



Child Health & Wellbeing Network

We need more than a network.
Help us create a movement.

An overview of the emerging work and
how you and others can get involved
to shape the system for better.

Why this is important

What better way to improve the health and wellbeing of our region than by focusing on its Children and Young People; they are the future!

Evidence shows that childhood experiences directly influence our adulthood.



A low birth weight baby - five times more likely to die as an infant than those of normal birth weight.

BMI

One in four children are overweight or obese when they start school which puts them at greater risk of poorer school attainment, emotional difficulties, of cardiovascular disease and diabetes in later life.



A child's early development score at 22 months is an accurate predictor of educational outcomes at age 26 which in turn is related to long-term health outcomes.



Adverse Childhood Experiences (ACEs). Experiences in early life are increasingly being recognised as having a lasting effect on adult health.



75% of all mental health problems are established by the time someone is 18.

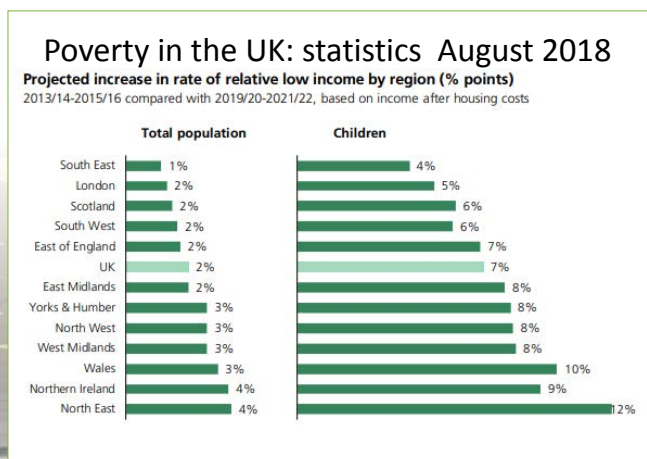
An equally powerful reason to focus on Children and Young People (CYP) are the poor statistics from across our region which begin to illustrate some of the challenges our young people face and the inequalities we must work together to address:

- In Middlesbrough the conception rate below the age of 18 is **double that of the England average**
- In Sunderland the breast feeding rate at 6-8 weeks is **just over half that of the England average**
- In Darlington the rate of admission to hospital for unintentional and deliberate injuries to children (0-14) is over **50% higher than the England average**
- In Northumberland Hospital the rate of admissions as a result of self harm (10 – 24 yrs) is **over 50% higher than the England average**
- In South Tyneside the rate of admission episodes for alcohol-specific conditions (Under 18s) is **three times the England average**
- In Carlisle, Eden and Copeland the excess weight levels at reception are the **highest in North Cumbria**
- In North Yorkshire hospital admission as a result of self harm (10-24yrs) are well above the regional and England average
- With the strong correlation between poverty, health and wellbeing and over 20% of children in the North East live in low income families rising to over a third in Middlesbrough.

‘A lot of people have thoughts and opinions but may feel like they do not have a voice.’

‘I want somewhere where people will care and safeguard me when I am vulnerable. It would be great not to have to fight to access services and provision. Money should be the last reason why I am not supported.’

Comments from Children and Young People Survey 2019



Feargal McGuinness
(2018) House of
Commons Library:
Briefing Paper:
Number 7096, 31
August 2018: Poverty
in the UK: statistics



Our purpose

Our network works towards its agreed vision "In the North East and North Cumbria we believe all children and young people should be given the opportunity to flourish and reach their potential, and be advantaged by organisations working together."

Meet some of our Network Leaders...



Dr Mike McKean is our Clinical Leader. He is Consultant in Paediatric Respiratory Medicine and Clinical Director for Great North Children's Hospital.



Greg Everatt is our Commissioning Advisor



Heather Corlett is our Programme Manager and Engagement Advisor



Dr Ria Willoughby is our Paediatric and General Hospital Advisor



Prof Chris Drinkwater is our Voluntary Sector Advisor and Advocate for the arts and wellbeing and a retired GP



Gill O'Neill represented North East Directors of Public Health



Helen Watson is our Local Authority Advisor



Suzanne Thompson is our Advisor link into the Maternal and Perinatal Mental Health Clinical Network



Emilia Soulsby is our Project Manager and Education Advisor

Emily Henderson represented the CYP Mental Health Clinical Network

'Is childhood in Britain in crisis? The answer is an unequivocal 'yes' as distilled in my hard-hitting analysis in my book 'The British Betrayal of Childhood' <https://www.routledge.com/The-British-Betrayal-of-Childhood-Challenging-Uncomfortable-Truths-and/Aynsley-Green/p/book/9781138297920>

Our public and political attitude to the importance of children in society, the ephemeral nature of government policies, the failure of effective advocacy for the best interests of children, and the existence of bunkers and silos in and between children's services all contribute to the dismal outcomes for so many children across health, education, social care, justice and poverty. A 'paradigm shift' is needed in a 'two pronged' approach encompassing effective political advocacy alongside local communities taking responsibility of the nurture of their children.

The Children's Health and Wellbeing initiative across the North East and North Cumbria is a stunning example of how a small number of motivated colleagues are working with 'the willing' to drive forward a new approach to considering steps to improve the lives of children and young people in their families and communities.

It has my unreserved support, it should be celebrated and deserves to succeed as a national example what can be done through effective leadership alongside a realistic vision for the future.



We cannot to continue to fail so many children as we have done until now!

Professor Sir Al Aynsley-Green Kt

Our Priorities

In the initial engagement phase, three residential meetings with our core leaders mapped out the strategic direction. Three regional events (each attended by 120-150 people) enabled that direction to be tested out and refined. Engagement work connected with over 1000 professionals and children and young people to define the priorities on which the network should focus.

Voice of the Child and Young Person

Throughout the engagement phase the voice of the child and young person and family has strengthened at each step. It will continue to develop as a key strand in our planning phase to develop a new Charter. We were so well supported at our regional events by local young people with some listed below:

- Children in Care Council Regional Ambassadors
- Sunderland 0-19 services users
- St Thomas More R.C. Academy and the Children in Care Council Regional Ambassadors have been part of our events and helped chair our celebration event in June
- Marden Bridge Middle School, Bridgewater School, St Thomas More R.C. Academy and William Howard School have all been at our events
- Priory Wood School and Beverley School orchestra's performed for those at our May event



Health and Wellbeing Board Priority Alignment

To ensure our work aligned with the region's Health and Wellbeing Board's priorities, a mapping exercise was conducted across available literature and reports. Extremely high alignment across the Region was demonstrated, with a few potential gaps, which are/were largely incorporated within the wider work of the network.



Health Wellbeing Strategy Alignment

Our priority wheel from your feedback

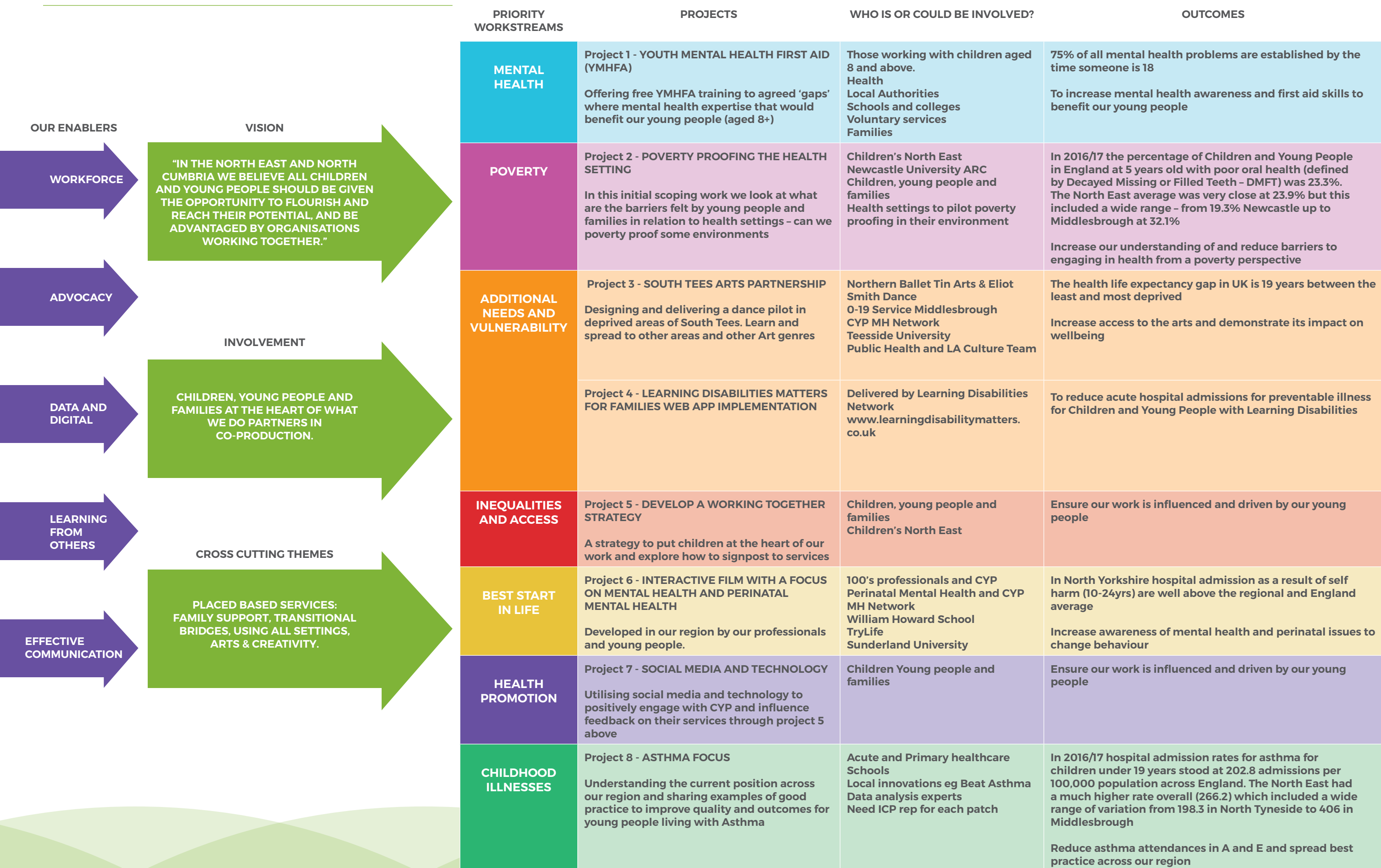
Over 1000 professionals and young people defined the networks priorities which also encompass the NHS Long Term Plan commitments.

The priorities are represented in the wheel opposite include important cross cutting themes and enablers. Unique to our region is the focus on those living in poverty, Mental Health was a key priority to both professionals and Children and Young People.



Our Top Professionals Priorities are... Professional survey (Feb 19) (n=497)	Our Top Children and Young People priorities are... CYP feedback (April 19) Both focus groups and survey (n=600) approx
Mental health	Mental health and wellbeing
Poverty - children living in low income families	Being physically healthy
Children with additional needs (learning and physical disabilities)	Having enough money to make healthy choices/reducing poverty
Health promotion and prevention of illness	Ensuring that young people are prepared for adulthood
Equitable access to services including mental health services	

Child Health & Wellbeing Network Plan on a Page 2020/2021





We need you to help us make a difference

Following the engagement phase we are now in the important planning and implementation phase. Our plans are based on the network's priorities, and have started to be delivered across the North East and North Cumbria. No network can deliver the changes needed to make a quick enough difference to the children in our region – we need a social movement to drive this work through at pace to make sure we can do as much as we can as early as possible.

To achieve our aims we need individuals committed to improving the lives of the children they work and live with to join us and get involved in this work. We need individuals from all types of organisations, paid and unpaid from the newest members to the most senior including the business sectors too!

Get Involved Today!

Please contact us via england.northernchildnetwork@nhs.net and tell us what project in our plan on the page you are interested in getting involved with, and we will link you in with someone to talk to about the work.

'Whatever you do, do all you can. I believe in you guys, and I hope everything goes as well as it can.
Good luck to you all.'

Local young person's message to the network