

# 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.





1<sup>st</sup>  
Dec

# 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.

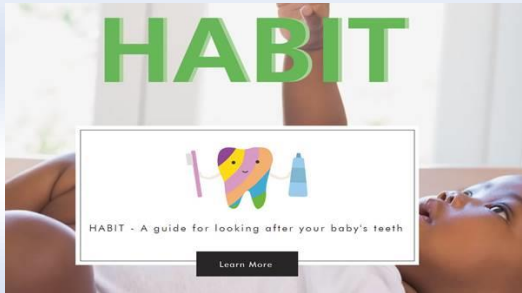


We would like to thank everyone for their continued support for West Yorkshire Healthier Together and ask that you continue to share the resources with your patients, communities and staff.

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

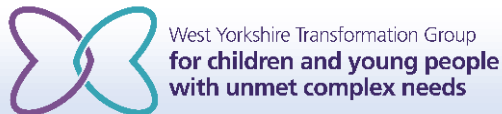


## Children and Young People with Unmet Complex Needs

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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1<sup>st</sup>  
Dec

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.



Click here to go back home

2<sup>nd</sup>  
Dec

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 26<sup>th</sup> 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](mailto:dani.lewis@nhs.net) or [michael.sells1@nhs.net](mailto:michael.sells1@nhs.net).



Palliative end of life  
care for children  
and young people



3<sup>rd</sup>  
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](#).







5<sup>th</sup>  
Dec

# 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](mailto:Pol.Ed@westyorkshire.police.uk)

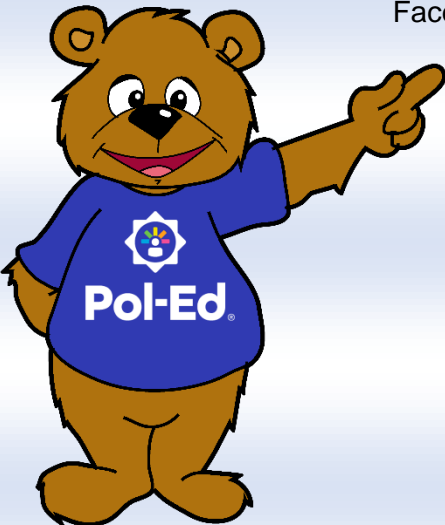
Pol-Ed can be found online at [www.pol-ed.co.uk](http://www.pol-ed.co.uk) as well as on Facebook ([facebook.com/Pol.Ed.UK/](https://facebook.com/Pol.Ed.UK/)) and X/Twitter ([x.com/Pol\\_Ed\\_UK](https://x.com/Pol_Ed_UK)).

**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](http://Pol-Ed.co.uk)  
A positive force in education

**Key Stage 2 Keeping Safe Lessons**  
Learn about it: 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](http://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](http://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](http://Pol-Ed.co.uk)  
A positive force in education



## 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!



Today we would like to share with you...  
Kirklees - Auntie Pam's



**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](http://www.auntiepams.org.uk) or scan the QR code





Click here to  
go back home

8<sup>th</sup>  
Dec

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](https://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





[Click here to go back home](#)

9<sup>th</sup>  
Dec

Today we would like to share with you...

Bradford's Butterfly Pathway

West Yorkshire  
Health and Care Partnership



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.



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](mailto:wy.communities@groundwork.org.uk)

Tel: 07824 343 693



**GREEN  
DOCTOR**





11<sup>th</sup>  
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](http://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 18<sup>th</sup> 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](mailto:theunit@youthworkunit.com) for more details



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14<sup>th</sup>  
Dec

## Today we would like to share with you... HALE's Young Peoples Social Prescribing Project (YPSP)

**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

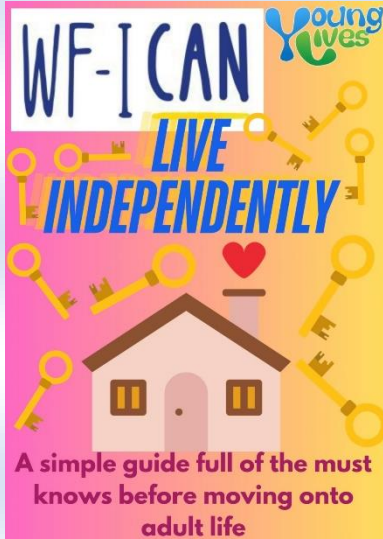
**Do you live, access education, or attend a GP practice in:**

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

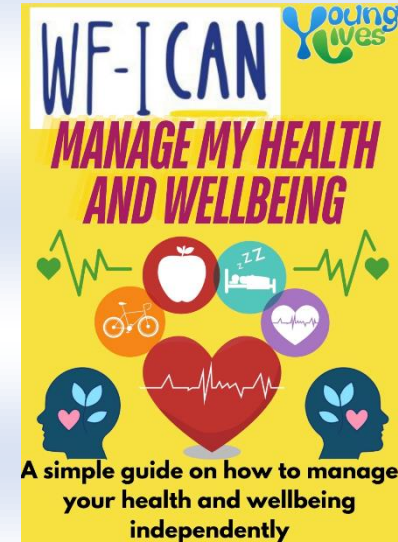
**You can refer yourself to the Young Peoples Social Prescribing Service.**  
CALL HALE on **01274 271088**  
or email **youthteam@haleproject.org.uk**

**HALE** Health Action Local Engagement Healthy Living Charity  
**WISHH** West Yorkshire Health and Care Partnership  
**Affinity Care**

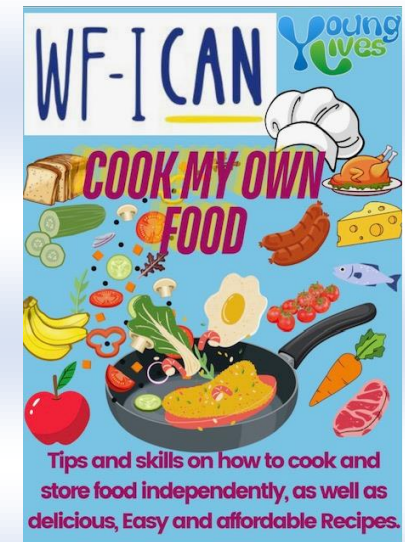




This year, I had an internship with Healthwatch Wakefield via [Project Hope](#) where I learnt a lot of valuable skills and gained amazing experience. I ran my own project whilst on my placement and it's centred around getting young people in West Yorkshire prepared for independence and living alone. 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](mailto:Eve@ylc.org.uk)





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16<sup>th</sup>  
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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>



# Today we would like to share with you... Connect Together

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](mailto: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:**

<b>88%</b>	<b>78%</b>	<b>72%</b>	<b>71%</b>	<b>60%</b>
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](mailto:info@getoutmorecic.co.uk)



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

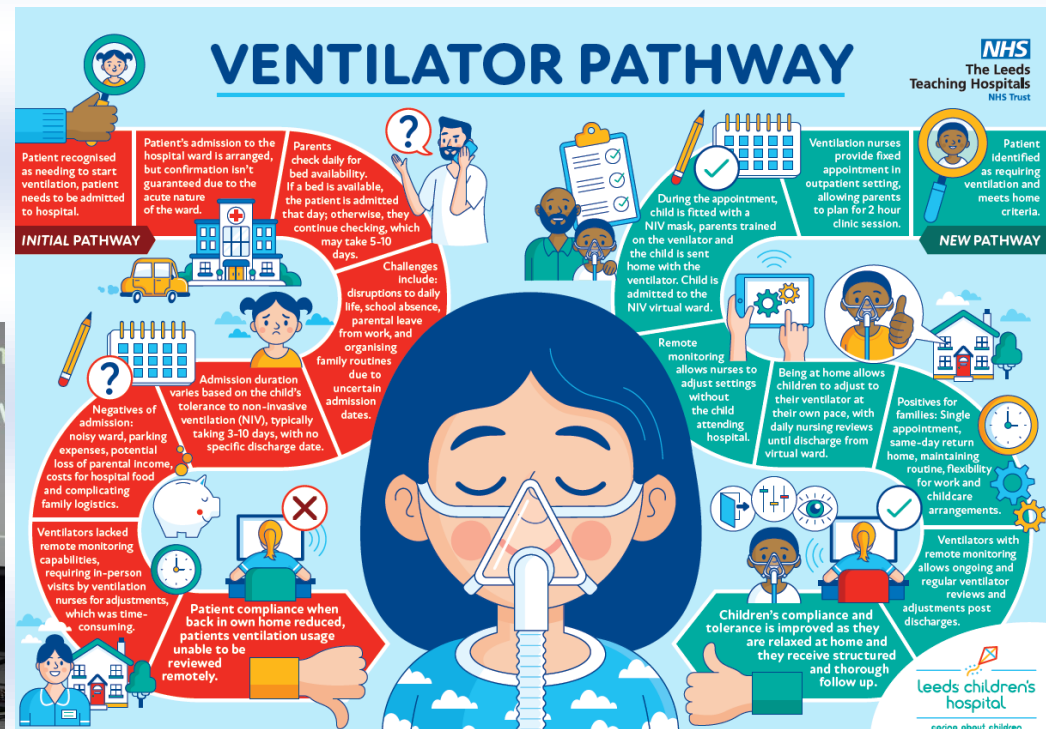
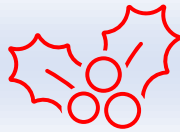
A Virtual Ward at Leeds Children’s Hospital has been set up for children to be initiated on Non-Invasive Ventilation (NIV) in the home setting. This has demonstrated improvements in patient care, efficiency, and family empowerment by leveraging technology and rethinking care delivery. Prior to the project, 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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20<sup>th</sup>  
Dec

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

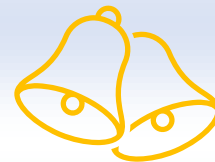


The Leeds Childrens Asthma Team were WINNERS at the Kite Awards at Leeds Childrens Hospital.

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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21<sup>st</sup>  
Dec

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



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.***

