

FAMILIES OVERVIEW AND SCRUTINY COMMITTEE AGENDA

Thursday, 4 April 2019 at 5.30 pm in the Bridges Room - Civic Centre

From the Chief Executive, Sheena Ramsey

Item	Business
1	Apologies for absence
2	Minutes of last meeting (Pages 3 - 8) The Committee is asked to approve as a correct record the minutes of the last meeting held on 7 March 2019.
3	Liaison with Gateshead Youth Assembly (Pages 9 - 18) Report of the Strategic Director of Care, Wellbeing and Learning.
4	Review of healthy weight across the life course (Final Report) (Pages 19 - 40) Report of the Director of Public Health.
5	Early Help Progress Update (Pages 41 - 42) Report of the Strategic Director of Care, Wellbeing and Learning.
6	Work Programme Review (Pages 43 - 48) Joint report of the Chief Executive and the Strategic Director of Corporate Services and Governance.

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GATESHEAD METROPOLITAN BOROUGH COUNCIL
FAMILIES OVERVIEW AND SCRUTINY COMMITTEE MEETING

Thursday, 7 March 2019

PRESENT: Councillor B Oliphant (Chair)

Councillor(s): M Hall, L Caffrey, B Clelland, S Craig,
L Kirton, K McCartney, E McMaster, S Ronchetti, M Ord,
C McHugh, R Oxberry, C Buckley and N Weatherley

F99 APOLOGIES FOR ABSENCE

Apologies for absence were received from Councillor Mullen, Councillor Bradford, Councillor P Craig and Jill Burrell.

F100 MINUTES OF LAST MEETING

RESOLVED:

- (i) The minutes of the last meeting held on 7 March 2019 were agreed as a correct record.

F101 REVIEW OF OBESITY (ACROSS THE LIFE COURSE) - INTERIM REPORT

The Committee received a report and presentation providing an update in relation to the review of healthy weight agenda across the life course and the impact on Gateshead Communities.

From the report an overview of the scope and aims of the review were explained in addition to details of the draft recommendations for the review which were:

- A whole system approach
- Clear leadership
- Strategic and Operational groups
- Health in all policies approach
- Focus on inequalities
- Long term commitment
- Healthy Weight Declaration
- Community led interventions
- Tackling food advertising/promotion
- Balance between population and targeted approaches

It was asked what work is being done in Gateshead to tackle the issues around healthy weight. It was stated that the solutions for the problems are not simple to pin point and would be long term and perhaps generational. It was noted that as a whole

system Gateshead Council are working with partners such as schools to improve meals and education around food. It was also stated that Gateshead Council, along with other Councils are working together to lobby Government to implement changes that go beyond the recent introduction of the sugar tax.

A comment was made noting that the issue of healthy weight is discussed at Gateshead's Health and Wellbeing Board where good examples of work being done have been presented such as improved school meals, healthy options available in staff canteens and reducing the availability of vending machines in business and in public areas. It was further stated that weight loss is a personal issue and without a common denominator it is a difficult issue to address short term.

The work being done to decrease levels of obesity was compared to the work being done to reduce smoking across the UK. It was noted that there has been a decline in the number of people smoking over the years due to increased prices and enhanced public awareness of the side effects. It was also highlighted that the Director of Public Health's annual report focussed on the complexity of the healthy weight agenda.

RESOLVED:

- (i) The Committee noted the contents of the report.

F102 ANNUAL CONVERSATION WITH THE HEAD TEACHERS OF SPECIAL SCHOOLS

The Committee received the report to provide an update relating to the changes and developments to special school provision.

From the report it was highlighted that there are 6 special schools in Gateshead, Dryden and Hill Top schools are a hard federation, though they continue to function as separate schools with a single governing body. It was also noted that they now have individual head teachers were as previously they had an executive headteacher and head of school.

The Committee were advised that all the schools have been rated by Ofsted as at least 'Good' with Dryden, Eslington and Gibside schools being rated 'Outstanding'. From the report the Committee were provided with a summary of current developments within the special schools; it was stated that within Gibside the numbers on roll are currently 163 which supports the Council's decision for a new school. It was further noted that at Furrowfield school there is strong governance with an exceptional level of experience being brought to the school in addition to in-house residential provision.

It was noted that at Dryden school there are currently 47 pupils on roll making it undersubscribed. It was stated that there is potential for more pupils in the school which needs to be considered alongside the growing numbers in other special schools.

The Committee received a breakdown of the Top 5 SEN (Special Educational

Needs) categories for Gateshead special school pupils which included Autism Spectrum Disorder, Moderate Learning Needs, Social, Emotional and Mental Health, Speech Language and Communication Needs and Severe Learning Difficulty.

It was asked whether there was a need for a specialist provision for those with autism in Gateshead; it was stated that autism provision is not all in one place to allow for increased parental choice for school admissions.

A question was asked as to whether pupils are still contacted after they have left the school to check on their progress; it was noted that many of the schools do this up to the aged of 19 with their pupils. A comment was also made noting the reliance on the voluntary sector for parents prior to their children attending a special school, it was noted that this issue is acknowledged and that it can be challenging for parents to access the right support quickly.

RESOLVED:

- (i) The Committee received and noted the annual report.

F103 RECRUITMENT & RETENTION OF SOCIAL WORKERS

The Committee received a report providing information with regards to children and families social work recruitment and retention.

From the report it was noted that in July 2016 the Department for Education published its strategy to transform Children's Services due to ongoing concerns that the reforms of the previous years had not improved the quality of work with children and families. Known as 'Putting Children First' it was highlighted that the reform was structured on 'three pillars' which were:

- People and leadership
- Practise and systems
- Governance and accountability

The Committee were advised that the Government introduced and supports two fast track training programmes for would be Social Workers: 'Step up to social work' and Frontline. It was noted that both programmes involve partnership arrangements with interested Local Authorities of which Gateshead is one.

The Committee were reminded that as at April 2016, sixteen social workers left the Council's employment during a very short period of time. It was highlighted that a rolling programme of recruitment advertising for both new and experienced staff was put in place due to the difficulties experienced in attracting sufficient experienced staff.

From the report the Committee were then provided with an update on the six outcomes period 1st March 2018 to 31st December 2018 detailing the range of social work leavers and starters.

A comment was made noting that the report provided a positive a reassuring picture

at services. It was stated that it is good to see that recruitment and retention is stable so that essential support can be provided for those who need it most in Gateshead.

A further comment was made noting that Gateshead lost a lot of social workers due to the removal of essential care allowances; this was acknowledged by officers but it was also highlighted that Gateshead do offer excellent career progression prospects compared to neighbouring authorities.

RESOLVED:

- (i) The Committee noted the contents of the report and agreed to receive further updates at a future meeting.

F104 SCHOOL EXCLUSIONS - PERFORMANCE UPDATE

The Committee received a report providing an update on the continuous rise in the number of permanent exclusions across secondary schools. The report also presented an update on exclusion figures in the 2018/19 academic year as of February half term 2019.

From the report it was noted that the consequences for children who are permanently excluded from school are known to be serious. It was also stated that schools have the right to permanently exclude a pupil on disciplinary grounds and that pupils can be excluded for one or more fixed term periods.

It was highlighted that evidence shows that the proportion of children and young people being excluded in both primary and secondary schools is increasing nationally. It was noted there has been a 40% increase over the past 3 years having previously been on the decrease since 2006/7.

It was noted that Gateshead currently has 10 secondary schools consisting of 8 secondary academies, 1 maintained secondary school and 1 City Technology College. It was highlighted that one secondary academy is due to close at the end of the academic year August 2018. The Committee were also advised from the report that Gateshead has 68 primary schools consisting of 47 community schools, 16 Roman Catholic schools, 1 Roman Catholic academy, 2 Church of England schools, 2 primary academies, 3 infant and 3 junior schools and 1 nursery.

Within the report a table and chart was provided detailing the number of permanent exclusions from 2004/5 to 2017/18 academic years. It was noted that persistent disruptive behaviour continues to be the most significant reason for permanently excluding a secondary school pupil. It was further noted that primary school exclusions spiked in 2016/17 however numbers have declined.

The report provided an overview of strategies used to address the rise in permanent exclusions which included pilots of 'Kooth' an online counselling service as a means of providing intervention early when the need first arises. It was further noted that projects such as the mental health trailblazer should also have an impact on permanent exclusion numbers.

It was asked whether the national rise in ASB and knife crime can be linked to increasing numbers of permanent exclusions. It was stated that this cannot be ruled out but that there are likely other socio-economic factors involved. It was also noted that Ofsted are developing a new framework of guidance on exclusions that acknowledges the reducing budgets for schools.

A discussion took place on the transition for pupils from primary to secondary school; it was noted that this can often be a difficult time for children and that information known to primary schools may not always be passed to secondary schools.

RESOLVED:

- (i) The Committee noted the contents of the report.

F105 BEST START IN LIFE - OUTCOME OF PILOT SELF-ASSESSMENT

The Committee received the report and presentation to provide an overview of the North East public health sector led improvement (SLI) conception to two years pilot.

From the report it was noted that the transfer of public health responsibilities in 2013 brought public health services into the established local government SLI regimes. It was also noted that in the public health sector-led improvement framework the Association of Directors of Public Health indicated that the purpose of SLI is to “provide confidence both internal and external stakeholders and the public as well as demonstrate continuous improvement to public health practice”.

From the presentation it was highlighted that there were two pilot areas for the regimes, Durham and Gateshead. It was also noted that a steering group was established, led by Public Health to identify information and evidence in relation to local need, leadership and planning, wider determinants and local delivery of evidence-based practice.

The Committee received a summary of the results of a self-assessment as well as areas identified for improvement which included smoking in pregnancy, teenage pregnancies and housing. It was highlighted that areas of priority for SLI would be smoking in pregnancy and breastfeeding due to the long-term benefits for both mother and child.

From the report it was noted that areas not identified at this time for prioritisation included education, housing and low birth weight. It was stated that details of the findings from the self-assessment were presented to the Gateshead Child Be Healthy Group for consideration. This group is chaired by Dr David Jones and is attended by partner agencies and services including the CCG.

A question was asked regarding new-borns being tongue tied causing them difficulty in being able to latch on to the breast; officers advised this was an issue with varying views as there can be differing severities seen in a child being tongue tied. It was also noted that there are some private practise procedures available to parents for babies that are tongue tied which can be expensive.

RESOLVED:

- (i) The Committee noted the contents of the report.

F106 WORK PROGRAMME

The Committee received the Work Programme report which sets out the provisional programme for the Committee for the year 2018/19.

RESOLVED:

- (i) The Committee noted the contents of the Work Programme report and appendix.

TITLE OF REPORT: Liaison with Gateshead Youth Assembly

REPORT OF: Strategic Director, Care Wellbeing and Learning

Summary

The Families Overview and Scrutiny Committee agreed to more pro-active links with Gateshead Youth Assembly. This report outlines activity undertaken following the 2018 GYA Elections and priorities set by Youth Assembly for 2019.

Introduction

1. Andrew Adams was appointed Chair and Josh Smith the Vice Chair following the Elections held in November 2018.

Currently Schools and Gateshead College are represented within GYA and the membership intend to promote awareness of GYA across all schools and hope to speak to school councils and head-teachers to promote the benefits being involved can have for young people.

2. GYA and Peace of Mind continue to work jointly and hold drop-in sessions for Refugee and Asylum seeking young people. The program developed events and activities on issues that affect young people.
3. GYA members continue to join forces with members from One Voice.
4. GYA continues to be called upon by Gateshead Strategic Partnership and Public Health to explore how young people can further support issues on Community Safety and Improving and promoting Good Health.
5. GYA work closely with Northumbria Police Central Engagement Team around independent scrutiny of Stop and Search initiatives, Organised Crime and Radicalisation. They are also part of a group who are currently developing a Youth Independent Advisory Group for Northumbria Force Area.
6. Josh Smith, Vice-Chair of GYA sits on the board of Governors for Gateshead Hospital Foundation Trust and this involvement helps shape and influence developments at the QE's Children Unit.
7. GYA have identified Emotional Wellbeing (Mental Health and Bullying & E-safety), the environment, LGBTQ+ support, human rights/equality/feminism and Alcohol and Tobacco use as Priorities for 2019. This is alongside their

long running priorities of self-esteem, poverty and inclusion. A copy of the GYA Plans and Priorities Document accompanies this report.

8. Members of Gateshead Youth Assembly meet every week either at Gateshead Youth Council or within the Council Chambers.
9. Members of GYA deliver training to other GYA members on a monthly basis including Youth Work Core Skills, Confidence Building, Committee Skills and Community Volunteering and Activism.

Proposal

10. Members of the new Assembly attend future meetings and continue to discuss their activity in 2019 and confirm that their activities support the wider Gateshead agenda.

Recommendations

11. The Committee is requested to note the information presented in the report.

Contact: Valerie Ender

Ext: 5082



Update - 27th March 2019

- In February seven GYA members gained their Bronze Arts Award This award was in collaboration between Gateshead Youth Council and the NGI Juice Festival. It's great to be able to do an arts award because of our volunteering, not because we are 'arty'. GYC has secured funding for us to progress to Silver Arts Awards, and our new members are starting their Bronze Arts Awards. We continue to work in collaboration with the World Artists, a group of asylum-seeking young people who are also working towards their Arts Awards.
- We held our annual Christmas Party and instead of Secret Santas and presents, we donated selection boxes to Peace of mind to distribute to their children and young people.
- We are working with Leo from Gateshead Young Womens Project to develop signposting information for LGBTQ+ young people, we are mindful to make this easy to pick up, for people who don't want anyone to notice.
- We are delivering to ourselves a range of courses around confidence and self esteem, sometimes we deliver sessions with the support of Valerie and Sue, sometimes they do, it depends on the content and how we feel about it.
- We wrote to CEOP to try and engage with them about the information given to young people in schools around online safety, we received a fairly bland email back not really answering our questions, so we are doing it ourselves. We are working on a package for schools, probably in the form of a PowerPoint for assemblies.
- We worked with Lucy Adams, who is the North East Chair of Remembering Srebrenica and the Vice Chair of Gateshead Youth Council, on a range of projects around human right, feminism and equality. We are currently looking for funding to develop a range of session plans and assemblies to be distributed to schools.
- One of our members is a St John Cadet trainer, and is designing a session for us, around what to do if our friends are in danger through alcohol and drugs when we are out and about. This was held a few years ago, and while none of those members ever needed to use the training, they did pass on the do's and don't's to other young people who did make use of the information.
- We are still mindful of the environment and waste, we collect the leftover food at Greggs every Monday, this forms the food and refreshments our

members have on Tuesdays, we use fairly traded products wherever possible and try to avoid single use plastic (we still have lots of work to do here).

- We have raised funds to hold a series of holiday projects including days out and project days. This fundraising involved us planning every aspect of the holidays, from risk assessments, letters to parents, booking events and activities and co-ordinating the group.
- We were awarded a High Sheriffs award on 25th March 2019 for our contribution to the community.
- We won four out of the twelve regional categories of The Key Awards, an organisation which provides grant to young people, we won, best overall group, best enterprising group, best group name and a special award for inspiring young people.
- We have been nominated for a National Diversity Award 2019 for our work around inclusivity.
- We are working with an Arts student from Newcastle university to develop an exhibition of our work around human rights. This work will form the basis of one of her final modules.
- We have worked with QE Gateshead on their 15 steps initiative, looking at the way things work for children and young people when they are admitted to hospital and how improvements can be made.
- We are working with the Environment Agency flood resilience team to look at ways young people can get involved and be safer.
- We have undertaken a range of fundraising activities to pay for our summer residential. You may have seen us selling sweets and cakes in the Atrium.



Our plans and priorities for 2018 - 2019

Welcome to GYA 2018 – 2019

This is my opportunity to welcome you all to the 2018-2019 Gateshead Youth Assembly. We had a fantastic training weekend at Lobley Hill and came up with loads of ideas and priorities for the year ahead. Whilst some of our priorities have changed, we will still be sticking with some of our previous projects, including Child Poverty. I expect that GYA will have another packed year, and it already looks like there are some brilliant projects.

This year's GYA is considerably larger than the last few years; Valerie's new work structure has meant she has been able to recruit new members and we are so pleased.

We continue to be the voice for Young People in Gateshead and continue to work on issues identified by ourselves and our peers. I'm really looking forward to working with our Youth Assembly team this year and hopefully this newsletter gives you an insight into our ideas. If you want to get involved, have contacts you think we could try or indeed have some spare change down the back of the sofa, we would love to hear from you.

Watch this space!

Andrew Adams, Chair

Welcome to Gateshead Youth Assembly 2017 – 2018

Cardinal Hume Catholic School

Josh Smith

Julia Onyebuchi

Louise Robson

Melissa Towler

Heworth Grange School

Andrew Adams

Sophie Adams

Abbie McMullon

James McMullon

Daniel Chard

Sarah Keegan

Charlie Renwick

Joseph Swan Academy

Georgina Pendleton

Thorp Academy

Amelie King

Amy Binks

Erin Bilclough

Esmay Wright

Jasmine Sillence

Jessie King

Tegan Oxley

Lord Lawson of Beamish Academy

Sabah Ahmed

Benjamin Johnson

Cedars Academy

Katherine Young

Individual Members

Joe Waggitt

Freya Ender

Mohammed Al-Kateeb

Ayaa Al-Kateeb

Martin Nichol-Bartram

GYA 2017 – 2018 Executive Committee

Following campaigns, speech writing, hustings and elections at our recent training weekend, the following Executive Committee was elected by our delegates

Chair - Andrew Adams

Vice-Chair - Josh Smith

Secretary - Sophie Adams

Treasurer – Freya Ender

Project Leads - Benjamin Johnson; Sarah Keegan; Abbie McMullon; Louise Robson; Tegan Oxley

Each project lead will work with all GYA members to design and deliver their chosen projects.

Our priorities for 2017 – 2018

Mental Health Issues – We plan to carry on our existing work around emotional well-being and mental health as this issue hasn't gone away. We run an informal buddy system at GYA so that members who are struggling can access support from other members. We plan to produce a range of resources for parents, teachers and young people around mental health, the signs and symptoms and where to get support. We are going to work on a range of myth busters and do our best to reduce the stigma around mental health. We also do our best to ensure that we cover the five building blocks for good mental health:

- **Connect** – We spend time developing relationships with other GYA members, in and out of GYA. Some of our members recently said that apart from GYA and family, they don't go anywhere, as a result of this we are making greater efforts so hold more social activities, even if it's just board games at GYC.
- **Be active** – We aren't known for our physical activity but last summer we, collectively, walked over ONE MILLION steps. We had a great time too. So, for this year, we plan to build on this and set ourselves some challenges.
- **Keep learning** – Everything we do at GYA is about developing existing skills and learning new ones. We also deliver a range of training to our members around committee skills, soft skills, self-esteem, first aid. Also, our members deliver training to other young people and adults, so not only do we keep learning, we facilitate learning in other people.
- **Give to others** – All of our members are volunteers, however some of them don't always realise that so lots of our time is spent developing an awareness of what volunteering is and why it's good for both the donor and the recipient. We also collect food, clothing and household goods for our friends at Peace of Mind to give to whoever they need to.

- Be mindful – Some of our members take part in the ‘100 Happy Days’ initiative, those who don’t, are encouraged to think about it. We firmly believe that we need to pay attention to the world, our place in it and our effect on it and the people around us.

Self - confidence/self – esteem – We plan to continue our series of self-confidence and self-esteem workshops throughout the year. Each year these sessions are delivered by young people who have been through GYA, and coming back to volunteer.

Tobacco & Alcohol– We will continue to work with Public Health around tobacco and alcohol related issues and how we can protect children and young people from the effects of smoking, e-cigs, alcohol and from being manipulated by the manufacturers of tobacco and alcohol related products.

Environment – We will continue to support WWF Earth Hour and make efforts to reduce our consumption of disposable products and encourage our members to use public transport where appropriate. We already refund our members public transport costs and try to ensure that all our school holiday activities use public transport. We also bought a stash of cups and plates to use when we are out and about, so we don’t need to buy paper ones.

Bullying – Bullying, both cyber and real world continues to be a massive issue for young people and we plan to work on projects which enhance young people’s self-confidence, self-esteem and emotional resilience so they are better equipped to cope with bullying and stand up against it. We also plan to challenge bullying and body shaming whenever we see it online.

Added to this, we realised that the CEOP button which we are taught in schools is easily accessible and should be used when we see anything inappropriate around child sexual exploitation online, but we have found that it doesn’t work as the button isn’t on websites. CEOPs site is really good, when you find it, so we want to raise young people’s awareness and get them to bookmark CEOP, so they have it handy should they ever need it.

Child Poverty - We continue to work on issues around child poverty, we regularly hold collections for the Foodbank and the Peace of Mind Drop in.

Arts Award – We never really thought we were ‘arty’ until we met people from the Juice Festival last year, seems we were wrong! Even those of us who can’t or don’t want to ‘do art’ can help other people get involved. Last year lots of us were awarded a Bronze Arts Award for the volunteering we did around the Juice Festival, we have just found out this week, that we have been granted funding for twenty of us to continue our Arts Award journey with Bronze, Silvers and Golds!

Human Rights/Equality/Feminism – We are passionate about equality and believe that lots of our projects are based on human rights, taking in racism, sexism, homophobia and feminism. We plan to raise awareness of these issues in schools because we believe that equality is necessary in society. We want to raise awareness about how important it is to treat all people with dignity and respect and to learn lessons from the past. So we are going to develop an information booklet and

presentation to send to schools. We are also developing work around Holocaust Memorial Day and Remembering Srebrenica.

First Aid – We are going to learn First Aid, then we can teach our friends, so people know what to do if someone is in danger. One of our members, Joe, is a long serving member of St John Ambulance and is one of their trainers and he is going to lead a session with other St John members. It will focus on basic first aid most relevant to young people.

LGBTQ+

We are going to develop links with existing groups to highlight the available support, challenge inequality and discrimination and work to make sure that all Children and Young People in Gateshead are supported to be themselves, whatever that means to them. We will write a myth buster and develop, and information poster aimed at reducing stigma, disproving incorrect information and educating people.

Fair Trade – We will work with Gateshead Council to keep Gateshead a Fair-Trade Town by encouraging our schools to be Fair Trade Schools and by using Fair Trade products at our meetings and events.

Position Statements

We have developed the statements below; we accept that unfortunately we cannot change the world or indeed legislation in one GYA year, but we do have opinions and these statements have been agreed by GYA for 2018 - 2019

- We believe that everyone should be paid the living wage, regardless of age. The argument that young people don't work hard enough is just fluff, any worker not working to the expected level is a management issue, and age is just an excuse.
- We believe that Emotional Well Being and Mental Health Services need improving, with our help.
- We believe that young people will be more ready to be properly contributing workers if they secure good quality work experience and careers advice.
- We believe that young people in Gateshead are entitled to and need a good quality Youth Service. We further believe that the Government should commit funds to a properly funded statutory Youth Service.
- We believe that organisations, whether public, voluntary or private need to engage young people in their decision making in real, not tokenistic, ways.

- We believe that young people should be able to access support to develop their self - confidence and self - esteem; this has been stated by Northumbria Police as the best protection from being exploited.
- We believe that it is everyone's job to try and limit the effects of poverty on children and young people. Whatever the cause of a family's poverty, the children never had any influence over decisions made. We must all work to ensure that these children and young people are protected and their dignity preserved.
- We believe that in order for young people to make informed decisions when it comes to voting, sound political education should be delivered efficiently within schools.
- We believe that young people aged 16 and 17 should be entitled to vote in all elections. Nothing happens between the ages of 16 and 18 which make people better qualified to vote, so why not?
- Gateshead Youth Assembly supports Fairtrade and uses, where possible, fairly traded goods. We firmly believe that we all have a responsibility to ensure that people all over the world are treated fairly, with dignity and respect.

If you want to get in touch with us to find out more, get involved or anything else please email Gateshead Youth Council at info@gatesheadyouthcouncil.org.uk You can also find us on Facebook by searching for Gateshead Youth Assembly.

If you are a young person who would like to get involved please contact our support worker Valerie at valerieender@gateshead.gov.uk or valerie@gatesheadyouthcouncil.org.uk

GYA meets weekly, usually at Gateshead Youth Council, 12 Gladstone Terrace, Gateshead, NE8 4DY but we do hold our monthly formal meeting on the second Tuesday of each month at Gateshead Civic Centre, Council Chamber.

If you want to attend a meeting for any reason, please contact Valerie Ender in the first instance as these are private meetings and guests are welcome by invitation. This is so that the GYA members retain control of their meeting.

Thanks for all the support



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4 April 2019

**TITLE OF REPORT: Review of healthy weight across the life course
(Final Report)**

REPORT OF: Alice Wiseman, Director of Public Health

Summary

Obesity is described as one of the most serious public health challenges in the 21st Century. It is a complex problem caused by many factors including environmental, biological, social cultural and economic factors, in addition to individual behaviour.

Too often, when faced with this complex problem, the response has been to focus on individual lifestyle choice and interventions to address this. This is convenient but is only one small part of the picture. The evidence is very clear that policies aimed solely at individuals will be inadequate and will not be enough to reverse trends in overweight and obesity. Significant effective action to prevent obesity at a population level is required.

The complexity associated with this problem does not respond to simple solutions. It demands different approaches and a response from the whole Gateshead system working together if we are to reduce prevalence and tackle the agenda effectively. This will require innovative action at an individual, environmental and societal level, across organisational and geographical boundaries, and with a focus on the short, medium and long term

Background

- Families Overview and Scrutiny Committee have agreed that the focus of its review in 2018-9 will be obesity across the life course. The review has been carried out over a six month period and a final report has been prepared on behalf of the Committee setting out key findings and suggested recommendations.

Report Structure

1. This final report sets out the findings of the Families Overview and Scrutiny Committee in relation to the review of the healthy weight agenda across the life course and the impact of this agenda on Gateshead communities.
2. The report includes:
 - The scope and aim of the review
 - Responsibilities and policy context
 - How the review was undertaken
 - Summaries of key points from evidence gathering sessions
 - Analysis – issues and challenges
 - Emerging recommendations

Scope and aims of the review

3. The scope of the review was to identify and examine:
 - The complexity of the obesity agenda. The Foresight obesity report (2007) identified over 100 factors that contribute to the prevalence of obesity. These can be broadly clustered into groups of influences including societal, media related, food industry, biological, environmental and psychological factors.
 - The current picture in Gateshead, in terms of prevalence of excess weight, the costs and the impact to society, communities, families and individuals.

- The current evidence base as part of a 'whole system approach' including a focus on legislation, regulations, advertising control and the environment
- which people live, play and work
- Identifying challenges and opportunities going forward, to maximise impact across the life course.

Responsibilities and Policy Context

4. Statutory duties for public health were conferred on local authorities by the Health and Social Care Act 2012 on 1 April 2013. Section 12 of the Act introduced a new duty for the Council to take appropriate steps to improve the health of the people of Gateshead. The mechanisms to do this, providing facilities for the prevention or treatment of illness, such as action on the healthy weight agenda. Some functions are also mandated, for example, the National Child Measurement Programme (NCMP), also known as the School Height and Weight Checks, which is delivered annually by the Council.
5. In August 2016, the government signalled its concern about the obesity problem when it published Childhood Obesity: a plan for action. In June 2018, it then published Childhood Obesity: a plan for action chapter 2. These documents set out the ambition to halve childhood obesity rates by 2030 and to tackle persistent health inequalities by that. significantly reducing the gap in obesity between children from the most and least deprived areas/regions by 2030. There are clear priorities and actions outlined within the plan for local authorities and schools to implement.
6. The evidence base is emerging that implementing a whole systems approach to obesity is the best way to address the obesity problem. This programme of work is being led by the Local Government Association (LGA) and Association of Directors of Public Health (ADPH). It has been developed and tested with 11 local authorities and whole systems approach guidance is being developed for local authorities to implement from Spring 2019. Adopting this approach will help the Council to facilitate delivery of co-ordinated actions involving partners across the system.
7. The most recent Director of Public Health Annual Report for Gateshead is focused on obesity and highlights how societal changes over recent decades have exacerbated our risk of obesity. The report recognises the complexity of the issue, and that it is important that we move away from the idea that obesity is caused by 'lifestyle choices' and instead recognise that the true causes of obesity are often a

result of environmental, social, political and economic pressures. A whole systems approach for Gateshead is entirely consistent with the Council's ambition to make Gateshead a place where everyone thrives and is underpinned by the following aspirations:

- That everyone is able to achieve and maintain a healthy weight.
- That our environment supports healthy weight and wellbeing as the norm.
- That our communities and families become healthier and more resilient, helping to create a healthy weight generation
- Persistent health inequalities associated with overweight and obesity are addressed

How the review was undertaken

8. The review comprised three evidence gathering sessions. Evidence was sought from Gateshead Public Health Team, Public Health England (Regional and National Leads) and Newcastle University. The sessions were designed to examine the evidence base and current practice around the following areas:
- The current picture in terms of prevalence of obesity across the life course in Gateshead and the impact on socioeconomic inequalities in obesity and associated risk factors.
 - A complex system and the underpinning factors shaping and influencing obesity e.g. obesogenic environment, food production, food consumption, societal influences, psychological influences, activity environment and biology.
 - The commissioning responsibilities across the system for the healthy weight agenda.
 - Overview of a whole systems approach and the role of the local authority.
 - Learning from national and international good practice and research to inform the next steps for implementation.

Summaries of key points from evidence gathering sessions

First evidence gathering summary

Presentation by Andy Graham, Consultant in Public Health and Emma Gibson, Programme Lead, Public Health.

9. This first evidence gathering session provided an overview of the current picture in Gateshead across the life course, an introduction to the whole system approach being implemented by Public Health England and the proposed outline for future evidence gathering sessions.
10. An overview of the 'Whole System approach' was given which provides a different view to tackling obesity. A system approach to obesity moves away from silo

working on short term interventions to working with partners across the system to review a range of actions to tackle obesity in the short, medium and long term.

11. The complexity of the healthy weight agenda was introduced and it was highlighted that tackling obesity is a long term, large scale commitment. The current prevalence of obesity in the population has been at least 30 years in the making. This will take time to reverse and it is reported that it will be at least 30 years before reductions in the associated diseases are seen. The evidence is very clear that policies aimed solely at individuals will be inadequate and will not be sufficient to reverse this trend.

12. Gateshead Council has made a commitment to 'Making Gateshead a place where everyone thrives.' In terms of the healthy weight agenda, we are beginning to better understand what works to reduce levels of obesity overall, however there is very little accessible evidence available on what works to reduce inequalities or differences in obesity levels between social groups. A Gateshead healthy weight health needs assessment was undertaken in June 2018 by Public Health and data shows:

- Maternal obesity is linked to an increased risk of pregnancy related complications and children becoming obese in later life. Data on the prevalence of maternal obesity are not collected routinely in the UK. In England it is reported that 27% of women are overweight and 21% of women are obese at the start of pregnancy.
- Local data shows that 20% of women have a BMI of over 30 (obese) on antenatal booking (the caveat for the data is that not all women attending a booking appointment at Gateshead Health NHS Trust will be Gateshead residents).
- Modelling indicates that by 2050 nationally 60% of adult men, and 50% of adult women could be obese.
- Data at a local level shows that 69% of adults in Gateshead are classed as overweight or obese, this compares to 66% of adults in the North East 66% and 61% in England. Almost two in every three adults in Gateshead have excess weight and around one in four are obese.

- Obesity rates are highest for children from the most deprived areas. Children aged 5 and from the poorest income groups are twice as likely to be obese compared to their most well-off counterparts, and by the age of 11 they are three times as likely.
- Over one in five children in Gateshead start school overweight or obese. By Year 6, in Gateshead over 1 in three children are overweight or obese.
- Of those children who are obese at preschool age, research suggests that between 26% and 41% will go on to be obese in adulthood.
- Nationally, only 66% of adult's self report that they undertake the recommended 150+ minutes of physical activity each week. In the North East this is even lower at 64% and for Gateshead 63.2%.
- It is estimated that by 2050, obesity and overweight will cost the NHS almost £10 billion a year, and the full economic cost will rise from around £27 billion today to £50 billion by 2050.
- NHS costs attributed to overweight and obesity in Gateshead are estimated to be £68.7 million per annum for 2015.
- Approximately a third of fast food outlets in England are found in the most deprived communities. Fast food outlets account for more than a quarter (26%) of all places to eat in England.
- Gateshead has the fifth highest rate of fast food outlets per 100,000 population in the North East (160.5 per 100,000) and is above the England value. The presence of fast food outlets in the Metro centre is the highest (29 fast food outlets), followed by the Bridges ward (26 fast food outlets) and Birtley, with 21 fast food outlets. (Please note the fast food outlet is different to the hot food takeaway data used in Gateshead and in this instance 'fast food' refers to covers a range of outlets that include, but are not limited to, burger bars, kebab and chicken shops, chip shops and pizza outlets).

The Evidence Base

- The evidence base on effective action to tackle obesity remains weak, and skewed towards individual level downstream approaches (trying to manage the consequences of obesity rather than more upstream approaches, which attempt to solve the causes which underpin obesity).

- Tighter legislation on tobacco, has led to significant reductions in smoking and changed attitudes towards tobacco. However, the introduction of this legislation would not have been possible without many years spent building public acceptance of the case for Government intervention. The healthy weight agenda is not yet at the point where the case for change has been made and we can play a role in doing this as we did with tobacco.
- There is some notable evidence in terms of the Amsterdam model. This approach succeeded by hitting multiple targets at the same time – from promoting tap water to after-school activities to the city refusing sponsorship. From 2012 to 2015, the number of overweight and obese children has dropped by 12%. Amsterdam has achieved what no other country has managed to do, the biggest fall in obesity rates has been amongst the lowest socio-economic groups and there is much learning from this approach.

Second evidence gathering summary

Presentation by Beverly Oliver, Health and Wellbeing Lead, Public Health England.

13. The second evidence gathering session heard evidence on the current national approach to the healthy weight agenda from 'Health and Wellbeing Lead' from Public Health England, Beverly Oliver.

- An update on the Childhood Obesity: a plan for action chapter 2, which outlines the actions the Government will take towards its goal of halving childhood obesity and reducing the gap in obesity between children from the most and least deprived areas by 2030.
- There has been progress nationally in the two years since the 'Childhood Obesity Plan', particularly in reformulation of the products children eat and drink most. Actions include taking out 20% of sugar in certain products, achieving 2017 salt targets, updating the nutrient profiling model and revised menus for early years settings.
- However, it has been acknowledged nationally that this action is not sufficient. The continuing magnitude of the challenge of obesity requires that the next

steps to tackle obesity need to be implemented and have been outlined in the 'Second chapter of the childhood obesity plan,' these include:

- Enforcing calorie labelling for food consumed 'out of home' (including online food delivery).
- Intention to ban price promotions of high fat, salt and sugar food and drink (HFSS), such as buy one get one free and multi-buy offers or unlimited refills of sugary drinks.
- Intention to ban the promotion of high fat, high salt and high sugar food and drinks (HFSS) food and drink by location (at checkouts, end of aisles and store entrance).
- Consider extending the soft drinks industry levy (SDIL) to milk-based drinks if they fail to reduce sugar by 2020.
- Consulted on introducing a ban to end the sale of energy drinks to children and results will be shared in early 2019.
- Review how the least active children are being engaged in physical activity in schools to ensure that our investment helps all children lead active lives
- A national ambition for every primary school to adopt an active mile initiative, such as The Daily Mile.
- At a place-based level, influence the way places are designed to ensure greater active travel or safe physical activity, and how many fast food outlets can operate near schools.

14. Local authorities have a range of powers to find local solutions however further national support is needed to empower organisations going forward, this includes:

- Development of a trailblazer programme with local authority partners to show what can be achieved within existing powers and understand "what works" in different communities.
- PHE to develop resources that support local authorities who want to use their powers and set out the economic business case for a healthy food environment.

15. There was an update on the main areas of progress from the childhood obesity plan since the original plan was published in 2016:

- Voluntary sugar reduction programme -Companies were challenged to reduce sugar in foods children consume most by 20% by 2020 and 5% by March 2018.
 - Some good progress by the large companies in the market. Achieved 2% overall, not the 5% target set.
- Soft Drinks Industry levy introduced in April 2018 to drive reformulation of soft drinks.
 - Good progress has been made with 49% of products in scope have been reformulated since the levy has been announced with a total reduction of 11%.
- Revenue from soft drinks levy invested into school PE and sport, facilities and breakfast clubs.
 - There has been over £600m invested in schools to date.

16. An overview of the ‘whole system obesity’ programme outlined that the aim is ‘to provide a tried and tested approach and tools, so that within 5 years every local authority can create a local whole systems approach to tackling obesity.’

17. The whole systems approach to obesity was introduced to help local authorities deliver co-ordinated actions involving partners across the system. This is an emerging programme of work and is being led by the Local Government Association (LGA) and Association of Directors of Public Health (ADPH) to develop the programme.

18. Learning from the pilot sites was outlined - Lewisham, Gloucestershire, North Kesteven and Durham that could be implemented in Gateshead:

- Support from elected members and senior leadership team is vital to spearhead the approach, change mind set and give permission to teams to allocate time to the approach.
- Expectations need to be set and managed – this is a long- term approach; it will not deliver a short term solution to obesity.
- Tackling obesity needs to be linked to meeting Local Authority priorities – the Thrive agenda, prosperity; regeneration; local economy; social care etc.

- Need sustained buy in and commitment from stakeholders with competing priorities – many of the actions sit outside public health.
- Time needed to plan, implement and sustain.
- Need to embed a clear understanding of what systems working involves and associated behaviours.

19. The Gateshead Public Health Lead outlined current local action that is being implemented in terms of the healthy weight agenda.

- A recognition of the importance of this issue, means that the Council has also been making progress in taking forward the whole systems learning.
- Gateshead was selected by PHE to review the whole system material and resources developed by pilot sites. The materials are to be finalised and rolled out in 2019 to Local Authorities.
- An application has been submitted from Gateshead to apply for trailblazer funding to tackle childhood obesity at a place-based level (100k per year over 3 years), Edberts House, Newcastle Gateshead CCG are key partners of the whole system place-based approach to childhood obesity.
- Gateshead public health are working with PHE to develop a 'Healthy Weight Declaration'. This will be the first in the region and will support the commitment and sign up from partners to a system approach and the need for all policy areas to address healthy weight. The DPH report focused on 'healthy weight' for 2018 and this was presented to Cabinet in January 2019.
- Initial work has started looking at restrictions on advertising and promotion of high salt, sugar and fat food and drink on the local transport system. This builds on the work currently being implemented on the London Transport System.
- The 0-19 years 'Growing Health Team' (health visitors and school nursing services) provided by Harrogate NHS, has now a dedicated infant feeding and nutrition lead This provides a key focus for breastfeeding, weaning and nutrition for the crucial early years period and also supports healthy weight agenda for school children.
- Work has progressed with the 'Regional Local Maternity Systems Co-ordinator' following the Obesity in Pregnancy Self-Assessment Tool to focus action on key areas of improvements.

- Newcastle Gateshead CCG and Public Health are working together to review current services and approaches to healthy weight being delivered across the system and looking at areas for improvements.
- Gateshead provided an extensive response on the consultation to end their sale of 'Energy drinks' supporting the ban. We are awaiting a national response on the consultation. The next stages are being reviewed in terms of how this can be implemented nationally.
- A healthy weight workshop will be held in March 2019, focused on a system approach and utilises the pilot whole system materials. The aim is to identify opportunities to alter the existing system

Third evidence gathering summary

Presentation by Professor Tim Townsend, Professor of Urban Design for Health. School of Architecture, Planning and Design, Newcastle University

20. The third evidence gathering session focused on obesity and the built environment and obesogenic environment - "an environment which promotes weight gain, and which is not conducive to weight loss.

Key points of the presentation include:

- There is a complex web of societal, behavioural and environmental factors that make it increasingly difficult for most of us to maintain a healthy weight. People in deprived neighbourhoods live shorter and unhealthier lives than those in less deprived ones. Socio-economic status alone does not explain the difference and there is increasing evidence that the physical environments in which people spend their lives are implicated in health disparities.
- The linkages between health and the built and natural environment have long been established and the role of the environment in shaping the social, economic and environmental circumstances that determine health is increasingly recognised. For example, the built and natural environment of our neighbourhoods can influence physical activity levels, travel patterns, social connectivity, mental and physical health and wellbeing outcomes.
- Residents of walkable neighbourhoods who have good access to recreation facilities are more likely to be physically active and less likely to be overweight

or obese. Research shows residents of communities with ready access to healthy foods also tend to have more healthful diets.

- Convenient lifestyles, technology to perform our work and play functions enables us to move less, and the growing reliance on cars to get about have resulted in a decline in walking and cycling as modes of travel. Nationally, over 50% of journeys made by car equate to five miles or less and 20% are one mile or under which is equivalent to a 20-minute walk! The influence of greenspaces, such as urban parks, has also been a focus of interest.
- Evidence suggests that participating in physical activity in a natural setting is associated with improved mental health outcomes than participation in indoor setting. Overall, however, studies associating greenspaces and physical activity have produced positive results, however there is conflicting findings. In terms of green spaces and health inequalities there is emerging evidence as outlined below:
 - Those living in the most deprived areas are less likely to live in the greenest areas.
 - Those living closer to green spaces tend to live longer than those with no green space.
 - Children who live close to green spaces have higher levels of physical activity
 - The growing evidence base that suggests our high streets are bad for our health and for the obesity epidemic – “toxic high street”. Are some shopping streets in poorer neighbourhoods harmful to physical and mental health, including obesity? There is a growing body of research, which suggests that many contemporary urban environments do not support healthy lifestyle choices and are implicated in the obesity pandemic. This presentation provided detail on the evidence around exposure to unhealthy shops and services and how this may impact on communities e.g. betting shops, money lenders and hot food takeaways. Research has established links between the proliferation of fast food takeaways and obesity in older children.
- The effect of our environment on what we eat is particularly strong when we are in stressful situations and this is particularly true of people living in deprived areas and on low incomes who are facing challenging times. For instance, the stress of wanting to plan and provide healthy meals is heightened when you

are unable to do this realistically due to financial pressure. This leads to extra stress and a likely reliance on the convenient, unhealthy food outlets right on the door step with cheap, accessible unhealthy foods.

Good practice in Gateshead

21. Five-years on since public health responsibilities moved back into local government and the first significant planning reforms in England, the Town and Country Planning Agency (TCPA) re-examined the challenges experienced by councils in 2018 and beyond in integrating health and planning settings in localities. Gateshead's role in this project was to host a workshop in September 2018 on health and planning, in looking at how to influence creating healthy places where people thrive. Work has started within the council and with partners looking at new innovative ways of integrating health and wellbeing through planning sector and development processes, through the green infrastructure environment. An action that emerged, which is not current practice, is to map Gateshead's green infrastructure layered upon Gateshead's obesity levels by location and establish 'hot spots' where more immediate action could be taken in a specified location. This would take a holistic approach, across the specialisms and sectors to ensure real change happens on the ground.

Gateshead Supplementary planning Document

22. In Gateshead, a Supplementary Planning Document (SPD), supported by an integrated public health policy, has been used successfully to control the proliferation of hot food takeaways in areas with high levels of child obesity. The conditions set out in the SPD mean that there are currently no locations where opening a new hot food takeaway would be suitable. Since the SPD was adopted, no new planning applications for hot food takeaways have been approved. The number of applications has also dropped.

23. The planning system alone cannot solve the problem of obesity whose causes are many and complex. One obvious obstacle is that councils' planning powers can do nothing to address the clustering of fast food outlets that are already in place. Planning experts highlight that the planning system is not designed to deal with the

detail of how a business is operated, but rather with how land is used: the licensing system if it were strengthened might be a more effective route for looking at issues of quality. The food environment is one aspect; however, it is important to recognise that there are also links with the built environment and its impact on health. There are still challenges for the future:

- This SPD applies only to Hot Food Takeaway's (A5 use), not fast food outlets (A3 restaurant use).
- There are issues controlling mixed use developments /ancillary use.
- It doesn't impact on existing premises – the public don't see much change.
- Many other initiatives across the system are needed to tackle obesity - one initiative alone won't work.

24. A further complexity is that many local shopping streets in deprived areas are already a 'toxic' mix of takeaways and other unhealthy businesses (payday loan, betting shops, etc.). The supplementary impact of issues such as depression, due to indebtedness, or addictive behaviours associated with gambling on obesity levels in poorer communities, encouraged by the access and availability of these shops and services, is yet to be unravelled, but again further research is urgently needed.

Analysis – Issues/challenges emerging from the review

25. During the course of the evidence gathering sessions a number of key issues and challenges were identified:

- Complexity- Obesity is a complex issue with many drivers, meaning efforts at prevention are particularly challenging. According to the UK national obesity strategy, long term sustainable change will only be achieved through the active engagement of schools, communities, families and individuals with action required across government, industry and the Public Sector. There is no single intervention which can resolve this issue due to the complexity involved and in order to address this challenge it is clear that a response by the whole Gateshead system is required.

- Long term commitment- Successfully tackling obesity will be a large-scale commitment and will take time to reverse - it is reported that it will take at least 30 years before significant impacts are achieved on the diseases associated with obesity. Just as obesity develops slowly, both within individuals and populations, it will take time to establish new habits and build new structures to support healthy diets and enhanced physical activity.
- Whole system approach - No single measure is likely to be effective on its own in tackling obesity. This is difficult to accept because our ways of working are based on identifying feasible solutions to tangible problems. With obesity this simple linear assumption (do A and B will occur) is not realistic. A different approach is required which recognises complexity and brings together a range of organisations and individuals to consider how society can respond – a whole-system approach. The challenge is to identify the components in the system and the connections between them, understand the behaviour of the system, and identify where to intervene to drive change.
- The evidence base -The evidence on effective action to tackle obesity remains weak and skewed towards an individual downstream approach, trying to manage the consequences of obesity rather than upstream approaches, which attempt to solve the problems underpinning obesity. The evidence is very clear that policies aimed solely at individuals will be inadequate and that simply increasing the number or type of small-scale interventions will not be sufficient to reverse this trend. Significant effective action to prevent obesity at a population level is required. Much of the existing evidence base on obesity fails to take adequate account of the complex nature of the obesity system.
- How do we challenge the Food Industry? The obesogenic environment is powered by widespread availability and the food industry's multi million pound promotion of high fat, high sugar and high salt food and drinks. How do we challenge and influence the Food Industry to make a sustained change?
- Weight bias and stigma. Considerable work is still required to re-frame the focus on healthy weight, to move away from the continued focus on personal shortcomings, individual blame and individual behaviour change interventions. There is extensive research highlighting the bias and stigma and personal

blame, people who are overweight and obese may experience. A recognition of the role and impact of societal changes needs to be acknowledged.

- Inequalities. Obesity is usually treated as a problem and responsibility of individuals or families – not as a social problem. Action needs to be taken to collectively tackle obesity which impacts on stressed communities characterised by insecure and often erratic employment, stress, depression and often a lack of social cohesion. For example, despite spending less on food in real terms than more affluent families, the amount these parents spend is double the percentage of their income compared to parents with more disposable income

Emerging Recommendations

Recommendation 1: A whole system approach

The Council is in an influential position to help lead transformational change in how obesity is tackled. A whole system approach to obesity provides the process to do this and demonstrates a genuine 'health and wellbeing in all policies' approach. Gateshead council will work with stakeholders and communities to develop an ambition for a healthy weight generation in Gateshead.

Action – The first in a series of whole system healthy weight workshops, utilising tried and tested material will be starting in March 2019.

Recommendation 2: Clear Leadership

This approach to the obesity problem supports the Council's Thrive strategy and the pledges which underpin this. The Council has the opportunity to be a lead organisation in this whole-system approach. The first step to this will be to develop a vision for a healthy weight generation and engage with key system stakeholders to gain buy-in. This leadership role is crucial in developing a workable whole systems approach.

Action – Gateshead will have a shared vision and commitment to the Healthy weight agenda, with medium and short term actions that work towards that end vision: 20 year vision, 5-year strategy and a 1 year plan.

Recommendation 3: Strategic and Operational group

Creation of a strategic steering group to consider the vision for a healthy weight generation for Gateshead and to decide priorities.

Action – A planning event to consult with a wide range of stakeholders to inform this and the creation of an inclusive 'Healthy Weight Alliance' to tackle operational aspects

Recommendation 4: Health in all polices approach (HiAP)

Promotion of a health and wellbeing in all policies approach to ensure that the Council gives due consideration to the impact of its decisions on obesity.

Action – Develop a framework for taking this work forward and to support whole systems working.

Recommendation 5: Focus on inequalities

A focus on strategies to address the healthy weight agenda across the social gradient.

Action – to focus efforts on those facing greatest challenge alongside a focus on high risk groups e.g. learning disabilities, pre-pregnancy, pregnancy, infancy and early childhood are critical periods for interventions to reduce obesity and inequalities.

Recommendation 6: Long Term Commitment

The need for long-term strategies spanning several generations and beyond traditional planning cycles. Longer term commitment is needed from all partners in Gateshead and lessons learnt from tackling smoking, is that it takes longer than 5 years for the impact of public health work to come to fruition.

Action – The development of a joint: 20 year vision, 5-year strategy and a 1 year plan for Gateshead’s healthy weight ambitions.

Recommendation 7: Healthy Weight Declaration

To establish a healthy weight declaration for Gateshead working with partners to understand the contribution of each partner and ensure commitment to action through a multi-agency partnership.

Action – Local declaration developed for Gateshead, in recognising the need to implement and promote policies which promote healthy weight.

Recommendation 8: Community led interventions

Tackling obesity as part of a place-based, approach driven by the community. Work with and enhance the assets that already exist within in the community so that interventions to tackle obesity are co-produced as part of a place-based approach.

Action – Build on the 'Fit for the Future' work which is a good example of a community centred approach to address health inequalities and to promote healthy weight to children and families.

Recommendation 9: Tackling food advertising/promotion (HFSS)

Support advocacy for policy changes at a national level by lobbying efforts to prevent and reduce obesity to encourage national policymakers to devise effective public health policy interventions across the system e.g. advertising and promotions. **Action**

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TITLE OF REPORT: EARLY HELP PROGRESS UPDATE

REPORT OF: Caroline O'Neill, Strategic Director Care, Wellbeing and Learning

Purpose of Report

To provide an update on the progress of the Early Help Service (Targeted Family Support) in providing an effective and timely intervention service to vulnerable families within the borough.

Background

The Early Help Service (Targeted Family Support) was introduced in October 2017 to provide a (Tier 2) frontline family intervention service by bringing together a range of professional disciplines from across the children's workforce.

The service delivers direct intervention on parenting, children's behaviour, home conditions, managing low income, securing employment and finding the right help from other professionals.

Family needs are identified using the Common Assessment Framework (CAF) and leads to a support plan being developed. The plan is reviewed every 6-8 weeks in a Team Around the Family (TAF) process. The service delivers a 'whole-family' approach and draws upon evidence-based strategies which are proven to improve the stability and wellbeing of families.

Since October 2017, the service has received referrals for 2615 children with 1837 of children being allocated for a family intervention service. Social work teams (755), Education (728), Police (489) and Health (240) are the largest referral agents for family intervention services. A total of 268 self-referrals have been received direct from families.

The current caseload of the service stands at 872 children.

A total of 57% of all case closures conclude with the family completing their support plan, while 11% see the family escalated for a (Tier 3) social work intervention where there is evidence of increased risk. The service continues to promote sustained change with families as only 6% of all case closures – and 3% of closures where the family have completed their support plan – are referred to Tier 3 services within 6 months of closure to Early Help.

An analysis of Early Help caseloads in November 2018 showed that 87% (973 children) on caseloads were in the 'Vulnerable and 'Just Coping' Thrive categories.

The service continues to develop new and innovative areas of practice, including:

- Gateshead leading a group of 10 regional Local Authorities in delivering the Reducing Parental Conflict Programme which will test up to £2.75M of new provision to help reduce the impact of parental conflict on children;
- A new 'Families First' pathway for parents of children undergoing assessment for ADHD and autism and building further on national recognition for ADHD work in 2016;
- Introducing the Team Around the School (TAS) model in January 2018 and extending this to two further schools from April 2019;
- Developing further the wide range of group parenting interventions available to families with children of all ages.

The Early Help Service continue to support and deliver training opportunities across the children's workforce (CAF, Level 3 Safeguarding, Domestic Abuse, Adolescent-Parent Violence & Abuse).

A refreshed Early Help Strategy (2018-2021) is placing a higher emphasis on Early Help as "everyone's business" to broaden the partnership responsibility for delivering timely and effective support to families in a range of contexts and settings.

Recommendations

1. The Overview and Scrutiny Committee is asked to:
 - Note and consider the content of this update.

Contact: Gavin Bradshaw

Ext 3543

TITLE OF REPORT: Annual Work Programme Review and Forward Plan

REPORT OF: Sheena Ramsey, Chief Executive
Mike Barker, Strategic Director, Corporate Services
& Governance

Summary

This report is set out in two parts. The first part highlights how the work of this Committee has helped influence / shape the development of policy / decision making / performance improvement work during 2018-19 and the second part details proposals for the development of the work programme for Overview and Scrutiny Committees (OSCs) and sets out the provisional work programme for the Families OSC for the municipal year 2019-20.

Annual Review

1. During 2018-19 the OSC has sought to influence and shape policy development / decision making, performance improvement work via the following routes.
2. During this period the OSC's recommendations relating to the OSC's Review of Children on the Edge of Care have been implemented, following approval by Cabinet. The OSC has monitored progress on the implementation of these recommendations at its meeting on 13 September 2018. At that stage, the OSC noted that since the Team went live in January 2018 work had been carried out to establish a baseline of practice that could be built on going forwards and it was considered that the model of work and intensity of intervention being provided to families was proving effective in driving change based on feedback provided from young people and families as well as progress made against the action plan.
3. Close partnership working with CYPS had been key to addressing the issues faced by young people and families and had provided a better understanding of risks and how these could be managed. Professional relationships had also been established with Northumberland College, Princes Trust, Safety Works and sporting establishments to meet the needs of the young people the team work with. Work was ongoing to develop relevant performance measures and outcomes and some of the areas being considered for such measures were missing episodes, education, training and employment and anti-social behavior. Work had also taken place to establish a baseline for financial savings made as a result of the work of the team and during the first six months of service delivery savings had amounted to £281,607.00. In addition, there was evidence that a number of young people had been prevented from becoming looked after children as a result of the ability of the team to respond to families' needs immediately and effective social work intervention delivered through the out of hours rapid response element of the service.

4. The OSC indicated at that time that it was satisfied with the level of progress made and the future work outlined in the recommendations from the full evaluation report. The OSC will consider a further report in relation to progress against its recommendations at its meeting in June 2019.
5. During this period the OSC has also carried out a Review of Obesity (across the life course) and will consider a report setting out its findings and recommendations at its meeting today. These recommendations will then be presented to a future Cabinet meeting for approval and, subject to these recommendations being agreed, the OSC will then monitor implementation of these recommendations during its 2019-20 work programme.
6. The OSC has monitored Council performance generally, in those areas falling within its remit, at its meetings on 14 June 2018 and 6 December 2018 and Cabinet has had regard to the OSC's views when considering Council performance overall.
7. The OSC has also monitored progress in relation to the following specific areas of performance and the OSC's comments have been fed into the improvement work progressed by relevant service areas and fed back to relevant partners.
 - CAMHS
 - Early Help Six Monthly Progress Update
 - YOT Performance Update
 - Ofsted Inspections/ School Data
 - Ofsted – Inspection of Local Authority Children's Services (ILAC): Self Evaluation and Annual Conversation Update
 - Secondary Academies Performance – Progress Update
 - Promoting the Independence of children and young people with SEN/ learning disabilities – Progress Update
 - How Gateshead is meeting the Needs of Children and Young People with SEND – Progress Update
 - Annual Report on Complaints and Representations
 - Recruitment and Retention of Social Workers – Progress Update
 - School Exclusions -Performance Update
8. In addition, due to concerns raised by the OSC regarding the hardship the rollout of Universal Credit can cause some families, the OSC has also sought information on the support available to families in schools at its meeting on 6 December 2018 and was pleased to note that a process had been developed to fund schools to provide a Discretionary School Meal (DSM) for those children of households that had applied for Universal Credit but had not yet been awarded.
9. The OSC has also been made aware of the LSCB's Annual Report and Plans and will be invited to give its views on the Board's emerging priorities at the OSC meeting today.
10. The OSC is due to monitor its second progress update on Early Help at the OSC meeting today.

Development of 2018-19 Work Programme

11. Every year each Overview and Scrutiny Committee draws up a work programme based on the Council's policy framework which is then agreed by the Council as part of the policy planning process.
12. The Committee's work programme is a rolling programme which sets the agenda for its six weekly meetings. It is the means by which it can address the interests of the local community, focus on improving services and seek to reduce inequalities in service provision and access to services.
13. Under the Council's constitution the issues which will be considered by the Overview and Scrutiny Committees come from a number of sources:
 - During the year the Committee may choose to scrutinise decisions made by the Cabinet to ensure decisions are taken properly;
 - The Committee may be requested by the Cabinet to carry out reviews of particular issues in accordance with the Council's policy priorities;
 - The Committee will receive six-monthly reports on performance for comment to Cabinet;
 - The Committee will receive reports on relevant service improvement reviews at key stages of development to confirm to Cabinet that reviews are progressing appropriately;
 - Section 119 of the Local Government and Public Involvement in Health Act 2007 and Section 126 of the Police and Criminal Justice Act 2006 enable any member of the Council to refer to a relevant Overview and Scrutiny Committee any local government matter and any crime and disorder matter which affects their ward or constituents
 - Members of the Committee may identify particular issues for consideration;
 - Members may also examine issues in the Council's Forward Plan; and
 - In addition, where the Committee has reasonable concerns about a particular executive decision the call-in mechanism is available.
14. This year OSC members have been involved in shaping the focus of the work of specific OSCs via email and provided with an opportunity to comment on the emerging themes for specific OSCs at the scheduled January OSC meetings. The emerging themes have taken account of key performance issues / challenges / legislative changes affecting the work of the Council within the forthcoming twelve months which fall within the specific remits of each OSC and the 5 pledges under the Thrive agenda:-
 - Put people and families at the heart of everything that we do
 - Tackle inequality so people have a fair chance
 - Support our communities to support themselves and each other
 - Invest in our economy to provide sustainable opportunities for employment, innovation and growth across the borough.
 - Work together and fight for a better future for Gateshead
15. Subsequently, the Council has consulted partner organisations on the emerging themes for each OSC for 2019-20 and partners have indicated that they are supportive of the emerging themes.
16. The attached provisional work programme (Appendix 1) has therefore taken account of the following:-

- Six-monthly performance reporting
- The Thrive agenda and the Council Plan and partnership work generally
- Current issues referred to Committees
- Details of potential review topics/case studies
- Legislative provisions and guidance on the Councillor Call for Action

17. The work programme remains provisional as:-

- Cabinet has not had the opportunity to fully review its work programme and it may wish to refer further issues to Overview and Scrutiny Committees for further consideration;
- It does not take account of new policy issues which may be identified during the year, which Cabinet may refer to Overview and Scrutiny; and
- It does not include issues identified by members of committees on an ongoing basis during the year as a result of scrutiny of decisions, call – in and councillor call for action.

Recommendations

18. The Committee is asked to:-

- a) Note the information contained in the annual review and provide any comments.
- b) Endorse the Overview and Scrutiny Committee's provisional work programme for 2019 - 20 attached at Appendix 1 and refer it to Council on 23 May 2019 for agreement.
- c) Note that further reports will be brought to the Committee to identify any additional issues which the Committee may be asked to consider.

Contact: Angela Frisby

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APPENDIX 1

Draft Families OSC 2019 - 20	
20 June 19 1.30pm	<ul style="list-style-type: none"> • Constitution (to note) • Role and remit (to note) • The Council Plan – Year End Assessment and Performance Delivery 2019-20 • OSC Review of Children on Edge of Care • YOT Performance Update • Work Programme
12 Sept 19 1.30pm	<ul style="list-style-type: none"> • Ofsted Inspections/School Data – Progress Update • Consider the conflicting local view of performance of Gateshead's Secondary Schools' with that of Ofsted (Request from Cabinet – 22 Jan 2019) • School Exclusions – Performance Update • Safeguarding Children - LSCB Annual Report and Plans • Annual Report on Complaints and Representations – Children • Work Programme
31 Oct 19 1.30pm	<ul style="list-style-type: none"> • CAMHS Progress Update • Impact of Early Help – Progress Update and Case Studies eg Team Around the School • Integrated Referral and Assessment Team • Performance Update on Children's Centre, IAG and Early Years Childcare Service • Work Programme
28 Nov 19 1.30pm	<ul style="list-style-type: none"> • The Council Plan – Six Monthly Assessment and Performance Delivery 2018-19 • Monitoring – OSC Review of Obesity • Social Work Recruitment & Retention – Performance Update • YOT Performance Update • Work Programme
30 Jan 20 1.30pm	<ul style="list-style-type: none"> • Ofsted – Annual Report • Secondary Academies Performance – Progress Update • Support for Young Carers • Work Programme
5 March 20 1.30pm	<ul style="list-style-type: none"> • Annual Conversation with Head Teachers of Special Schools • Child In Need Offer - Update • SEND Update – (to focus on quality of inclusion in Gateshead/ outcomes for SEND children / impact of budget reductions) • Work Programme
23 April 20 (5.30pm)	<ul style="list-style-type: none"> • OSC Review of Obesity – Monitoring • CAMHS Progress Update • Liaison with Gateshead Youth Assembly • LSCB Emerging Priorities • Work Programme

Issues to slot in: None

Safeguarding Children Emerging Priorities Update

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