

DECISION-MAKER:	Health and Wellbeing Board
SUBJECT:	Giving children the best start in life: Update on delivery of Southampton's Children & Young People's Strategy and Start Well programme
DATE OF DECISION:	8 March 2023
REPORT OF:	Councillor Fielker, Cabinet Member for Health, Adults and Leisure

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STATEMENT OF CONFIDENTIALITY
N/A
BRIEF SUMMARY
<p>The Children and Young People (C&YP) Strategy 2022 - 2027 was launched and published in the Summer of 2022. The strategy builds on previous Children and Young People's plans and the Start Well chapter of the city's Five Year Health and Care Strategy 2020 – 2025. It sets out a vision that all children and young people in Southampton get a good start in life, live safely, be healthy and happy, and go on to have successful opportunities in adulthood.</p> <p>In order to achieve the vision, the strategy sets out the following core principles:</p> <ul style="list-style-type: none"> • Early intervention, prevention, and inclusion • Relationship based work • Locality working • A skilled and stable workforce <p>Alongside the C&YP Strategy, eight Strategic Plans were also published in the Summer of 2022. The following plans identify the key tasks and actions necessary to achieve the objectives of the overarching C&YP Strategy:</p> <ul style="list-style-type: none"> • Corporate Parenting • Early Years • Education • Emotional and Mental Health Wellbeing

- Participation
- Prevention and Early Intervention
- Special Educational Needs and Disabilities (SEND)
- Youth Justice

To ensure the delivery and monitoring of the overarching C&YP Strategy and the eight strategic plans, the Southampton Children and Young People’s Strategic Partnership Board (CYPSPB) was established in September 2022. The board oversees the delivery of the city’s C&YP Strategy and Strategic plans and provides strategic leadership and direction to improve outcomes for all children and young people in the city.

The purpose of this report is to provide an update for the Health and Wellbeing Board on the actions being taken through the C&YP Strategy and Start Well chapter of the Health and Care Strategy to give every child a good start in life.

RECOMMENDATIONS:

(i)	<p>That the Health and Wellbeing Board note and support:</p> <ul style="list-style-type: none"> - The progress made in respect of Child Friendly Southampton; particularly, the nomination of the ‘health’ badge. This could provide an opportunity for all partners, whether primarily working with children or adults, to come together to build a collective <u>whole family</u> focus on emotional and mental health and healthy weight. Both have also been identified as priorities and commitments for the next two years in the Health & Care Strategy. - The citywide focus on Trauma Informed Practice, again a priority and commitment in the Health & Care Strategy. Partners are encouraged to sign up to the Emotional & Mental Health training led by the Anna Freud Centre and Charlie Waller Trust which is being rolled out across the city. - The city council priority regarding locality working. - The Board’s corporate parenting responsibilities in respect of the city’s Southampton children.
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REASONS FOR REPORT RECOMMENDATIONS

1.	Southampton City Health and Wellbeing Board has identified the health and wellbeing of children and young people as one of its key priorities and has requested an update on plans and priorities.
2.	Children and young people aged 0-24 make up 36.4% (94,605) of Southampton’s population. Improving outcomes for children, young people and their families will not only benefit a significant part of the city’s population but will also have a beneficial impact for the future of Southampton, as “a City of opportunity where everyone thrives” – supporting each of the 3 key priorities: Economic growth with social responsibility; Skills and employment and Healthier and safer communities.
3.	There is a strong case for improving the health and wellbeing of children and young people in Southampton, who, as an age group, are relatively more disadvantaged than the rest of the population. About 1 in 5 children are in low income families and will experience poor housing, family debt and financial anxiety, and food insecurity. 18% of children live in the most deprived areas of the city, compared to 12% for the overall population. Those that live in the most


	deprived quintile of Southampton have poorer outcomes across several areas, including child poverty, breastfeeding, maternal smoking, obesity, educational attainment, disability and proportion of looked after children. The Covid pandemic has further impacted on poverty in the city and particularly affected children and young people's emotional and mental health, as evidenced by local surveys and increased referrals into specialist CAMHS. A survey in August 2020 of 180 Children and Young People aged 8-25 years found that 65% felt that their mental health had worsened during peak of lockdown, particularly female and non-binary children and young people.
ALTERNATIVE OPTIONS CONSIDERED AND REJECTED	
4.	N/A
DETAIL (Including consultation carried out)	
5.	<p>Priorities for giving children and young people a good start in life</p> <p>The previous report presented to the Health and Wellbeing Board on 2 March 2022 identified 4 key areas for system action. Each of these areas, why they are a priority and how they are being taken forward are summarised below.</p>
6.	<p><u>The First 1001 Days</u></p> <p>The first 1001 days of a child's life, from conception to age two, is a window of opportunity. It is a time of particularly rapid growth and brain development. It is widely recognised that the care given during this period has more influence on a child's future than at any other time in their life. The government described their vision for this within The Best Start for Life, published in 2021 by the Department for Health and Social Care. In April 2022, the Government announced £300m across three years for the Family Hubs and Start for Life funding package that would go to 75 local authorities, including Southampton. This funding is being provided to support the delivery of the ambitions within the Best Start for Life.</p>
7.	<p><u>Emotional and mental health and wellbeing</u></p> <p>In 2022, there are an estimated 15.9% of children and young people in Southampton aged 6 - 19 years old with a probable mental health disorder, representing a 50% increase in prevalence rate (+2,450) compared to 10.5% in 2017. This figure is predicted to continue rising significantly, in part due to the impact of Covid-19 and the more recent Cost of Living crisis. Southampton's Emotional and Mental Health Wellbeing Plan has the following priority areas:</p> <ul style="list-style-type: none"> • Promoting resilience, building strong prevention & early intervention. • Improving access – 'no wrong door'. • Improving services for children and young people with Eating Disorders. • Improving care for the most vulnerable and reducing health inequalities. • Improving crisis care. • Improving the transition to adulthood. • Developing the children and young people's workforce • Developing different ways of service delivery, maximising digital • More emotional & mental health support for children with Neurodiversity • Continuing to prevent suicide and its impact on families. • Improving local intelligence and measuring of outcomes.

8.	<p><u>Healthy Weight</u></p> <p>Tackling obesity is one of the greatest long-term health challenges. The World Health Organisation suggests that overweight and obese children are likely to stay obese into adulthood and more likely to develop non-communicable diseases like diabetes and cardiovascular diseases at a younger age. In Southampton, in 2019/20, the percentage of children in Reception Year who are overweight including obese, was 24.1%, (23.0% nationally), while 75.0% (76.1% nationally) are healthy weight. In Year 6, during the same period in Southampton 37.6% (35.2% nationally) are overweight including obese, 60.7% are healthy weight (63.4% nationally). Obesity prevalence is highest amongst the most deprived groups in society. Children in the most deprived parts of the country are more than twice as likely to be obese than their peers living in the richest areas. Children living in Redbridge, Bitterne and Bevois are more likely to be overweight/obese.</p> <p>In 2019, Southampton was part of a Tackling Childhood Obesity Scrutiny Inquiry which resulted in a number of recommendations around the food environment, active environment, supporting Southampton schools to make healthy choices easier alongside a commitment to a whole systems approach to reducing obesity.</p>
9.	<p><u>Locality based prevention and early intervention work with families in their local communities</u></p> <p>Early intervention means identifying and providing early support to children and young people who are at risk of poor outcomes, such as mental and/or physical health problems, food poverty, poor academic attainment, or involvement in crime or antisocial behaviour. Effective early intervention works to prevent problems occurring, or to tackle them head-on before they get worse. Those that live in the most deprived quintile of Southampton have poorer outcomes across a number of areas, including child poverty, breastfeeding, maternal smoking, obesity and educational attainment. To address these key issues and truly understand where work needs to be targeted, there is a need to better understand and work with local neighbourhoods.</p> <p>Southampton's Prevention and Early Intervention Plan continues to focus on the priorities and outcomes seen in Southampton's Children & Young People's Strategy with a strong emphasis on reducing inequalities and the effect of on inequalities. The plan highlights the benefits of a good start in life, focusing on maternal health and outcomes, infant feeding, the development of Family Hubs as a holistic, one-stop-shop for families to access support, as well as health visiting and Families First.</p>
10.	<p>Key Progress and impact against Priorities since April 22</p> <p>The following is a summary of the main developments and improvements this year.</p> <p><u>First 1001 days</u></p> <ol style="list-style-type: none"> 1. Improvement of birth outcomes in maternity services by working towards the Saving Babies Lives Care Bundle, supporting Continuity of Care in families who need it the most

	<ol style="list-style-type: none"> 2. Public health messages during pregnancy and in early childhood. Women smoking in pregnancy has reduced significantly to 9.7% which is only slightly higher than the national average of 9.1% 3. Continuation of the Phoenix programme, intensive support with women in Southampton who have experienced, or at risk of, repeated pregnancies that result in children needing to be removed from their care 4. Continued focus on breastfeeding through the breastfeeding network and peer support. Breastfeeding prevalence at 6-8 weeks has increased and is 53.4% compared to national average of 49.3%
11.	<p><u>Emotional and mental health and wellbeing</u></p> <ol style="list-style-type: none"> 1. Successful rollout of a digital mental health and wellbeing service, Kooth for young people aged 11 to 25 years launched in early 2022 2. Launch of mental health/emotional wellbeing module within the Healthy Early Years Award 3. Four Mental Health Support Teams now in place covering 90% of Southampton's schools – offering one to one support, workshops for pupils, families and education staff 4. Southampton has recently been chosen as one of three areas nationally to pilot a new emotional health training programme to the wider workforce who come into contact with children and young people in 2023. This will be delivered by Anna Freud Centre and the Charlie Waller Trust. The aim of this is to mirror the model of mandatory safeguarding training 5. Work with adult mental health services to expand Child and Adolescent Mental Health Services (CAMHS) to young people up to the age of 25 and improve the transition to adulthood, allowing greater continuity of care. A new coordination and information service is being commissioned towards the end of 2022/23.
12.	<p><u>Healthy weight</u></p> <ol style="list-style-type: none"> 1. Prevalence data for 2021/22 for children in Reception year for obesity (11.0%) and excess weight (22.4%) were similar to the national average (10.1% and 22.3% respectively). For Year 6 the prevalence of obesity (25.1%) and for excess weight (39.8%) were higher than the national average (23.4% and 37.7% respectively). Levels in the previous academic year (2020/21) showed an unprecedented increase in childhood obesity both Reception year and Year 6 but the most recent data for Reception year indicated that levels had returned to pre-pandemic levels whereas for Year 6 levels of obesity and excess weight remained higher. 2. The 2021 scrutiny inquiry into tackling childhood obesity drove forward a range of actions for childhood obesity prevention including scaling-up of healthy settings programmes targeting schools and early years providers, signing up to the Local Authority Declaration on Healthy Weight, a series of projects to promote a healthier food and the initiation of our Whole Systems Approach. 3. Other projects have also been initiated as a result of Southampton City Council's focus on tackling childhood obesity including the pilot of the HealthyWey training toolkit for 0-19 workforce as part of a study led by Liverpool John Moores University, SCC support for the roll out of the Early LifeLab programme (an educational intervention to support children in making healthy choices about food, levels of physical activity and sedentary pursuits, and their sleep patterns) to all primary schools in Southampton and the development of

	<p>an SCC pathway (in collaboration with clinicians) for young people with clear safeguarding escalation and de-escalation markers.</p>
13.	<p><u>Locality based prevention and early intervention work with families in their communities</u></p> <ol style="list-style-type: none"> 1. Extension of the Families First (Early Help) Locality Model, including offering further parenting support and mental health support workers to strengthen the available offer, assisting families holistically with a wider range of support in recognition of how the health and wellbeing of parents affect the children and young people in their care. 2. Development of Family Hubs, including the award of national funding. 3. Detailed review of 0-19 Public Health Nursing, with a focus on developing workforce and integration of Public Health Nursing with Family Hubs and Families First services. 4. Development of a Young People's service, based in localities, with the development of a Young Person's Hub to increase the timeliness of decision making and work with young people and their families restoratively. The service seeks to reduce duplication and remove service specific referral criteria/ thresholds, reduce duplication and connect with a wider youth offer.
14.	<p>Key areas of focus for the Priorities going forward for 2023/24</p> <p><u>First 1001 days</u></p> <ol style="list-style-type: none"> 1. Continued rollout and implementation of Family Hubs adhering to the three key principles: <ul style="list-style-type: none"> o Access: There is a clear, simple way for families to access help and support through an integrated approach o Connection: professionals and services working together to create a universal front door, with shared outcomes o Relationships: prioritising strengthening relationships and building on family strengths. 2. Focus on getting the key workstreams of Family Hubs right for the families and communities of Southampton. <ul style="list-style-type: none"> o Perinatal mental health and parent-infant relationships o Parenting support o Infant feeding support o Home learning environment services o Publishing 'Start for Life' offer o Parent and Carer Panels 3. The focused and continued integration of Family Hubs into other service areas, such as health visiting, Early Years and Families First to support the above principles
15.	<p><u>Emotional and mental health and wellbeing</u></p> <ol style="list-style-type: none"> 1. Rollout of 24/7 mental health crisis provision for children and young people that combines crisis assessment, brief response and intensive home treatment functions. 2. Redesign of support to children and young people attending social, emotional and mental health schools in Southampton. 3. Continued implementation of Mental Health Support Teams in schools in Southampton – aiming for 100% coverage.

	<p>4. Development of a single point of access for Early Intervention Mental Health support across the City, aligned to the Children’s Resource Hub.</p> <p>5. Improved mental health support offer to vulnerable young people and children looked after.</p>
16.	<p><u>Healthy weight</u></p> <p>Our Whole Systems Approach uncovered some of the underlying drivers of childhood obesity which could be influenced by a function across SCC and externally. The next steps will be to consider how interventions across the system could be prioritised (interventions from the Whole Systems Approach are listed below):</p> <ol style="list-style-type: none"> 1. System intent (leadership). <ul style="list-style-type: none"> • Consistent messages across policies on active travel and increased pedestrianisation. • Health and wellbeing impact on children considered across design and decisions. 2. System design (structures, rules, information flows). <ul style="list-style-type: none"> • Clearer statement of health and the impact on children and young people in Planning Policy and within design standards. • Clear policy for green spaces/active travel in new developments. • Support for the implementation of legislation promoting a healthy weight environment e.g. HFSS guidance. 3. System feedback (strengthening protective policies, guidelines, and interventions) <ul style="list-style-type: none"> • Promotion of stronger child/family friendly working policies • Stronger SCC policy to limit high fat, sugar salt food and drink promotion on SCC controlled sites. • Green spaces- Green flag standards for green spaces and equipment-(to increase use of green spaces) park staff trained to increase access among young people. 4. System materials (training, campaigns and buffers which can protect the system) <ul style="list-style-type: none"> • Promote the work of the welfare team so all SCC and wider colleagues. • Increase uptake of settings-based programmes (HH5/HEYA)
17.	<p><u>Locality based prevention and early intervention work with families in their local communities</u></p> <ol style="list-style-type: none"> 1. Work with children, young people and families in locality areas to ensure that services are right and accessible for their community’s needs. 2. Focus on local delivery of <u>Core20PLUS5</u> , a national approach to support the reduction of health inequalities. 3. Development of Southampton as a Child Friendly City. 4. City wide roll out of Healthy High Five & Healthy Early years Award.
18.	<p>An Outcomes Framework for measuring the impact of our plans</p> <p>Underpinning the C&YP Strategy an integrated cross-agency Outcomes Framework is being developed to track desired outcomes, behaviours, obsessions, and measures that contribute to achieving the Strategy’s vision.</p>

		<p>Vision: All children get a good start in life, live safely, be healthy & happy and go on to have successful opportunities in adulthood.</p> <p>Strategic Priorities</p> <table border="0"> <tr> <td>Good start in life</td> <td>Live Safely</td> </tr> <tr> <td>Be happy and healthy</td> <td>Learn and achieve</td> </tr> </table> <p>Outcomes (see Appendix I for outcomes against each priority)</p> <p>Behaviours:</p> <table border="0"> <tr> <td>Confident</td> <td>Accountable</td> <td></td> </tr> <tr> <td>Inquisitive</td> <td>Respectful</td> <td>Working as a team</td> </tr> </table> <p>Obsessions</p> <ul style="list-style-type: none"> - Becoming a UNICEF Child Friendly City - Improving mental health and wellbeing for CYP - Inclusive Education Southampton charter. - Providing support for families in communities - Improving outcomes for vulnerable young people <p>Quantifiable Measures (under development through Strategic Plan working groups) to be reported quarterly to C&YP Partnership board. Example measures:</p> <ul style="list-style-type: none"> - take up of Early Years Places - Under 18 conception rates - First time entrants to youth justice system 	Good start in life	Live Safely	Be happy and healthy	Learn and achieve	Confident	Accountable		Inquisitive	Respectful	Working as a team
Good start in life	Live Safely											
Be happy and healthy	Learn and achieve											
Confident	Accountable											
Inquisitive	Respectful	Working as a team										
19.	<p>Supporting the Outcomes Framework, we will also seek feedback from children and young people, for example through the Child Friendly City and #BeeWell initiatives. #BeeWell is a programme, piloted in Greater Manchester, that is now being rolled out across Hampshire and Isle of Wight to measure the wellbeing of young people via annual school surveys. It is aimed for the first annual survey to be rolled out in Southampton in Autumn 2023 https://gmbeewell.org/</p>											
RESOURCE IMPLICATIONS												
<u>Capital/Revenue</u>												
20.	Not applicable to this report											
<u>Property/Other</u>												
21.	Not applicable to this report											
LEGAL IMPLICATIONS												
<u>Statutory power to undertake proposals in the report:</u>												
22.	Children’s Act 1989 and Children & Young Peoples Plan (England) Regulations 2005											
<u>Other Legal Implications:</u>												
23.	None											
RISK MANAGEMENT IMPLICATIONS												
24.	The main risks to achieving the ambitions in the C&YP Strategy and Start Well programme are summarised below:											

	<ol style="list-style-type: none"> 1. Workforce shortages are one of the biggest challenges facing the NHS and social care in England. The NHS staffing gap in trusts in England alone stands at around 110,000 full-time equivalents, but new research from the Health Foundation outlines how this gap is likely to grow substantially by 2030. Workforce shortages are also pervasive in adult social care in England, with recent data from Skills for Care suggesting there were over 100,000 vacancies in the sector on an average day in 2020/21. 2. Financial resource in the consideration of competing priorities – the balance of preventive work versus crisis care 3. Changing landscape of provision, development of Project Fusion as two key providers come together.
POLICY FRAMEWORK IMPLICATIONS	
25.	None

KEY DECISION?	No
WARDS/COMMUNITIES AFFECTED:	All
<u>SUPPORTING DOCUMENTATION</u>	
Appendices	
1.	Outcomes

Documents In Members' Rooms

1.	None
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Equality Impact Assessment

Do the implications/subject of the report require an Equality and Safety Impact Assessment (ESIA) to be carried out.	ESIA already completed for the CYP strategy
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Data Protection Impact Assessment

Do the implications/subject of the report require a Data Protection Impact Assessment (DPIA) to be carried out.	No
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Other Background Documents

Other Background documents available for inspection at:

Title of Background Paper(s)	Relevant Paragraph of the Access to Information Procedure Rules / Schedule 12A allowing document to be Exempt/Confidential (if applicable)
1.	None