, health and community groups and charities as well as via an online survey. We were privileged to also have a number of school children feedback their own thoughts and some young people from the Children in Care Council present the survey findings and share their perspectives in a panel discussion.



Mike McKean, the Clinical Lead for the Network, shared the emerging priorities that the system want the Network to focus on. The children and young people’s perspectives had highlighted similar priorities to those of the earlier ‘professionals’ survey – mental health, poverty, children with additional needs and equitable access to services, but in addition had tackling drugs and substance misuse as a higher priority – this and all the feedback will be fed into the priority themes which will be shared at the final regional event.

The children also stole the show over lunchtime with a magnificent and moving performance by the Priory Wood School and Beverley School Open Orchestra whose performers all had additional needs.

The Network continued to respond to the request to share examples of best practice with several examples shared on the day including the powerful presentation from the creator of Trylife - ‘the old choice-based adventure books brought to high-tech life for teenagers today’. We were pleased to have the national NHS England and NHS Improvement Children and Young People Transformation team join our day and hear how interested they are in the work in the North East and North Cumbria.



We also continued to further refine what the system wants from a network through our system-wide table top discussions which will influence the framework for the Network.

The busy day ended with an ask to the audience to ensure their local system networks are represented with the regional network and to make suggestions of best practice to share at our final regional event on June 25th.

Appendix Three

Building on the great networks and contacts we have made, Professor Sir Al Aynsley-Green put us in contact with experts in Canada who have many years' experience in population health of their young people in British Columbia.

In June 2019 we held our inaugural Network Huddle –a small, focused expert presentation and discussion in a specialist area. This was an opportunity for network members to learn from international examples. The open invitation was taken up at short notice by a great cross-section of experts from health, local authority, education, voluntary sector (including community sports) as well as researchers.



The presentation was expertly delivered by Pippa Rowcliffe, Deputy Director from the School of Population and Public Health at the University of British Columbia, exploring her journey within the Human Early Learning Partnership (HELP).

The Human Early Learning Partnership (HELP) is a UBC Senate approved centre that was established in 2000, and has worked in partnership with schools and school districts across British Columbia for over 15 years to gather population-health data related to

healthy child development.

The unanimous feedback was extremely positive and showed how powerful the data had been as a tool to trigger discussion and change rather than performance manage. Professor Chris Drinkwater shared two key points that the day had highlighted to him:

- *You need to build trust and relationships around the collection and use of data – data is more likely to change behaviour and to produce change and innovation if end users feel it is owned by them and is not used to name and shame.*
- *The data collected has to be meaningful to end users and there is a need for those who provide the data to work with the end users (schools and communities) to help them to understand what the data means and how they could use it to make changes.*



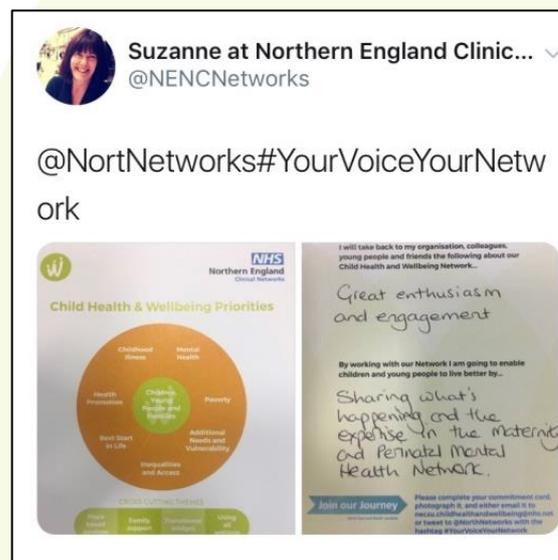
Future Huddles are planned! Stay connected by registering with the network via england.northernchildnetwork@nhs.net.

Appendix Four

Our third and final event *Your Voice, Your Network* was the biggest, with over 150 participants. It focused on system discussions, identifying practical opportunities to address the agreed priorities, celebrated good practice and highlighted the importance of arts to wellbeing. It was the final event in the engagement phase of the Network.

The day was chaired fabulously by local young people from both the Children in Care Council (their Regional Ambassadors) and the St Thomas More Roman Catholic Academy. Many other young people joined in the day to both influence the table discussions and present initiatives they were part of, as well as giving their perspectives in plenary on all the Innovation Hubs, and presenting the journey so far, which launched the Children and Young People's survey publication. This work had fed into a revised version of the Network's priority wheel which was also shared at the event.

The Arts theme was kicked off by Eldridge Labinjo, who joined us from Rotterdam and had most of us moving to demonstrate the positive impact on wellbeing; this was then supported by other art forms in the lunchtime Innovation Hub. Dr Mike McKean shared his powerful personal story which captivated



all attending. Michael Wood from NHS Confederation highlighted the benefit of bringing economics into our discussions. The importance and impact of co-production was shared by Dr Neil Davidson and Dr Helen Leonard of the Great North Children's Hospital, and Prof. Sir Al Aynsley-Green commended the work and energy we have created, stating that 'the North East and North Cumbria Network has a mouth-watering opportunity to be at the forefront of developments'. Participants were all given a commitment card with the Network's Priority Wheel, on which they could write what they would take back to their organisation from the event and how they could help our children and young people as part of the Network.

Some of the words used to describe this final event were inspiring, invigorating and fantastic! Participants particularly enjoyed the children's involvement and the system-wide discussions, and 70% respondents rated us 9 or 10 out of 10 for a great event that had moved them to change things. As the Network further evolves, participants suggested that future events could be co-designed with young people and continue to provide even more time for system discussion and sharing good practice.

It is important to close this brief highlighting the publication of the survey results from the children and young people that was launched on the day and will be added onto the website:

<https://nhsjoinourjourney.org.uk/what-we-are-doing/priorities/optimising-health-services/>

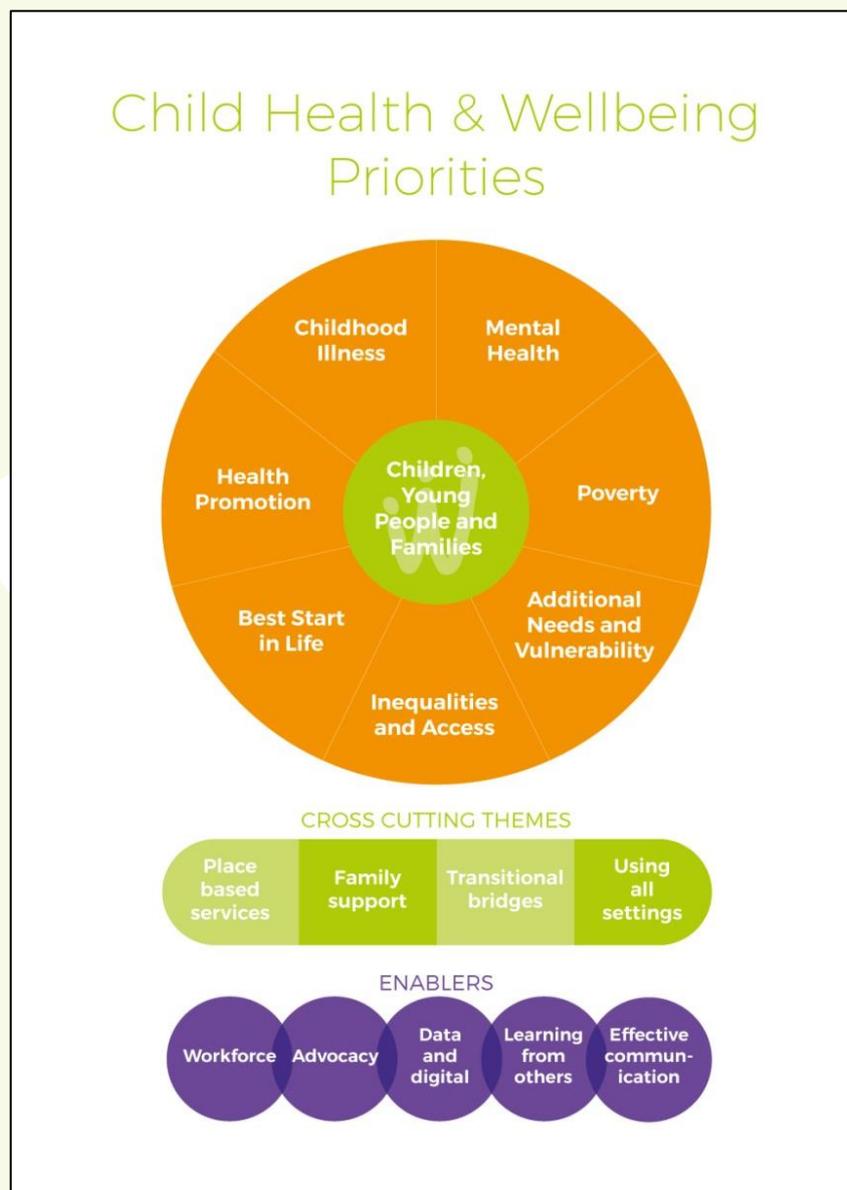
Describe the event in one word.... **'Inspiring'**, **'Invigorating'** and **'Fantastic!'**



We were overwhelmed that over 600 children, young people and families took the time to share their perspectives, including a small proportion of individuals with additional needs.

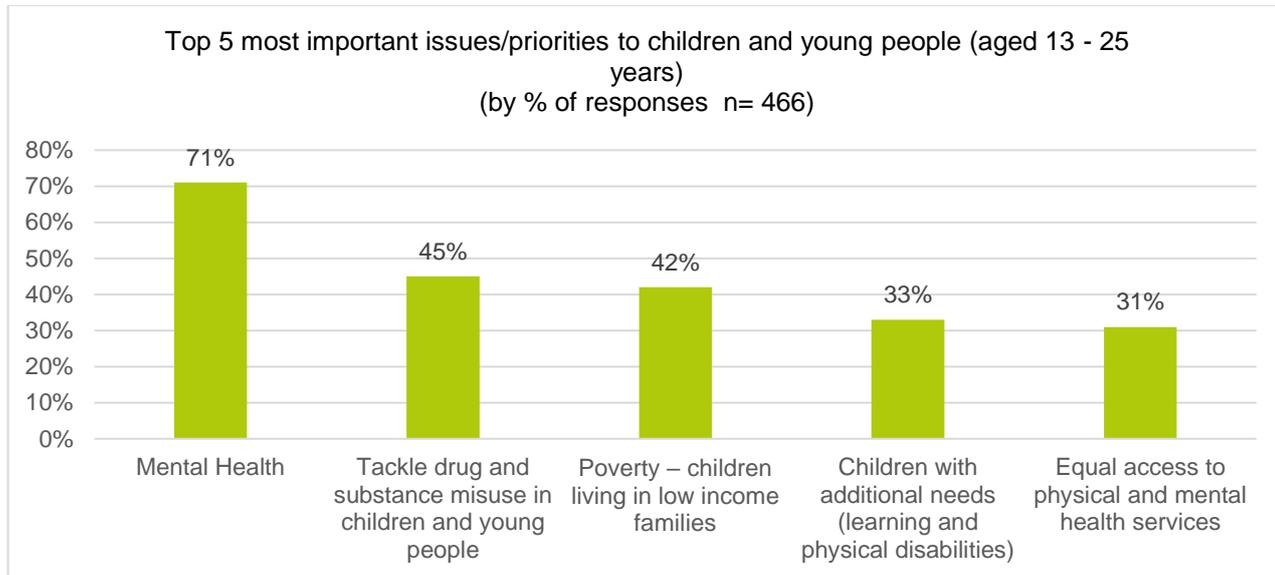
The findings from this exercise have further influenced the priority areas or themes from which the Network will develop its work, and we believe that the combined feedback of over 1000 individuals has influenced the Network to address the areas of importance to the North East and North Cumbria.

This work has found that the children and young people had highlighted similar priorities to the professionals but with some differences, such as the importance of substance misuse, which fits with the 'Supporting the Vulnerable' and 'Mental Health' themes identified. There was also a higher weighting to the importance of equitable access to services and the general feedback highlighted the importance of feeling safe. This and wider feedback have influenced the next draft of the Network's priorities into a revised priorities wheel (version 2 - June 2019 shown here).





The electronic survey feedback showed the following as the highest priorities:



Whereas the overall feedback shows the top four most frequently mentioned themes from both the focus groups and the survey are:

- **Mental health and wellbeing**
 - **Being physically healthy**
 - **Having enough money to make healthy choices/reducing poverty**
 - **Ensuring that young people are prepared for adulthood.**
- Other priorities were also noted by both the focus groups and survey respondents: **feeling and being safe, education, housing and environment, social support and networks, specific groups.**
 - The results show similarities between the results from the adult’s survey and the CYP (both focus groups and survey) with **mental health** highlighted as the top priority by both, and **poverty and health and well-being** also noted as important priorities by both.
 - The top four overarching themes identified by CYP - **mental health, physical activity and nutrition, poverty and transitional bridges** - closely align with the Network priorities wheel.

The strong correlation between the professionals’ and children and young people’s responses is clear in the table below:

Professional Survey (Feb 19) Top 5 priorities for children and young people (n = 497)	CYP feedback: both focus groups and survey The top four most frequently mentioned themes (n= 600 approx.)
Mental health	Mental health and wellbeing
Poverty – children living in low income families	Being physically healthy
Children with additional needs (learning and physical disabilities)	Having enough money to make healthy choices/reducing poverty

Health promotion and prevention of illness	Ensuring that young people are prepared for adulthood
Equitable access to services including mental health services	



The data provided has been helpfully categorised by geographies, making it useful for local improvement work and analysis. We hope that whatever sector or background you are from that you find benefit from the sharing of these reports and you are pleased to see that your contributions are actively influencing our work to enable children, young people and families to flourish within the North East and North Cumbria.

We close with feedback from our young people survey to the Network:

'I want somewhere where people will care and safeguard me when I am vulnerable. It would be great not to have fight to access services and provision. Money should be the last reason why I am not supported'

'Whatever you do, do all you can. I believe in you guys, and I hope everything goes as well as it can. Good luck to you all'.

For the latest on our work and for future developments please access our website via <https://nhsjoinourjourney.org.uk/what-we-are-doing/priorities/optimising-health-services/>

