



2024 Children, Young People and Families Christmas Advent



Each day open the window to see one of many of the amazing projects/events happening across West Yorkshire to support children, young people and their families.

This year's advent house was designed and drawn by Eve who has been part of Project Hope throughout 2024. We would like to thank Eve for this fantastic illustration.





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Today we would like to share with you... West Yorkshire Children, Young People and Families Programme



In September, the West Yorkshire ICB Children, Young People and Families Programme published their **annual report for 23/24**. Showcasing the fantastic work going on within the programme, alongside the team's highlights, priorities for our communities and insights on how the team work with partners across West Yorkshire to improve access, experiences and outcomes for children and young people.



You can take a look at the report, simply click the report icon here

West Yorkshire Healthier Together

The priorities for West Yorkshire Healthier Together (WYHT) in 2024/25 include a focus on data, content creation, communications and engagement and advancing usability and connectivity. A pilot with PATCHS is now live with some GP practices in Wakefield using SMS messages with links to the West Yorkshire Healthier Together website. Following the pilot the aim is to roll this out across West Yorkshire with a focus on winter pressures support over the coming months. New content has been developed over the last month, including a new page on [Vaccinations in Pregnancy](#). This page includes information on the whooping cough vaccine, flu, COVID-19 and the RSV vaccine and was produced in collaboration with Health Improvement Specialists within the Health Protection Team. WYHT has also been working with the Relationships Matter team to ensure information is included within the WYHT website. The link to which can be found in the [parent / carer](#) section of WYHT.

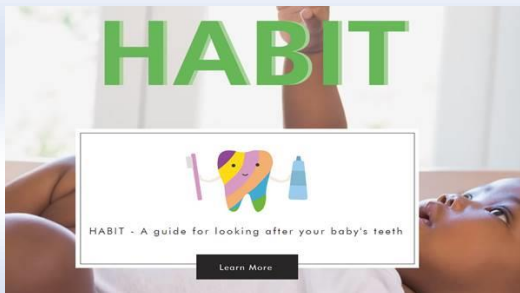


We would like to thank everyone for their continued support for West Yorkshire Healthier Together and ask that you continue to share the resources with your patients, communities and staff.

If you would like any further information about WYHT, or to work with us on developing new content, please contact dannie.harding@nhs.net

Children and Young People's Oral Health

The West Yorkshire Children and Young People's Oral Health Group continues to work towards agreed system priorities to improve oral health for children and young people across West Yorkshire. Collaborative agreement has been confirmed to use 2024/25 non recurrent funding to fund the ToothPASTE, [HABIT](#) and [Raised in Yorkshire](#) (RiY) prevention projects via the University of Leeds. A mapping exercise has been completed to establish the existing oral health provision in place for children and young people. Information from this mapping will be used to produce comprehensive case studies for each area of West Yorkshire, in addition to providing an overview of the current landscape throughout the region. This will support the sharing of good practice and assist in identifying areas of further need, areas of good practice, priorities for future focus and to help inform the development of longer term oral health work and priority areas for future investment. Work is also progressing to consider the development of a West Yorkshire model for the [dental epidemiology survey](#). Feedback to further develop the [oral health section](#) of the West Yorkshire Healthier Together website will support targeted communications around prevention and early intervention.



Long Term Conditions: Epilepsy

1 in 100 Campaign

In the UK, [One in 100 people](#) live with epilepsy. 30% experience uncontrolled seizures and 50% have no known cause for their condition. Tragically, there are three epilepsy-related deaths every day in the UK. There are over 100,000 emergency hospital admissions each year due to epilepsy, and an annual cost to the NHS of £2 billion per year. In West Yorkshire we are committed to turning the dial for children and young people living with the condition through working collaboratively as a system on the [National Bundle of Care for Children's Epilepsy](#).

Epilepsy Specialist Nurse Pilot (Bradford and Airedale)

NHSE provided two years funding for a Paediatric Epilepsy Specialist Nurse (ESN) to work across Bradford and Airedale Hospital Trusts. The funding was based on local deprivation to address health inequalities in epilepsy care for children and young people, with a suggested focus on complex cases or transition. A band 6, 0.7 WTE specialist nurse was recruited to the epilepsy teams in October 2023. The new ESN was trained by the teams and is now established and undertaking a range of duties, adding much needed capacity, capability and efficiency into the paediatric epilepsy services.



Long Term Conditions: Asthma

[Asthma is the most common lung condition in the UK](#), affecting 5.4 million people (one in every 12 adults and one in every 11 children). Asthma attacks kill three people in the UK every day, and someone has a potentially life-threatening asthma attack every 10 seconds. The most deprived ICBs across England have much higher emergency hospital admissions and death rates for respiratory disease when compared to the least deprived ICBs, of which there is a stark North-South divide. Children living in the most deprived communities were four times more likely to end up in hospital in an emergency over winter. In West Yorkshire we are working hard to address these inequalities through partnership working and collaboration to deliver the [National Bundle of Care for Asthma](#).

There was a recent focus on health inequalities in CYP at the September West Yorkshire ICB Board. This included a review of the CORE20PLUSFIVE framework including a deep dive into asthma and mental health. There is significant work taking place between health and housing to improve health outcomes, data driven approaches including use of CHIRP data and an increase in the number of asthma friendly schools to name just a few initiatives supported by the West Yorkshire ICB.



Long Term Conditions: Diabetes

Significant improvements have been seen in diabetes type 1 care including access to digital technology to help better manage this long term condition.

National data shows:

- 64% of children with Type 1 diabetes are on Insulin Pumps and is now classed as standard care
- Nearly 49% of children with Type 1 diabetes are on HCL (Hybrid Closed Loop)
- Significant improvements in the median HbA1c range in the past 6 months
- Ethnicity gaps are narrowing in CGM access. In 2019, CGM access was at 25% for White Population- with 12% for the Black population. In 2024, it's 94% and 91%.

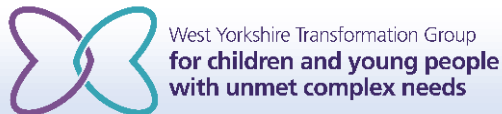


Children and Young People with Unmet Complex Needs

The West Yorkshire transformation group for children and young people with unmet complex needs are working to improve early intervention, prevention, and more timely crisis management for CYP with unmet complex needs. Many CYP have identified care needs that do not meet the threshold for existing care provisions across various sectors/ services.

Collaborative working is underway to scope health economics research and gain health, social care and education insights into current ways of working and processes across West Yorkshire. In addition, there is a particular focus on organisational and system development to further strengthen partnership working across health and care. This project will help us to transform service models to further meet the rising need amongst local communities. It will also continue to enable partnership approaches to finding alternative solutions to unsustainable high social care costs for placements.

With the support of the NHS Leadership Academy, a number of our partners have signed up to work together on complex system challenges via a system development offer. These include challenges with 'addressing unmet complex needs' and 'palliative and end of life care'. This has been a great opportunity to support integrated working between partners in health and care.



SEND Change Programme Partnership

The WY ICB has supported Wakefield Council to test the national reforms for SEND and Alternative Provision across Wakefield, Calderdale, Bradford and Leeds. The work is led in partnership with the Department of Education and REACH. Some of the work has included the development of a new EHCP template, multi-agency panels, investment in inclusive practice models in mainstream schools and a SEND Youth Engagement event. There are ongoing plans for continued engagement with young people.





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Today we would like to share with you...

West Yorkshire Children, Young People and Families Programme

West Yorkshire
Health and Care Partnership



“Project Hope is the best thing to happen to me this year and has really been lifesaving. I feel much more motivated and ready to work and I’m developing new skills I never thought I would which is helping me plan out my career and where I want to be within the future”



Project Hope

Giving young people in West Yorkshire hope for a better future

It has been a year on from our system launch of Project Hope and we wanted to share our journey to date, demonstrating how true partnership and collaborative working across our system has brought additional opportunities to our care experienced young people living in West Yorkshire.

We know that care experienced young people face stark inequalities that impact their health and wellbeing, experiences and outcomes. National data tells us that compared to others their age, care experienced young people are; 7 times more likely to die before the age of 25 and 25 times more likely to be homeless. 40% of all care leavers of 19-21 year olds (in 2016) were not in employment, education or training compared to 14% of all 19-21 year olds.

The collective approach that we have taken for Project Hope is to work with organisations across our system to provide opportunities for a minimum of 6 months entry level paid placements for our young people. This work started out with opportunities within the NHS, Local Authorities and the VCSE and has expanded throughout to roles within the commercial sector, including Lloyds Banking Group who in collaboration with Project Hope have been able to offer permanent roles to a number of our young people

A key part of Project Hope has been ensuring that while in placements our young people receive a wrap-around support and developmental offer that along with their individual organisational support will help our young people to grow and succeed within their placements, providing them with both professional and personal skills. Our wrap around support offer has been developed and delivered in partnership with [the Kings Trust](#) and [Flourished Minds](#), a coaching organisation who specialise in supporting children and young people. This has included pre-placement inductions to prepare our young people to start in their roles, monthly workshops which have included confidence building, money management, CV writing and interview skills, weekly check ins and a coaching offer. [The Mayor’s Office](#) provided 6 months M Card travel pass for each young person in placement to reduce the barrier of travel. The amazing team at [MadLug](#) also sent each young person their very own backpack in preparation of their placement.

Whilst we have had many successes with Project Hope we know that this has also not been without challenges, with many wider factors such as housing and financial worries having an impact on our young people’s emotional wellbeing. Over the coming months we will be undertaking an evaluation of Project Hope with our partners, organisations and young people for learning and to inform future models and approaches. We would like to thank everyone who has worked with us and been involved with Project Hope. We would not have been able to take forward this programme of work without the joint working, commitment and collective approach to this.

“It has been a pleasure to work alongside the ICB on Project Hope. I have had the honour of working with our young people under the banner of The Prince’s Trust, offering the young people with a pre-placement week to get them ready for work and then monthly follow-on sessions to ensure their transition into the working world is as smooth as possible. It has been wonderful to get to know all the Project Hope young people and to see their confidence grow each month as they thrive in their new positions”

Sara Liptrot, The King’s Trust



Prince’s Trust



“Being part of this programme is an absolute privilege. Witnessing the young people step into their own, despite their personal challenges, is exceptionally inspirational. Seeing them realise just how much resilience and ability they possess is joyful.”

Karen Cruise, Flourished Minds.



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Today we would like to share with you...

Children, Young People and Families Palliative and End of Life Care (PEoLC)

West Yorkshire Health and Care Partnership



forget me not children's hospice

Martin House Children's Hospice

West Yorkshire Health and Care Partnership



West Yorkshire out of hours

children's palliative care advice and support line

Where do you turn when you need specialist palliative care advice for your child or your patient out of hours?

0300 102 1391

6pm to 8am weeknights and all weekend

The Palliative and End of Life Care (PEoLC) Programme for Children, Young People and Families has had a busy year as it continues to work with and support services across West Yorkshire. The latest round of non-recurrent funding has facilitated increased provisions in a number of key areas, including psychology, spiritual support work, education and community liaison, in addition to a general uplift in nursing and consultant support for a number of teams.

October saw the launch of the out of hours PEoLC advice and support line for CYP & Families and staff, offering specialist nursing and medical support. This pilot scheme hopes to increase patient choice and access to palliative care throughout West Yorkshire and will include a focus on gathering feedback from families and professionals to inform future funding cycles.

More recently, the first gathering of the PEoLC Community of Practice Forum was held on 26th November. The community comprises a broad range of professionals from the teams throughout the system, including the All-Age Programme Leads, as we look to foster stronger links between CYP and adult services.

An extensive mapping exercise on PEoLC provision carried out this November has afforded renewed clarity regarding the excellent service each place in the system is delivering in often challenging circumstances and also review any gaps. Over the coming months, the community of practice will be showcasing a wide range of innovative work from these teams, with sessions focused on memory making and spiritual support already scheduled for the new year. The forum will also act as a vehicle for those in receipt of non-recurrent funding to report back with deep dives on their progress, with the aim of sharing learning, improving efficiency and broadening the reach of each team's work.

We are excited to share more about our progress in the new year and will look to update you all via the monthly bulletins. If you would like to find out more about our work or feel we can be of assistance in any way, please don't hesitate to get in touch with us at

dani.lewis@nhs.net or michael.sells1@nhs.net.



Palliative end of life care for children and young people



3rd
Dec

Today we would like to share with you... Calderdale and Huddersfield Foundation Trust – CYP Strategy and Vision



Within Calderdale and Huddersfield Foundation Trust (CHFT) we are proud to have launched our Children and Young People Strategy and Vision which was co designed with input from Children and Young People, Families and Staff.

Our ambition was to have oversight of all children and young people’s services within CHFT. An all-age approach across the Trust is supported by the Children’s Board and a two-way floor to board culture. We work with CYP wider partners and networks. Examples of this include involvement in the NHSE Sophie’s Legacy and Martha’s Rule pilots.

We hold bi -monthly Children’s Board meetings with executive and non-executive support and multi-disciplinary cross divisional attendance. There is an annual board workplan and an exception reporting process from senior leads across all areas where children and young people are seen in the Trust. The Children’s Board has strong engagement across all divisions and areas of speciality. Recent expansion to the group has included radiology, sexual health, gynaecology and adult outpatients.

Alongside the children’s board, there is a live CYP transformation plan on Microsoft teams which provides a central point of action planning and monitoring of progress in line with best practice and key standards.

The Children and Young People’s Strategy is enhanced by the engagement of our CHFT Charity, and we have a bespoke CYP Ray of Sunshine Campaign. This aims to brighten the care and experience of babies, children, young people, and their families by granting wishes and providing ongoing support in hospital and within the community.



[myHappyMind](#) is supporting over **217** schools across West Yorkshire with **128** schools in Kirklees and **89** schools and Nurseries in the most deprived areas of Bradford District and Craven focussing on schools in IMD1, IMD2 and IMD3. That's over **67,000** children and their families! myHappyMind is a science-backed, NHS-endorsed programme designed to enhance mental well-being in primary schools. Founded by Laura Earnshaw, Trustee of the Mental Health Foundation and NHS NIA Fellow, this engaging programme helps schools foster a positive mental health culture through interactive, fun lessons and resources. The programme features pre-made digital lessons that can be projected onto an interactive whiteboard, complemented by physical resources like journals for each child, soft toys, and more. myHappyMind also includes a staff well-being component and a parent/carer app to support children's mental health journeys at home.

For a closer look at how it works, we invite you to watch this brief video tour: [myHappyMind Tour](#)

myHappyMind has produced impact reports for both rollouts in Kirklees and Bradford. Here is a snippet of some of the data:

- 98% of teachers have said myHappyMind has helped their class to understand their brain.
- 95% of teachers have said myHappyMind's self-regulation techniques have benefitted their class
- 91% of teachers saw the self-esteem and confidence of the children improving after just two modules of myHappyMind
- 94% of teachers in Bradford have seen an improvement in their children's resilience and perseverance after myHappyMind



"We are really proud of the impact myHappyMind has had on our children. We recently had a visit from a mental health practitioner, who reflected on the sessions that she had conducted here. She said she was hugely impressed with our pupils' ability to articulate issues around their mental health, the language they were able to use and the knowledge they had around emotional well-being. That is something that made us extremely proud. The lessons are plug-and-play and they are really easy to navigate. If we do need any support, the myHappyMind team are always there for that. The portal is easy to navigate, there is minimal resourcing to do and no planning, which is great for teacher workload." – Birstall Primary Academy in Kirklees, West Yorkshire

To watch myHappyMind in action in Bradford, please [click here](#).

To watch myHappyMind in action in Kirklees, please [click here](#).





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Today we would like to share with you...

West Yorkshire Police Pol-Ed



Pol-Ed is a West Yorkshire Police education programme, written by teachers for teachers in schools. Its purpose is to keep children safe by developing their understanding of risks, consequences and the law and to develop their resilience and ability to help and support each other.

The free resources within Pol-Ed include lesson plans and schemes of work, although lessons can be used to suit a school's needs. They can also be used in response to situations, as part of a wider PSHE framework or for different year groups. We have themed assemblies as well as lesson groupings related to various crime types.

All of the resources focus on the West Yorkshire Police priorities and Ofsted lines of enquiry, and are linked to the DfE statutory guidance and PSHE Association Programme of Study to ensure we are meeting the needs of our young people. Access to the resources remains free for every single school in West Yorkshire and we have expanded to supporting schools in Bedfordshire, Northumbria and Suffolk force areas in 2024.

Our lessons cover from EYFS through to Key Stage 5, catering for all children from 3-18. Watson Bear (below) and a set of Pol-Ed characters were introduced to support our Early Years lessons last year.

Alongside our school resources, we have developed a series of Police Inputs for Officers and PCSOs to deliver to pupils as well as Intervention 22 resources.

Pol.Ed@westyorkshire.police.uk

Pol-Ed can be found online at www.pol-ed.co.uk as well as on Facebook (facebook.com/Pol.Ed.UK/) and X/Twitter (x.com/Pol_Ed_UK).

Bonfire Night & Firework Safety Assembly
Versions for both Primary and Secondary
Tips on staying safe around 5th November
Available for schools registered at Pol-Ed.co.uk
A positive force in education

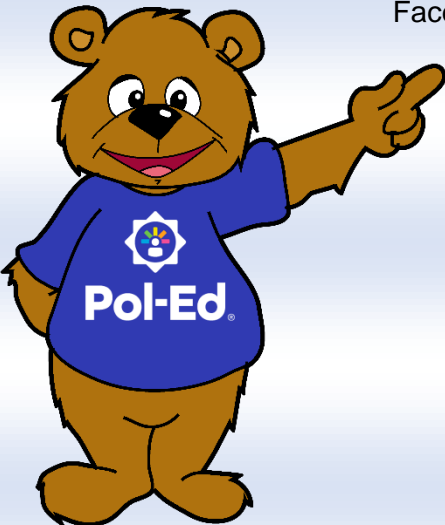
Whole class reflection...
What are 3 priorities that we all agree about fireworks?
1 2 3

Key Stage 2 Keeping Safe Lessons
Learn about it: Smoking
Can you identify any issues with smoking?
What's the issue with addiction? (Vaping/Smoking)
How can we use our phones sensibly?
How can we keep safe on the road?
How can we keep our things safe?
What are emergency services?
How can I share my worries?
What do we mean by risk?
Available for schools registered at Pol-Ed.co.uk
A positive force in education

Did you know?
Our resources section has CPD for subject leaders allowing you to deliver a staff training session exploring all Pol-Ed has to offer?
Available for schools registered at Pol-Ed.co.uk
A positive force in education

Key Stage 5 Relationships Lessons
How to spot and respond to coercive control
How should we end romantic relationships?
How can we manage stages of intimacy?
How do we develop our online brand?
Who are your people?
What is harassment?
Who are you?
Available for schools registered at Pol-Ed.co.uk
A positive force in education

Talk about it...
How true does your group believe this statement to be?
There is more that unites us than divides us.
It's not just about what you see on the surface.
It's about how you feel about the things you see on the surface.
It's about how you feel about the things you see on the surface.



Today we would like to share with you...

Urdu speaking family support worker in Paediatric Diabetes Case Study

Seven-year-old Patient A was diagnosed with Type 1 diabetes in 2019 at the age of two and a half years old. Patient A and her family only speak Urdu. Evidence based practice suggests that this patient would benefit from an insulin pump but there were concerns that the parents would not be able to fully support her due to language barriers. At the time it was also not common practice for children to be on a Continuous Glucose Monitor (CGM). Therefore, the family finger pricked glucose and gave insulin injections and learned how to carbohydrate count. However, this was challenging for the family due to the significant language barrier. Patient A managed on injections with her HbA1c varying between 59mmol/l - 79mmol/l, with an aim of HbA1c of 48mmol/l with minimal hypoglycaemia.

When Patient A started school the family support worker assisted the diabetes team to help her to wear a flash glucose sensor. Mum was sceptical at the beginning but then preferred her daughter wearing a flash scanner. When discussing pump therapy mum said dad did not want this to happen. At this point we did not have the family support worker with us permanently and felt unable to pursue further.

In April 2023 our patient cohort were identified as low users of diabetes related technology within non-white children and young people population. We obtained funding from NHSE for an Urdu speaking family support worker to help increase the usage of diabetes technology for patients from ethnic minority backgrounds. The family support worker and Diabetes Specialist Nurse went to see Patient A's parents at home and were able to discuss with both parents the benefits of pump therapy. Due to the family support workers now full time role, our team were able to offer the high level of support the family required. The family agreed if we identified an appropriated pump, they would be happy to go ahead.

In June 2023 Patient A was swapped to a Continuous Glucose Monitor (CGM) in preparation for starting on a Hybrid Closed Loop (HCL). During this change the family support worker translated for the family and visited when it was time to change the sensor to support the family. In February 2024 a Hybrid Closed Loop (HCL) was identified to be appropriate for Patient A to use and she commenced on it. The family support worker translated for the parents on the day of the pump start and visited regularly helping with changes the diabetes team recommended, such as helping with the first couple of pod changes. This support continued until the family said they felt confident to do it by themselves. The family support worker continues to liaise between school and parents and the diabetes team and parents to help maintain good communication and ongoing diabetes control. Patient A's HbA1c is now 57mmol/l which is the lowest it has ever been, with only 3% hypoglycaemia!





Auntie Pam's is a volunteer peer support service for women and their families during pregnancy and early parenthood.

Auntie Pam's provides a range of services, including a drop-in information and signposting service; a Swap Shop with baby clothes and equipment; baby weigh facilities; baby massage; baby feeding support; help to stop smoking; and the distribution of Healthy Start vitamins.

We were pleased to introduce the new Auntie Pam's in the Community outreach programme in 2024. Through the new outreach programme, our Auntie Pam's volunteers can provide the same one to one support but within communities in Kirklees.

The Auntie Pam's volunteers are at St. Andrews Church, Mirfield; Rainbow Baby Bank, Heckmondwike; Birstall Library, Birstall and Windybank Community Centre, Liversedge

We are continually reviewing and expanding the outreach, please visit our website for up-to-date venues and times.

You can also find us at 2 New Street, Huddersfield, HD1 2AR – Tuesday, Wednesday, and Thursday 10am until 3pm.

For more information about Auntie Pam's, visit our website www.auntiepams.org.uk or scan the QR code





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Today we would like to share with you...

West Yorkshire NightOWLS



We all experience the Christmas period differently. For some it's a time of happiness but for others it can be a really difficult time. If you are struggling around Christmas, Night OWLS is here to help.

Night OWLS is a confidential overnight listening service for children and young people (up until the age of 25) including their parents and carers living across West Yorkshire.

The service runs from 8pm - 8am every single night of the year. You can access support via phone, text or online chat.

Call: 0800 1488 244

Text: 07984 376950

Online Chat: wynightowls.org.uk

Night OWLS can help you if you:

- Feel you have nowhere to turn
- Feel you can't go on living
- Are in a crisis
- Are finding it hard to cope with life
- Are feeling angry, lonely, anxious or depressed
- Are feeling confused or finding it hard to think straight
- Are feeling unsafe
- Are caring for a young person
- Just want to talk



We routinely work with a range of issues such as stress, anxiety, exam worries, loneliness, loss, suicidal feelings, self-harm and complex mental health conditions.

I would like to encourage you to get in touch if you need support as my team are more than happy to help.
 The feedback we have received from young people who have used the service is really positive and they have found this helpful.
 You can talk about anything that is on your mind and you do not have to have reached your worse day to reach out.

Best Wishes – Simon Night OWLS Service Manager



It is devastating for families to hear that their baby has a life-limiting condition and is likely to die young. They must come to terms with the anticipated early loss of their baby and therefore is an incredibly challenging time for families.

The Bradford Butterfly Pathway was launched in 2017 with the view to providing care and support to these families during pregnancy, birth and beyond.

The multi-disciplinary team comprises of a Consultant Neonatologist, Perinatal Palliative Care-Coordinator, Fetal Medicine Specialists, Midwives, and Cardiologists who coordinate care with support from the local hospice teams. Families are empowered to make informed choices about their babies' care covering aspects of parallel planning and elements of symptom management whether they are in hospital, home or in the hospice.

The unique pathway focuses on facilitating families to enjoy and celebrate significant milestones whilst navigating uncertainty around their baby's future.





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Today we would like to share with you...

Go Wild Leeds



Go Wild Leeds will be running throughout the Christmas holidays in Morley, East Ardsley and Rothwell.

Our Healthy Holidays provision provides free activities, such as cooking, crafts, sports, and outdoor activities for families. We offer opportunities for fun and engaging outdoor and indoor activities suitable for a range of ages and abilities. A free hot lunch is provided for all participants. It's a vital example of why our work is needed.

Follow us on [Facebook](#) for all Go Wild updates!

Throughout winter, we're working together with Green Doctor to offer low-income families on our Healthy Holidays scheme a free Green Doctor visit with entry into a free prize draw to win a Warmies bear worth approx. £20. Families will also receive a FREE winter warm goody bag upon completion of the visit.

For more information, get in touch or [download our flyer](#).

All registrations need to be made via the [Healthy Holidays Leeds](#) website.

You will need to create an account and add all children you wish to register for any Healthy Holidays provision across Leeds. You can then select any/all sessions you wish to attend. If you have any problems, please get in touch.

Healthy Holidays Leeds is open to children who are eligible for income related free school meals.

[Download our letter for more information.](#)

[Register Now](#)

Ardsley:

East Ardsley Community Centre, Main Street, WF3 2AP
Saturday 21st December and Sunday 22nd December

Morley:

Newlands Methodist Mission, Albert Drive, Morley, LS27 8SE
Monday 23rd December and Tuesday 24th December

Rothwell:

Rothwell Victoria Primary School, Cornwall Crescent, LS26 0RA
Monday 30th December, Tuesday 31st December, Thursday 2nd January, Friday 3rd January

For more information, get in touch!

Email: wy.communities@groundwork.org.uk

Tel: 07824 343 693



GREEN
DOCTOR





11th
Dec

Today we would like to share with you...
#LetsConnect Campaign



The #LetsConnect campaign has been developed by the West Yorkshire Health and Care Partnership to encourage parents, carers, children and young people in West Yorkshire to feel comfortable talking about mental health and emotional wellbeing with each other.

We want to promote mental health and wellbeing, and emotional resilience in its widest sense, with a campaign that covers three themes:



#WeHearYou

This campaign provides insight for parents and carers in how to respond to and support their child or young person, as well as helping young people to provide peer-to-peer support using their own ideas and tips. #WeHearYou was created in collaboration with young people and clinicians working in child and young people’s mental health services. It sets out the importance of feeling comfortable about having conversations about mental wellbeing with children and young people, listening to and validating their concerns and thinking about potential solutions together.

As part of our #LetsConnect campaign supporting children and young people’s mental health and emotional wellbeing, we have recorded a podcast with expert contributors Consultant Psychiatrist Dr Nicola Dawson, West Yorkshire Mental Health Family Ambassador Tania Webb and Simon Oxford, Children and Young People Service Manager from NightOWls.

[Listen now.](#)

#SafeBase

This campaign provides insight from and for young people about what makes them feel safe and happy, and to seek out their ‘safe base’ when they are feeling low or pressured by the world around them. All three of our campaigns are voiced by local children and young people who chose the particular subject area that best resonated with them. #Safebase was voiced by a 15-year-old living in Bradford.

[Watch the ‘safe base’ animation.](#)

#YoureEnough

This campaign provides insight from and for young people about what makes them feel safe and happy. It highlights some of the pressures faced by young people and how parent/carers, family and friends can help children and young people to feel good about themselves.

As part of our #LetsConnect campaign supporting children and young people’s mental health and emotional wellbeing, we have made a series of animations. These videos, voiced by our local young people, helps young people know that they are ‘enough’ and signposts to self-help resources.

[Watch the ‘You’re Enough’ animation.](#)



Transition and Young Adult Care

The Seamless Diabetes Training (SDT) Programme is a comprehensive training initiative designed to improve the transition process for young people with diabetes as they move from paediatric to adult care. It supports multidisciplinary teams working in both paediatric and adult diabetes services, equipping them with structured methods, tools, and resources to enhance care pathways during transition. The programme blends virtual learning, face-to-face events, and coaching calls over a nine-month period, allowing teams to collaborate and apply what they learn in both individual and group settings.

Key objectives of the programme include improving the quality of care for young people transitioning to adult services, fostering effective team collaboration, and creating long-term improvements in service delivery. Success is measured by enhanced self-management and support for young people, consistent access to care, improved clinical outcomes (e.g., better HbA1c, fewer diabetes related complications), and increased team confidence in using data to drive continuous improvement.

The programme is part of the National Diabetes Programme's efforts to improve diabetes care, focusing on areas like reducing health inequalities, improving care for those transitioning to adult services, and enhancing outcomes for children and young adults with Type 2 diabetes. Teams from various NHS trusts in West Yorkshire, including Airedale, Bradford, Calderdale and Huddersfield, Leeds, and Mid-Yorkshire Teaching Hospitals, are part of the programme's implementation.

Diabetes in Schools

Digibete has launched a major national www.diabetesinschools.org training platform. This is national project, which is FREE to all. The new platform co-designed with specialist diabetes healthcare professionals, young people, teachers and parents. Brought to you by DigiBete and Leeds Children's Hospital Diabetes Team, in collaboration with the National Children and Young Peoples Diabetes Network, JDRF UK (Breakthrough T1D) and the Together Type 1 team within Diabetes UK.

Anyone can register for the training, just tick the box to say you don't work in a school.



Today we would like to share with you... West Yorkshire Youth Collective

Introducing the West Yorkshire Youth Collective, a group open to all young people from across West Yorkshire aged 14 – 21, to represent their peers and work with the WY ICB and partners to improve the lives of young people.

The group approaches health holistically, understanding that health and wellbeing is impacted by many factors, and needs the support of lots of stakeholders including schools, transport providers, out of school activities, the Combined Authority and Health Care Providers to remove barriers to positive health and wellbeing.

Over the past year, they have:

- undertaken training in creating Social Media Campaigns,
- worked with;
 - The Yorkshire SEND Alliance, to be part of the Regional Change Programme Partnership for SEND Services,
 - The Regional Ethnic Majority Youth (REMY) Group to understand health inequalities for young people of colour and the wider issues of discrimination, inequality and racism in society following this summer.
 - With the other three region's Youth Health Boards, jointly planned and hosted a regional Health and Wellbeing Day for over 100 young people, to identify common challenges and to celebrate how young people all over the region are working to improve health.

They are planning their **All Things West Yorkshire Event for 18th January 2025 in Leeds**. Inviting young people from across the ICB to share their lived experience and identify barriers to positive health and wellbeing. With the intention to share these with those in positions of power in the afternoon, who together with young people can create positive change, for all those living in West Yorkshire.

Save the Date 😊



West Yorkshire and Harrogate
Youth Collective

The WY Youth Collective


SAVE THE DATE

All Things West Yorkshire Event

Saturday 18th January 2025 - Leeds
10.30 am - 3.30 pm - young people
1.30 - 3.00 pm - Guests

The day is an opportunity for young people to talk about their experiences of living in West Yorkshire & Craven, to then share with decision makers and influencers and identify how to make things better

contact theunit@youthworkunit.com for more details

HALE's Young Peoples Social Prescribing Project (YPSP) supports young people aged 9-19 (up to 25 with certain special characteristics) across **Bradford District**, who are facing health challenges that are impacting upon their wellbeing and education. We have established strong partnerships and referral pathways with; education settings, leaving care/residential homes, specialised young people's services, youth clubs and GP practices, we also accept self-referrals making it a truly accessible service. Alongside our YPSP (funded by Healthy Minds), we also work in partnership with 2 Primary Care Networks (Affinity and WISHH – funded by Core20+5 reducing healthcare inequalities) to provide the Social Prescribing element to their Children and Young Peoples Service, working alongside practice staff who provide their clinical expertise.

The main objectives are for our young people to be/have:

- Positive relationships – through 1:1 support, social groups/activities
- Emotionally well – establish individual coping mechanisms, re-engage with education
- Essential skills – learnt through activities
- Empowered – instilling self-belief through having a voice, group work and goal setting
- Physically well – through cooking, exercise and health activities
- Physically safe – able to identify risk factors in activities and access safer spaces to reduce risk

In 2023 the Affinity Care funded service won the British College of Nursing 'Innovative Project of the Year' award, and in 2024 the whole YPSP service was shortlisted for the National Social Prescribing Awards – Children and Young Persons Social Prescribing Project of the year.




YOUNG PEOPLES SOCIAL PRESCRIBING

Are you aged 9-19?
(or up to 25 years for certain inclusion groups or where particularly required)

Do you feel:

- Worried
- Lonely / Isolated
- Low in mood
- Low self-esteem/confidence

Are you:

- struggling making / keeping friends
- finding school/college tricky
- wanting to try new activities / hobbies

Are you a patient at:

- Shipley
- Sunnybank
- Thornton
- Haigh Hall
- Saltaire
- Idle
- Windhill Green
- Westcliffe
- Cowgill
- Denholme
- The Willows
- Cottingley
- Cliffe Avenue

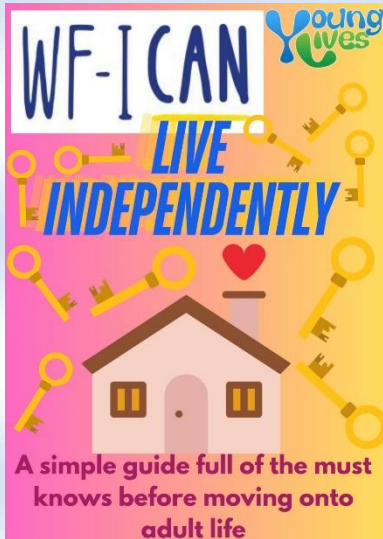
Do you live, access education, or attend a GP practice in:

- BD1
- BD2
- BD3
- BD5
- BD7
- BD8
- BD9

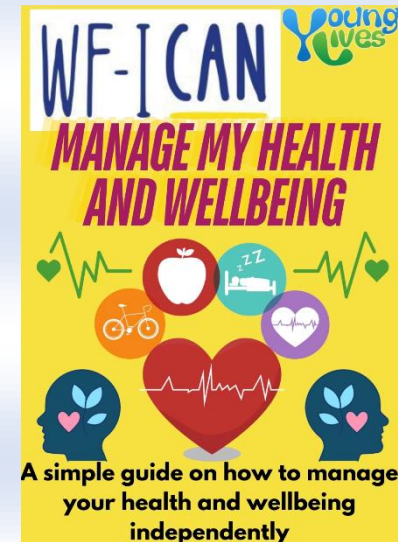
You can refer yourself to the Young Peoples Social Prescribing Service.
CALL HALE on **01274 271088**
or email **youthteam@haleproject.org.uk**

HALE **WISHH** **Affinity Care**

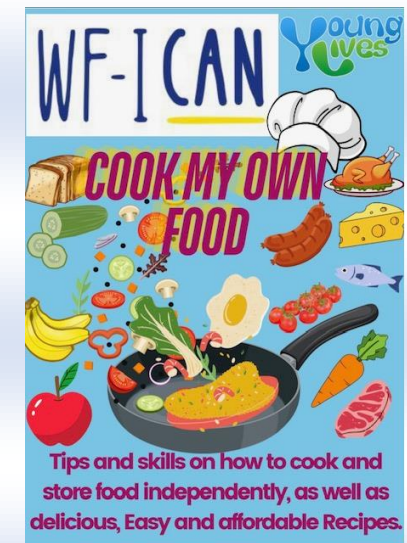




This year, I had an internship with Healthwatch Wakefield via [Project Hope](#) where I learnt a lot of valuable skills and gained amazing experience. I ran my own project whilst on my placement and it's centred around getting young people in West Yorkshire prepared for independence and living alone. This was so important to me as I experienced the hardships of leaving care with zero life skills and had to find out the hard way that adult life really isn't easy. These booklets are all complete, however the title pages are just included here. You can view these as a resource already being used for Young Lives in Wakefield, but there are also plans to get these sent out to more diverse groups, like homeless people returning to normal living and carers who want to teach their vulnerable adult a few skills here and there.



For more information or a copy of these booklets, please contact Eve at Eve@ylc.org.uk





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16th
Dec

Today we would like to share with you...

Wakefield CAMHS ED Team

West Yorkshire
Health and Care Partnership



'Psychiatric Team of the Year: Children and Adolescents' winner at Royal College of Psychiatrists Awards 2024.

Wakefield CAMHS Eating Disorder team won this prestigious national award at the RCPsych awards in London. The team is proud to showcase a variety of innovative interventions that meet the needs of their diverse population. This includes provision of an ARFID (Avoidant Restrictive Food Intake Disorder) parent/carer course and intensive home-based treatment with Nasogastric Tube support in the community. These interventions are young people and family centric, have successful outcomes and are cost effective. These quality improvement initiatives are made possible via excellent partnership working with West Yorkshire ICB and Mid Yorkshire Hospitals Trust.

The team was also a finalist in the category: RCPsych Team of the year 2024-Quality Improvement.

The RCPsych judges said: "The Wakefield CAMHS Eating Disorders service developed an innovative service for an underserved population of children and young people who have Avoidant Restrictive Food Intake Disorder (ARFID). They secured funding for additional clinicians and scoped out the population need for this service. This identified those children and young people who had physical complications, and provided psycho-education to parents and carers and individual input for those who required it. The team has received positive feedback from young people and parents/carers and this pilot has formed the baseline for further development to this service."

<https://www.rcpsych.ac.uk/about-us/rcpsych-awards/rcpsych-awards-2024-winners>



Connect Together is an innovative social prescribing project for children and young people funded through the Primary Care Network and West Yorkshire Integrated Care Board. It provides support through one-to-one sessions, group work and engagement with services that improve health and wellbeing.

Typically, the team work closely with the young person, this person-centred coordination creates a chain of connected and sustainable community services where they can communicate about often complex and challenging situations with their GP, family and school. As well as this important re-connection with services, over 60% have also been supported into ongoing community-based activities; such as youth work, peer support and community sports.

It was externally evaluated by Leeds Beckett University in September 2023. Key evaluation finding: "The evaluation has highlighted that health inequalities in children and young people can be addressed in a timely and meaningful manner through social prescribing."

For more information about Connect Together, please contact: Laura.Whitaker@barca-leeds.org



Connect Together


Social prescribing for children and young people

111 children and young people


were worked with through one-to-one support during the evaluation, of those:

88%	78%	72%	71%	60%
reported improvement in emotional and mental wellbeing	felt they could better manage problems/challenges	reported that their ability to make good choices had improved	felt their circle of support (friends and family) had improved	reported an improvement in their physical health

"Being able to refer young people to support that is based outside of our practice, takes the 'clinical' edge away that young people often find overwhelming and scary when accessing support. I therefore feel it provides greater 'buy in' to the service once doctors and healthcare professionals inform the young person that the support will not be delivered in a healthcare setting."



Schools




Family

Young person and Worker

GP services

"She (social prescriber) lets me talk about stuff and really helps me in different ways... she listens to me when I am stressed out.... at first, I was really angry with people, but now I stop and think about it, I used to be short tempered, but now I am long tempered."



Get Out More CIC celebrate 6 years of the Forest School Play Project – and look to the future.

This year, Get Out More celebrated the conclusion of a six-year programme to increase children and families confidence in accessing the outdoors, through the Better Start Bradford programme. 'The Forest School Play Project: A Celebration' is a short film covering a day in Bradford, where we explored Bowling Park with Thornbury Nursery and trained a cohort of forest school trainees in the grounds of the park, all in the snow! You can watch the film [here](#).

Whilst working in partnership with the Better Start Bradford team, Get Out More brought children and families closer to nature through:

- Engaging nearly 600 three-year-olds from 61 nurseries in term-long forest school programmes
- Running 541 free family play sessions in local parks
- Hosting 21 accredited Forest School training courses for nursery workers and parents, equipping them with the skills to encourage others outdoors

With the Better Start Bradford programmes now coming to an end, Get Out More are delighted to announce that the Forest School Play Project will be continuing in a new format through funding from the Pears Youth Foundation. We will be working in green spaces across Bradford, supporting children and young people aged 5-18 to access the wellbeing benefits of spending time in nature through forest school style afterschool clubs, and free Holiday Forest Schools in partnership with youth centres. Play workers in Bradford can also access free Forest School Level 1 Training, giving trainees an understanding of the forest school ethos and skills to engage their children or pupils in outdoor play activities.

If you have any connections with youth centres, or groups around Bradford we would love to hear from you. Get in touch with us on info@getoutmorecic.co.uk



Today we would like to share with you... Virtual Ward in Leeds

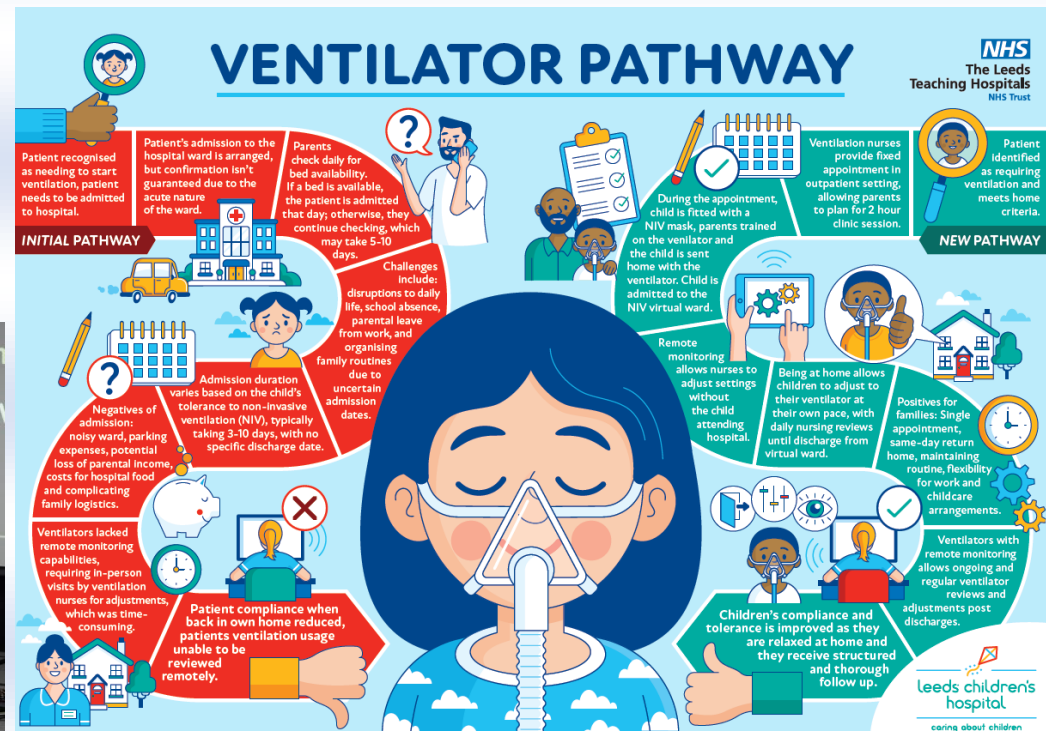
A Virtual Ward at Leeds Children’s Hospital has been set up for children to be initiated on Non-Invasive Ventilation (NIV) in the home setting. This has demonstrated improvements in patient care, efficiency, and family empowerment by leveraging technology and rethinking care delivery. Prior to the project, we had a child waiting 193 days for hospital initiation. The new virtual model significantly reduced wait times, with some patients starting within 18-25 days.

The use of Lumis blue tooth ventilator devices allowed remote monitoring and ventilation adjustments, minimizing the need for in-person visits. This innovation saved hours of travel time for long-term ventilation (LTV) nurses, translating into significant savings and enhanced patient support.

By starting NIV in patients' homes, the project reduced the pressure of rapid acclimatization, allowing children to gradually increase ventilation time and pressure at their own pace. This reduced patient stress, improved compliance, and led to smoother, more sustainable transitions to ventilation. Families observed higher compliance and tolerance to ventilation due to the comfort and familiarity of the home setting, avoiding the overwhelming hospital environment. This personalized care in the home environment has shown promising results in patient adherence and adaptation.

A dedicated staff member provided hands-on training, building family confidence in managing NIV equipment. Families expressed satisfaction, noting they felt equipped to handle ventilation independently, promoting a sense of empowerment and competence in managing care at home.

Take a look at the pre and post pathway road map to see the fantastic benefits this brings to patient, family and hospital.





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Dec

Today we would like to share with you...
The Leeds Childrens Asthma Team were winners at the Kite Awards at Leeds Childrens Hospital.

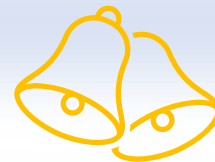


The Leeds Childrens Asthma Team were WINNERS at the Kite Awards at Leeds Childrens Hospital.

Their nomination recognised the drive to improve care and outcomes for children with asthma sees them regularly developing new interventions and activities to improve engagement and impact with children, families and schools. They demonstrate great leadership; engaging with professionals across the system to improve care, deliver a joined-up and safe service, and address health inequalities and social factors that negatively impact the wellbeing of children with asthma, such as poor housing conditions and air pollution.

They have collaborated with Leeds City council to develop a housing pathway. This now allows clear communication between the hospital team and housing, to help assess and meet the needs for the children, young people, and their families across Leeds. This pioneering module has been presented by Leeds City Council across the region and has now been adapted at local levels across the region!

Another project the team has undertaken is the Asthma 48 project. During 6 months of the project, the team telephoned over 450 patients 48 hours after discharge following treatment of asthma symptoms - they assessed their response to treatment and signposted for appropriate next steps for ongoing symptom management and control. When funding for the project stopped the team didn't! They used their learning from the project and devised a new approach to trial a way they could continue supporting families after hospital attendance for asthma and incorporate the additional work within their other activities.





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21st
Dec

Today we would like to share with you... Neonatal Unit at Airedale NHS Foundation Trust

West Yorkshire
Health and Care Partnership



Our mission on our Neonatal Unit at Airedale NHS Foundation Trust is to provide holistic support that prioritises the unique needs of each family.

Over the last 18 months the unit has been supported by three new clinical specialists with the addition of a dedicated Psychologist, Paediatric Dietitian and Paediatric Speech and Language Therapist for one day per week where we aim to adopt a family-centred, multidisciplinary team (MDT) approach to care.

Claire Summan – Paediatric Speech and Language Therapist: As a Speech and Language Therapist (SALT) I carry out clinical feeding assessments by gathering vital information, observing the babies' feeding skills and aim to formulate a hypothesis for the underlying cause of the feeding difficulty to offer early support for families. A feeding plan will be developed with the wider medical picture in mind. The SALT may also provide specific advice regarding a particular element.

Dr Farzana Sutcliffe-Khan- Psychologist: As a Psychologist, I support both parents and carers, as well as the staff on our neonatal unit, through the emotional challenges that can arise in this environment. My role focuses on empowering families, fostering confidence in caregiving, and facilitating open communication. For staff, I provide guidance and psychological support to help them manage the demands of their roles and maintain their well-being. I draw on evidence-based approaches such as the Compassion-Focused Therapy (CFT) model to help both families and staff build resilience and navigate feelings of stress or self-criticism. The goal is to ensure everyone feels valued, supported, and equipped to provide the best care possible.

Sarah Bergin – Paediatric Dietitian: As a Paediatric Dietitian, I assess the nutrition, health, and development of babies, enabling the early identification of feeding and nutritional problems. My work is aimed at meeting the unique nutritional needs of pre-term babies to help them achieve acceptable short-term growth while also optimising long-term health outcomes. A key focus is on ensuring both linear growth and adequate weight gain.

Additionally, we encourage both parents and staff to prioritise self-care and well-being. Taking even small moments to recharge can make a meaningful difference, allowing families to better care for themselves and their loved ones.

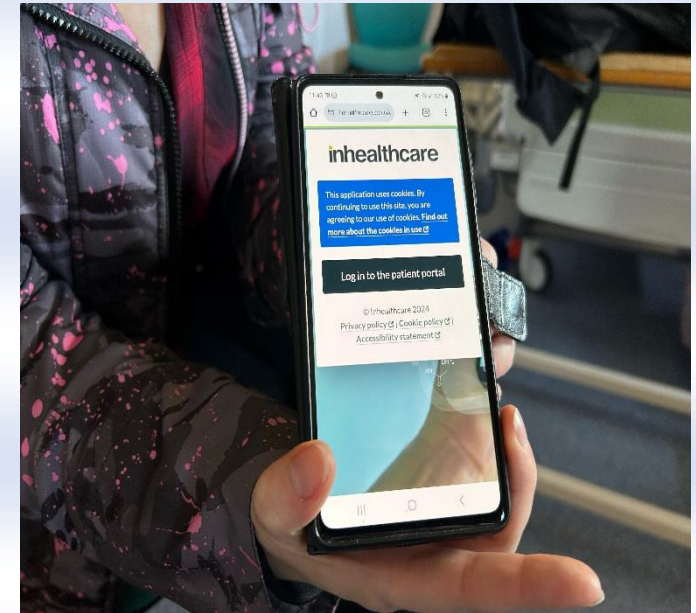


The children's haematology and oncology virtual ward pilot started at the end of October 2023 in Leeds Teaching Hospital. Our aim was to enable patients and families of children and young people with cancer to leave hospital quicker than normal and to be supported at home by close remote monitoring. We were delighted to be able to offer virtual ward care for 3 children and their families over Christmas 2023 and look forward to offering the service to more children this Christmas, so they can enjoy the festivities in their own homes together with their families and friends.

During 2024 we have enhanced technological support for the virtual ward through introduction of the Inhealthcare digital virtual ward platform and app, this allows families and clinicians to communicate and submit daily observations and clinical updates.

Feedback about the virtual ward from the children, young people and their families is overwhelmingly positive. Families feel well supported and more confident being at home while receiving virtual ward care and monitoring; they say the daily clinician check in is immensely reassuring and beneficial to them. Families report improved quality of life and wellbeing through being able to continue care at home. The children are happier and less stressed and tend to eat and mobilise better at home. The whole family can be together and the logistical, financial, and social burdens of having a child in hospital are reduced.

Currently we have 5 oncology and haematology virtual ward pathways, and we are developing more, so even more children and families can benefit from virtual ward care in 2025.



Today we would like to share with you...
West Yorkshire Support

We have 3 amazing West Yorkshire Support submissions that we wish to share as part of the advent so please be sure to check out the next 2 slides



Tania supports the parents and carers of young people admitted to hospital due to mental health difficulties across West Yorkshire. Tania has direct knowledge and understanding through her own lived experience as the Mum of a young person who has been admitted to hospital for their mental health. She offers peer support to families throughout their young person's hospital stay, helping them to navigate their way through the admission, and supporting them to partner with their young person's care team to make sure their voices as parents and carers are heard at every step, including getting ready for coming home. It's often a hugely difficult and emotional time for families when their child is admitted to hospital and Tania's lived experience knowledge and peer support can make a real difference to families. Tania works as part of a team of Family Ambassadors throughout England and connects families with other support that might be helpful to them both during their young person's hospital stay, and when their young person has come home. Find out more by scanning the QR code below or by phoning Tania (Mondays & Thursdays) on 07980 957982 or by emailing her at tania.webb@nhs.net





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23rd
Dec

Today we would like to share with you...

West Yorkshire Support



Spectrum provides comprehensive sexual health services which are professional, compassionate and confidential. We offer advice, support and treatment on a range of matters, including contraception, pregnancy, sexually transmitted infections (STIs), HIV and more. Our services are open access, which means people can contact us without visiting a GP first.

The service will operate as usual on Monday, 23rd December. On Tuesday, 24th December, the service will be open from 08:00 to 15:00. The service will be closed on Christmas Day and Boxing Day, and will resume on Friday, 27th December from 08:00 to 16:00.

In the following week, the service will operate as usual on Monday, 30th December. On Tuesday, 31st December, the service will be open from 08:00 to 15:00. The service will be closed on New Year's Day and will return to normal hours from Thursday, 2nd January.

During bank holidays, if a young person requires emergency contraception, they can visit the Wakefield Walk-in Centre or contact their GP surgery, which will transfer their call to the GP out-of-hours service. Alternatively, they can call 111.

For emergency Post Exposure Prophylaxis (PEP), individuals should call 111 or visit their nearest A&E department.

Use the link <https://www.nhs.uk/service-search/pharmacy/find-a-pharmacy> put in a postcode/town, and tick to only show pharmacies that are open.

For further information on contraception or sexually transmitted infections, please visit our website: <https://spectrum-cic.org.uk/>





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go back home

23rd
Dec

Today we would like to share with you...

West Yorkshire Support



West Yorkshire Paths: Support for birth trauma or baby loss service is a new service which opened in July 2024. We have been working with CYP teams to increase access for young birthing parents with moderate to severe mental health difficulties as a result of birth trauma and loss, including through loss of custody.

We know that 1 in 4 births in England and Wales are to young people aged 16-24 (Office for National Statistics, 2020). Young people who grow up in the care system are around 2.5 times more likely to become pregnant compared with other teenagers (Barnardo's, 2022). There are a number of barriers faced by young people in the perinatal period according to the Maternal Mental Health Alliance such as judgment, stigma, isolation, loneliness and issues accessing formal care [experiences of young mums summary final.pdf](#)

In Paths our preventative work within the maternity system is designed to decrease the occurrence of maternal mental health difficulties following birth trauma and baby loss. Raising awareness of the experiences of young mums and identifying formal support systems early on is aimed to reduce the impact of birth trauma or baby loss. Pathways are in place across West Yorkshire between CYP services and Paths to increase access to specialist comprehensive mental health assessment and perinatal interventions as part of an overall package of care within CYP services.

We accept referrals at westyorkshirepaths@swyt.nhs.uk from any professional working within the West Yorkshire ICB footprint.



Paths

Support for birth
trauma or baby loss





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24th
Dec

Today we would like to share with you... Calderdale Young Advisors



Calderdale Young Advisors conducted a survey this year with children and young people in Calderdale on the topic of 'Healthy Relationships'. They aimed to find out what young people know about Healthy Family, Friendship/Peer, and Romantic Relationships, and to use the results of the survey to recommend improvements to services and organisations in Calderdale, to enhance the support young people receive to have Healthier Relationships. A total of 347 responses were received.

Calderdale Young Advisors group analysed the responses received and have written their own Healthy Relationships report from their findings. A Healthy Relationships reel has been created by the group to share key findings and recommendations with young people alongside a poster to share local, regional, and national support services for Mental Health and Wellbeing with young people and signpost them to services who can help if they are feeling unsafe or at risk.

The Young Advisors would like to share with you their poster and Healthy Relationships reel so these can be shared as wide as possible with young people and professionals.

Please follow this link to view the Calderdale Young Advisors reel: [Healthy Relationships](#)

We're always looking to recruit new Young Advisors to work with Calderdale Safeguarding Children Partnership to share their voices and get involved with projects.

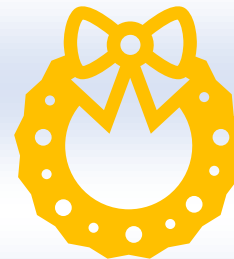
If you know a young person aged 13 - 17 who may be interested in becoming a Calderdale Young Advisor, please email Youth Voice Worker, Brooke: brooke.johnson@calderdale.gov.uk

Calderdale Young Advisors must either be educated in Calderdale, living in Calderdale or both.

Is your relationship healthy?
If you feel like your relationship show signs such as...

If you feel like you are walking on eggshells or the words in these bubbles resonate with you, these organisations below can help...

Feeling unsafe or at risk?	Mental Health and Wellbeing





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25th
Dec

Today we would like to share with you...

Breathe Easy Homes in Leeds

West Yorkshire
Health and Care Partnership

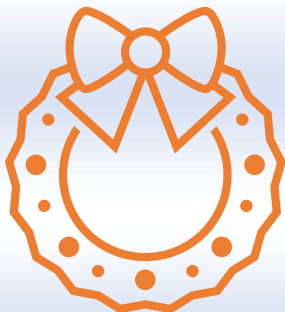


This year in Leeds we have been working closely with our colleagues in Leeds City Council, to embed Children's Respiratory Health in LCC's Health and Housing Programme. We are proud to have developed close connections and share a vision that children in Leeds should live in an environment that supports them to be healthy and happy.

As a partnership between the ICB, Leeds City Council and Leeds Teaching Hospitals, this year we have worked on agreed housing pathways to support children at risk. We have also developed a service called 'Breathe Easy Homes' to offer direct intervention for children whose health could be improved by an indoor air quality assessment and intervention.

The 'Breathe Easy Homes' service addresses issues with indoor air quality in the home, which can trigger attacks for children who have a diagnosis of asthma or other respiratory conditions e.g. viral wheeze. During a home visit, the BEH Support Worker will make a full assessment of the property and the family's living conditions. The support worker will gather a full picture of the personal and environmental needs of the family, and the current impact of the living conditions on the health of the child. Every family we see will receive a solution that addresses their individual needs, this may be to improve minor structural issues causing exacerbations such as damp and mould, it could also be the provision of goods such as hypoallergenic bedding, plus advice on self-help. All families will also receive immediate access/signposting to other third sector organisations and schemes where they may be eligible to receive financial support with their fuel bills and warm home initiatives.

This project has been running in Leeds since July and has already supported 55 families to breathe more easily. One of our clients said: "Following our contact, the landlord has fixed the leak in the cellar, replastered, treated and repainted the walls with damp and mould, resealed the slipped tiles and flashings on the roof and has eased the hinges on the windows and fixed the trickle vents. You can really feel a difference in the room, it just feels nicer to breathe"



Today we would like to share with you... Examples of work within Wakefield

The following slides provide examples of work taking place in Wakefield to support Children, Young People and Families

The **Wakefield Dolly Parton Imagination Library** focuses on encouraging the love of reading as a lifelong skill and improving the school readiness for our youngest children. We acknowledge that parents, caregivers, and families are a child's first educators. Research consistently demonstrates that early exposure to reading has a significant positive impact on long-term success.

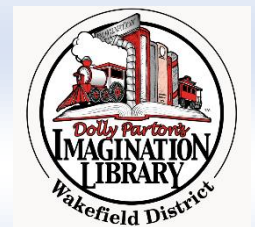
Over the past six years, the Wakefield Dolly Parton Imagination Library has distributed a high-quality book each month by post, building up a home library of books for under fours. In September 2023, the programme aligned with the global initiative, allowing children to graduate at age five. The Wakefield Dolly Parton Imagination Library promotes parental engagement in a child's learning experiences, encourages reading to a child early and often, and promotes use of the Council's library service. Launched as a pilot in 2017 across Airedale and Ferry Fryston, expanding in September 2020 to include Castleford Central, Knottingley and Pontefract North and South. These areas were chosen due to lower levels of school readiness, low skills, and higher levels of deprivation. In year 2024, the programme further expanded to include babies and children supported by the Family Nurse Partnership (FNP), as well as those whose parents were formerly supported by the Local Authority.

The evaluation indicates promising results: children enrolled in the Wakefield Dolly Parton Imagination Library exhibit improved outcomes in achieving a good level of development, thereby reinforcing their foundation for a successful start in life.

Across all three cohorts of children participating in the Imagination Library consistently achieve better outcomes in terms of the Good Level of Development (GLD). Notably, female participants with Special Educational Needs (SEN) support show encouraging results, with half attaining the GLD. Additionally, this year's Imagination Library graduates who are eligible for free school meals have also reached the GLD, surpassing their peers. Although the sample sizes remain modest, emerging trends suggest that the Imagination Library is effectively supporting our most vulnerable families.

A future priority is about implementing a targeted approach to Imagination Library registrations, focusing on vulnerable children and families identified by health professionals across the district.

For our last impact report or to know more about the Imagination Library, please email: imaginationlibrary@wakefield.gov.uk



Family Nurse Partnership (FNP) is part of Wakefield's 0-19 Service and supports first-time young parents (under 20), and families, from early pregnancy until their child turns two. The programme aims to reduce health inequalities and enhance child and family wellbeing by focusing on early child development.

Wakefield prioritises younger clients, understanding that age can present both vulnerabilities and opportunities. Neuroplasticity is recognised as a critical factor in facilitating behaviour change during this pivotal developmental stage.

In 2023/2024/ in Wakefield our FNP clients are younger, compared to nationally:

16 years or under: Wakefield (32%), *nationally* (17%), 18 years or under: Wakefield (90%), *nationally* (62%)

- Each mother is **assigned to a specially trained family nurse**, who will address the needs of that client, providing support and conducting home visits through pregnancy until the child reaches age one to two. The family nurse visits will enable the opportunity for the mother to receive bespoke guidance and advice on pregnancy and parenting in a safe and compassionate environment.
- Employing **evidence-based methodologies** such as motivational interviewing, family nurses focus on enhancing young parents' motivation for positive change. They listen, using open questions, affirmations, reflections and summaries to allow the client to explore ambivalence.

FNP operates within the 0-19 Service under Harrogate District Foundations Trust, is managed by a skilled supervisor and receives oversight from the Childrens Community Directorate.

For more information please contact:

Vicky Webb - Family Nurse Partnership Supervisor - vicky.webb8@nhs.net

Melanie Robinson - Wakefield Council Public Health Children and Young People's Team - mrobinson@wakefield.gov.uk



Wakefield Infant Feeding Support- creating a breastfeeding friendly council and community

Wakefield Council Public Health team commission Wakefield Families and Babies (FAB) to deliver the breastfeeding promotion and community peer-support service, which supports new families with breastfeeding across the district. We are also working in collaboration with Midwifery and the 0-19 Service. Between July and September 2024, breastfeeding rates at 6 weeks are at 66%, the highest rate ever recorded in Wakefield of those women within the FAB service.

Breastfeeding Friendly Wakefield

This project aims to train venues and public spaces to provide safe spaces for breastfeeding in their facility. Venues are then able to display and promote themselves as a breastfeeding friendly venue. So far over 200 venues have taken part. For the full venue list: <https://www.wakefield.gov.uk/health-and-advice/childrens-health/breastfeeding-friendly-wakefield>

The Empowerment Project

Wakefield Council aimed to empower breastfeeding women across the district through an art project with Wakefield FAB and local artist, Danielle Blyth. Women from across the district were encouraged to paint their breasts using different artist techniques, which have been collated to create a poster as a piece of art. This was initially displayed in the local area to celebrate breastfeeding friendly week in August 2024. The artwork was also shared on BBC News and continues to be displayed across the district as an ongoing promotional resource.

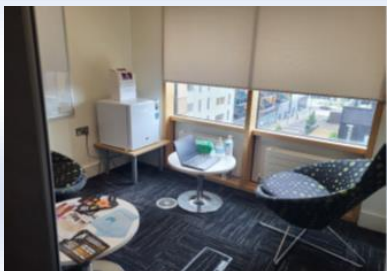
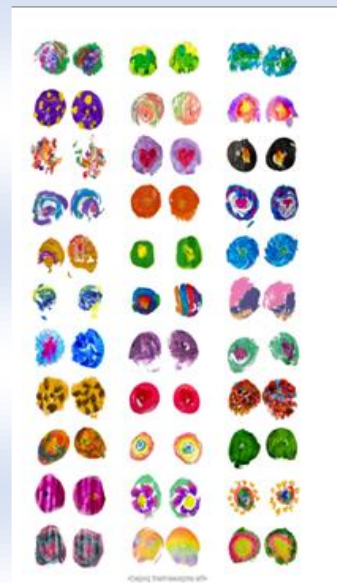
UNICEF Baby Friendly Initiative (BFI) Awareness Session

Aimed at senior strategic leaders, we organised this event to provide an opportunity for leaders to understand the Wakefield Breastfeeding context.

Wakefield Council's commitment to women returning to work

Wakefield Council has introduced a dedicated "Expressing Room" at our main office Wakefield One, designed to support new mothers in expressing and storing breastmilk while at work. To facilitate this, we have developed information packs for both council employees and employers, recognising that breastfeeding can be a sensitive topic for discussions with managers.

For more information, please contact Janet Wilson by emailing: janetwilson@wakefield.gov.uk





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Today we would like to share with you... Examples of work within Wakefield

West Yorkshire
Health and Care Partnership



Involving children and young people from the start – Wakefield Council’s approach to understanding youth vaping

What we did and why we did it

This was a qualitative exploration of children and young people (CYP) in Wakefield’s experiences and views on vaping. It initially came about through engaging CYP in the Big Conversation and then with the Healthy and Sustainable Communities work. As part of this they expressed their concerns and questions around vaping. This was echoed by parents, youth workers, public health colleagues and elected members.

We spoke to 65 CYP aged 11-17 across the district (vapers and non-vapers) in schools, youth clubs and a Branching Out session. This also included the young people who originally raised their concerns as well as 20 staff members. We used a flexible approach adapted to the setting and needs of the young people. The groundwork done and trusted relationships created within the community prior to starting the research was key to the success of this approach. The data was analysed using thematic analysis and is being peer reviewed by CYP in the district using conversations and creative approaches like podcasts and films.

The road to vaping

The picture painted by the CYP was one of vaping having become a social norm with several “green lights” or “go signals” around vaping. This was in the digital and physical environment as well as through messaging and visibility. Vaping in social media videos, ease of access and use, vapes being sold as a “normal good” alongside crisps and sweets, and seeing many peers and adults vaping all contributing. CYP consistently perceived that at least 50% of their peers vape. The messaging around vaping being safer than smoking, no support for young people to stop vaping and unclear long term health impacts has added to the “go signals”.

Finding Spotlights on New Evidence

- Mental wellbeing – Many CYP reported vaping to help with mental wellbeing such as with social anxiety and “fitting in”, other anxiety symptoms and even increased energy or fidgeting or stimming.
- Smoking vs vaping – CYP overwhelmingly saw vaping as completely separate to smoking and not as a gateway to smoking.
- Addiction – A number of CYP reported symptoms of nicotine addiction with some CYP reporting vaping every 15 minutes.
- Impact on education – Both young people and staff reported an impact of vaping on concentration and behaviour in school.

Next Steps

- We have **CYP peer reviewing** the findings with one school also aiming to produce a **podcast around vaping**. This will help shape the **knowledge, translation and dissemination** with CYP being a key part of this process. Recommendations will be shaped by the children and young people through a **CYP advisory panel**. Wakefield Council and wider partners will continue the work to make sure CYP voices influences what happens in Wakefield and in their communities.

For more information, please contact Gareth Hamlet by emailing: ghamlet@wakefield.gov.uk



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Today we would like to share with you...

Examples of work within Wakefield

West Yorkshire
Health and Care Partnership



Wakefield Children's Speech and Language Therapy

Over the course of 2024 Children's Therapy have undertaken a large project to improve the way in which we safeguard Children and Young People. We have worked alongside the Safeguarding Team here at Mid Yorks and have seen a really big improvement in the way we document, spot early signs and improve the speed in which we escalate concerns. This work is now implemented in Physiotherapy, Speech and Language and Occupational Therapy and has been taken forward to our wider Therapies, where work is underway to help with service improvements in adult areas. Below you can see our improved 3 stage approach each with new and improved elements to ensure safeguarding practice is at the forefront of the work we deliver. The work will continue in to 2025 with further improvements and safety nets in the pipeline for our sub services and to cover all Children currently underservice as well as all new Children in to service. The team have been brilliant at rolling this work out and taking new and improved practice into their stride! The benefit is that early warning signs will be detected and we will have a positive impact on more Children's lives.



We have taken time this year to improve the language groups we offer to families with young children across Wakefield and Pontefract. The aim is to support and encourage parents to help develop their child's communication skills. We offer groups for children and parents which focus on developing interaction skills, play skills, vocabulary and functional language so parents can implement across all areas of daily life and not just during 'therapy' sessions. Speech and Language Therapists and Speech and Language Therapy Assistants model different strategies in the sessions and help parents to use these with their children in a range of play activities, sharing different songs and books together. Parents feedback has been very positive with them learning lots of new ideas to help their child to develop their language and social communication skills. Follow up 3 months after the sessions, parents have reported:

"It's helped us to engage with our child."

"Every day he seems to be coming on. He seems more grown up; less like a baby."

"My child is trying to speak more now, she is commenting on what she is doing now when playing. She describes what she is doing".

"He is able to communicate better, he is still not clear but with time I expect this to improve".

We plan to continue this great work over 2025 and aim to offer to more families who have young children who are struggling to talk.





Parent Infant Relationship (PAIR) Team

Parent and Infant Relationship Teams work with infants and their carers when there is difficulty in the “bond” or emotional attachment they are forming together.

Positive infant mental health is the building block for lifelong emotional wellbeing. Babies brains are continually developing and the time from conception to 2 years have the capacity to learn at a rate like no other in their lifetime. The emotional wellbeing of babies and young children lays the foundation for healthy relationships, future mental health and brain development as they grow. We can help carers to overcome difficulties they are facing and help them build a positive bond with their baby.

The Wakefield Parent and Infant relationship (PAIR) team is a multi-agency team who offer targeted & specialist support to mothers, fathers, non-birthing parents and carers where there are concerns around the parent infant relationship from pregnancy to 2 years. We are part of the HDFT NHS 0-19 Team. We consist of a Parent Infant Psychotherapist, Specialist Health Visitors, Childrens Staff Nurse and Family Peer Supporters. We also work closely with specialist Dad’s worker and a Speech Language Therapist.

We work with Family Hubs, Turning Point Talking Therapies and Voluntary Community Services(such as Home-Start). The PAIR team have different levels of specialist skills to build on existing parenting strengths. We recognise that babies and infants need sensitive and emotionally responsive care to thrive. We help parents develop new ways of interacting with and caring for their babies to overcome challenges they are facing.

We offer a range of interventions such as Parent Infant Psychotherapy, Video Interaction Guidance (VIG), Circle of Security Parenting (COS) group, Maternal Journal & Family Peer Support.

For more information please contact: **Sally Smith & Jayne Fisher** – Perinatal and Infant MH clinical Leads 0300 373 0944 or email hdft.pair@nhs.net



Leeds Hospitals Charity's '7 Days of Play appeal' is to give seriously ill children access to play in hospital every day of the week

Last year, over 11,000 young patients stayed at Leeds Children's Hospital. Many of these children and young people will spend large parts of their childhood and teenage years in hospital, missing out on celebrations like Christmas, school, friendships and normal life.

From helping prepare children for complex treatment and scary scans and surgery, to supporting blood tests for children who have anxieties about needles, to bringing festive joy over the Christmas period, the play team provide a vital service at Leeds Children's Hospital.

www.leedshospitalscharity.org.uk/play



The following slides provide examples of work taking place in Bradford to support Children, Young People and Families

The maternity circle model provides support, advice, and social networking to families during the crucial 1001 days from conception through pregnancy and into infancy.

Held at a venue within pram-pushing distance for the local community, this model seeks to address feelings of isolation many families experience during pregnancy and encourage the development of supportive relationships in the community / peer support, whilst providing key health information at the start of life.

Through a range of partnership working with established services in Bradford, District & Craven, families can access a range of services including parent education, breastfeeding advice, smoking cessation, perinatal mental health support, and more.

- Development of social networks to reduce isolation and increase support.
- Pregnancy and early parenthood can be a vulnerable time for many, and the risk of poor outcomes is significantly higher in areas of deprivation.
- Having a maternity circle within walking distance encourages families to get out more, increasing activity levels as well as promoting social interaction.
- Signposting to community organisations that support wellbeing needs of new mums /parents (and mums to be)
- Better access to Start 4 Life services and to increase uptake.
- Better awareness of support and services available in the local community for families such as welfare
- Building confidence and self-efficacy within parenting

10 different VCS organisations are funded and are delivering a total of 17 (sites) circles across the district particularly covering wards that have higher levels of deprivation and high rates of infant mortality. Some are funded through the Core2Plus5 - 13 Community Partnerships - and additional funding was secured through Start for Life to bridge the gap in wards where there wasn't a circle, and the funding has also provided additionality to existing circles to offer out of hours, and weekend circles to target working parents and males/carers.

For more info contact Aliya Fazil, Reducing Inequalities Manager aliya.fazil@bradford.nhs.uk



Scan QR code to find your nearest Mat circle on the Start for Life (FYI) website
<https://fyi.bradford.gov.uk/familyhubsandstartforlife/what-is-family-hubs-and-start-for-life/what-is-family-hubs-and-start-for-life/#babycircles>



Bradford hosted its 7th successful Baby Week Bradford from 14-20 November 2024

The fabulous annual **Baby Week Bradford** came back for its 7th year with Playful Starts and Happy Hearts as its theme. The week explored why play is so important for babies' development and health. When babies and young children play, they're learning so much about themselves, others, and the world around them. Their brain is firing in all directions, building: ● Communication, relationships and connection ● Confidence and independence ● Movement and motor skills ● Creativity and imagination

There were over 30 free events aimed at families with 0-3s and the maternity and early years workforce. Over 1750 families and members of the early years works force attended throughout the week. Better Start Bradford co-ordinates the week and events are hosted by partners across the district.

Some highlights from this year's events were:

- **Storyland Play Day City Library, 14 November 2024** - a story-themed play day that brought children's books to life with play activities, including *The Very Hungry Caterpillar*, *Stick Man* and *Where's Spot*. There was also the opportunity to do the **Baby Week Wiggle** and baby ballet.
- **Happy Hearts Play Day Sedbergh Sports and Leisure Centre, 19 November 2024** – the giant sports hall was transformed into a playful paradise, with baby raves, treasure baskets, stories and rhymes, sensory play, a teepee village quiet zone, free books and goodie bags for families.
- **Music for Babies Cliffe Castle Museum and Park, 20 November 2024** - a magical, musical adventure with musical instrument demonstrations, a music trail, craft activities, dance, a sensory/quiet space, the Baby Week Wiggle mini baby rave, and a maternity circle session with a musical twist.
- For the first time ever the double decker **Wiggle Room Play Bus** parked up at a different location each day across Bradford offering a different style of play venue. It offered a hive of play activities for little ones including: a ball pool, a top-to-bottom slide, tunnels, soft play and disco lights and over 800 babies and families visited it.

"We had an awesome time today! so much activities to participate in each time we have attended." "We had an experience of a lifetime no one session was the same well done Better Start Bradford!" "It was amazing!! Everyone did a great job and our little one had an absolute blast - Thank you!"

This year Bradford was proud to be one of fourteen **Baby Weeks** taking place across the UK. **Baby Week** is a national campaign celebrating babies and placing the first 1001 days in the spotlight, via events, activities and resources. By bringing **Baby Week to Bradford** in 2018, Better Start Bradford hoped to stimulate an awareness of health needs, influence policies affecting health, and facilitate health-enhancing activities. It encourages the district to focus on the importance of the first 1001 days and showcase the fantastic work that practitioners do to support families during this critical time.

Better Start Bradford is a 10-year (2015-2025) **A Better Start programme (ABS)** funded by **The National Lottery Community Fund** to help children in Bowling and Barkerend, Bradford Moor and Little Horton get the best start in life. www.betterstartbradford.org.uk





Kirklees Asthma Home Improvement Pilot (KAHIP) is an initiative that commenced in April 2023 and was funded by West Yorkshire Integrated Care Boards Winter Warmth Pot. The aim of the pilot was to try to improve the homes (small to medium interventions) of 0-19yr old patients with asthma living within a particular PCN area-where it had been recorded on GP records that the home condition was exacerbating the condition.

It was estimated that approximately 50 households met the criteria and up to £1,000 spend per household was allocated-which included initial advice, information and home assessment.

The partnership consists of Kirklees Public Health Team (Commissioner), Groundworks/Green Doctor (Contractor) and Greenwood Primary Care Network (comprising of 10 GP practices within a particular geographical area who had identified asthma as one of their priorities)

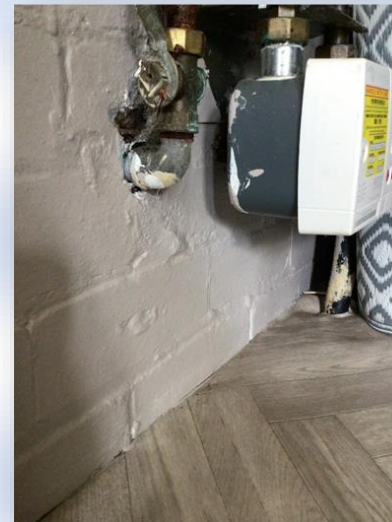
The pilot is still ongoing as it was extended by 6mths - it is due to end 31st December 2024 and the learning will be shared via a final report in the New Year.

However, to date we are pleased to report:

- 33 Households engaged with the initiative
- At least 2 patient households were totally rehoused as a result of the intervention.
- A number of medium interventions have been implemented in properties (e.g. improved ventilation via electrical extractor fans in kitchens/bathrooms, electrical portable humidifiers provided etc)
- Improved understanding amongst households of how behaviour change can mitigate against condensation/mould etc.



Replacement Bathroom Fan



Site of formerly persistent mould growth in unheated kitchen storeroom

SNAPS, which supports children with additional needs and their families, celebrated its 20th anniversary this year. Since the charity's launch in 2004, many things have changed, but one thing remains the same: SNAPS' aim to be family-led and provide support when children and families need it most.

Today, SNAPS is proud to provide physiotherapy, leisure services and a supportive environment to around 180 families each month. These experiences can be life changing, helping the whole family relax and enjoy time together.

Children such as Harrison visit SNAPS' sites at Penny Field SILC and Broomfield SILC in Leeds on Saturdays during term time. Harrison's Mum says:

"Harrison first attended SNAPS at the age of 18 months. Walking through the doors that very first time I was nervous, but I needn't have been because it was like coming home, home to a family who truly understood.

"Coming to SNAPS, Harrison has the freedom to explore his surroundings with people who respect and understand his differing needs. He has built connections and formed friendships with others which has filled him with confidence. Harrison had his first hydrotherapy session after turning 3. He began his journey very resistant to the pool, the water and the noise. Slowly Harrison became more comfortable in his surroundings and he has flourished ever since. I am immensely proud of him and his confidence in the water.

"We have built such a strong sense of belonging within SNAPS. I certainly wouldn't be the parent I am today without the support we have received and I know that Harrison wouldn't be the confident, determined young man he is either."

If you'd like to find out more about SNAPS, please visit:

www.snapsyorkshire.org/supportsnaps/



Today we would like to share with you...
Calderdale and Kirklees CAHMS

The following slides provide examples of work taking place within Calderdale and Kirklees CAMHS

The Calderdale & Kirklees Child and Adolescent Mental Health Services (CAMHS) staff newsletter was recently refreshed and rebranded **Connecting CAMHS**, providing a fresh, engaging format to share updates, celebrate achievements, and highlight initiatives within Calderdale & Kirklees CAMHS. Some key articles included:

1. Team Overviews:

- Following many changes within the service, we included detailed introductions to all our individual teams, including all their team members and showcasing their specialised roles in supporting young people and families.

2. Celebrating Success:

- Recognition of staff milestones, including promotions, training completions, and personal achievements like marathon runs and awards. As well as updates on recent improvements and initiatives within our teams.

3. New Initiatives:

- Details of upcoming initiatives such as CHATpads to gather feedback from service users and families, enhancing service delivery, and using service user feedback to improve the experience in waiting rooms, focusing on creating welcoming and neurodiverse-friendly environments.

4. Staff wellbeing:

- "Good Mood Food" connecting diet with mental health benefits. Fun, stress-relief activities like a wellbeing word search and mindful colouring pages. Positive news stories to counteract all the negative news we see and hear every day.

All staff members are invited to contribute their news and ideas. Here are a few screen shots of some of the pages.





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Today we would like to share with you...

Calderdale and Kirklees CAHMS

West Yorkshire
Health and Care Partnership



The Children's Learning Disabilities teams at Calderdale and Kirklees CAMHS delivered the **Behaviour in Bitesize** courses throughout 2024.

This six-week course is designed to support parents and carers in developing positive behaviour strategies which have a positive impact on children's behaviour and provides opportunities for parents and carers to share their own experiences within a supportive environment.

The course aims to provide:

- An understanding of challenging behaviour
- An understanding of the cause and function of behaviour
- An understanding of different types of behaviour
- Practical tools to help in assessing why behaviour occurs
- Practical strategies for positively managing behaviour
- Communication support strategies

Some comments from parents or carers who attended one of the courses in Kirklees:

"A really informative course"

"Sensory and communication sessions really helpful"

"Thank you for encouraging us to attend these sessions-lots for us to think about"

"Listening to experiences of other parents"

"Each week all the sections were helpful"

"The range of content was great and hearing other parents experience was really useful"

"To keep doing what you are doing as its very helpful"

"Learned lots of things attending behaviour course"

"I got a lot of reassurance from the course and confidence to communicate with my daughter more effectively"



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31st
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Today we would like to share with you...

Calderdale and Kirklees CAHMS



Kirklees Keep in Mind Wellbeing Champions

This project supports schools to engage young people in becoming wellbeing champions in their school community. The aim is to promote positive wellbeing, raising awareness and reducing stigma around mental health and emotional wellbeing. This project is available across key stages 1-4.

Outcomes of the project are:

1. An increased awareness of mental health and emotional wellbeing
2. Reduced stigma and increased communication around feelings
3. A kinder and friendlier community in the school environment

Since September we have delivered the training to 16 different schools across Kirklees, working with 211 students. Some of the feedback we have received from students can be seen below.

“I really enjoyed it and want to do this every week”

“I’m so excited to be a wellbeing champion”

“Great session, 1000/1000”

“I liked the lesson and am excited for the next one”



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Strengthening Families, Strengthening Communities Parenting Programme

The Children's Learning Disabilities and Core teams at Calderdale CAMHS delivered the **Strengthening Families, Strengthening Communities (SFSC)** programme throughout 2024. The programme is designed to equip parents and carers with the tools, strategies and support needed to raise happy, resilience and successful children. Through the programme, parents not only gain valuable knowledge and practical strategies for raising children, but they also find a supportive community of other parents, and making sure their voices are heard.

The SFSC programme runs for 13 weeks, offering comprehensive sessions that address a variety of topics with the following key goals:

- Achieve positive change in family relationships
- Gain a better understanding of child development
- Use positive discipline techniques
- Promote children's social skills and self-discipline
- Develop strategies to deal with issues that increase the risk of poor outcomes for children

Each session builds upon the learning gained from the previous sessions. Throughout the course, the individual support needs of each child is considered, and may lead to a recommendation for further assessment.

Strengthening Families, Strengthening Communities draws on social learning theory and attachment theory; and practices a trauma informed approach to work with families. Learning methods are interactive, and parents are encouraged to share their experiences. Participants practice strategies in each session which they are encouraged to implement at home and review with the group.

Overall, parents found the course informative and useful and reframing the approaches that are taken when parenting, whether that it was in response to difficulties with behaviour or when implementing positive experiences for both children and parents which aided in the children's rights of passage.

Parents liked the role-playing seen by facilitators and around 50% enjoyed participating in them. Parents stated it had given them confidence in their parenting skills and more accepting of changing their parenting approaches to fit with their own families.

As for facilitating, it was overall both positive and rewarding.

