

CTSI Children and Families Forum

June 9, 2017, Home-Start

Attendees:

Maggie Brown – Action for Children Tullibody Families, Dave Budd – Volunteering Matters, Dianne Cherry – Clackmannanshire Council, Dave Cooper – Home-Start, Susan Kennedy – NHS Forth Valley, Anthea Coulter – CTSI, Jo McCorriston – Central Carers, Linda Rickard – NHS Forth Valley, Liz Rowlett (Chair) – CTSI, Chris Sutton – Clackmannanshire Council, Andy Williams – Central Advocacy Partners.

Apologies:

Kaye Hills – Clackmannanshire Council, Maria Malcolm – Play Alloa

Updates:

There was a general update:

Central Advocacy has a parent's network. They are making a film this year about parent's experiences. Action for Children has a father's network.

Susan Kennedy does training in nurseries and activities around food.

Dianne Cherry is from the Council Education department and is the Improving Outcomes Engagement Officer. She has worked for Falkirk Council supporting parent councils.

Linda Rickard is a school nurse.

Dave Cooper has just joined Home-Start as Senior Co-ordinator.

There was a short discussion about priorities and strategic planning.

- Strategic Plans – local issues include poverty, with women in work poverty as an emerging theme; teenage pregnancy.
- Business jobs and skills side of community planning has a more inspiring agenda, which includes breaking intergenerational poverty
- **Local Outcome Improvement Plans (LOIPS)** will focus on South and East Alloa. They will look at inequalities between communities. Tillicoultry has lower SIMD (Scottish Index of Multiple Deprivation) and Muckhart is feeling the impact of lack of transport.

LOIPS might focus on four outcomes. They will include women, children and families. It will be key for third sector organisations. Local authority has already tried to look at why there is such a high level of **looked after children**.

There will be 1,3 and 10-year plans.

There will be consultation on the LOIPs. The third sector will need to feed into the key actions. There is a tight timescale as the sign off date is October 1 (Scottish Government requirement).

- In Falkirk they are looking at substance misuse, women and health inequalities.
- Clackmannanshire has an ageing population that needs to be captured. There is an issue of older people in poverty – their experience will be different to that of younger people.

Realigning Children's Services

Chris Sutton from Clackmannanshire Council gave an update on Realigning Children's Services (RCS).

- There is a shift in focus from crisis intervention and national government outcomes: Strapline is **transforming children's futures**.
- Information is available from the survey work and individual school level reports.
- Most children say that they are happy
- Language might change from abnormal/ borderline/ normal. People are not comfortable with this and we have a growing number of children in the "abnormal" category.
- Data is different for girls.
- Smoking rates are higher, particularly for S1 -S4. NHS is encouraging vaping as an alternative. Exposure to second hand smoke is exceptionally high. Youth services has carried out a survey recently.
- Alcohol rates are higher for S4
- Drew Sinclair (Police) has been talking about some work on social norms. Volunteering Matters is interested in local trends. There was a controversial survey in Perthshire and Renfrewshire around drugs. The Clacks survey was more detailed on sexual behaviour. In In Falkirk parents were more worried about the poverty questions.
- Clacks had a high rate of parental participation. There has also been a parent's survey.
- Bullying affects a significant minority with consequences for health and well-being.
- There's a clear message that we need to improve attainment and that it has to be linked to well-being.
- Some one in six children in S1 identify as carers. Those living in the most deprived quartile are more likely to be carers and there are related gender

differences. Action for Children has noted high number of carers it has come across in Dundee.

- Eating with your children another emergent issue. Action for Children runs the C-Café and NHS Forth Valley will be doing some more training. Action for Children are going to run a 6-week programme for children and fathers on healthy eating.
- There is a school nurse pathway.
- Realigning Children's Services report is a partnership report.

Children's Services Plan is going out to consultation.

- How measurable will the actions be? There needs to be some more work. NHS has been involved.
- In terms of RCS the school surveys will inform delivery plans so that investment goes to the right place.
- Looked after children is a high spend area. Now we need to consider how to change this and focus on earlier preventions. There has been a foster carer campaign. Supporting kinship carers is also important. The Carers Centre in Falkirk has seen an increase in young carers who are now looking after their kinship carers as they have grown older.
- Third sector should consider consortium approach
- NHS has small grants for food-related activities and Community Food and Health Scotland has funding. There is also the Health Start Scheme, which includes food vouchers.
- CTSI has a huge bank of volunteers. The tapestry has brought more people into contact with us.

Round up/ Knowledge exchange

- School health – direction is changing and they are looking at bringing the school nurse pathway in to practice. The key areas are emotional health and well-being, young carers, child protection, mental health and youth justice.
- Dave Cooper is getting to know services and highlighted key input of volunteers. Some people are reluctant to get involved with the statutory sector.
- Carers' Centre are committed to supporting children over the age of 8. There is an issue of what support is available for young carers when they reach 18 and some young carers aren't identified until they are late teenagers.
- They are gearing up for the **Carers Act**, which will have a huge impact on schools. They are hoping to get the high schools in Clacks and Falkirk to have young carers champions. The Children's Services Plan has a specific action on this. The Carers Centre has had referrals from schools and will be able to look at which schools don't refer.

- Definition of young carer has changed to someone affected by looking after an adult rather than someone providing care. It's a different focus and includes the emotional impact. It might include a child being able to have a phone in class.
- Central Advocacy has made a couple of films, which are on line, about parenting. Andy is currently working on one about the process of deciding to have a child. Many people are childless. Advocacy is about making your decisions along the way and when you are confronted by permanence, looking beyond. Some 20% of parents they work with have experienced abuse/trauma.
- Action for Children's C-Café will run over the summer. Activities will include gym sessions, young fathers' network, physical activity and working on issues such as substance misuse.
- Volunteering Matters are currently running a befriending service, Help at Home and Handy person service. They are hoping to replicate a young person's befriending project that is run in North Lanarkshire. It also includes healthy eating. They have not yet secured full funding. VM is starting a pilot as part of the **Community Justice** work currently happening in Clacks and will be recruiting mentors. The project will be a test of change for four or five young people who have been involved in community payback. They are looking at people who are particularly at risk of offending and are considering the referral pathway.
- Susan has some great resources and drew attention to an adult tool pack called **mini steps** to help people manage their diet.

