

APPENDIX 4

Aiming for the best for children, young people and families in Central Bedfordshire

Director of Public Health Report (December 2016)

Update on Progress – ‘Call to Action’: March 2018

Call to Action 1 - Healthy Pregnancy: Midwifery Services should identify vulnerable women and families as early as possible. Relevant information should be shared between professionals to ensure a co-ordinated response and prompt access to services.		
We need to	Progress since 2016	Actions for further improvement
i. Reduce smoking in pregnancy	<ul style="list-style-type: none"> BCCG rate has reduced from 10.4% (2015/16) to 8.8% (2016/17), but this masks the latest rate of 14% for Bedfordshire deliveries at the L&D. 	a) Midwifery Services at the L&D and the 0-5 HV Service must ensure that all pregnant women are tested for carbon monoxide, and identified smokers are promptly referred to local Stop Smoking Services. <u>Action for CCGs and PH Commissioners.</u>
ii. Reduce maternal obesity	<ul style="list-style-type: none"> ‘BeeZee Bumps’ - a specialist 16-week programme is available for all pregnant women with a BMI of >30. Poor number of referrals from Midwifery Services @ the L&D: total of 3 from January 2017 – January 2018. 	a) KPI re: referrals to BZ Bumps programme to be embedded in maternity contracts for <u>both BHT and L&D</u> – currently only BHT. <u>Action for CCGs.</u>
iii. Improve outcomes for teenage parents and their children	<ul style="list-style-type: none"> Under-18 conception rate is reducing in CBC in line with the national trend, but still double the rate of the best in the country. Teenage parents are supported by Early Help in Locality Teams and through the enhanced Universal Partnership Plus (UPP) offer within the 0-5 Health Visiting Service. The Walking Alongside You (WAY) project is being developed (Early Help & Public Health) to break the cycle of young mothers having multiple children removed from their care. 	a) <u>Action for Public Health</u> - to lead on the review of a ‘whole systems approach to teenage pregnancy prevention’ (PHE January 2018): https://www.gov.uk/government/publications/teenage-pregnancy-prevention-framework

<p>iv. Support good parental mental health</p>	<ul style="list-style-type: none"> • A comprehensive perinatal mental health pathway is now in place to identify mothers and families at risk during the perinatal period (up to 1 year for the infant), and offer prompt treatment. • Specialist perinatal mental health training has been delivered for HVs, Midwives, Children’s Centres and Children’s Services staff. 72% of the HV workforce have been trained to date, but uptake from Midwifery staff has been particularly low (total of 4 staff in 2017-2018). 	<p>a) Fast tracking of women and their families with perinatal mental health needs to be embedded in, and monitored through Midwifery Services contracts for both BHT and L&D. <u>Action for CCGs.</u></p> <p>b) Midwifery Leads to ensure that all relevant staff access perinatal mental health training. <u>Action for CCGs to monitor.</u></p>
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Call to Action 2: - Healthy Birth and Early Years:

We need a highly skilled and motivated Early Years workforce capable of high quality assessment, and working in an integrated way. Professionals working with children and families must be able to recognise key risk factors including adverse childhood experiences (ACEs), sharing information and referring to services where appropriate.

We need to	Progress since 2016	Actions for further improvement
<p>i. Minimise the impact of adverse childhood experiences.</p>	<ul style="list-style-type: none"> • CBC’s Children’s LSCB priorities for 2017-19: 4 key themes - underpinned by pan-Bedfordshire multi-organisation training: <ol style="list-style-type: none"> 1. Domestic Abuse 2. Child Sexual Exploitation & Missing 3. Neglect 4. Children’s Mental Health & Wellbeing 	<p>a) Multi-organisation specific training to be provided on tackling ACEs together and breaking the cycle. <u>Action for Public Health to lead.</u></p>
<p>ii. Protect against childhood diseases.</p>	<ul style="list-style-type: none"> • Coverage for most childhood immunisations in CBC continues to be above the national target, although improvement is still required for MMR aged 2 and aged 5. 	<p>b) GPs must ensure effective call/recall and chase-up systems in place. <u>Action for NHS England – to monitor.</u></p>
<p>iii. Increase the numbers of children who are ready to learn and ready for school.</p>	<ul style="list-style-type: none"> • 71.7% of children in CBC achieved a “Good Level of Development” (2017) - compared to 68.5% in 2016 – but CBC is still 7/11 in the list of statistical neighbours. • 78% of children are now having an integrated health and education review at 2½ years (2017-18), compared with 74% in 2016-17. • Integrated working between the 0-5 HV Service, Children’s Centre staff and Early Help Teams needs to continue to strengthen through Locality Teams to increase numbers of children have their Integrated Review @ 2½ years. 	<p>a) <u>Action for Children’s Services & Public Health commissioners</u> - to support and monitor progress in localities.</p>

Call to Action 3 - School Years:

Schools must be supported to achieve good health, wellbeing and resilience for all pupils, including the most vulnerable, through a whole school approach that includes high quality Personal Social & Health Education, Sex & Relationships Education and Physical Education.

We need to	Progress since 2016	Actions for further improvement
<p>i. Ensure a healthy weight and promote physical activity.</p>	<ul style="list-style-type: none"> • Latest rates of excess weight for children in both Year R and Year 6 in CBC (2016/17) are lower than the national rates, but there has been no significant change since 2015/16. • Flitwick Leisure Centre opened in March 2016 providing modern, fit for purpose and extended facilities. • Unlimited access to free swimming is now provided to all LAC and Care Leavers at all CBC owned leisure centres. • Weekly, free Junior Parkrun events - every Sunday in Leighton Buzzard and Houghton Regis, each attracting 50-60 participants per week. • The Transport Team engage young people through schemes including Bikeability, Scootability, Walking to school Programmes and school travel planning. 	<p>a) Embed the <i>'Making Every Contact'</i> approach to promoting and advising on healthy nutrition and lifestyles for infants and young children, in the planned re-commissioning of Children's Centres. <u>Action for Children's Services Commissioning.</u></p> <p>b) Refresh the Physical Activity Strategy: update priorities; identify opportunities for increased engagement across the system; embed physical activity in newly-commissioned children's services. <u>Action for Sustainable Communities, Leisure & Lifestyles and Children's Services.</u></p>
<p>ii. Ensure that young people develop positive relationships, healthy lifestyles and resilience.</p>	<ul style="list-style-type: none"> • CBC's Personal, Social and Health Education (PSHE) Health & Wellbeing Network is now available online and on Facebook – providing up-to-date information on resources and training opportunities: http://www.centralbedfordshire.gov.uk/schools-portal/online-resources/pshe-network/overview.aspx • Multi-organisation <i>Central Bedfordshire Children and Young People's Emotional Health, Wellbeing and Resilience Action Plan</i> developed in 2017 – but still needs much greater partner commitment to implement actions. • A toolkit - <i>Promoting Emotional Health & Wellbeing and Resilience: a whole school/college approach</i> - is being developed by Public Health in partnership with CBC schools, colleges and Educational Psychologists in 2018. • 'ASPIRE'-type programmes (extended into Primary schools) will be commissioned until 2021 to build resilience in children 	<p>a) Senior Leadership Teams in schools and colleges must prioritise health and wellbeing – using a whole school/college approach. Appropriate policies, resources and adequate curriculum time for high quality and purposeful Personal, Social and Health Education (PSHE) - including Relationships & Sex Education (RSE) and Drug & Alcohol – to be provided. <u>Action for CBC School Improvement and Public Health to promote, emphasising links to Ofsted: DCS and DPH to champion.</u></p> <p>b) <u>Action for CBC Children's Leadership Board - to ensure the implementation of The C&YP's Emotional Health, Wellbeing & Resilience Action Plan</u> – key passion in the CBC C&YP's Plan 2018-2021.</p>

	<p>and young people.</p> <ul style="list-style-type: none"> • 50% schools have retained their 'Health in Education' status, providing evidence of good practice in a comprehensive range of health and wellbeing policies and practice. • Emotional and mental health interventions for children and young people are provided through: <ul style="list-style-type: none"> ○ Tier 1/2 (Early Help): School Nursing Service – 4-6 sessions; ○ Tier 1&2 CHUMS: Early Intervention Therapeutic Group Programmes; 1:1 sessions; ○ Tier 3 CAMHS: Specialist services e.g. Eating Disorders. 	<p>c) Senior Leadership Teams in schools and colleges to ensure implementation of the Emotional Wellbeing Toolkit. <u>Action for CBC School Improvement and Public Health to champion.</u></p>
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Call to Action 4 - Vulnerable Children and Young People:
All professionals working with children, young people and families must use learning from reviews, audits and inspections to improve practice and outcomes. Progress should be monitored by the Local Children's Safeguarding Board.

We need to	Progress since 2016	Actions for further improvement
<p>i. Ensure that the learning from Serious Case Reviews, local inspections, case conferences and reviews is embedded across services to improve outcomes for children and young people. Improvements are required to:</p> <ul style="list-style-type: none"> ○ Strengthen the role of the professional working more effectively in partnership; ○ Embed the voice/experience of the child and family in decision making; ○ Embed consistent and effective organisational processes and systems – to ensure appropriate and effective interventions and avoid duplication. 	<p>Since 2016 – 3 Serious Case Reviews have been completed and published in CBC, resulting in a number of key actions and outcomes:</p> <ul style="list-style-type: none"> • 12 CBC social workers trained in completing PAMS - specialist assessment of the parenting capacity of parents with special learning needs. This means prompt and coordinated assessments of parents with learning difficulties are now routinely provided for families at the earliest opportunity. • New pathway between Adult and Children's Services has led to joint supervision on a number of complex cases – including mental health - to ensure more effective and efficient services provided to the family. • The Graded Care Profile 2 (GCP2) - an assessment tool for neglect - has been rolled out with all frontline practitioners in CBC. As a result, numbers of identified cases of neglect have increased, enabling earlier intervention and greater consistency across the workforce. 	<p>a) The GCP2 must be used in a consistent way to inform decision making around thresholds across the 3 local authorities. <u>Action for the Pan Bedfordshire Neglect Group to define and disseminate policy.</u></p> <p>b) Multi-organisation specific training to be provided on tackling ACEs together and breaking the cycle (as per 'Call to Action' 2a above). <u>Action for Public Health to lead.</u></p>

	<ul style="list-style-type: none"> Commissioners and providers of CAMHS to ensure that appropriate and accessible services are available to children and young people who are victims of abuse or neglect. The Single Point of Access (SPOA) and triage by the Clinician of the Day (COD) systems ensure that daily referrals are managed appropriately and in a timely manner. Parents/carers will have access to the CAMHS COD daily if needed whilst they are waiting for their child's appointment. CBC Children's Safeguarding Board to ensure that its procedures include appropriate guidance on the management of bruising. A Bruising Protocol has now been published for all frontline professionals to use: http://bedfordscb.proceduresonline.com/pdfs/man_bruisies_bites_marks.pdf <p>Both Acute Trusts are now using the protocol and it has been incorporated into safeguarding training at all levels and it is on the staff intranet for easy access by hospital staff.</p>	
<p>ii. Improve support and outcomes for vulnerable young people.</p>	<ul style="list-style-type: none"> 5 Locality Groups established – integrating the early help offer with social care, health and education. Co-located, multi-agency teams – based on a Domestic Abuse prototype in Dunstable - are stabilising the number of looked after children in the context of a rising population. Adolescence Hub being set up (by December 2018) to respond to challenges and prevent demand to social services. Implementation of '<i>Empowering Parents Empowering Communities</i>' (EPEC) programme planned for 2018-19 – to build parenting expertise and community resilience in the most socially disadvantaged communities. 	<p>a) All partners – system-wide - to commit to integrated working to ensure early identification and most effective support for vulnerable young people and their families. <u>Action for Children's Services - to lead on the implementation of The Children and Young People's Plan 2018-2021.</u></p>