

WIRRAL FUTURE IN MIND NEWSLETTER

MENTAL HEALTH IS EVERYONE'S BUSINESS

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Welcome to our Fourth edition

By Jo Watts, Senior Commissioning Manager at Wirral CCG and Chair of the Wirral Future in Mind Steering Group

"Welcome to our Wirral Future in Mind newsletter, supporting the emotional health and wellbeing of children and young people in Wirral.

This newsletter has updates on the SEND Youth Voice Conference, the Blues Programme for good mental health, the Transforming

Care Programme for children and young people with learning disabilities and / or autism and the Provider Forum for all organisations supporting the emotional health and wellbeing of children and young people in Wirral.

In January the NHS released its Long Term Plan, giving plans for the next ten years. It can be viewed at: <https://www.longtermplan.nhs.uk/>. We will be incorporating the key priorities into future local plans.

We are in the final stages of our Local Transformation Plan for 2018-19, which will be released shortly."

SEND Youth Voice Conference

The annual Special Educational Needs and Disabilities (SEND) Youth Voice Conference was **"the place to be"** on Friday 25th January 2019! The group performed and gave presentations to 100 professionals from Health, Education, Social Care, Commissioning, Merseyside Police, Wirral Chamber of Commerce, DWP, Voluntary and Charitable organisations. Last year's successful event acted as a catalyst for significant change including offers of paid employment and new business ventures for many members of the group. By working together, we really can make a difference!

Safety was the topic they chose this year, specifically regarding independence, relationships, safeguarding and exploitation. Wirral is working hard to support the SEND young people in its care and appointed a Local Offer lead, Sally Tittle, to progress engagement with families and young people and to feedback on services and gaps in local provision. Sally works alongside Seline Wakerley and her dedicated youth workers to champion the SEND Youth Voice Group. Through the Arts the young SEND people express views and share experiences.

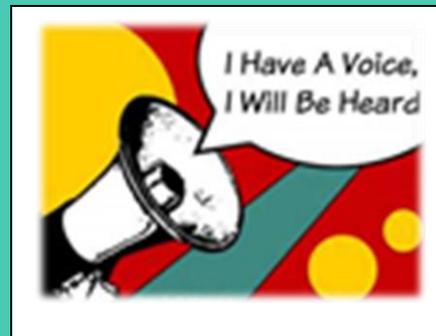
Young people's feedback:

"I hope the professionals will stick to what they say and follow up on their pledges."

"I liked that I was listened to!"

"It was so nice that people didn't judge me!"

By working together,
we CAN make a real
difference!



LET'S MAKE A
DIFFERENCE
TOGETHER.

SEND Youth Voice Conference (continued)

Professionals gave feedback too:

"I just wanted to say how wonderful the conference was, the young people were amazing and the discussions were really positive, as was the commitment to make a difference."

"Really enjoyed it and thought the turn out and diversity of the audience was exceptional!

"Thank you for showing us the way forward! You're right we can all make a difference if we work together."

By listening we learn,
let's hear their voice!

At the event professionals gave pledges of what they would do to improve services for children and young people with SEND. The Local Offer lead, supported by the SEND Youth Voice Group, will oversee the pledges to maximise the outcomes delivered. As outcomes improve, the group continues to grow, thus broadening the representation of the diversity of needs. This event highlights the real benefits of Wirral people being aware of and accessing the Local Offer via the website. *Health, Education and Social Care information all in one place.* Why not take a look for yourself? <https://localofferwirral.org/>

Maybe register the young person in your care on Wirral's disability register? <https://localofferwirral.org/childrens-disability-register/>

Help us to shape future SEND provision to best support our Wirral young people.

For further information on SEND, the Local Offer or the SEND Youth Voice Group please contact:

Sally Tittle – 0151-666 4488

Seline Wakerley – 0151-666 3707



Blues Programme

Action for Children's Blues Programme gives young people a toolkit for life to build good mental health and is the first UK programme to run nationwide delivering this help to secondary school pupils. It is an innovative early help programme which tackles depression and anxiety in young people between the ages of 13-19. It's based on Cognitive Behaviour Therapy methods and helps young people understand the connection between negative thoughts, actions and feelings.

In November 2018, the Blues Programme was launched in Wirral and so far 68% of pupils accessing the programme have showed an improvement in their mental health and emotional wellbeing, with a specific decrease in depression and anxiety. Pupils also reported increased confidence and self-esteem, improved relationships and better engagement at school.

The Blues Programme has been funded through a partnership with the Royal Mail and is currently running in schools across the UK, including the Wirral. The course runs for six weeks and has so far supported over 230 teenagers in the Wirral, providing them with the tools they need to cope in the modern world.

If a school is interested in the Blues Programme they can contact the local Action for Children Blues Programme team on rachel.ward@actionforchildren.org.uk

Blues Programme Practitioner and two students



The Transforming Care Programme

NHS England's Transforming Care Programme aims to ensure children and young people with learning disabilities and/or autism who display behaviours that challenge, including those with mental health needs, access support within their local communities. More can be found here:

<https://www.england.nhs.uk/wp-content/uploads/2017/09/developing-support-services-children-young-people-with-learning-disability-1.pdf>.

A key initiative of the programme has been the introduction of Care, Education and Treatment Reviews. These support decision-making around whether a child or young person is best supported within an inpatient service. More on Care, Education and Treatment Reviews can be found at:

<https://www.england.nhs.uk/wp-content/uploads/2017/03/children-young-people-cetr-code-toolkit.pdf>

To increase workforce knowledge of the Transforming Care Programme and Care Education and Treatment Reviews the Learning Disabilities team in Wirral CAMHS, have delivered raising awareness sessions to health, education, and social care professionals.

In addition, CWP Wirral have developed a tool (a Dynamic Support Database) to enable the timely identification of children and young people with learning disabilities and/or autism who have accessed CAMHS and who may require specialist multi-agency support to promote their continued access to local services within the community.

Together, the Transforming Care Programme, the Care, Education and Treatment Review process and the Dynamic Support Database help to support children and young people with learning disabilities and/or autism in the community. This is important: supporting children and young people to access their local community is associated with positive outcomes and improved quality of life.



Care, Education and Treatment Reviews are:

1. Child and Young Person centred and family centred
2. Evidence based
3. Rights led
4. Seeing the whole person
5. Open, independent and challenging
6. Nothing about us without us
7. Action focused
8. Living life in the Community



Provider Forum

The Children and Young Persons Emotional Health and Wellbeing Provider Forum was created in 2018 as part of Wirral's Future in Mind initiative. The Forum is intended to bring all organisations together who work to support young people's wellbeing whether they be statutory or third sector. The main focus is to improve communication and relationships between local services, encourage collaborative working, share good practice and strive to look at areas where there may be common issues or Wirral could be doing better.

The Forum has successfully held its first two meetings which feed into the wider Future in Mind Steering Group. The first was held in September 2018 and the second in January 2019. There will be three over the course of a year with the next one due to take place in May. Discussions have included:

- Challenges and possible solutions.
- What is working well.
- Use of peer support.
- The importance of choice for young people.
- Communication and use of social media.
- Effective signposting and use of directories.

Greg Edwards, Charity Manager of mental health charity The Open Door Centre, is the chairperson of the forum and hopes the group achieves its remit of ensuring long lasting, proactive and positive outcomes for the support young people receive on Wirral.

The next meeting will be held at 10-12 on 9th May 2018 at the new Bloom Building in Birkenhead where The Open Door Centre has recently moved to. If anyone is not currently on the email invite list and would like their organisation to be involved, please feel free to let Greg know or if there are any pressing issues or guest speakers who would like to present, this would be welcome.

greg@theopendoorcentre.org



The new Bloom Building

Birkenhead Industrial Park

Unit 1,

3 Abbey Close,

Birkenhead,

CH41 5FQ

For further information on any part of the newsletter or to share any good practice please contact

john.meddings@nhs.net

The next version of the newsletter will be distributed in

Summer 2019.

