



North East and North Cumbria Child Health and Wellbeing Network Newsletter Autumn 2021

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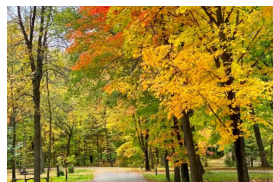
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Letting members know how we are doing and extending our reach



Wishing everyone a
Happy Diwali 2021

Welcome to our Autumn Newsletter



This is an update sharing the current work of the Network, and helping to build connections by sharing information, resources and links to what's going on in our region.

Please share this newsletter with colleagues and encourage them to [Join our Network](#)



The Network's Autumn Newsletter edition goes out to our new Digital Marketing Apprentice, Faye.



Faye joined our Network in September and will have a key role in supporting the data and digital workstream and will be one of our diving forces with these projects. We are lucky to have Faye who can bring to the role her Health and Social Care knowledge together with her current learning around Digital Marketing. Faye is being supported by Network colleagues and Emma from North East Youth and will have lots of opportunities for learning and development, as well as bringing her much needed knowledge and skills to the team.

Great News for us all, hear more from Faye on page 2



Autumn Update

We have been really busy since the last edition, working on the projects and programmes already underway with our partners and stakeholders. As well as this, we have been undertaking recruitment and we have increased the capacity and skills and knowledge mix within the Team. There have been a number of clinical and non-clinical appointments to enhance the Team. Look out for the pen portraits of our new recruits on throughout the Newsletter as we welcome the new members to the Team. Watch out for the Winter Newsletter where there will be more updates about the progress of the projects we are all working on and the differences that we are making for Families in the North East.



Welcome to New Team Members

The NENC Child Health and Wellbeing Network recognised the need to add to its numbers to be able to progress the work to support delivery of our diverse portfolio of projects in a meaningful way across our wide geography. We have recruited four new staff members to join the existing team of Mike, Heather, Emilia, Lynne and Karen. Our new recruits have been welcomed to the team since September 2021. Our new recruits have shared a short 'About Me' summary so you can get to know the new members to the team.

Faye Falcus
Digital Marketer Apprentice
NE Youth
faye@neyouth.org.uk



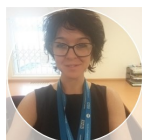
"My name is Faye Falcus. I'm a digital marketer apprentice for the North East and North Cumbria's Child Health and Well Being Network; also working in partnership with NE Youth. I have just finished my third week.

I live in Wickham with my mum, dad, sister and little dog called Alfie; my family are very important to me. In my free time I love to go out and spend time with my friends, go on walks with my dog and also spend time with my family.

When I was in school, from year 10 to year 11 I studied Health and Social Care for GCSE. At Sixth form I studied Triple Health and Social care and got triple distinction star. I have had previous work experience linked with my health and social care studies. I had experience in a primary school and at a day centre for adults with learning disabilities and mental illnesses.

As the new digital marketer apprentice, I hope to attract more people to be involved in and get to know more about the North East and North Cumbria's Child Health and Well Being Network."

Louise Dauncey
Network Development Manager
NENC Child Health and Wellbeing Network NHSE/
louise.dauncey1@nhs.net



"I'm Louise, new in post with the CHWN as a Network Delivery Manager. My office base will be at The Old Exchange in Darlington but will work flexibly.

A bit about me then, I am mum to a very fiery 2 year-old girl and I live in Hartlepool with my fiancé and our big black lab. We love the outdoors and our favourite things to do are going for walks or bike rides and when I get time on my own I like trail running.

In terms of my professional life, my background is health and social care commissioning since 2005 predominantly Adults Learning Disability and Complex Needs and then in 2015 I took on the role and responsibility for commissioning Children's Services and Special Educational Needs and Disability. I moved from Local Authority commissioning to the NHS in 2016.

In my new role with the Network I will lead the work around CYP Transformation and also have a leadership role, alongside clinicians, relating to the implementation of the Asthma Bundle across the ICS.

I am passionate about ensuring services are responsive to need and that families receive support that ultimately makes their lives and experiences better. I have high aspirations for our populations and strive to uphold these values.

I really look forward to working with you."

Anne Jones
Senior Admin—Data and Digital
NENC Child Health and Wellbeing Network NHSE/
anne.jones2@nhs.net



"I live with my family in a beautiful part of Northumberland, Stocksfield. The area provides me with the best of both worlds; stunning countryside and lots of shops.

In 2018 I joined the NHS, a place where I had desired to work since being young. I tried unsuccessfully to become a RGN nurse when I was 18 years old. Disappointment took me onto a different path of computing, leading to a degree in accounting and computing. I used the knowledge and skills to set up business as well as working different organisations. These included Groundwork NE where I worked on a four year project call the Land of Oak and Iron. When the project came to an end I took up a role in Gateshead QE Hospital where I joined in a clinical area and went on to become a Project Support Officer for QE Facilities a subsidiary company of Gateshead NHS Foundation Trust. The role has provided me with fabulous knowledge, experiences and insight into the NHS.

My ethos through life is to help others achieve their goals sometimes in spite of their circumstances. This has led me to the Child Health and Wellbeing Network. In the position of Senior Administrator for the Network I will use all the skills gained from my work and life experiences, and look forward to taking on new challenges"

Laura Cassidy
Network Development Manager
NENC Child Health and Wellbeing Network NHSE/



"I have two children a Daughter 11 and a Son 17, that keep me very busy along with a 17 month old Cockapoo called Cooper. I enjoy training regularly and getting out for long walks.

My career started out in Sports Development back in 2003 at Redcar and Cleveland Borough Council as an Active Health Motivator engaging people of all ages in physical activity. I have 18 years' experience working in the field of health improvement and public health. I then moved on to Sunderland Teaching Primary Care Trust in 2005 into a similar role. In 2007 I took a role as Health Improvement Practitioner for Health Communities Collaborative Cardiovascular Disease in South Tyneside and then in 2011 I moved to the role I have just left where I was Public Health Practitioner for Risk and Resilience. Within this role I had commissioning responsibility for the Sexual Health Service, Youth Drug and Alcohol Service, Outreach Programme for Healthy Relationship and RSHE Co-ordinator Function. I also led on a programme of work called Healthy Settings working with Secondary Schools taking a place-based approach. I also led on a number of other work streams to support reduction in teenage pregnancy and under 18 alcohol related admissions.

I have vast experience of partnership working with key partners to improve outcomes for children and young people and in my role worked closely with, primary and secondary care, children's services, education, schools, and colleges, 0-19 services, voluntary and community organisation and police.

I feel that I bring to my new role as Child Health and Wellbeing Network Manager public health knowledge and experience of health inequalities, and the strong partnership working skills and passion for making a difference for children and young people and their families"

We are currently recruiting a Communications Lead within the Team who should be in post hopefully by the New Year, look out in our Winter Newsletter for updates and an introduction to the successful candidate.



Welcome to our Education Advisors

The NENC Child Health and Wellbeing Network has appointed a number of well respected clinical and wider staff members from a range of disciplines to support the team.

These individuals will support the Network from a leadership and advisory capacity on a short term basis to make sure that the work that the Network progresses is able to be impactful at local level for our families, remains compliant with NICE Guidelines and industry regulation and good practice. We want all of our work to be joined up across the wider system and our clinicians will support us with this.

Leads and Advisors who have been appointed to specific clinical services or defined projects have been introduced and welcomed within the main body of the Newsletter. This page is dedicated to the Education Advisors who will be working across most of the projects and all of the work of the Network.



Kate Swaddle

Professional Advisor (Lead): Education

"I'm delighted to work with the NENC and Child Health and Wellbeing Network and am seeking to develop initiatives, support structures and communication between the health and education sectors"



Calling All Education Settings, Schools and Early Years Providers....

Are you signed up to the Child Health and Wellbeing Network? If not, please click [here](#) to register.

We are looking forward to sharing information about our work with you and to get settings involved with our exciting projects.



Lyndsey Ormesher

Professional Advisor: Education

"A healthy child is an achieving child in every sense! We know children don't live in isolation and there are many different factors that influence children's health and well-being. We have a real opportunity to see how we can work together across health and education to make a difference to children, young people and their families and I am really looking forward to learning from the great work that is already happening and exploring how we can build on this further"



Toby Quibell

Professional Advisor: Education (and Social Prescribing Advisor)

"I am very pleased to be working with the Northern Child Health and Wellbeing Network as it reaches out to all parts of the Region. I am proud to be part of the North East's tradition of aiming to put the child front and centre of the delivering services and I hope I can contribute to the social, emotional and educational development of children through this role."



Emilia Soulsby

Professional Advisor: Education

"I am really excited to be part of the Educational Advisor Team and help support the work of the Network in schools and educational settings. Children and Young people are the heart and centre of all the work we do and by working across sectors we can share best practice to improve their health and wellbeing"



Network Roundup

An update of what's happening in the Network



Trylife Interactive Film and Trylearning Online Resources

What is it?

Our powerful, interactive film that enables young people over the age of 13 to explore hard hitting, real life experiences, choosing the outcomes and learning from that experience. This tool is now freely available through the Child Health and Wellbeing Network. We have commissioned the film for our Network Members which also enables access to the Trylearning element of the package as well as other film episodes which Cover a wide range of topics that impact on young people .

Types of services that could benefit from this resource?

The William Howard School in Cumbria, commissioned this work on behalf of the Network and we feel it will be of huge interest to anyone working in schools, colleges, universities and young people facing roles such as youth work, 0-19 service, education, sexual health, midwifery and IAPT.

Three, Two, One..... We have Lift Off!

The Child Health and Wellbeing Network are really pleased to announce that the interactive film "Jessica's Story" successfully launched on 10th October 2021 to coincide with World Mental Health Day, promoting perinatal mental health issues and challenges for young parents. Our launches were both online and face to face so a huge thank you to the University of Sunderland for hosting online and Middleborough College for hosting us face to face!

A huge 'Shout Out' to all the Trylife Cast and Crew who made

the film possible and also for their participation and support at the Odeon Launch. We very much enjoyed the interactive discussion following the feature film. Thanks Guys!!



Unfortunately due to unforeseen circumstances the William Howard School launch , originally planned for 14th October has been postponed until 4th November. To register to attend this postponed launch please [click here](#).

The main launch event was held at the Odeon Cinema, Metro Centre in Gateshead which was a fantastic occasion and well attended by nearly 80 people, including Neil Halford, the Medical Director for Gateshead NHS Foundation Trust.

On 29th September, prior to the main launch event CHWN and CNE hosted an online Exclusive Preview Evening film showing which was well attended by a number of Young People who were resoundingly positive.

I really enjoyed the premier of Jessica's Story - so first of all a huge congratulations and thank you to all involved in its production. It felt well-researched, produced and absolutely surpassed my expectations. Clare Aspray, Young Advisors,

We be hosting an online Huddle on the 15th of November 10-12 where Paul, Creative Director from Trylife will share with us an overview of the Trylife and Trylearning Resource and how to use this to support the learning of the young people you work with. To book your place [Click Here](#)



University of
Sunderland

Trylife



WILLIAM
HOWARD
SCHOOL



North East and North Cumbria's
Child Health & Wellbeing Network

Episode 6—Jessica's Story is available now—[Click Here](#) to access more information on Trylife and the full suite of films



Network Roundup

An update of what's happening in the Network

Centre for Integrated Care : Virtual Hub

As far back as April 2021 the Child Health and Wellbeing Team developed an exciting proposal for the integration and fusion of organisations, resources, expertise, knowledge and services for Children and Young People.

As the largest ICS nationally with the highest poverty levels outside London (and the highest growth rate of child poverty in the UK) we recognised the need to deliver **multiple integration models** at pace to benefit the large and growing numbers of disadvantaged young people in our region.

Initially there are three main strands of work that will sit within the Centre for Integrated Care:

- Beat Asthma and Breathe
- Link Workers Social Prescribing (Zone West Model)
- Healthier Together

The CHWN has been lucky to engage a number of Clinical / Professional Leads and Advisors to support with these projects and who can dedicate some of their time to progression of these areas and for support into the Network more generally. You will see that these individuals have been introduced throughout this Newsletter in the relevant sections linked to their expertise., for example Toby Quibell is acting in this role but is introduced on page 3.



Jess Hollingsworth—Clinical Lead: Social Prescribing

Dr Hollingsworth is a GP Partner in Middlesbrough, with a passion for social prescribing, personalized care and community engagement

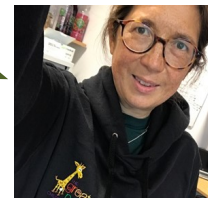


Clare Crow —Professional Advisor Social Prescribing

I am absolutely thrilled to be appointed as Social Prescribing Advisor within the Child Health and Wellbeing Network; and with the opportunity to direct the passion, knowledge and skills honed at Zone West, to support the development of social prescribing services in Tees Valley.

Emma Lim- Clinical Advisor: Healthier Together

"I am excited to take up the new post as co-lead in the healthier together project. I believe this project can provide much needed central point for children's health information and give everyone from parents, to primary care, multidisciplinary staff and doctors, an invaluable integrated regional resource."



Christopher McKie : Clinical Advisor Healthier Together



"A northerner born and bred, I currently work as a Consultant in Paediatric Emergency Medicine for South Tyneside and Sunderland NHS Foundation Trust. I am passionate that all children and young people have access to high quality acute care; and that this is provided at the right time and right place."

Alex Battersby : Clinical Lead Healthier Together



"I am a consultant paediatrician at GNCH having trained in the North East in paediatrics and paediatric immunology and infectious diseases. I am passionate about guidelines and pathway development and am very excited at the initiation of healthier together. My particular areas of interest are in infection, immunosuppression and social prescribing – so quite an eclectic mix! Outside of work I love running so any excuse to introduce that into healthier together will be a bonus!"

Deva Venkataraman: Clinical Advisor: Healthier Together

"I have been a consultant paediatrician at South Tees Hospitals NHS Trust since 2013. I have a particular interest in Quality and Service improvement and am delighted to join as Clinical Advisor with the ICS NENC Healthier together team to deliver the digital platform to empower patients and families with knowledge/ information to support self-care strategies.

I am passionate about providing patient centric, innovative and high quality care and have been involved in various quality improvement projects locally in Allergy Services within the South Tees Trust as well as with the CCG. I look forward to supporting this crucial work via the Healthier Together project"



A huge welcome from the Child

Health and Wellbeing Network goes out to Laura Cassidy, the new Network Delivery Manager who will be taking this exciting and innovative work forward . Cant wait to get started !!!





Network Roundup

An update of what's happening in the Network

Health Inequalities

Health Inequalities is a theme that runs throughout the work of the Network and is of paramount importance in the North East and North Cumbria due to the socio-economic pressures and local demographic,

Facts of Life for Children in the North East was a project to gather and collate a wide range of research and data available to create a whole picture of the state of Child Health in the North East and North Cumbria.

The project was commissioned by the NENC Child Health and Wellbeing Network which was delivered by the North East Quality Observatory Service (NEQOS)

The resultant data is now a publicly available resource to articulate and demonstrate the realities of life for children and young people in the North East, and also to provide a baseline for impact monitoring. To download the final report, click [here](#)

The Facts of Life report was shared with Network Members at the Huddle on 28th September 2021 (for more information about this see page 8 of the Newsletter) and was officially launched online on 20th October 2021.

There are longer term plans to officially recruit to a managerial leadership post within the NHSE/I within our Network to retain oversight in relation to Health Inequalities projects. In the meantime, whilst this is being progressed however the CHWN has recruited a number of Clinical / Professional Leads and Advisors to support the Network in relation to the multiple programmes of work across the system and across the NENC geography. It gives us great pleasure to introduce them here in this edition of the Newsletter.



Jenna Charlton

Professional Advisor: Health Inequalities

"As a developmental psychologist and speech-language scientist my passion is for all children to have the best start in life and become active contributors within their community"



**Luke Bramhall :
Professional Advisor : Health Inequalities**

"I am delighted to continue working with colleagues as part of the CHWN as Inequalities Advisor. Across NENC communities continue to face great inequalities as highlighted in our Facts of Life publication and I am privileged to be able to explore how we can work together to ensure we can create a society where all babies, children and young people can thrive."

Dr William Tasker

Clinical Advisor: Health Inequalities

I am a Paediatric Registrar. I currently work at the University Hospital of North Durham but have worked across the North East during my training so far.





Network Roundup

An update of what's happening in the Network

NHS Charities Together : Tackling Inequalities for Children

The Network working in collaboration with multiple partner VCSE organisation has been successful in securing funding from NHS Charities Together through a bidding process earlier in 2021. The funding was granted on the basis of a project proposal bringing together a broad range of expertise for our holistic 'Tackling Inequalities for Children' (TIC) programme

Driven by NENC CHWN, organisations will work in partnership across sector boundaries, combining skills, knowledge and expertise to tackle health inequalities and will support to limit the collateral damage that Covid-19 has caused.

CHWN membership across Health, Education, VCSE and Social care, coupled with a robust children and young people voice, have defined the most urgent areas of support post Covid; these are Poverty, Mental Health, Family Support and Communication. The NENC region as a whole has a higher proportion (29.4%) living in the 20% most deprived areas of England than the national average (20.2%). Young people and families facing multiple disadvantages, poverty, poor mental health and family breakdown, are the target audience for TIC

The TIC Project is governed and project managed by CHWN with CDDFT Charity financial co-ordination. This project management capacity will also be supported by a Marketing and Communications apprentice, based within NE Youth, working closely with teams, delivering health promotion opportunities to children and young people regionally in an accessible and relevant format.

Two core areas that this project will deliver:

- ⇒ Regionwide focus on systemic driven health inequalities
- ⇒ An innovative cross sector project offering wrap around delivery within a defined locality.

Regional work will be led by Children NE, whom with CHWN will deliver a regional solution, with innovative health inequality programmes, focusing on Poverty proofing and Mental Health training. The consortium will work with key partners including schools, health organisations and VCS groups, for example North East Youth.



A shout out to all the agencies working together on this project. Working in partnership is a key enabler in this programme and this is a fantastic example of collaboration which will stand the project in good stead to deliver impactful outcomes for our local families. Thanks everyone



The **locality based programme** (STAR) will be led by TIN Arts working in collaboration with Zone West, Children North East, Northern Ballet, CHWN with Teesside, Huddersfield and Cumbria Universities. They will also engage local and sub-regional assets including schools, communities, cultural organisations, local individual artists, as well as various VCS organisations to deliver a programme that is a melting pot of innovation, collaboration and co-production resulting in specific community focus and direct outcomes. The project will work with young people and families connected to schools in two severely deprived neighbourhoods

in the Tees Valley, utilising further complimentary approaches including social prescribing, family support interventions, YMHFA and Poverty Proofing. This will utilise community assets and deliver arts based innovation to support communities to thrive, whilst simultaneously generating region wide learning that can be replicated across the CHWN.



Facts of Life : Huddle

Summary of our event on 28th September 2021

On Wednesday the 28th September the CHWN hosted a Huddle about the Facts of Life for Children Living in the North East, our exciting data analysis project.

The CHWN Programme Lead, Heather Corlett welcomed a diverse range of people attending the Huddle including doctors, nursing staff, social workers, VCSE and really helpfully a significant number of representation from LA Education and SEN Services and Primary and Secondary Education setting and school staff. The Huddle was attended by over 50 delegates.

Heather gave an overview of the Network and the priorities and highlighted the relevance of the Facts of Life Project and how helpful a resource this is in relation to understanding need and measuring impact.



Facts of Life for Children in the North East was a project to gather and collate a wide range of research and data available to create a whole picture of the state of Child Health in the North East and North Cumbria.

Lorraine Hughes, Public Health Sunderland City Council chaired the Huddle. Lorraine explained that the summary of local and regional facts will enable stakeholders from across the system to access lots of really rich information to enable the prioritisation of CYP needs post COVID and drive work forward.

Lorraine then handed to Dr Jackie Gray and Paul Collingwood from NEQOS to present the report and findings in more detail. Paul Collingwood described how the report had been developed and explained that the data has been presented in the form of a report comprising indicators presented in different sections that align with the CHWN priority areas.

Chris Drinkwater (Exec Board Member), Kate Swaddle (St Stephen's RC Primary School) and Saffia Solomon (Young Person Children North East) led discussion about how the resource could effectively be used by different parts of the system .

The Chair opened up the floor for discussions and had some wonderful contributions with people exploring the ideas for its use in practice on a daily basis and asking for details about follow up and how to implement findings.

Comments from the group included the following:

"Being able to present this data to Young People who are keen to see improvements in health within their local community in an easy-to-read way, allows young people to articulate their ideas confidently. I see this as an educational resource for adolescents who are honing in their interests in healthcare at school"

"This resource will support with wide range of opportunities to utilise - from work with children, young people and families to commissioned providers as well as school profiles and joint strategic needs assessments, for example on a range of health inequalities"

"This has been very interesting and I can see this gathering of information as being an excellent resource and reference point"

"Thank you so much for this session, some really useful and interesting data. This was my first time joining the huddle and it seems a really great place to bring expertise in the area together"

For more information the [final full report](#) and the various [individual chapters](#) are available by following these links..

Look out for our future CHWN Huddles....

Trylife interactive film—15th November click [here](#) to book

Refugee Clinic/Support—24th November please click [here](#) to book





Network Roundup

An update of what's happening in the Network

CYP Transformation Programme : 10 Key Priority Workstreams

In the Spring 2021 edition of the Newsletter we gave an update about the Children and Young People Transformation Programme and identified that this was the key vehicle to deliver on the commitments of the NHS Long Term Plan. North East and North Cumbria Child Health and Wellbeing Network are an integral member of the Regional Delivery and Oversight Group and are represented by Dr Mike McKean and other members of the Team in this forum. The Regional Delivery and Oversight Group retains the ring on many of the workstreams that are highlighted as priority focus within the Children and Young Peoples Transformation Programme.

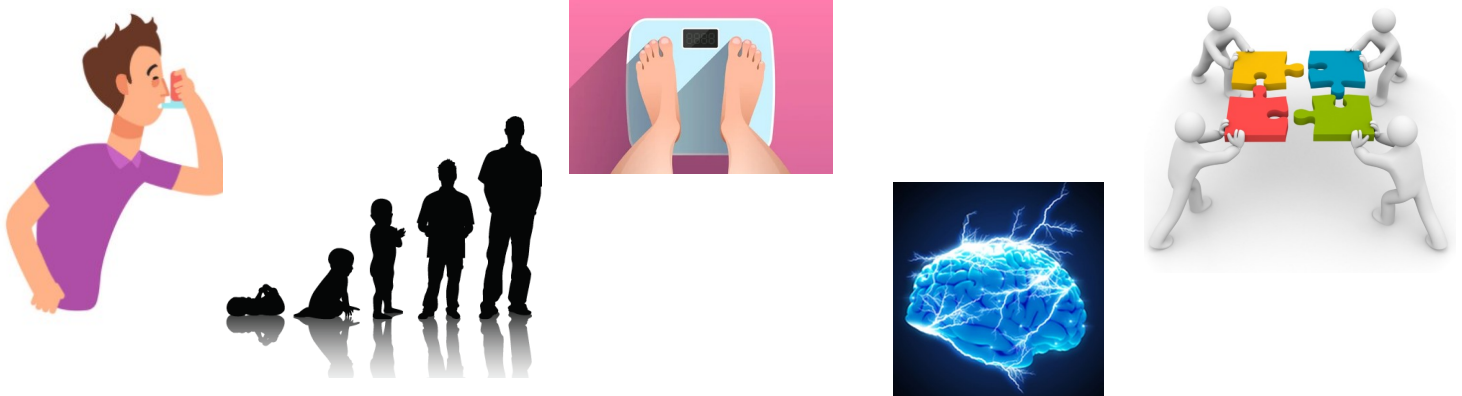
The CYP Transformation Programme will **lead change to integrate and improve** services that **include CYP** through:

1. **Integrating services** for children and young people by working with local health to develop and test integrated models of care.
2. **Improving the quality of care** for CYP with long term conditions like asthma, epilepsy, diabetes and complications from obesity.
3. **Including children and young people in national policy and programme development** to ensure that services are designed to meet the needs of CYP.

The ten key areas of work for the CYP Transformation programme are as follows:

- 1 – Integration of Services within Health and Care, led by local systems
- 2— Identifying and protecting the most vulnerable children and young people
- 3 – Evaluating paediatricians working in local 111 providers
- 4 – Developing data and informatics capacity to monitor and understand the state of child health across the country
- 5 – Spotting the deteriorating child
- 6 – Working across NHSE/I to develop a joint approach to transition and 0-25 model of care
- 7 – Launch an obesity pilot study to develop the evidence base relating to complications associated with severe obesity
- 8—Develop a national bundle to improve asthma outcomes
- 9 – Improvements in epilepsy, diabetes and other long term conditions
- 10 – Keeping children well will focus on speech language and communication needs

This Newsletter will focus in on a selection of these priorities to provide an update about work ongoing and how we are developing these areas:



Asthma—Pages 10-11
Centre for Integrated Care—Page 5
Transitions—Page 12
Long Term Conditions and Obesity—Page 13



Network Roundup

An update of what's happening in the Network

Asthma Update page 1

Exciting News All Round!

The Child Health and Wellbeing Network has appointed Dr Samantha Moss as the Clinical Lead for Asthma. Dr Sam Moss is a Consultant Respiratory Paediatrician at the Great North Childrens Hospital. Sam brings with more than 13 years experience of specialising in paediatric suppurative lung disease and childhood Asthma. Welcome to the Team Sam 😊



Dr Samantha Moss—Clinical Lead: Asthma

"I have worked with children with asthma for over 15 years and have been passionate about improving their care. I have also been involved with local and national projects including beat asthma"

As well as having Dr Moss' leadership and oversight with the Asthma programme, the Child Health and Wellbeing Network are really pleased to announce that NHSE/I have released the new Asthma Bundle on 23rd September 2021.

This is a comprehensive resource for Regional Leads, Integrated Care System Leads, Commissioners across the system, Education, Social and Healthcare Providers and Professionals.

Asthma is the most common long-term medical condition in children in the UK, with around 1 in 11 children and young people living with asthma. The UK has one of the highest prevalence, emergency admission and death rates for childhood asthma in Europe. Outcomes are worse for children and young people living in the most deprived areas.

NHS England and NHS Improvement's ambition is to reduce avoidable harm to children and young people from asthma and improve their quality of life. This will be achieved by taking a whole system approach to asthma management that includes addressing environmental triggers, a comprehensive education programme, promoting personalised care, effective preventative medicine and improved accuracy of diagnosis.



We are really fortunate to have the guidance and support of Dr Jen

Townshend, Consultant Respiratory Paediatrician from GNCH in relation to the roll out of the bundle. Dr Townshend has taken a national leadership role in relation to the development of BEAT Asthma and local implementation. Thank you.

NHS England and Improvement have been working with key stakeholders, including young people and their families, to develop a National Bundle of Care for Children and Young People with Asthma to support local systems with the management of asthma care.

The programme sets out the blueprint of evidence-based interventions to help children, young people, families and carers, to control and reduce the risk of asthma attacks and to prevent avoidable harm.

The bundle covers each of the following components based on the patient pathway and has golden threads running through relating to Asthma staff competencies and data and digital:

- Environmental impacts
- Accurate and early diagnosis
- Effective preventative medicine
- Managing exacerbations
- Severe asthma

More information and all resources can be found:

[NHS England » National bundle of care for children and young people with asthma](#)



Network Roundup

An update of what's happening in the Network

Asthma Update page 2

The launch of the Bundle has coincided with the Ask About Asthma conference 2021 which was a great and hugely informative day that took place on 23rd September and was part of a week long schedule of webinars timed specifically to support Children as they return to school (week 38) encouraging health professionals, children and young people, and their families to take 3 simple steps to manage their asthma:

- 1 – Have an asthma review every year (and after every attack)
- 2 – Ensure inhaler technique is correct
- 3 – Have a personalised asthma action plan (PAAP)

We are in the early stages of the development of credible multi agency plan to be able to roll out the bundle across the system and we have also been able to recruit in post as Clinical Advisors with a special interest in respiratory medicine and asthma to the Network to support us in the delivery of this. These advisors will work across a multitude of work areas but will be supporting with the Asthma roll out as a key priority under the CYP Transformation Programme.



Dr Ahmed Hegab

Consultant paediatrician with special interest in respiratory medicine, James Cook University hospital. Clinical advisor for Asthma, Child Health and Wellbeing network.



Dr Neelmanee Ramphul

“Working together to enable every child with asthma to thrive.”



Dr Andrew Bright

“I have lived and worked as a paediatrician in North East since 2014 and have a special interest in paediatric allergy. Alongside my clinical work, I lead a regional project called [BeatAnaphylaxis](#), which aims to improve the lives of children and young people suffering with or at risk of anaphylaxis in the North East and North Cumbria”

As well as having Clinical Advisors with a dedicated advisory role in relation to Asthma within the CHWN, we are also able to benefit from the professional expertise and relationships with Primary Care across the footprint.

Dr Vaishali Nanda has been appointed to the CHWN as a Clinical Advisor: Primary Care to be able to provide advice and ensure coherence and involvement of Primary Care in relation to the pathway and development work and to ensure integration across the region .



There is some really helpful guidance and recommendations that has been developed and produced by the National Institute for Health and Care Excellence about the diagnosis, monitoring and management of Asthma available [here](#)

In addition there has also been some development work in relation to NICE benchmarking and guidance in relation to [indoor](#) and [outdoor](#) air quality which will be helpful to support the wider work that is required as part of the roll out of the Bundle.

Also as part of this work we are looking to enhance the clinical capacity for roll out of advice and support and signposting to the primary /secondary care settings, primary/secondary education and PVI settings and also pharmacy and other community provision across North East and North Cumbria. Keep your eyes peeled for further updates about this exciting work!

Also as part of this work we are lucky to be able to have the support, advice and expertise of an **Education Advisor** who has been appointed to the Network to dedicate time to oversight and support into a range of the projects in the Network. A huge shout out to our new Advisors whose input and support will be able to help us have the intended impact across the system. Hugely appreciated—we are excited for the work to commence!





Network Roundup

An update of what's happening in the Network

Transitions

The NHS Long Term Plan highlighted the need to improve pathways, experiences and outcomes for Children, Young People and their families as they approach adulthood and beyond. This has been recognised at National Level and as such is a national workstream associated with Transition. The National Transition Nursing Network has been hosted by Leeds Teaching Hospital Trust since 2015 that has been working on the development of a national model for transition and more recently has been working with Skills for Health to develop a core set of competencies which has recently been open to consultation. There has been significant commitment and financial resources dedicated to this work at National and Regional Level and this has seen the recruitment of Regional Nurse Advisors. Emma Powell has recently been appointed to this role for the North of England Region and brings with her a great deal of experience

We are excited to announce that within the NENC we are in the process of coming together as a core steering and leadership group focussing on the development of processes and pathways for NENC ICS footprint to facilitate seamless provision of developmentally appropriate healthcare for Young People as they move between children's and adults services.

Our plan is to firstly map and understand the current processes and practice in place within a wide range of medical disciplines across the footprint, understanding and learning from some pockets of transitions good practice, part of this will include engagement and consultation with Young People and their families to understand their experience and their aspirations and needs.

Following this we will work with partners and with reference to NICE clinical quality [standards](#) and [guidance](#) to develop a model of good practice and also some resources for sharing and for adaptation to enable application and implementation at local level. We will engage with workstreams that are already underway to ensure that our development work is coherent and that the proposed model (and subsequent competency framework and resources) is credible and able to be embedded at local level.

In order to progress this work at pace, the CHWN has appointed Clinical Leads and Advisors to be able to lead, direct and support the project. We are pleased to introduce Dr Thwaites, Dr McErlane and Dr Lim who all will have key roles in this work. Dr Lim's role in relation to this programme reflects two priorities including the relationship between the Healthier Together work and transitions between paediatric and adult services.



Dr Rosemary Thwaites

"I am a consultant paediatrician with interest in Gastroenterology at James Cook hospital. I am passionate about getting care right for adolescents and young adults. I have developed a local transition steering group and hosted annual transition conference at South Tees for the last 4 years. I am looking forward to working with colleagues in the region to develop a model for transition across the ICS"



Dr Flora McErlane

"Provision of developmentally appropriate healthcare is a key priority for all professionals working with adolescents and young adults but is not always easy within the confines of our current healthcare system. I am therefore very excited about this new opportunity to work with colleagues across the region to improve our understanding of existing transition frameworks and develop new ideas about optimal transitions from children's to adult services"



Dr Emma Lim

"I am excited to take up the new post as co-lead in the healthier together project. I believe this project can provide much needed central point for children's health information and give everyone from parents, to primary care, multidisciplinary staff and doctors, an invaluable integrated regional resource."

In addition to the Leadership and oversight of the paediatric specialist clinicians the Transitions project group will be able to benefit from the combined knowledge, resources and expertise of Dr Vaishali Nanda in her role as the Clinical Advisor for Primary Care and also the 4 appointed Professional Education Advisors. We look forward to progressing the work with the input and specialist expertise of our Education Advisors who all have dedicated time to support the many projects in the Network to ensure that we are able to have the biggest systemwide impact.



Network Roundup

An update of what's happening in the Network

Long Term Conditions : Epilepsy

The CHWN has appointed a Clinical Lead and a Clinical Advisor to lead and support a scoping exercise exploring Epilepsy 12 Audit and the regional system leadership to address the requirements of the Long Term Plan for our children and young people with epilepsy highlighting challenges and gaps to achieving this. There will be a connection to the Transitions scoping exercise and subsequent pathway mapping, in particular for complex cases, and also a strong focus on inequalities within these services. We are delighted to welcome Dr Kumar and Dr Devlin to the Network.



Dr Ramesh Kumar—Clinical Lead

Consultant Paediatrician with expertise in childhood epilepsy.



Dr Anita Devlin—Clinical Advisor

"In general, services and support for children and young people with epilepsy have not been prioritized and I am delighted that the North-East and North Cumbria Child Health & Wellbeing Network have chosen to focus on this area of need"

Long Term Conditions : Diabetes



The Children and Young People's Diabetes Networks were established in 2013 aiming to reduce inequalities in children and young people's diabetes care across England and Wales. Many successes have been seen since this, work continues to reduce the inequalities seen in aspects of diabetes care. COVID-19 has highlighted some unaddressed inequalities in the access to IT equipment by some families, so with agencies across NE and N Cumbria, the CYP NENC DN have prioritised this.

All children and young people with diabetes use device/s to manage their condition; blood glucose monitors, insulin pumps, continuous glucose monitors and flash glucose monitors are all common-place. In order to optimise the benefits users download their data from the devices to share with their healthcare team and help them self-manage.

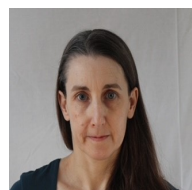
Without the technology required to download, the gap in access to an equal level of support and care is widening, laptops, mobile phones and wifi are essential tools for someone living with diabetes and being able to provide these to low income families is a growing problem.

Together with NENC CHWN, The Health Foundation, Middlesbrough and Stockton MIND and T1Kidz project in Durham we have supported families across the region to acquire refurbished equipment and/or borrowed new equipment to ensure their level of care is not affected during the pandemic (and onwards).

We are currently evaluating the number of families who have accessed across the whole region but can report that following a trial of 2 schemes 20 families gained access to a laptop computer and the required software to ensure they can download their diabetes data and have engaged in regular downloading and data discussions with healthcare teams.

As the schemes grow, availability of equipment will increase across the region and become readily available for healthcare teams to access for families in need.

The CHWN are excited to welcome Dr Judith Reid to the team to support the clinical Leadership around the diabetes work. Dr Reid joined the team at the beginning of October 2021.



Dr Judith Reid: Clinical Lead Diabetes

"I am privileged to be appointed as NENC CYP Diabetic Network advisor to the CHWB Network. I am passionate about empowering the voice of young people living with diabetes, reducing health inequities, and improving the experience and support for young people moving to adult services."



Obesity and Complications Related to Excessive Weight



NHSE offered NHS Provider Trusts the opportunity to Express an Interest and bid for funding to develop a service for Children and Young People with Complications Related to Excessive Weight. There was only one successful centre in NENC, South Tees Hospitals Foundation Trust were awarded an amount of money for the delivery of a programme of work although this did not meet the original amount identified in the EoI. In recognition of the current need and the gap in current provision. Work is proposed in relation to an obesity pilot study to develop the evidence base and commissioning model for developed systems and multi-agency holistic approach to how best to support families to prevent these issues in the first place. The CHWN Executive Board has approved in principle the continuation of discussions and explorations in relation to the funding gap.



ICS Update

15th October 2021



Integrated Care Systems : Guidance

Since the last edition of the Newsletter NHSE/I has published guidance (September 2021) setting out the headlines for how NHS Leaders and organisations will be asked to operate with their Partners in Integrated Care Systems (ICSs) from April 2022. More information about the development of place based partnerships, guidance on working with people and communities and developing partnerships with voluntary, community and social enterprise sector can be found [here](#). In addition the new ICS website is now live and is continually being updated and the content being developed across the site. For more information please see

Frontline pressures

Health and care services across the region continue to be incredibly busy. We continue to work together to support each other, as we would normally, to ensure the best care for our communities. Our ability to work together and look out for one another is a key strength for us all and this will continue to be the case as we move forward. This is a critical time for us and it is why we have, again, asked the public to work with us and help by ensuring they use the right NHS service for their needs.

COVID-19

Although the number of Covid cases in our hospitals are lower than at the height of the pandemic, the number has stayed around 400 for the past few months, which continues to be a challenge for us as we adhere to strict infection control measures. Community cases remain higher than we would like, so we continue to ask the public to remain vigilant and to do their bit to help keep themselves safe and reduce the strain on the NHS.

Huge efforts across the region continue as we deliver the Covid-19 vaccine, the Covid-19 booster and the flu vaccination programmes. 12-15 year olds are being offered the Covid-19 vaccine and the flu vaccine at the same time. No mean feat for our school immunisation teams who are doing a great job rolling out the programme and we are really pleased with the number of parents who are giving consent. Our vaccination teams will be making sure there is a second visit back to schools where there are more children who have not yet received their vaccine.

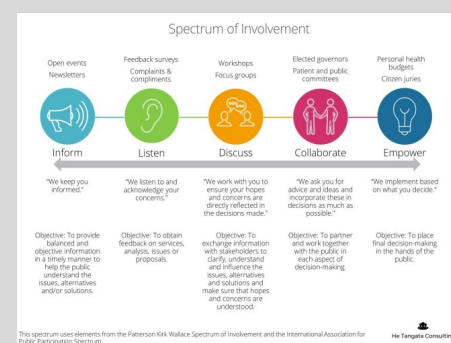
The R number in the UK: The latest reproduction number (R) and growth rate of coronavirus (COVID-19) in the UK can be found [here](#) on GOV.UK.

Public Health England dashboard: The Public Health England (PHE) dashboard can be found [here](#). Daily reporting includes deaths that have occurred in all settings where there has been a positive COVID-19 test, including hospitals, care homes and the wider community. The report also includes case rates per 100,000 resident population at lower-tier local authority level.

COVID-19 surveillance reports: A link to the weekly COVID-19 report, monitoring COVID-19 activity, and other seasonal respiratory illnesses can be found [here](#).

Supporting primary care

The government has released its plan for improving access for patients and supporting general practice. The huge contribution of our colleagues across primary has been invaluable throughout the pandemic, and we look forward to continuing to work on this so we can continue to deliver the very best care for our communities. Local plans will need to be put in place to deliver these improvements and we will be looking at this in more detail in the coming days and weeks.





Network Sharing Notice Board

You said you wanted us to share and cascade information and good practice. Through the following pages we aim to share information and help you to connect to Child Health and Wellbeing activity across sectors. One of our key aims is to support members and facilitate connections across organisations in our integrated system.

To keep up with messages and requests from partners across the Region, look out for this icon:

Don't forget you can [Contact the Team](#) if you have anything to add to future noticeboards.



Rainbow Trust Children's Charity supports families who have a child aged 0-18 years with a life-threatening or terminal illness, including neonatal support. When a child has a serious illness, family life is turned upside down and time becomes more precious than ever.

Rainbow Trust pairs each family with an expert Family Support Worker who enables them to make the most of time together, giving them practical and emotional support, whenever they need it, for as long as is needed.

They support the whole family including parents, carers, the unwell child, brothers, sisters and grandparents. Support is hugely varied and depends on the needs of the family. It can include:

- ⇒ listening to a family's fears and anxieties
- ⇒ helping to explain illnesses, diagnoses and treatments
- ⇒ keeping a seriously ill child company during hospital stays
- ⇒ driving families to medical appointments to help save time and money
- ⇒ organising fun activities to help sick children, their brothers and sisters
- ⇒ support through bereavement and grief.

For more information click [here](#)

Health Literacy

Earlier in August Dr Gill Rowlands from the Population Health Sciences Institute at Newcastle University delivered an interesting and informative presentation about the links between Health Literacy and the links to Health Inequalities and overall health outcomes. Health Literacy is described by the World Health Organisation as the personal characteristics and social resources needed for individuals and communities to access, understand, appraise and use information and services to make decisions about their health.

The key findings highlight the importance of building health literacy and supporting engagement with communities to improve access and overall outcomes to those who may be disadvantaged by socioeconomic factors and suffer health inequalities which we know have high prevalence in the North East and North Cumbria.



More information can be found [here](#)

VOICES is a project running throughout 2021 and is delivered by a team from **Children North East** and from **Newcastle University**. This research is funded by the **Economic and Social Research Council (ESRC)**, as part of UK Research and Innovation's rapid response to Covid-19.

The project aims to understand the challenges that children and young people face in the context of Covid19 disruption, particularly in economically-disadvantaged areas of the North East.

The consultation uses a coproduction approach to find out what children and young people's lives are like now, to share this with policy leaders and practitioners in organisations across the region. The project has a particular focus on 5-18 year olds living in poverty: understanding their needs has always been a serious knowledge gap for policymakers, and has been made worse by Covid19. VOICES has been working with over 1,000 young people across the North East

The reach of the project extends to Northumberland, Newcastle, North Tyneside, South Tyneside, Gateshead, Sunderland, Durham, Hartlepool, Darlington, Stockton-on-Tees, Middlesbrough, and Redcar & Cleveland.

Young people have been sharing information and experiences about what they have missed most over the past year has been the opportunity to spend time with friends and wider family and to engage in a variety of activities. VOICES has worked with Culture Bridge North East and partner organisations across the North East to respond to this and ask what can be done now to support children and young people.

In June 21 the Voices Project hosted a webinar and presented findings about what children and young people had told them as part of these conversations and discussed the ways in which we are working with schools, organisations and policy makers to enact change. Culture Bridge North East talked about their work connecting cultural organisations and the education sector so that children and young people can have access to great arts and cultural opportunities throughout the North East and we heard from practitioners working in schools, arts and culture, and play and youth work who have continued working with children and young people throughout the pandemic and found ways for young people to connect.

More information about the Voices Project is available on the website [Home | VOICES Project](#)



Training Opportunities / Resources

For Education, Health and Care Professionals

Member
Noticeboard

Crisis Tools

Health Education England National Mental Health Programme Team has worked with **Healthy Teen Minds** Charity to develop and launch a suite of Mental Health Crisis Learning Resources available [here](#)

These resources have been designed by young people, working with professionals too, allowing you to hear directly from them about what helps in a moment of crisis. The tools complement existing training and education. They aim to build an individual's confidence to have effective conversations and provide personalised support to a young person in a mental crisis.

On 7th October Healthy Teen Minds held an online event to celebrate the online Crisis Tools resource which was widely supported by Networks.

Please make sure that you share these resources across the settings that you interact with.

HEALTHY TEEN MINDS
YOUNG PEOPLE POWERED CHANGE

NHS
Health Education
England



Children's Continence Service—Darlington Update Only

The separate service for children's continence, bedwetting, constipation and continence products has been combined to form the Integrated children's continence service that also includes day time wetting. This ensures that CDDFT NHS Provider Trust are compliant with the Paediatric Continence Forum's Minimum Guidance for Continence Care 2019, NICE CG99. 111, NG 43.

This is a Nurse led service, providing an interface between community and acute services. The pathways have been created with Family Health Nurse Colleagues and CCGs and are aimed at early identification of continence issues and appropriate early intervention and working together to provide the best outcomes for Children and Young People

It is understood that children's continence issues are very common and that the time available in GP surgery appointments is limited, however the impact of these problems on children and young people and their families can be devastating.

It is advised that Families and Carers are:

- Directed to www.ERIC.org.uk at every initial intervention for a continence issue for further information
- Advised to contact their 0-19 services if more advice and support is needed SPA: 03000 030013
- Offered a minimum of 3 months with Level 1 interventions (e.g. appropriate advice on diet and fluid intake, basic toileting training, parenting advice or behavioural techniques) before a refer-

Training Opportunities

For Young People, Families and Professionals



MindEd

MindEd.org.uk is a free e-learning site aimed at equipping professionals and members of the public with evidence-based information about children, young people, adults with learning disability and older people's mental health.

MindEd aims to empower users with the confidence and skills to understand, identify, and address mental health challenges.

MindEd is an Health Education England funded programme therefore all content is always up to date and congruent with the government's latest policy guidance and national training requirements.

MindEd holds over 450 modules on a range of topics related to mental health. All content is written by experts with the help of parents, carers and young people who have lived experience of the issues discussed. Most recently MindEd launched 4 modules for schools and the public on suicide and self-harm prevention. These interactive skills building modules allow for both individual and interactive blended workshop-based learning, and include emotive videos where users hear from young people.

MindEd is led by a consortium of 9 voluntary and charity sector organisations; Age UK, British Association for Counselling and Psychotherapy, British Psychological Society, National Children's Bureau, Royal College of General Practitioners, Royal College of Nursing, Royal College of Paediatrics and Child Health, Royal College of Psychiatrists, Royal Pharmaceutical Society and Young Minds.

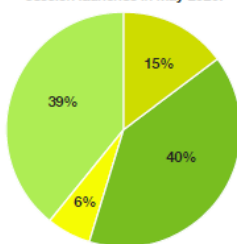
Alongside the MindEd core content, in 2014 MindEd for Families was launched; a part of the website which supports parents and carers to understand mental health. This helps improve psychoeducation conversations between members of the public and clinicians, teachers and others supporting young people.



MindEd: A year in review (April 2020 to April 2021)

MindEd offers more than 500 free open access elearning sessions about the mental health of children, young people, adults and older people.
www.minded.org.uk

Record breaking **50,265**
session launches in May 2020.



Education ■ Health ■ Social Care ■ Other
MindEd offers content applicable across the health, social care, education, criminal justice and community settings. It is aimed at anyone from beginner through to specialist.

337,444
session launches
(1 session launched every 90 seconds).

167,242
page views of the MindEd
Coronavirus Resilience
Hub since its launch
in April 2020.



An average of
12
hours of learning
completed per
hour, 365 days
a year.

1 in 4 people have a mental health disorder.



% of adult mental health disorders
in evidence by the age of 21.



"Very easy to use,
stimulating and informative.
Brilliant supportive videos
and websites."
Support Worker

"This has whetted my
appetite for more study!"
Care Worker

"Great overview of Adverse
Childhood Experiences,
I've already got some ideas
for how I can be more
trauma sensitive and help
my students."
Teacher

"I thought the course was
really interesting and very
relatable to some children
I work closely with. It has
widened my knowledge."
Teaching Assistant

MindEd consortium members



"In the North East and North Cumbria we believe that all Children and Young People should be given the opportunity to flourish and reach their potential and be advantaged by organisations working together"

CHWN Vision June 2021

Training and Support Opportunities and Information

For Families and Professionals



DO YOU CARE FOR A CHILD WITH A NEURODEVELOPMENTAL NEED?

Do you live in Darlington, Middlesbrough or Redcar & Cleveland?

FREE VIRTUAL WORKSHOPS & WEBINARS!

Understanding the diagnosis | Toilet training
Helping your child sleep | Encouraging positive behaviour

Small group events on a range of topics. Hear from an expert, ask questions, meet other parents and share ideas.

To book our online workshops visit contact-tees.eventbrite.co.uk

CONTACT'S FREE TELEPHONE SUPPORT SERVICE

Emotional support | Advice | Ideas to help you cope

Free, confidential help over the phone with a family support adviser

To book an appointment visit contact-tees.eventbrite.co.uk

contact For families with disabled children

Contact is a trading name of Contact a Family. Charity registered in England and Wales (284912) and Scotland (SC039169).

DO YOU CARE FOR A CHILD WITH A NEURODEVELOPMENTAL NEED?

If you're struggling and need some support, we are here for you.

REGISTER TODAY FOR FREE 1:1 TELEPHONE SUPPORT

Emotional support | Advice | Ideas to help you cope

Talk with an experienced family support adviser in confidence for 1 hour. Our family support advisers are parent/carers themselves and offer:

- support with sleep, behaviour, wellbeing, finances, understanding the diagnosis and transition
- both a parental and professional point of view
- space to be heard and listened to
- advice and signposting to other local services

To book an appointment visit contact-tees.eventbrite.co.uk

Find out more by contacting: south.tees@contact.org.uk
or call our freephone number on 0800 2540 890

contact For families with disabled children

Contact is a trading name of Contact a Family. Charity registered in England and Wales (284912) and Scotland (SC039169).

WORKSHOP PROGRAMME

Thursday 4 November, 10.00 am - 12.00 noon

UNDERSTANDING SENSORY PROCESSING

Learn more about sensory processing, reflect on your child's sensory needs and identify new approaches to support you.

[Register on Eventbrite](#)

Wednesday 10 November, 10.00 am - 12.00 noon

WELLBEING FOR PARENT CARERS

Understand what stress is and how it affects you. Learn about coping mechanisms and each other's coping styles, and identify new ways of coping with stress & reducing your stress levels.

[Register on Eventbrite](#)

Wednesday 24 November, 10.00 am - 12.00 noon

ENCOURAGING POSITIVE BEHAVIOUR

Understand why children behave the way they do and learn ways to handle difficult situations in a calm, stress-free manner, plus top tips to help.

[Register on Eventbrite](#)

Find out more by contacting: south.tees@contact.org.uk
or call our freephone number on 0800 2540 890

www.contact.org.uk

contact For families with disabled children

Contact offer a national advice and guidance service for families of children with additional needs however there is an enhanced offer for Teesside and Darlington in relation to families with children who have a neurodevelopmental need. More information about the support and training opportunities that are available for families in Tees and Darlington is available [here](#)



Member
Noticeboard

Training and Support Opportunities and Information

For Families and Professionals

HeadStart South Tees supports children and young people's emotional wellbeing in schools, at home, in the community and online. Working with partners, HeadStart improves resilience and provides support at an early stage which enables children and young people to cope better in difficult circumstances. For more information see the website

www.headstartsouthtees.co.uk.

There is a regular newsletter produced and shared, which includes lots of helpful hints and tips for children, their parents and teachers to provide necessary support to build resilience and achieve good emotional health. The latest newsletter and all sorts of useful links and resources are available [here](#)

**BORO
MAN
CAN**

Mindfulness Course for men

8 weeks on-line

6.30pm - 8.30pm

Wednesday 6th October

Learn skills for reducing anxiety and improving a sense of wellbeing. If you can commit to learning a new skill with attendance and home practice then this might be for you.

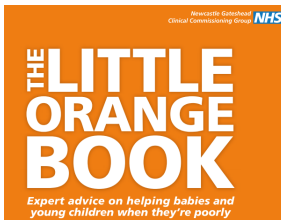
Mindfulness meditation and conversation for any man in the Teesside/Cleveland area.

For more info and booking visit:



<https://www.focusdaytraining.co.uk/mindfulness-for-men>

Following the update on the Little Orange Book



that was included in the Summer Newsletter. The CHWN wanted to provide Network members with a further update and to share a link to a short [video animation](#) that is being used

to support advice and guidance to families about self care for coughs and noisy breathing in babies, viral infection and RSV. There is also a leaflet available [here](#) to support this and to support families to identify when they might need to

Virtual GP Education Programme

Post COVID Syndrome in Children : 4th November 2021

The Royal College of General Practitioners in association with Project Echo (Northern Ireland) has launched (7th October 2021) a free virtual education programme for GPs. This ECHO network will provide GP's throughout the UK with access to a range of specialists with expertise in managing patients with Post-Covid. The network will provide peer support and learn from both up to date evidence, as well as share from the practical experience of managing patients in General Practice.

More information is available [here](#)



MORTAL FOOLS

You are invited to MELVA Official Launch

Brave isn't how you feel, it's what you do!

Theatre, drama and creative learning company, Mortal Fools are delighted to invite you to the official launch of **MELVA**, a fun, award winning, accessible creative intervention, supporting children (aged 7-11) and the adults in their lives to talk openly about – and better understand – their mental health, emotions and wellbeing.

On 11th November, you're invited to step into the world of Melva Mapletree, a bolshie, mischievous and funny young girl on an adventure to find out what she's really capable of. You'll hear all about Melva as an interactive and innovative approach, rooted in legitimate mental health strategies, full of age-appropriate content that aligns with the Key Stage Two curriculum.

1 character, 2 original stories woven into 2 creative packages that are available to schools now.

Across this showcase event, you'll hear from Mortal Fools CEO, hear what Melva is, what packages are available to schools, how Melva works, why Melva works, the impact of Melva on children's well-being and mental health and you'll get to watch **Melva: The Feature Film**.

You're welcome to bring your family, if you'd like too!

Date: 11th November
Time: 5.30pm event doors open and 6pm official start time.
Location: Gosforth Civic Theatre
Accessibility: Gosforth Civic Theatre is a fully accessible venue – for event accessibility requirements, drop Rachel.Horton@mortalfools.org.uk an email.
RSVP: You can claim your ticket to this event [HERE](#) and register your details.
For more information about Melva visit: www.melva.org.uk

Refreshments and nibbles provided!

Follow us on:
Facebook, Twitter, Instagram, LinkedIn, YouTube
@mortalfoolsuk
www.mortalfools.org.uk

ARTS COUNCIL ENGLAND, Northumberland

**MENTALLY
HEALTHY
SCHOOLS**



**Anna Freud
National Centre for
Children and Families**

Mentally Healthy Schools is a free website for UK primary and secondary schools and further education settings, offering school staff information, advice and practical resources to better understand and promote pupils' mental health and wellbeing. The website is a collaboration between three of the UK's leading child mental health and education charities.

One in ten primary school children aged five to ten has an identifiable mental health condition – that's around three children in every class, this increases to one in seven children aged 11 to 16 in secondary schools.

Early intervention is key to giving young people the best start in life and the resources support schools and settings to promote wellbeing.

All of the resources are free, and all have been quality assured by mental health experts at the Anna Freud National Centre for Children and Families. The website signposts a range of resources from sector leading organisations such as lesson plans, classroom activities, assembly plans, information and guidance. These are all housed in a resource library where you can filter by age, location, topic and more to find the resource you need.

For more information go directly to the website by following this [link](#).



Helping young people take their first step on the career ladder

- Free 6-month programme ✓
- Travel expenses to workshops and placements ✓
- Daily lunch allowance ✓
- Work placements with prominent employers ✓
- Project showcased in exhibition ✓



YESNE is a brand-new programme delivered by North East Autism Services offering free employment support and training to 18 and 19-year-olds in Tyne & Wear.

YESNE's mission to reduce youth unemployment and they are committed to helping neurodivergent young people to gain skills, get experience and build their confidence – with the goal of finding their perfect role.

Offering one-to-one sessions, twice-weekly workshops, work placements and ongoing support once the course has finished, YESNE's experienced team are on hand to help every step of the way.

Contact info@yesne.org.uk for more information.



We're keen to recruit befrienders who are happy to travel to Teesside.

Help a lonely refugee feel more at home in Teesside

Can you spare a few hours once a week or fortnight to befriend, chat, practise English, welcome someone to the area and help them participate more in life?

If you're interested, join **HostNation**, the fastest growing refugee befriending scheme in the UK.

REGISTERING IS SIMPLE:

1. Go online: www.hostnation.org.uk
2. Go to **Befriend a Refugee**
3. Sign up using the NE form

IT ONLY TAKES 10 MINUTES:
You'll need to upload your photo ID, a recent photo, provide two references and then we'll be in touch.

VISITING A GALLERY

IN THE PARK

PLAYING PING-PONG

In partnership with **IPC** INVESTING IN PEOPLE AND CULTURE
Supporting refugees and asylum seekers in the North East



Healthworks
the community health charity

Healthworks are a community health charity based in Newcastle working with local communities across the North East to improve their health, wellbeing and life outcomes.

The charity operates with the belief that everyone, regardless of the challenges they face—low income, unemployment or poor housing, should have the opportunity to live in good health.

Healthworks offer a range of group and one to one services which are designed to give people and families the support they need in order to take steps to achieve a healthier lifestyle

Following a rigorous selection and assessment process Healthworks was identified as one of 10 winners of the [GSK IMPACT](#) Award which recognised Healthwork's significant impact in the community.

There is a short film about Healthworks support across the region. Awarded by The King's Fund/GSK, this [film](#), made by their team, shows some of our work and features our Patron, Professor Michael Marmot.

For more information about Healthworks and the services they offer, visit their website at www.healthworksnewcastle.org.uk

Notice Board *Items shared by our members.....*

Curious Monkey is an award-winning theatre company based in northeast England. Their work shares stories of marginalised and underrepresented communities, raising awareness of the issues they face. Working with outstanding creative teams, they shape these stories into fresh, direct theatre that is rooted in the experiences of the people with whom they work. People engaged in the projects face social deprivation brought about by economic disadvantage, discrimination, or social / family circumstances beyond their control.



The current programme engages young people in care and care leavers and refugees and asylum seekers in the North East. While diverse in age, nationality and life experience, all of the people engaged live within a system that makes decisions for them, over which they have little or no power. Curious Monkey seeks to give the participants a voice in that system and wider society.

The long-term goals are to improve the life chances and wellbeing of underrepresented communities and; influence societal change by sharing stories of marginalised people with decision makers and audiences across the UK. In support of these goals Curious Monkey run long term participatory projects alongside the development of professional touring theatre productions. All of the productions are inspired by and developed with the local communities and people who they work with. For more information visit their website [Curious Monkey \(curiousmonkeytheatre.com\)](http://Curious Monkey (curiousmonkeytheatre.com))

Troupe is a group run by Curious Monkey Theatre for young people with experience of the care system, which offers a unique opportunity to get involved in theatre by seeing shows and shadowing professionals. Open to young people in the North East with a care background or living in supported accommodation aged 14 - 21.

In May 2021, a set of three new 360 films was filmed with funding from the Esmée Fairbairn Foundation, which have been created alongside Troupe and other young people, carers and social workers exploring the things that are important to them. These films will be used in training settings and other events to raise awareness of the issues faced by people with personal or professional experience of the care system to encourage empathy and ultimately improve that experience. For more information please contact Don MacDonald at don@curiousmonkeytheatre.com

The first 360 film is available to view on [You Tube](#)



Musinc provides opportunities for musical engagement and learning for people of all ages and abilities. Based

within Middlesbrough Town Hall, we are hosted by Middlesbrough Council to bring musical inclusion to the Tees Valley.

Join in our term-time group music sessions at Middlesbrough Town Hall. Sessions include Bandjam, singing, virtual open mics, songwriting, rap and an inclusive group for ages 16+. Activities are open to all young people ages 6-18, or up to 25 if they identify as disabled or have a SEN support plan. There is a range of opportunities for schools and a brochure for education settings available to download [here](#). For More information visit the website from [this link](#).

Well Newcastle Gateshead

Hurry!! Time is running out for applications to the Arts Fund

The Well Newcastle Gateshead Arts Fund supports initiatives that improve the health and wellbeing of our communities by using engagement in arts and cultural activities as a catalyst for positive change. We are exploring how we can use local assets and encourage sustainable relationships between artists, community, voluntary and health organisations to deliver positive health and wellbeing outcomes.

The fund is focused on 4 areas within Newcastle and Gateshead. In Felling and Inner West Newcastle, our focus is on children aged 2-7 and their families with the aim of improving school readiness. In Byker and Chopwell, we are working to tackle social isolation, poor mental health and low self-esteem in adults.

Applications to the Well Newcastle Gateshead Arts Fund must be received by 31st December 2021 and funded projects must be completed by 31st March 2022.

NICE National Institute for Health and Care Excellence

The National Institute for Health and Care Excellence has a role to improve outcomes for people using the NHS and other public health and social care services and does this by:

- ◆ Producing evidence-based guidance and advice for health, public health and social care practitioners
- ◆ Developing quality standards and performance metrics for those providing and commissioning health, public health and social care services.
- ◆ Providing a range of information services for commissioners, practitioners and managers across health and social care.

There are multiple programmes of work within NICE which include:

- ◆ Advice and guidance
- ◆ Financial planning tools
- ◆ Quality standards and indicators
- ◆ Pathways

Many of the commitments and ambitions laid out in the NHS Long Term Plan are underpinned by NICE guidance. In this report, we look at what we know about how some of these recommendations are being put into practice, and where there's room for improvement.

[The NICE Impact report on children and young people's healthcare](#)

There is a range of information available on the NICE website which relates to the whole population, across a multitude of services. In addition to this there are some key guidelines and published advice, guidance and standards that relate specifically to Children and Young People [Children and young people | Topic | NICE](#) and others that relate to infants and neonates [Infants and neonates | Topic | NICE](#).

Recently NICE has published its final guideline on Looked After Children and Young People more information including supporting evidence tools, resources, equality impact assessment and stakeholder comments received during consultation can be found by clicking [here](#)

As well as this recent update work is currently underway to develop a finalised Quality Standard on clinical quality, care and support for children and young people with Foetal Alcohol Syndrome and consultation has been taking place with stakeholders and interested parties. The publication date is as yet undetermined but is hopefully going to be imminent. For further information then please contact NICE directly via the email inbox qualitystandards@nice.org.uk.

We are currently working with colleagues from NICE in relation to the development of induction processes for the new Clinical Advisors to ensure that the relevant guidance and standards can be embedded into the projects and programmes of work within the CHWN.

thebmj

The British Medical Journal is a weekly peer-reviewed medical trade journal, published by the Trade Union of the British Medical Association. The BMJ has editorial freedom from the BMA. The BMJ would be described as a platform for a community of research and practice defined by its mission: to work towards a healthier world for all. The BMJ shares that global endeavour with millions of readers working in clinical practice, research, education, government, and although intended for health care professionals also aims to reach patients and the public too. After nearly 180 years, the BMJ print edition still thrives, and has been joined by podcast, video, tweet, app, website and live events. But, as each of these formats gains ground or declines in importance, the things The BMJ cares about endures for example:

- Improving the creation and dissemination of research evidence
- Improving clinical education and practice
- Advocating for universal, equitable, high quality healthcare
- Championing the health and wellbeing of doctors
- Improving the social and environmental determinants of health

The BMJ can be many things to its diverse audiences as it commits to partnering with patients and the public to ensure that best interests are served, to being transparent and accountable in all its activities. The BMJ is an international research journal, a member magazine, a think tank, an investigative campaigner, an educational resource, even a trusted and inspiring friend.

BMJ has developed and maintains a covid-19 hub and supports health professionals and researchers with practice guidance, online CPD courses as well as latest news, comment and research from BMJ. The content is updated daily and is available free to health professionals and researchers.

More information can be found [here](#)

Youth Work in a Hospital Setting: Service Evaluation

Youth work in the United Kingdom is a graduate profession as sanctioned by the Joint Negotiating Committee and National Youth Agency (2020). Professionally trained youth workers work with young people aged between 11 and 25 years of age. Their work is holistic, the aim of which is to promote young people's personal, social, and educational development.

There are increasing numbers of young people with acute and long-term physical and mental ill health accessing health services, a situation that has the potential to intensify further when the impact of the measures to contain the spread of COVID-19 on young people's health and wellbeing is realized. Arguably, making the case for the urgency in the need to provide youth workers and adolescent responsive services is more critical now than ever before. This would ensure support for young people to navigate the health-care system, advocate for themselves, and learn how to live with and self-manage their health conditions.

The National Health Service Long Term Plan highlights that the needs of children and young people are diverse and complex and is undoubtedly a reason why many health services struggle to take account of young peoples' unique needs; their background issues; challenges they face dealing with prolonged treatment; struggles they have living with a health condition day to day; and effects the hospital environment has on them and the impact all these can have on young people's personal, social, and educational development. Consequently, this results in health professionals with their minimal adolescent training being unable to provide the type of meaningful support.

An evaluation of the Youth Worker role in a hospital setting has been completed. For more information see Marie Marshall & Gillian Waring (2021): **"They Make Heavy Stuff Lighter."** Youth Workers in the Hospital Setting: A Service Evaluation, Comprehensive Child and Adolescent Nursing, DOI: 10.1080/24694193.2021.1951892

<https://doi.org/10.1080/24694193.2021.1951892>

Number of Young Smokers (people aged 18-34) rose by a quarter in first lockdown, England study shows.

The Guardian reports that "the number of young adults who smoke in England rose by about a quarter in the first lockdown, research has suggested.

Nevertheless, the number of people who stopped smoking altogether increased, with the number across all age groups almost doubling during the first national lockdown when compared with the period immediately prior, researchers from University College London (UCL) and the University of Sheffield said.

"The first lockdown was unprecedented in the way it changed people's day-to-day lives. We found that many smokers took this opportunity to stop smoking, which is fantastic," said Dr Sarah Jackson, the lead author and a principal research fellow at UCL.

However, the first lockdown was also a period of great stress for many people, and we saw rates of smoking and risky drinking increase among groups hardest hit by the pandemic.

It will be important to keep a close eye on how these increases in smoking and drinking develop over time to ensure appropriate support is made accessible for anyone who needs it."



The Academic Health Science Network works with Member Organisations including the NHS Trusts, CCGs and Universities across the NENC to help them identify, evaluate, adopt and disseminate transformative innovation. The AHSN also works with industry too, as a source of innovation and also to help industry access the expertise within the NHS

that is so crucial to the development, testing and deployment of products and services that are the basis of the UK's Life Sciences sector.

As part of a national network of 15 AHSNs, and with colleagues across the country, we collaborate to make nationally important innovation visible and accessible throughout the NHS and are dedicated to:

- Improving population health
- Facilitating transformational patient safety and quality improvement
- Supporting economic growth.

The AHSN produce a quarterly newsletter with interesting updates and information about initiatives and launches of programmes. To sign up to their newsletter please click [here](#). A recent update includes the launch of a Child-Parent screening programme which helps to detect youngsters at risk of early heart disease. For more information click [here](#).

National Institute for Health Research Clinical Research Network

Children and Young People - North East and North Cumbria

During the last 10 years over 40,000 participants have taken part in more than 400 NIHR research studies across the North East and North Cumbria supported by the Children and Young People's specialty.

The National Institute for Health Research (NIHR) supports patients and the public to participate in high quality research taking place in health and care settings across England, advancing knowledge and improving care.

The NIHR Clinical Research Network (CRN) coordinates and supports the delivery of high quality research funded by the NIHR, charities, universities, and the life sciences industry, to meet the needs of local populations.

The CRN provides researchers with the practical support they need to make research happen in the NHS and in health and care settings outside of the NHS.

The CRN support and deliver research involving children and young people that includes:

- Randomised controlled trials and other high quality research studies
- Screening, diagnosis and the development of prognostic tools
- Behavioural interventions
- Development and evaluation of health technologies and medical devices
- Studies on normal development and the pathogenesis, monitoring and prevention of disease
- Cohort studies and the effect of lifestyle factors such as diet, nutrition and exercise

In the North East and North Cumbria (NENC) the Children and Young People's CRN specialty is led by Dr Arshid Murad, Consultant Paediatrician, South Tees Hospitals NHS Foundation Trust, and Dr Flora McErlane, Consultant Paediatric Rheumatologist, Newcastle Upon Tyne Hospitals NHS Foundation Trust.



The Children and Young People CRN leadership team are working to align with the priorities of the Child Health and Wellbeing Network to enable us to provide opportunities for children and young people to take part in NIHR studies across all settings and locations in the region..

Moving forward we plan to share details of potential NIHR studies via the CHWN and we encourage you to contact us if you would like to learn more about how we can work together to deliver research for the benefit of the children and young people of the North East and North Cumbria.

Contact Details:

Dr Steven Pratt, CRN NENC, Research Delivery Manager steven.pratt@nihr.ac.uk

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Website: www.nihr.ac.uk/nencumbria Twitter: @NIHRCRN_nencumb



Network Membership Update

One of the targets for the Network set by the ICS was to reach a membership of 700 by 2021- we were thrilled to have achieved this target in Oct2020.

In Dec 2020, in line with GDPR, we undertook a refresh of our membership, and started again, from scratch. So on the 16th of December 2020, we re-set the counter. In Summer 2021 we reported that our membership was up to 836

Work has continued across partnerships services to continue to increase the membership in terms of number and reach into various services and settings

We are really excited to announce that we are growing and we are now at and 988 people follow us on Twitter [@NorthNetChild](https://twitter.com/NorthNetChild)

The value of the Network is in our members, and broad reach is vitally important for us all- so please keep sharing what we do.

Let's smash 1000 by the next edition. We are really keen to be able to extend the reach of the Network into the hundreds of primary, secondary school and PVI nursery and early years settings.

A big ask to our network members to share our message across the system and to really target our education sector.



A Huge Congratulations to Dr Mike McKean and his fellow cyclists who took part in the 1000km bike ride between London and Glasgow to raise awareness about air pollution and the impact on child health.



What a fantastic achievement to be part of such an innovative initiative. Sounds like fun although a massive challenge!!

Personal Message from the CHWN Clinical Lead

"Hi!

I'm sharing this as I know you care about children's health, or that you are a keen cyclist, or both!

At the end of October I will be joining Teri Bayliss (children's hospital charity director and legendary cyclist) and James Dixon (sustainability expert, and like me not so legendary cyclist) from Newcastle Hospitals to cycle from London to COP26 in Glasgow to raise awareness of the impact of air pollution on health, and to raise a bit of money to help us do more sustainable work at Newcastle Hospitals. This is my invitation to you to either (a) log some miles as part of a virtual challenge [here](#) and/or (b) sponsor us [here](#) 😊



Setting off from London on 24 October 2021, to arrive in Glasgow on 30 October 2021, the aim of our c1,000 km cycle is to highlight the seriousness of air pollution to the health. Polluted air causes an estimated 7 million deaths annually, and shares the same root causes as the climate crisis.

Our group also want to raise funds to support some of the innovative work that Newcastle Hospitals are doing to become more sustainable.

On the way to Glasgow, we'll stop at childrens hospitals across the UK for events in Oxford, Birmingham, Sheffield and Newcastle. Pollution Pods, an award-winning art installation dramatising the air quality crisis, will join the riders in all these cities.

Organised by the [Climate Acceptance Studio](#), we are part of a group of cyclists that include staff from Great Ormond Street Hospital for Children and Evelina Children's Hospital in London, Bristol Royal Hospital for Children, Sheffield Children's Hospital, the Great North Children's Hospital in Newcastle, and the Royal Hospital for Children Glasgow.

Thanks for reading and for any participation/support you can give!"

Find out more at:



<https://charity.newcastle-hospitals.nhs.uk/get-involved/campaigns/ride-for-their-lives-newcastle-hospitals/>

If you have anything you would like to see or share, contact us:
england.northernchildnetwork@nhs.net

With warmest regards and sincere thanks,
Mike, Heather, Emilia, Louise, Laura, Anne, Lynne and Karen
The Child Health and Wellbeing Network Team

