



Borough of Tamworth

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## HEALTH AND WELLBEING SCRUTINY COMMITTEE

5 July 2021

Dear Councillor

A Meeting of the Health and Wellbeing Scrutiny Committee will be held in **Council Chamber, Marmion House, Lichfield Street, Tamworth, B79 7BZ on Tuesday, 13th July, 2021 at 6.00 pm.** Members of the Committee are requested to attend.

Yours faithfully

A handwritten signature in black ink, appearing to be 'A. B.', followed by a long horizontal line extending to the right.

**Chief Executive**

### A G E N D A

#### NON CONFIDENTIAL

- 1 **Apologies for Absence**
- 2 **Minutes of the Previous Meeting (Pages 5 - 12)**
- 3 **Declarations of Interest**

*To receive any declarations of Members' interests (personal and/or personal and prejudicial) in any matters which are to be considered at this meeting.*

*When Members are declaring a personal interest or personal and prejudicial interest in respect of which they have dispensation, they should specify the nature of such interest. Members should leave the room if they have a personal and prejudicial interest in respect of which they do not have a dispensation.*

**4 Update from the Chair**

**5 Partnership Working to Support Mental Health Community Provision in Tamworth (Pages 13 - 30)**

*(To receive an update from the Assistant Director, Partnerships and representatives of the Midlands Partnership Foundation Trust)*

**6 Responses to Reports of the Health & Wellbeing Scrutiny Committee**

*(Update on responses to the Reports of the Health & Wellbeing Scrutiny Committee)*

**7 Consideration of matters referred to the Health & Wellbeing Scrutiny Committee from Cabinet or Council**

*(Discussion item)*

**8 Update on health related matters considered by Staffordshire County Council**

*(To receive any update in respect of Staffordshire County Council's Health and Care Overview and Scrutiny Committee from County Councillor T Jay)*

**9 Forward Plan**

*Please see the link to the Forward Plan:*

<http://democracy.tamworth.gov.uk/mgListPlans.aspx?RPId=120&RD=0&bcr=1>

**10 Health & Wellbeing Scrutiny Work Plan - 2021/22 (Pages 31 - 34)**

*To consider items for 2021/22 Health & Wellbeing Scrutiny Committee Work Plan*

*If you have any particular access requirements when attending the meeting, please contact Democratic Services on 01827 709267 or e-mail [democratic-services@tamworth.gov.uk](mailto:democratic-services@tamworth.gov.uk). We can then endeavour to ensure that any particular requirements you may have are catered for.*

### **Filming of Meetings**

*The public part of this meeting may be filmed and broadcast. Please refer to the Council's Protocol on Filming, Videoing, Photography and Audio Recording at Council meetings which can be found [here](#) for further information.*

*If a member of the public is particularly concerned about being filmed, please contact a member of Democratic Services before selecting a seat.*

### **FAQs**

*For further information about the Council's Committee arrangements please see the FAQ page [here](#)*

To Councillors: R Claymore, D Maycock, P Brindley, M J Greatorex, J Harper, J Jones, S People, R Rogers, J Wade and Jay

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**MINUTES OF A MEETING OF THE  
HEALTH AND WELLBEING SCRUTINY  
COMMITTEE  
HELD ON 22nd JUNE 2021**

PRESENT: Councillor R Claymore (Chair), Councillors D Maycock, M J Greatorex, J Harper, J Jones, S Peuple and R Rogers

County Councillor Jay

The following officers were present: Jo Hutchison (Democratic Services, Scrutiny and Elections Officer)

**66 APOLOGIES FOR ABSENCE**

Apologies were received from Councillor Paul Brindley and Councillor John Wade.

**67 MINUTES OF THE PREVIOUS MEETING**

The minutes of the previous meeting held on 21<sup>st</sup> April 2021 were approved as a correct record.

*(Moved by Councillor S Peuple and seconded by Councillor M Greatorex)*

**68 DECLARATIONS OF INTEREST**

There were no declarations of interest.

**69 UPDATE FROM THE CHAIR**

The Chair welcomed the new members of the Committee to the meeting and thanked the retiring members, and additionally noted that Councillor Daniel Maycock had been appointed as Vice-Chair of the Committee at the full Council meeting on 20<sup>th</sup> May 2021.

The Chair reported that she had attended the COVID-19 Vaccination Programme Councillor Briefing provided by the Staffordshire Clinical Commissioning Groups on 16<sup>th</sup> June 2021, which had provided an overview of the Staffordshire vaccination programme and to which all Borough councillors had been invited.

The Chair updated the Committee on the Young People working group follow up meeting with Officers organised by the Assistant Director, Partnerships, and which would be discussed further under the work plan item. Whilst the focus of the working group had been on the impact of COVID-19, members reported that the initial scope had been intended to also include educational attainment levels in Tamworth, and this was something which could be further considered under the work plan item.

**70 RESPONSES TO REPORTS OF THE HEALTH & WELLBEING SCRUTINY COMMITTEE**

No further recommendations from this Committee had been made to Cabinet since the Committee's March meeting and therefore there was no update to report here.

**71 CONSIDERATION OF MATTERS REFERRED TO THE HEALTH & WELLBEING SCRUTINY COMMITTEE FROM CABINET OR COUNCIL**

The Chair reported that there had been no matters referred to this Committee by Cabinet or Council, other than the request for this Committee to consider the State of Tamworth Debate discussion as part of its work plans going forwards, which was considered later on the agenda.

**72 UPDATE ON HEALTH RELATED MATTERS CONSIDERED BY STAFFORDSHIRE COUNTY COUNCIL**

The Chair reported that she had been appointed as a member of the County Health & Care Overview and Scrutiny Committee, and further reported that Staffordshire County Council appointed a member to this Committee for health related matters and that member is County Councillor Thomas Jay. The first meeting of this municipal year of the Staffordshire Health & Care Overview & Scrutiny Committee met on 7 June and considered its work plan.

The Chair invited County Councillor T Jay to provide an update to the Committee, including on any items covered by the Staffordshire County Council Health & Care Overview and Scrutiny Committee Digests for the meetings held on 16<sup>th</sup> March and 7 June 2021.

County Councillor Jay reported that the meetings had covered:

1. COVID-19 Vaccination programme update;
2. Update on the Integrated Care System proposals;
3. Care Homes for Older People.

The Committee sought further assurances that the integration of the health and care systems would lead to improvements for local residents and requested that this remained a focus area which members would feed into the Staffordshire County Council Health and Care Overview and Scrutiny Committee. The Committee sought further clarification on how the targeted vaccination programme for homeless people had operated.

## **73 FORWARD PLAN**

The Committee considered the Forward Plan and noted that:

- Leisure Services item was due for Cabinet consideration on 29 July 2021
- Homelessness and Allocations Policy update was due for Cabinet consideration on 8 July 2021
- Tamworth Community Safety Partnership Plan which had been considered by the Infrastructure Safety and Growth Scrutiny Committee in March 2021 had been approved at Cabinet on 17<sup>th</sup> June 2021. It was highlighted that this Plan included areas related to mental health which this Committee could consider in its work plan discussion
- Tamworth Community Grants item would be considered at Cabinet on 29 July 2021 and clarification was sought on whether there was any priority proposed for community groups with a health and wellbeing focus, such as peer lead support groups.

## **74 CONSIDERATION OF THE STATE OF TAMWORTH DEBATE ITEMS**

The Chair introduced this item and requested that members consider whether any of the discussion points at the State of Tamworth Debate should be developed further into work plan items for this Committee.

From the discussion, the main areas for consideration by this Committee were highlighted as:

- Access to green and open spaces;
- The voluntary sector;
- Mental wellbeing, including ways of working post COVID
- Homelessness;
- Attainment and skills

It was agreed that these areas would be considered as part of the work plan item.

## **75 HEALTH & WELLBEING SCRUTINY WORK PLAN - 2021/2022**

The Chair asked members, in light of the previous discussions, to consider the priorities for the Committee over the next 12 months. Following discussion it was agreed that two major themes would form the main focus for the Committee, within which there could be more details topics identified:

1. Mental wellbeing; and
2. Homelessness

It was reported that the Midlands Partnership Foundation Trust (MPFT) was working on plans to transform community mental health services in Staffordshire to create a model working in partnership with primary care, local authorities, and

the voluntary sector. As part of this work the MPFT was looking to understand health inequalities in Tamworth and was looking to engage with a wide range of key stakeholders including members of the community, service users with lived experience and voluntary groups to help develop pathways to community mental health services. The Assistant Director Partnerships and representatives of MPFT would like to join the July Committee meeting to share further details of the work and how stakeholders could be engaged in the process.

The Committee noted that the County work plan would need to be reviewed to understand when items were to be considered at the County Committee to ensure that any coordination was managed, and unnecessary duplication avoided. There were likely to be some topics identified by this Committee which were of Staffordshire wide relevance, and where appropriate these items could be recorded and highlighted by the Chair and the County Councillors member to County.

The Committee noted that the Council had signed up to the Armed Forces Covenant some years ago and that it could be appropriate to consider the formation of a working group to review the implementation of the covenant and whether any further work in this area was required.

The Committee agreed that the Work Plan be updated to reflect the discussions of the Committee and with the oversight of the Chair. It was agreed that representative of the MPFT and the Assistant Director, Partnership be invited to the next meeting to provide an overview of the work on community mental health pathways, as part of the Mental Wellbeing theme.

The updated Work Plan is as follows:

## **Health & Wellbeing Scrutiny Work Plan**



<b>Work Plan 2021 – 2022</b>		
<b>Work Area Themes for the Year</b>		
<b>1. Mental Wellbeing</b>		
<b>Topics</b>	<b>Target Meeting</b>	<b>Additional information</b>
Community mental health services transformation – pathways to care in Tamworth	13 <sup>th</sup> July 2021	Invitation extended to Assistant Director Partnership & representative of Midland Partnership Foundation Trust
Leisure Services	date to be confirmed	
Substance abuse / addiction		
Young people’s experiences in Tamworth		To capture the working groups learnings
Loneliness / isolation		
<b>2. Homelessness</b>		
<b>Topics</b>	<b>Target Meeting</b>	<b>Additional information</b>
Overview of services available to rough sleepers / homeless people in Tamworth		Suggested invitation to representatives of Heart of Tamworth and/ or other relevant voluntary organisations
Housing Allocations Policy – post implementation review		Suggested invitation to Assistant Director, Neighbourhoods
<b>Other suggested topics for Committee consideration</b>		
Green and open spaces		
Attainment and Skills in Tamworth		

<b>Specific topics to feed in to Staffordshire County Council (separate from main Themes)</b>		
<b>Topic</b>	<b>Date of planned Staffs consideration</b>	<b>Additional information</b>
Access to GP Services in Tamworth	5 July 2021	Experiences locally, including barriers to access and access to Long COVID clinics
Wider determinants of health in Tamworth, including diet / food vulnerability / healthy eating / social prescribing		Extend an invitation to voluntary sector to understand current initiatives eg Community Together CIC
Strategic Transformation Programme (STP)		To tie in with County consideration when dates for County consideration known
<b>Possible Working Group topics</b>		
Armed Forces Covenant		Understand the current Staffordshire wide and Tamworth position

<b>Upcoming Health &amp; Wellbeing Scrutiny Committee Meetings</b>
13 <sup>th</sup> July 2021
23 <sup>rd</sup> September 2021
19 <sup>th</sup> October 2021
20 <sup>th</sup> November 2021
25 <sup>th</sup> January 2022
29 <sup>th</sup> March 2022

**Upcoming Relevant County Council Meetings**

**Health and Care Overview and Scrutiny Committee – Staffordshire  
County Council**

- 5 July 2021
- 9 August 2021
- 13 September 2021
- 25 October 2021
- 29 November 2021
- 31 January 2022
- 15 March 2022
- 19 April 2022

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Chair

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TUESDAY 13<sup>TH</sup> JULY 2021

**REPORT OF THE ASSISTANT DIRECTOR PARTNERSHIPS**

**PARTNERSHIP WORKING TO SUPPORT MENTAL HEALTH COMMUNITY PROVISION IN TAMWORTH**

**PURPOSE**

To update on partnership approaches to support the mental health needs of Tamworth residents

**RECOMMENDATIONS**

It is recommended that the Scrutiny Committee note the contents of the report and associated presentation

**EXECUTIVE SUMMARY**

The Tamworth Community Safety Partnership Plan 2022-23 identifies vulnerable persons and contextual safeguarding (including drugs, alcohol and mental health) as a priority and aligns with the Council purpose to help tackle the causes of inequality and increase opportunities, help tackle causes and effects of poverty and financial hardship and help build resilient communities.

We continue to work with statutory and voluntary sector partners who are responsible for the delivery of services to support the vulnerable, especially as a result of the current pandemic.

The Assistant Director Partnerships is a member of the Southeast Integrated Care Partnership (ICP) Healthy Communities Partnership, initially formed to bring together key Voluntary, Community and Social Enterprise (VCSE) partners with key NHS and local authority organisations in the wake of the Covid-19 pandemic.

The purpose of the partnership is to work to address health inequalities by working with residents through community asset based approaches (nurturing the strengths and resources of people and communities) in Southeast Staffordshire.

Tamworth is also represented by the Partnerships team on relevant Staffordshire County Council and Staffordshire Commissioners Office for Police Fire and Crime meetings working to address wider community safety and vulnerability concerns.

Mental health has been highlighted as a national area of concern and is a focus of need in Tamworth and is a priority across all partners.

## Community Mental Health Transformation

The Midlands NHS Partnership Foundation Trust (MFPT) is an integrated organisation that provides physical and mental health, learning disabilities and adult social care services across Staffordshire and Stoke on Trent and is member of the Healthy Communities Partnership.

The Trust is rolling out the Community Mental Health Framework for Adults and Older Adults (CMHF) and the NHS Long Term Plan's vision for a place-based, community mental health model, aligned with the Mercian Primary Care Network – a multi-disciplinary team of healthcare professionals working together across Tamworth to deliver joined up patient care.

The framework allows for a shift to a new model of community mental health provision, designed on an asset-based view of communities and integrated working across agencies, rather than a traditional Community Mental Health Team (CMHT) model.

The aims of the framework is to

- Improve access to psychological therapies for those with serious mental illness (SMI).
- Deliver support that is personalised and within a person's locality
- Take an asset based approach with an emphasis on self-management and recovery
- Increase the number of people receiving SMI physical health checks
- Increase the number of adults who have access to individual placement and support (IPS)
- Provide integrated models of support configured around the Primary Care Network (PCNs)
- Implement systematic best practise reviews to ensure quality of services
- Implement a whole systems pathway supported by Structured Clinical Management for people with a 'personality disorder'
- Reduce occupied bed days within Acute (hospital) Settings and a reduction in crisis contacts for people with a 'personality disorder'
- Ensure Eating Disorder provision that meets commissioning guidance across the age span

The objective of this Provision is;

- Engage directly with communities with the highest levels of inequality where the underpinning challenges are related to debt and financial instability
- Provide an opportunity for people from across the Tamworth area to access mental health services (including those that have not accessed services previously).
- Capture insight gained in a format that can be easily be shared with all stakeholders (including our communities) and contribute to the broader needs analysis

The Trust is working on a wide range of projects which include the commissioning of VCSE partners in Tamworth to deliver services and undertake consultation with the public to achieve the objectives, including commissioning the Co-Producer project which seeks to engage with people willing to share their mental health experiences in Tamworth to develop new pathways.

(Upkar Jheeta and Sue Unwin will give a short presentation on the transformation)

### **Support for Young People**

Staffordshire County Council Families and Children's Services, as the statutory agency, commissions a wide range of mental health support services in Tamworth in conjunction with NHS providers, Staffordshire Commissioners Officer for Fire, Police and Crime and in close partnership with the voluntary sector through Staffordshire Council for Voluntary Youth Services (SCVYS)

Tamworth Borough Council Partnerships team work with County partners to promote and understand the provision for our communities' signposting as necessary.

An outline of services is available as Appendix 1a, 1b and 1c.

### **REPORT AUTHOR**

Jo Sands, Assistant Director - Partnerships

### **APPENDICES**

Appendix 1a – Staffordshire Children and Young People's Mental Health Support

Appendix 1b – Children and Families Support Service

Appendix 1c – Kind Minds newsletter

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# Children & Young People's Mental Health Support





### 1. Signpost

- SCVYS find activities <https://staffscvys.org.uk/activities/>
- Sports Clubs <https://togetheractive.org/>
- Libraries

Public Library Reading Well offer for children. 2 collections of expert-endorsed books focussing on mental health for children can be found in libraries across Staffordshire.

<https://reading-well.org.uk/books/books-on-prescription/children-for-7-11yrs>

<https://reading-well.org.uk/books/books-on-prescription/young-people-mental-health-for-13-18-yrs>



### 2. It's Good to Talk

- 0-19 service (school nursing and health visitors) <https://www.mpft.nhs.uk/services/health-visiting-and-school-nursing>
- GP
- Youth Worker <https://staffscvys.org.uk/activities/>
- Family and Friends



### 3. Digital

- Action for Children <https://www.staffordshire-ewb.actionforchildren.org.uk/>
- Chat Health <https://www.staffordshireconnects.info/kb5/staffordshire/directory/service.page?id=KfMsVyKCoaA>
- Health for Teens <https://www.healthforteens.co.uk/staffordshireandstoke/>



### 4. Education

- School Special Educational Needs and Disabilities (SEND) Local Offer and Graduated Response [https://www.staffordshireconnects.info/kb5/staffordshire/directory/advice.page?id=J9rS4V94\\_r4](https://www.staffordshireconnects.info/kb5/staffordshire/directory/advice.page?id=J9rS4V94_r4)
- Emotional health and wellbeing resources for children, parents and professionals <https://www.staffordshireconnects.info/kb5/staffordshire/directory/advice.page?id=4Pf3vU6K9yM>



### 5. Mental Health Support Teams in Schools

- Mental Health Support Teams in Schools <https://www.facebook.com/BurtonUttoxMHST/> [twitter.com/BurtonUttoxMHST](https://twitter.com/BurtonUttoxMHST)
- Open 9-5 Monday to Friday, based in Cross Street Clinic, Burton-on-Trent, DE14 1EG  
Contact number 01283 504487



### 6. Action for Children

- <https://www.staffordshire-ewb.actionforchildren.org.uk/>



### 7. Child and Adolescent Mental Health

- MPFT <https://camhs.mpft.nhs.uk/staffordshire>
- Child focused / Therapies / Specialist Staff



### 8. Access



- MPFT <https://camhs.mpft.nhs.uk/staffordshire> or via a professional.



### 9. Crisis Line Services

- MPFT  
Tel:0300 555 5001  
<https://www.mpft.nhs.uk/emergency-help>  
24/7 service, all age.  
Local and national helpline info:  
[https://www.mpft.nhs.uk/application/files/8615/8833/5275/Online\\_Resources\\_for\\_CAMHS.pdf](https://www.mpft.nhs.uk/application/files/8615/8833/5275/Online_Resources_for_CAMHS.pdf)



### 10. Hospital

- Your nearest A&E department  
A&E services 24/7



### 11. Suicide Awareness

<https://healthwatchstaffordshire.co.uk/news/suicide-prevention-and-support-services/>

- SHOUT – Text Shout to 85258 (24/7)
- Samaritans (Stafford) – Tel: 116 123 free from any phone. 0330 094 5717 local call charges apply
- NHS links to support: <https://www.nhs.uk/conditions/suicide/>
- PAPYRUS Prevention of Young Suicide <https://www.papyrus-uk.org/hopelineuk/> 0800 068 41 41 (open 9am – 12 midnight)



### 12. River

- Midlands Foundation Partnership Trust  
Tel:0300 555 5001  
<https://www.mpft.nhs.uk/emergency-help>  
24/7 service
- First Response: Is there a serious concern about the safety of a child or young person?  
0800 131 3126 Mon-Thurs 8.30-5 & Fri 8.30-4.30  
0345 604 2886 Emergency Duty Team (outside of working hours, weekends/bank holidays)
- Emergency services  
999 or 101



## Children & Young People's Mental Health Support



For more information relating to services in your area please refer to Staffordshire Connects; <https://www.staffordshireconnects.info/kb5/staffordshire/directory/home.page>

**Support services for young people and families in Tamworth**

<b><u>Organisation</u></b>	<b><u>Brief description</u></b>	<b><u>Contact</u></b>
Homestart	Home-Start Tamworth is a local charity which supports ordinary parents in and around Tamworth, who are going through challenging times. A carefully selected volunteer, who has parenting experience themselves, regularly visits a family, in their own home, offering emotional and practical support through difficult times for as long as it is helpful or needed. This friendly parent-to-parent support is a simple yet effective way of enabling families to get back on track.	For more information contact Homestart on 01827 62400  <a href="https://www.homestarttamworth.org.uk">Contact Us   Home-Start Tamworth (homestarttamworth.org.uk)</a>
Malachi	Family support helping families create routines in the home and also support with strategies to manage child's behaviour.	For more information contact Malachi on: 0121 4414556 <a href="mailto:tamworth@malachi.org.uk">tamworth@malachi.org.uk</a>
Catch 22	Support children and young people in unhealthy relationships, victims of child sexual exploitation and children missing from home.	For more information contact Staffordshire Catch22 team on 01782 237106.
New Era	Support for victims of domestic abuse. New Era also support children and young people age 4-18 who have experienced or witnessed domestic abuse	Contact New Era helpline 0300 303 3778 Email: <a href="mailto:new-era@victimsupport.org.uk">new-era@victimsupport.org.uk</a>  <a href="http://www.new-era.uk">www.new-era.uk</a>
Child & Adolescent Mental Health Services (CAMHS)	Offering support for young people experiencing emotional, behavioural or mental health difficulties	Telephone: 0808 196 3002
Action for Children	Providing on line programmes for parents and young people to help improve emotional wellbeing and mental health	Website: <a href="https://www.staffordshire-ewb.actionforchildren.org.uk">https://www.staffordshire-ewb.actionforchildren.org.uk</a> Telephone 01782 977877
Staffordshire Council Voluntary Youth Services	The Wellbeing and Health Action Map (WHAM) Plan is a series of emotional wellbeing sessions designed and delivered by young people and for young people aged 11-18. The specific sessions are designed to allow you to understand these	Website: <a href="https://staffscvys.org.uk/syu-wham/">https://staffscvys.org.uk/syu-wham/</a>

(SCVYS)	issues, how to deal with them yourself, coping methods and how to help others.	
Staffordshire Together for Carers Service	To reduce the impact that the caring role can have on the carers health and wellbeing (also includes young carers)	Telephone: 0300 303 0621 Chat on line at <a href="http://www.n-compass.org.uk/our-services/carers">www.n-compass.org.uk/our-services/carers</a>
T3 STARS	<b>T3 stars</b> is a confidential service for young people up to 20 years old in Staffordshire. <b>T3 stars</b> aims to help young people make informed choices about their alcohol and drug use, and to raise awareness of all the risks involved. This includes providing high quality and responsive support and assistance to parents and carers, schools, colleges, statutory services and other young person's services and youth and community groups, enabling effective community treatment planning that reflects an inclusive approach to care coordination.	<b>Contact Name</b> T3 Stars <b>Telephone</b> 01785 241 393 <b>E-mail</b> <a href="mailto:t3stars.stafford@humankindcharity.org.uk">t3stars.stafford@humankindcharity.org.uk</a> <b>Website</b> <a href="#">t3 stars</a>
Tamworth Samaritans	Provide a free 24-hour helpline for people who are upset, troubled or who are feeling suicidal.	<a href="#">Tamworth   Samaritans</a>
Pathway Project	A domestic and sexual abuse service based in Lichfield & Tamworth, offering a range of support services, helping adults and children overcome domestic abuse.	<a href="http://pathway-project.co.uk">Home - Pathway Project (pathway-project.co.uk)</a>
Staffordshire Fire & Rescue Safe and Sound Project	Safe & Sound is a project set up by Staffordshire Fire and Rescue Service with the aim of supporting communities to make informed and positive lifestyle choices, improving their health, safety and wellbeing. The project runs a variety of interactive and practical workshops for children, young people and over 60s delivered by multiple partners and agencies. Support topics include: <ul style="list-style-type: none"> <li>Vulnerability - may include Child Sexual Exploitation, ASB, Substance Misuse, Gangs and Youth Violence, Healthy Relationships / Sexual Health, Emotional Well Being, Cyber-crime, Online Safety, extremism/radicalisation and any other relevant issues - delivered by relevant professionals, including -</li> </ul>	<a href="http://staffordshirefire.gov.uk">Safe+Sound (staffordshirefire.gov.uk)</a>

	Staffordshire Police	
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Further information on a range of services is also available at: [Staffordshire Connects](#)

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Issue 5:  
April 2021

# 'Kind Minds' Newsletter

Children and young people's mental health and emotional wellbeing - Staffordshire

This newsletter has been produced by several partner organisations across Staffordshire, with the aim of pulling together useful information about children & young people's mental health and emotional wellbeing.

We plan to produce a newsletter every half-term and **we would welcome your thoughts on the types of information that would be most useful to you.** Please contact [louise.andrews-gee@staffordshire.gov.uk](mailto:louise.andrews-gee@staffordshire.gov.uk)

## DFE Wellbeing for Education Return Project: Phase 2 UPDATE

The national 'Wellbeing for Education Return' project, funded by the Department for Education (DfE) and Department of Health & Social Care (DHSC), in partnership with Public Health England (PHE) and NHS England & Improvement (NHSE&I) was developed to support the wellbeing of pupils/ students as they returned to schools/ colleges in September 2020.



The project involved adapting national training materials to suit local contexts, identifying 'local experts' to deliver the adapted training package (webinars) to all state-funded schools in Staffordshire, and providing ongoing support to state-funded setting on promoting and supporting mental health and wellbeing until March 2021.

The delivery of the final webinars was completed during January 2021, with 66% of delegate places attended. [Two interactive pathways for Children & Young People's Mental Health Support](#) in Staffordshire were developed; one each for the north and south of the county to align with the two mental health NHS trusts.

Some examples of feedback from the delegates that attended the webinars in November 2020 and January 2021 include:

*-I found it useful. The map (CYP MH Support pathway) was very useful and I like the Group Problem Solving model and am thinking of ways to implement this into staff training and additional CPD tasks after school'*

*-'Very informative and great resources and ideas suggested'.*

*-'I also think the section of staff wellbeing is very important and we will take on board some of the strategies to reduce the stress for our staff'.*

**Future topics for phase 2 of the project include 'staff wellbeing' and 'emotional wellbeing of under 5's'.**

Further work will commence in April 2020 to progress Phase 2 of the project.

Please contact [karen.coker@staffordshire.gov.uk](mailto:karen.coker@staffordshire.gov.uk) if you would like to be part of the discussions around phase 2 of the project, which will focus on staff wellbeing (all phases of education) and the emotional wellbeing of under 5s.

## Staffordshire Emotional Health and Wellbeing Support's new digital platform – Silver Cloud

Action for Children are excited to offer our **new self-help option** to our digital platform Silver Cloud. The platform will enable you to access a programme full of Cognitive Behaviour Therapy (CBT) techniques for anxiety and depression for young people aged 16+ and for parent/carers of younger children.

It allows people to complete therapy in their own time, at a time and pace that suits them. We offer the following programmes to help parent/carer work through a number of modules which will help them to support and respond to children and young people who are anxious:

- Parenting your Anxious Child
- Parenting your Anxious Teen

The following programmes are available to young people aged 16+

- Space from Stress
- Space for Resilience
- Space from Anxiety
- Space for Positive Body Image



All the programmes are designed to help improve and maintain wellbeing by addressing underlying issues that can have a negative impact on feelings.

If you are unsure what programme might suit, or if you need one at all, you can take a short quiz when signing up to find out.

Use the following link to sign up: <https://actionforchildren.silvercloudhealth.com/signup/>

## NEW MPFT Child and Adolescent Mental Health Services (CAMHS) Website

The Midlands Partnership Foundation Trust has a new CAMHS website!



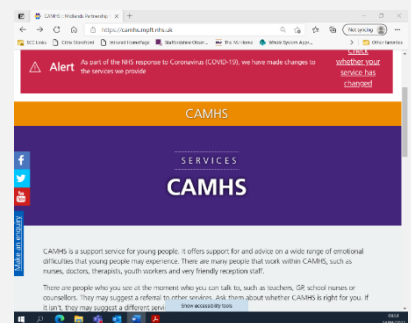
The new website has pages for [young people](#) to find more information about mental health and emotional wellbeing. There are pages for [parents and carers](#) with resources and information to help support their child or young person experiencing difficulties/ unhelpful emotions. There is also a page for [professionals](#), with the latest referral forms for all CAMHS services across East and West Staffordshire.

The new website also includes a [new self-referral pathway](#), so that young people wanting to refer into mental health services can do that themselves.

It also includes a [youth participation page](#). Youth participation actively involves young people in decision making processes on issues that affect them. The youth participation page is where young people can find out all about youth participation, find sign-up forms and upcoming events.

Find out more about the CAMHS services across East and West Staffordshire at the NEW website, here:

<https://camhs.mpft.nhs.uk>







## Spotlight on.... HOPE project at Springcroft Primary School



We at [Springcroft Primary School](#), Blythe Bridge, believe that children's wellbeing and mental health is always a priority. After all, if we are not emotionally or mentally well, we are unable to learn and flourish.

We take a **whole-school approach** to mental health and emotional wellbeing. Not only do we support mental health and emotional wellbeing within our PHSE/ RSE Curriculum (taught twice weekly in all year groups) but we have proudly been part of the **HOPE project** for five years.

**HOPE** stands for **H**elping **O**ur **P**upils **E**motions. It is a school emotional wellbeing service, supporting children, young people and their families and offering sign posting, self-help guidance, early intervention and promoting a whole-school approach for emotional wellbeing.

HOPE provides the **support and space for listening and talking** to a child or young person and can help with a range of issues, including: any aspect of family life affecting a child's emotional wellbeing; school refusal; bullying; anxiety; low self-esteem; and, bereavement.

At Springcroft Primary School we have a **team supporting children** including the Head Teacher, Special Needs Co-ordinator (SENDCo) and the HOPE team including the HOPE mentor (Wellbeing Lead). We are now able to offer 1:1 support, nurture groups supporting self-esteem and anxiety, and a weekly 'remembering club' bereavement group.

There are **other services that link with HOPE** such as educational psychology, school nurses, Local Support teams (LST) and child and adolescent mental health services (CAMHS). Further information including useful resources and signposting can be found on the HOPE page within our school webpage, here: [www.springcroft.staffs.sch.uk](http://www.springcroft.staffs.sch.uk)

At Springcroft Primary School we have several ways a child can **access the HOPE project**. Typically, a parent/ carer or member of staff will contact the Head Teacher or Wellbeing Lead with any concerns, who will then co-ordinate the most appropriate person or service to help. Children can also self-refer using our 'Listening Ear' approach or through the 'Worry Monster' in EYFS and KS1.

The HOPE project and our whole-school approach is making a noticeable difference at Springcroft Primary School. By having a **compassionate listening ear**, we can do so much without 'medicalising' the child and their troubles. Since starting the project we have only needed to make one referral to CAMHS. More often, a **brief, timely and simple intervention** makes a huge difference to a child's and their family's lives.

Here are some examples of what parents have recently told us:



- *'I have noticed a drastic change in the short time you have been speaking with him. He is a lot happier'.*
- *'HOPE' has given my child chance to open up and talk about his feelings with others in a similar situation'.*
- *'I was worried that my child would have to go through a lengthy mental health referral process. The HOPE project worked with my son's anxieties and within four weeks we started to notice a change....no further referrals needed'.*

For more information about the HOPE project, please contact Rachel Raynor (HOPE leader) at [hopeproject2016@outlook.com](mailto:hopeproject2016@outlook.com) or watch this short video [HOPE intro to CYP - YouTube](#).

With thanks to by Emma Gleave (Emotional Wellbeing Lead/ HOPE mentor), Springcroft Primary School. Contact [hope@springcroft.staffs.sch.uk](mailto:hope@springcroft.staffs.sch.uk)

## Department for Education (DfE) Mental Health Pilot for Looked After Children

Here in Staffordshire County Council (SCC) we have spent the last two years working closely with the DfE, Anna Freud Centre, their partners and also nine other local authority pilot sites across England to develop an understanding of how we could more effectively support the emotional and mental health of our children who are looked after.

Locally we took a social work led approach to the pilot requirements, driven forward by our Virtual Mental Health Lead (VMHL) Danny Mulligan and underpinned by the [mentalizing approach](#) endorsed by a consortium of national mental health partners. A small cohort of children were identified to partake in the pilot, once their agreement had been sought of course.

The pilot has introduced us to new '[practice tools](#)' that have enabled our practitioners to better understand the experiences of some of our children, realise how these can effect day to day life and to link directly to their emotions, thoughts, and actions. Conversations and direct work with children have then gone on to inform the development of a 'wellbeing passport' for children. These personal documents are intended to be owned by the child and entirely reflective of their voice, informed by the conversations that have taken place and validated by our VMHL. An example of one of the four passport designs developed for printed or digital use can be found below:

It is without doubt that throughout the life of the pilot there have been some challenges to overcome, the global pandemic being just one to note! That said, as we have seen the development of the wellbeing passports emerge there has been benefit for the children, foster carers, social workers and personal advisers that have been involved. These passports are incredibly moving but also provide a real insight from a child's perspective. We thought sharing their views might be the best way to share this with you....

### Children's feedback:

- "I've enjoyed doing my passport".
- "Doing this has helped me talk about my mental health".
- "I like the look of the passports"
- "Can the name be changed to 'the listening passport'? If so, I want credibility for this!!!".

### Practitioner feedback:

- "It's given me a deeper perspective."
- "It gave me a way to talk to him about what he really wants for the future."

- *“It has given my statutory visits a purpose and has helped me think about care planning specifically.”*
- *“It’s given me more confidence to work with mental health issues.”*

As already touched upon, the VMHL role has been instrumental in delivering training around the mentalizing approach, has been the driving force behind delivery but has most importantly been the guide for practitioners through their journey in supporting children to be part of this. Here are Danny’s thoughts and reflections on the Staffordshire pilot experience:

*“It has been a pleasure to be involved with this piece of work and we have learnt so much. I’m particularly grateful for those involved who have given their time and energy despite some real challenges. I believe the wellbeing passports are a powerful tool to help children explore their mental health and emotional wellbeing with the added advantage of them owning it. For social care workers it is a valuable direct work resource helping them feel more confident to work with mental health.*

*I hope the learning from this pilot improves the way children’s mental health is assessed and more importantly ensures the mental health needs of children in our care are linked to wider systems of support.”*

Echoing the VMHL’s comments, and on a final note we’d like to say a huge thank you to each person who has been involved in the pilot here in Staffordshire.

Our reflections and learning to date have been shared with the DfE, along with other sites involved. We therefore eagerly await their final report in the autumn of this year and hope that this might begin to outline how this work could become embedded in the future.

*With thanks to Danny Mulligan (VMHL) and Sarah Newton (Commissioning Officer), Staffordshire County Council.*

### April is Stress Awareness Month

Stress is something we will all experience in our lives. At the moment in particular, as we welcome pupils back to school, we are all acutely aware of its impact on our lives.



There are any number of reasons why we may feel under pressure at different times. This pressure can sometimes be helpful, keeping us focussed and helping us complete tasks. However, stress becomes a problem when we are unable to cope with these pressures and become overwhelmed.

April is Stress Awareness Month, and [Mentally Healthy Schools](#) have put together a toolkit with a number of resources for pupils and staff, to help teachers, children and young people to cope when stress becomes overwhelming.

Download the Stress Awareness Month toolkit from Mentally Healthy Schools, here: [Stress Awareness Month toolkit : Mentally Healthy Schools](#)

### Read, Talk, Share: Supporting mental health during Covid-19 recovery

The Reading Agency's new [Read, Talk, Share campaign](#) is promoting wellbeing the proven power of reading during the Covid-19 pandemic.

This campaign expands The Reading Agency's successful [Reading Well](#) and [Reading Friends](#) programmes, with the charity's work to tackle loneliness and support mental health and wellbeing including a roll-out of books from our reading lists to support [adult](#), [young people](#) and [children's](#) mental health.

[Reading Well](#) provides helpful reading to support health and wellbeing for readers for all ages. The books are selected and recommended by leading health bodies and people living with the conditions covered.

You can borrow books from the Reading Well collections as e-books and audiobooks, **free** of charge from your local library. You can find your local library at the [Staffordshire County Council](#) website and access the books electronically.

### PHE School Zone Resources: New bite-sized wellbeing resources

It is important that young people know how to deal with different emotions, which is why [PHE School Zone](#) have created two new bite-sized curriculum-linked activities to support 11-16 year-olds in dealing with worry and unhelpful thoughts.

These short, flexible resources are underpinned by the **five ways to wellbeing** and cover the mental wellbeing strand in **Relationships and Sex Education (RSE) and Health Education**.

These resources include:

- Two new bite-sized curriculum-linked activities to support young people to deal with [worry](#) and [unhelpful thoughts](#).
- New resources help young people to build and maintain good connections, at a time when they need it most.
- A [Mind Plan](#) for teachers to look after their own wellbeing.

### Anna Freud National Centre for Children and Families: Mentally Healthy Schools: NEW WEBSITE

A new website, [Mentally Healthy Schools](#), has been developed so that everyone working in schools and further education settings can find resources they need to promote mental health, including:

- [Lesson plans](#), [assembly plans](#) and other useful resources
- [Advice](#) on how to encourage children and young people to speak openly about mental health
- Top tips on understanding and responding to [mental health needs](#)
- Information in potential [risks](#) to children and young people's mental health
- Guidance and tools for developing a [whole-school approach](#) to mental health, including staff wellbeing.

All information, guidance and resources on [Mentally Healthy Schools](#) has been quality assured by experts, meaning that all the resources you need are at your fingertips, and you know you can trust them.

Please visit [www.mentallyhealthyschools.org.uk](http://www.mentallyhealthyschools.org.uk).

## Training Opportunities

### Supportive courses and family learning (learn with your child)



[Acorn Training](#) offer courses including 'big confidence little anxiety', 'supporting your children to catch up in school', 'creative craft and play with your children' and 'baby massage'. There are also employability courses and help with finding work.

Find out more and view the adult spring and summer courses 2021 catalogue at [www.acorntraining.co.uk](http://www.acorntraining.co.uk)

### Staffordshire Community Learning Service



[Staffordshire Community Learning Service](#) has a range of adult learning courses available throughout 2021. The courses are available for Staffordshire residents aged 19 or over. There are a range of easy to access online courses. There are courses available to support health and wellbeing, family learning, and digital skills including internet safety.

Visit the website at <https://staffordshirecommunitylearning.org.uk>

### Coping with Changes: Social-Emotional Learning Through Play



Learn how to provide playful and engaging social emotional learning (SEL) support to children affected by Covid-19 disruption.

The LEGO Foundation

This programme will introduce you to mental health and psychosocial support (MHPSS) and SEL strategies, explore stress management strategies that will support children and consider the potential long-term effects of crises on a child's social, emotional and cognitive development.

It is free, takes about nine weeks to complete, with two hours study per week (the learner can complete this at their own pace), and no previous qualifications are required. Visit <https://www.futurelearn.com/courses/coping-with-changes> for more information and to enrol.

### Psychological First Aid: Supporting Children and Young People



[Public Health England](#) has launched a new Psychological First Aid e-learning on supporting children and young people in emergency and crisis situations via the [Future Learn](#) platform. This programme is aimed at professionals (including education staff), volunteers and members of the public interested in supporting the psychological wellbeing of children and young people during and after the pandemic and other potentially traumatic or stressful incidents.

It is free, takes about three hours to complete (split into three sessions that the learner can complete at their own pace) and no previous qualifications are required. Visit <https://www.futurelearn.com/courses/psychological-first-aid-for-children-and-young-people> for more information and to enrol.

## Young People and Their Mental Health

[Future Learn](#) offer an introductory course, designed for young people aged 14+, introducing the concept of mental health and discussing why young people are more vulnerable to mental health concerns.



Learn about a range of mental health concerns, including depression, anxiety, eating disorders, autism, ADHD, substance abuse, antisocial behaviour and psychosis.

It is free, takes about ten hours to complete (split into five sessions that the learner can complete at their own pace) and no previous qualifications are required. Visit <https://www.futurelearn.com/courses/young-people-mental-health> for more information and to enrol.

### Feeling confused? Below is a summary of who can access which service (of those featured above):

CAMHS (child and adolescent mental health support)	C&YP up to the age of 18. Self-referrals may be made by C&YP and parents / carers (where available) or by GPs, school nurses, schools and teachers, local support teams and counselling services.
Emotional Health & Wellbeing Service (Action for Children)	C&YP with mild to moderate emotional / behavioural difficulties around emotional wellbeing C&YP aged 5-18 (up to 25 for those with EHCPs / 'looked after' within Staffordshire, excl. Stoke-on-Trent)
Reading Well and Shelf Help – local libraries	Reading Well is for any child aged 7-11 years. Shelf Help is for any C&YP aged 13-18 years. Available at libraries within Staffordshire.



Cannock Chase Clinical Commissioning Group  
East Staffordshire Clinical Commissioning Group  
North Staffordshire Clinical Commissioning Group  
South East Staffordshire and Seisdon Peninsula Clinical Commissioning Group  
Stafford and Surrounds Clinical Commissioning Group  
Stoke-on-Trent Clinical Commissioning Group

## Health & Wellbeing Scrutiny Work Plan

Work Plan 2021 – 2022		
Work Area Themes for the Year		
<b>1. Mental Wellbeing</b>		
Topics	Target Meeting	Additional information
Community mental health services transformation – pathways to care in Tamworth	13 <sup>th</sup> July 2021	Invitation extended to Assistant Director Partnership & representative of Midland Partnership Foundation Trust
Leisure Services	date to be confirmed	
Substance abuse / addiction		
Young people’s experiences in Tamworth		To capture the working groups learnings
Loneliness / isolation		
<b>2. Homelessness</b>		
Topics	Target Meeting	Additional information
Overview of services available to rough sleepers / homeless people in Tamworth		Suggested invitation to representatives of Heart of Tamworth and/ or other relevant voluntary organisations
Housing Allocations Policy – post implementation review		Suggested invitation to Assistant Director, Neighbourhoods
Other suggested topics for Committee consideration		

Green and open spaces		
Attainment and Skills in Tamworth		
Specific topics to feed in to Staffordshire County Council (separate from main Themes)		
Topic	Date of planned Staffs consideration	Additional information
Access to GP Services in Tamworth	5 July 2021	Experiences locally, including barriers to access and access to Long COVID clinics
Wider determinants of health in Tamworth, including diet / food vulnerability / healthy eating / social prescribing		Extend an invitation to voluntary sector to understand current initiatives eg Community Together CIC
Strategic Transformation Programme (STP)		To tie in with County consideration when dates for County consideration known
Possible Working Group topics		
Armed Forces Covenant		Understand the current Staffordshire wide and Tamworth position

Upcoming Health & Wellbeing Scrutiny Committee Meetings
13 <sup>th</sup> July 2021
23 <sup>rd</sup> September 2021
19 <sup>th</sup> October 2021
20 <sup>th</sup> November 2021



25<sup>th</sup> January 2022

29<sup>th</sup> March 2022

**Upcoming Relevant County Council Meetings**

**Health and Care Overview and Scrutiny Committee – Staffordshire  
County Council**

- 5 July 2021
- 9 August 2021
- 13 September 2021
- 25 October 2021
- 29 November 2021
- 31 January 2022
- 15 March 2022
- 19 April 2022

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