

SUMMARY INITIATIVES TO SUPPORT CHILDREN AND YOUNG PEOPLE

CCG Governing Body
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Prevention and Self Care

Mile a Day – each child can walk, jog or run a mile a day. This is over and above the allocated physical education sessions. 127 schools (just over 50% of all primaries) participating. Total 22,500 pupils engaged. Aim to reduce obesity, increase levels of physical activity and improve academic attainment.

Beat the Street - inspires people to make small changes, such as walking or cycling to school every day, to improve their health. 'Beat Boxes' in Gloucester City with players tapping to earn points. 10,287 people playing. 2001 are adults, 20% of whom are inactive and 13% have a long term condition.



Children's Weight Management

In May 2018, Priorities Committee agreed to commission a children and young people weight management service

New Tier 2 Service – co-developing with children, young people and their families an App based approach to help children achieve and sustain a healthy weight. New service to be in place by April 2019

Specialist Tier 3 Service – Public Health commissioning a specialist weight management service from the Coco clinic provided by Bristol Royal Infirmary. Trying to secure a locally based service within the county to make it more accessible for the 40 children and their families per annum



Children and Type 1 Diabetes

Use of arts and culture – week long workshop for children aged 5 to 19 years with Type 1 diabetes to co-design a dance and circus performance. Evidence of improved confidence, sustained increase in activity and reduction in blood glucose levels

Continuous Glucose Monitors (CGM)

Priorities Committee agreed in December 2017 to commission CGM for children with unstable blood glucose levels (as per NICE guidelines). Aims to reduce emergency admissions and prevent diabetes related complications going into adulthood.



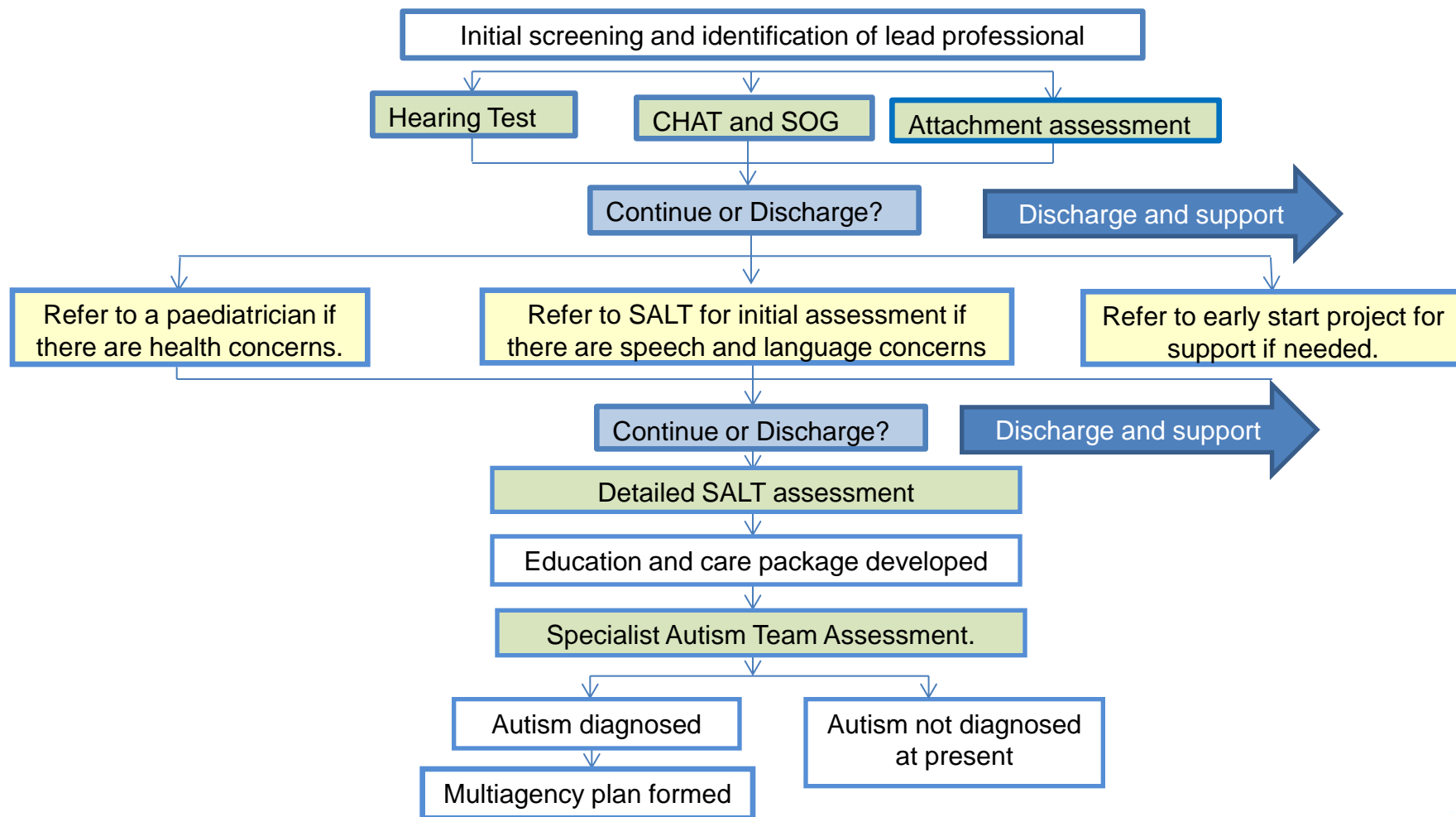
Social Communication Pathway Aims

Early intervention and support for children with social communication difficulties and their families. We know that:

- Over **40%** of children with autism have been bullied at school
- One in five children with autism has been excluded from school many more than once

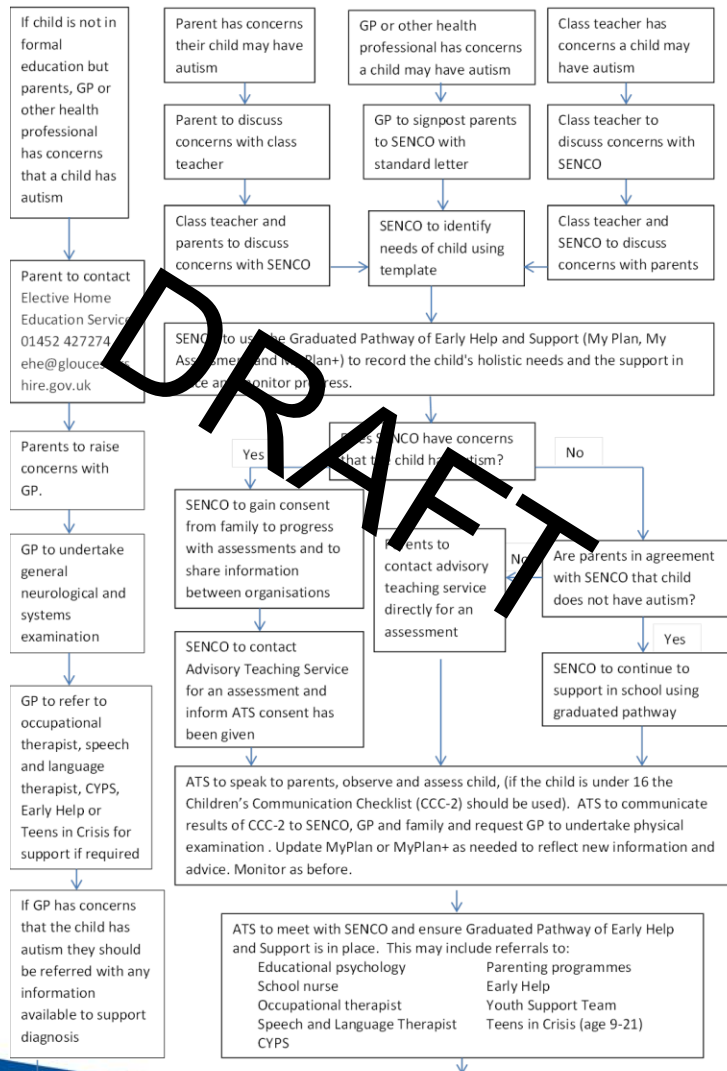
Working together across organisations to ensure the diagnostic pathway is timely, well co-ordinated and compliant with NICE guidelines.

Pre-school Social Communication Pathway



School Age Social Communication Pathway

Draft School Age Autism Diagnostic Pathway



Next Steps

- Finalise the school age pathway
- Finalise the all age autism strategy, including a provision for post diagnostic support and autism training for families
- Ensure children with autism who are not in schools are supported
- Develop the Gloucestershire County Council Website to offer more advice for families of children and young people with autism

E-learning

- E-learning training package to give an overview of emotional health and wellbeing of children and young people and provide support and guidance
- This course was designed using a joint agency approach for health, education and police colleagues
- We will be providing “train the trainer” sessions to nominated staff
- It will initially be hosted on the Gloucestershire Hospitals website and a link will be provided on the GHLL website for education access

Worried Willow



Sad Sam



Angry Alex



Happy Harry



The characters

Facts4Life

A health resilience programme for primary and secondary schools, which:

- helps all take ownership of health
- explores illness
- develops strategies for wellbeing

<https://www.youtube.com/watch?v=wb9F-YAWCdY>



Mental Health Champions Award

This award gives schools and colleges the opportunity to showcase good practise surrounding mental health and help them to identify areas in their provision that would benefit from further development for students and staff. **To date 19 schools have achieved MHC Award**



Joining up Mental Health Services and Schools

Following a successful pilot in Stroud, additional mental health workers are being made available for schools.

The pilot demonstrated that

- the profile of mental health was raised
- pupils developed resilience
- teachers' knowledge and skills improved
- it was easier for children to obtain specialist help and support when needed.

This pilot is now being rolled out across the county starting with Gloucester City. Includes self harm.



Extension of the Schools Pilot into Gloucester City

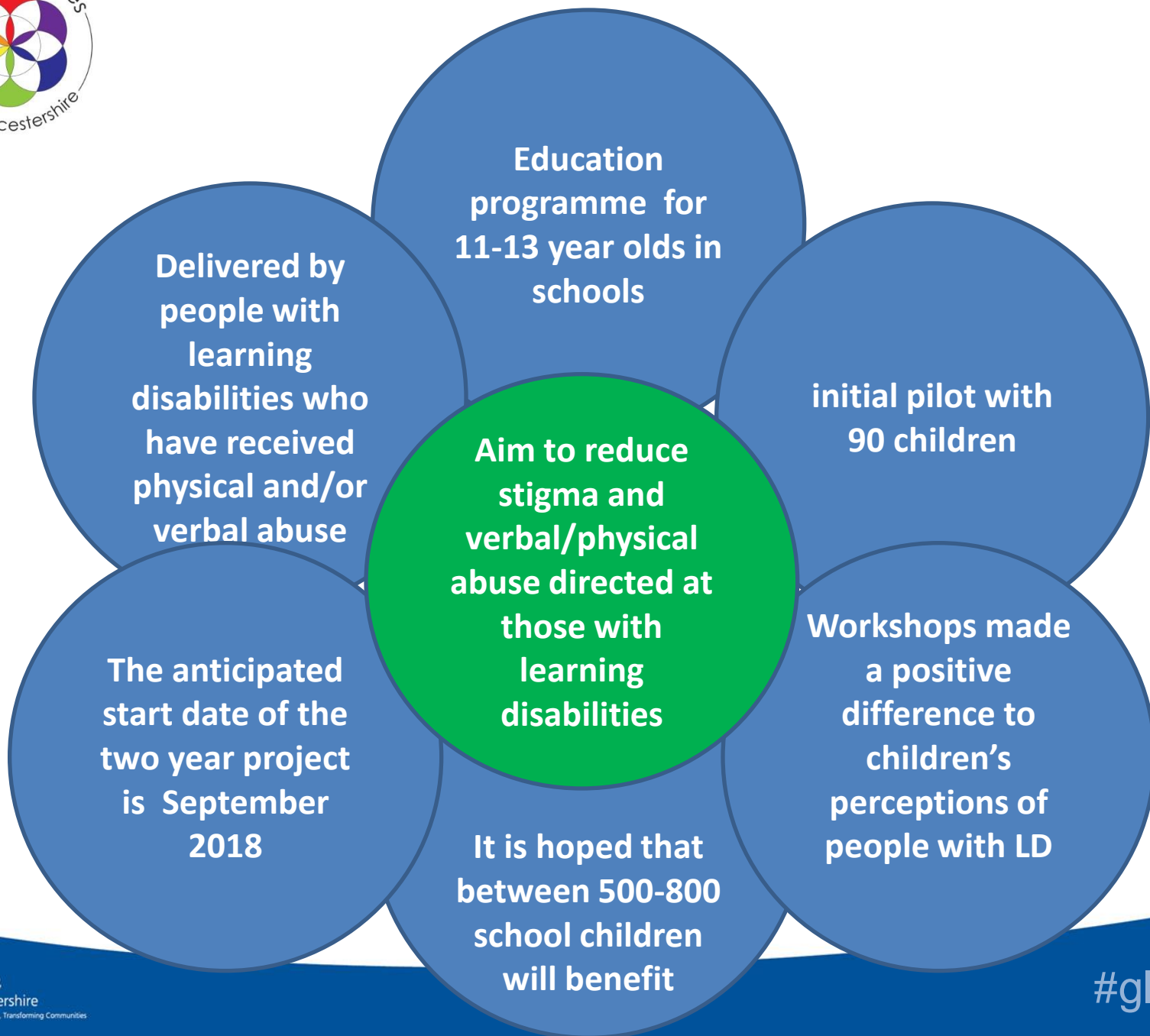


Special Educational Needs and Disabilities

Medical needs in schools pilot

- Head teachers and Governors are now responsible for meeting the medical needs of children in schools.
- We are piloting a training framework and evaluating the time to complete by the school staff and the registered nurse trainer as well as the confidence levels of the staff completing it.





QUESTIONS?.....

