



# My Sefton

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HEARD, HAPPY, HEALTHY, ACHIEVING

The plan for all children, young people and their families living in Sefton

Children and Young People's Plan  
**2020/25**

*"A hundred years from now, it will not matter what my bank account was, the sort of house I lived in, or the kind of car I drove..... but the world may be different because I was important in the life of a child."*

*Forest E Witcraft*

## Foreword and Introduction

Welcome to ‘My Sefton: happy, healthy, achieving, heard’, our 2020-2025 plan for all children, young people and their families that sets out how we intend to maximise the health and wellbeing of all our children and young people living in Sefton

Together, we at Sefton Council, NHS South Sefton Clinical Commissioning Group (CCG) and NHS Southport and Formby CCG, have agreed a series of priorities for future services and support. These priorities are based on what children, young people, their families and their carers have told us of their experiences and what we know about their current care.

Sefton Council led on the development of an exciting partnership vision for the Borough of Sefton called Sefton 2030. When developing the vision partners worked closely with our communities, including children and young people, to understand what was important to them.<sup>1</sup>

This is our single strategic and overarching plan for all services which affect children and young people across Sefton. It sets out how the Council, with its strategic partners, intends to achieve improvements.

We have used information from our Joint Strategic Needs Assessment to inform the plan and will seek to ensure that children and young people’s needs are understood and met. This information together with what we already know about our area from previous work and conversations has informed the priorities in this document. This plan, therefore, has been written around the four themes of:

- Heard
- Happy
- Healthy
- Achieving

We have also set out clear actions for how we will address the priorities under each theme and how we will measure the progress of these actions. While it is important to measure progress, we acknowledge there has to be a balance with how children and young people experience life and what is important to them. These priorities incorporate the seven principles for corporate parenting:

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<sup>1</sup> Any references to “child” or “children” should be taken to mean any young person aged 0-19, care leavers up to the age of 25 and young people who have special educational needs and disabilities up to the age of 25 for whom the local authority continues to provide support.

1. To act in the best interests, and promote the physical and mental health and well-being, of those children and young people.
2. To encourage children and young people to express their views, wishes and feelings.
3. To consider the views, wishes and feelings of children and young people.
4. To help children and young people gain access to and make the best use, of services provided by the local authority.
5. To promote high aspirations, and seek to secure the best outcomes, for children and young people.
6. For children and young people to be safe, and for stability in their home lives, relationships and education or work, and
7. To prepare children and young people for adulthood and independent living

Alongside this, we have a plan for the whole of the local NHS called Sefton 2gether, led by the CCGs. Like Imagine Sefton, the plan is rooted in all that we know from the JSNA and then goes further, based on discussions with our health and care partners in the borough and from speaking with our residents about what they would like for the future. Sefton 2gether's ambitious priorities for children, young people, their families and carers are reflected in and complement those contained in this plan – My Sefton: happy, healthy, achieving, heard.

We know we cannot achieve our priorities without working together with our wider partners across health and care in Sefton. Working together is important in times of challenge, austerity has seen significant cuts in the money going to public services so there is a need to work differently and achieve better with less. Organisations from the public sector, schools, voluntary, community and private sector have been working together to provide support to children and young people and their families as we understand that it is our collective responsibility to ensure we can create the right conditions for children and young people to thrive in Sefton.

We recognise that each organisation is just one part of a whole system and that by working together we can make the best use of the resources available to provide support where it is most needed.

These organisations are committed to maintaining, strengthening and maximising partnership working to best support the children and young people of Sefton. This plan will build upon the strength we have in Sefton around our partnership working and what we already do well.

Cabinet Member

CCG Chief Officer

Director of Children's Services

## What's the story in Sefton?

The Sefton Children's JSNA, complete in August 2018 highlights the following key points for us grouped by our themes:

Heard:	Happy:	Healthy:	Achieving:
Child Sexual Exploitation referrals fluctuate with the highest count being 97 in Quarter 4 of 2015/16 and the lowest 43 in Q3 of 2016/17.	Children looked after rate per 10,00 was 85 in 2017, compared to 61.7 nationally again this continues to rise.	In Sefton in 2017 2.4% of Pupils had a Statement of Special Educational Needs or EHC Plan, compared to a national average of 2.8%	In 2017 95% benefited from funded early education (24% more than the English average). 98% of 3 and 4 year olds also benefited. Pupils in these early years phase development attainment was in line with national averages.
The Carers Trust 2019 reported that there are an estimated 700'000 young Carers in the UK, 68% are bullied and miss an average of 48 schools' days per year, 48% reported being stressed. Sefton Carers support 600 young carers.	In 2016/17 the rate of Family Homelessness was at 0.3 per 1000, nationally this was 1.9. This equates to a count of 31 households. For Young people aged 16 -24 this rate was 0.16 per 100,000 in 2016/17 (19 individuals) below national average.	In 2017 3.6% of our pupils had a Learning Disability (this figure has consistently been around 4% since 2013).	In Key Stage 4 the % of Pupils attaining Grade 9 to 5 or 9 to 4 in English and Maths was below the national average at 37% and 60% (English averages were 43% and 64% in 2016/17). 94% went on to education or training after this stage
	The of Children living in poverty in 2017/18 in Bootle was 28% before housing costs and 31% after housing costs, for Sefton Central this is recorded as 15 % and 19% and for Southport 21 %	In 2017 15.5 children in every 1000 pupils enrolled in one of Sefton's state funded schools were recognised as having autistic spectrum disorders, this has risen from 14.4 in 2015.	In Key Stage 2 pupils attainment in Reading, writing and Maths were all above national averages.

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and 30%.

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Hospital Admissions for Mental Health Conditions are higher than national averages at 97.5 per 100,000 in 2016/17 down from 146.6 in the previous year. 1 in 10 Children are affected by Mental Health Problems. Self-Harm has increased and is higher than national averages

Rates are continually higher than England and the North West

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Our LA's Overall Absence has decreased by 0.16% from 4.94% in 2017/18 to 4.78% in 2018/19, which is 0.24% higher than the National average of 4.54% and equivalent to 21,128 more missed sessions in your LA than the National cohort, with pupils at our LA missing an average of 12.3 sessions (this is 1.7 more than the National cohort) Our LA's average for the last 3 academic years is 4.88% and we have been consistently higher than the National average in the last 3 academic years for Overall Absence.

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The rate of NEET for 16 -24 years olds was at 4.5 % in 2017. This figure has improved between 2013 and 2017 but still remains higher than national averages

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First time entrants to the Youth Justice System aged 10 – 17 was at 220.2 in 2016 this had fallen since 2012 when it was at 578.7. The rates are below national averages

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The overarching aims for starting well in Sefton, taken from the Health and Well Strategy:

- Every child will achieve the best start in their first 1001 days
- Education and training will enable every young person to unlock the door to more choices and opportunities
- Every child and young person will have a successful transition to adulthood

In 2025 we will know we have made a difference by raising the % of Children achieving a good level of development from 69% to 74%. Continue to reduce the proportion of our 16 – 17 Not in Education and Training. Improve the experience of Transitions experience as measured by our annual survey and by having a fully adopted joint transitions pathway.

## About the plan

We have looked at the last plan and what is still important to our children, young people and their families. This plan has been shaped by the analysis of our performance and progress to date, alongside the trends identified in the Joint Strategic Needs Assessment (JSNA) which allows us to establish trends across a wide range of data.

More importantly through Consultation with a wide range of Youth Groups, Schools and Key Stakeholders and Professionals.

we have also listened and what children, young people and families tell us has led us to identify a number of priorities for action over the course of this Plan. We recognise achievements from the last plan to include:

- Early Years Foundation Stage (EYFS), achieving a good level of development, we are the highest in the North West (NW) and above the regional average
- Sefton's Not in Employment Education or Training (NEET) group has improved over the 3 year period, performing better than Liverpool City Region (LCR) and staying in line with the North West
- Sefton has consistently exceeded the England and North-West numbers, for children benefitting from the "Two Year Old Offer". Since the introduction of the Two Year Old Offer in 2009, Sefton has worked in close partnership with Health and Early Years settings to identify and engage with the families of rising two year olds who families meet the criteria
- We have seen a decrease in young people being involved with Anti Social Behaviour, one significant reason could be we have issued Gang Injunctions along with the police, which have significantly decreased youth Anti Social Behaviour in the Area. (80% of the cases are adults)

We recognise that some areas from our previous plan still need our focus and these are reflected in the 2020 – 2025 plan.

Child health and wellbeing are dependent on supportive and safe homes; studies repeatedly show the importance of having at least one supportive caring adult to establishing childhood resilience. This is critical so that children are able to bounce back when difficulty threatens that happiness. Through access to play, leisure, sport, cultural activities and positive interaction in families that spend time together, there are opportunities for happy memories to be made and resilient capacities to be built, all of which greatly enhance the foundation for happiness and lifelong wellbeing.

Our ambition is to improve outcomes for all children as we want to break the link between a person's background and where they get to in life.

We will be child focused, children and young people are our primary concern, we will listen and respond to children and young people and we will focus on strengths and building resilience. We will support our children, young people and their families to lead healthy lifestyles and have good emotional wellbeing and mental health.

We will do this through the actions in 12 priority areas under each of the headings Heard, Happy, Healthy, and Achieving shown below. These 12 priorities are based on what the evidence in the JSNA and our consultation tells us we need to get better at.

We have identified a short set of indicators where we want to see real positive change. There is a detailed action plan being developed in draft which describes the actions in terms of steps of delivery and impact. Some of these we are able to deliver through the services we directly provide, and others require us to a combined effort to influence wider changes. Importantly, we will always look at the story behind the data through the eyes and voice of children, young people and families.



## Heard

*Every child has the right to express their views, feelings and wishes in all matters affecting them, and to have their views considered and taken seriously.*

*United Nations Convention on the rights of a child. Article 12*

These are our priorities:

**Priority 1. Ensure children’s voices are heard and families will get the right support and help at the right time.**

We will give children and young people opportunities to be engaged in decision making processes and give them as much influence as possible.

Children and young people will be treated respectfully as we recognise that children, young people, parents and carers (including Young Carers) are experts by experience

We will take time to listen, it is a two-way conversation.

We will do what we say we are going to do and recognise that involvement is a continuous process and not just a one off exercise.

**Priority 2. Engage with a wide range of youth networks and groups that support young people**

We will work with children and young people to understand what works for them in terms of involvement and will we also accept. that children and young people are not always going to tell us what we want to hear – in the way we want to hear it

We will be respectful of difference and celebrate diversity.

Based on our localities model and primary care networks we will continue to provide universal services that are accessible to everyone in the borough.

**Priority 3. Place children and young people at the core of decisions we make about them.**

We will ensure that children and young people will always be central to decisions we make about them and their journeys will be shaped by their voice and experience. Children will be supported by professionals they trust who listen to them, made to feel their opinion is valued and take actions to meet their needs and tackle concerns they raise.

Young people say: Everyone wants to feel safe (Imagine Sefton 2030). Sefton value, we listen value and respect each others views. Look at info from youth groups e.g. Symbol, Chameleons.

**The actions we will take:**

We will listen to children and young people by ensuring that barriers to participation and progress are addressed using multiple techniques and methods so we can hear the voice of the child. We will work closely with Young Advisers at Sefton CVS and key youth groups in the Borough to ask questions, clarify understanding and give them the opportunities to be engaged in decision making processes and have as much influence as possible. We will support families to access the right help at the right time, through activity such as the redesign of integrated advocacy services, improving our local offer, and ensuring equality of access to our universal services. We will help build tolerant communities that value all children and young people as members and give them positive opportunities to contribute. We will be joined up and inclusive and challenge poor practice and accept challenge constructively. More children and young people will express satisfaction with our services and we can evidence improvements. The SEND continuous improvement work has the voice of the child at its heart.

**An action plan will be developed to show where any measures we look at are held to account.**

## Happy

*Every child has the right to relax, play and take part in a wide range of cultural and artistic activities.  
United Nations Convention on the rights of a child, Article 31*

These are our priorities.

### **Priority 4. Ensure positive emotional health and wellbeing of children and young people by empowering families to be resilient.**

We will create and promote children and young people’s emotional health and wellbeing by supporting them and their families to make positive choices. We will have strength informed approaches to ensure engagement and strengthening of families including promoting healthy relationships.

We will improve access to the right support from the right service at the right time and build on the strength of families and their inclusive networks.

This will be a key consideration at points of transition.

### **Priority 5. Protect those at risk of harm**

We want all children and young people to be safe and to feel safe. We will help children live in safe and supportive families and ensure the most vulnerable are protected by tackling those factors which risk harming their life chances, including those children and Young People acting as carers. We will reduce the impact on children living in households which experience neglect, domestic abuse or parental substance use by the provision of a range of support and services. We will prevent and safeguard all children from exploitation and safeguard individual children who are identified as at risk.

We will work to address the concerns expressed to us through the consultation on Gangs and Knife Crime in our communities.

### **Priority 6. Encourage fun, happiness and enjoyment of life**

We want children and young people to live in a good environment that they can enjoy. Sefton is a great place to live and grow up. We have a wealth of resources and assets in the community such as the coast and green spaces that can be used for pleasure, sport and other leisure opportunities.

We will encourage and provide or commission a diverse range of culture, exercise and socially connective activities in our borough ensuring a One Council approach with Green Sefton and Localities

Young people say: Being near the river and coast makes me feel happy and well. Young People told us feeling safe has a direct link to feeling happy. “If you are happy all other things will fall into place”

## The actions we will take:

We will have a family approach and will work with our partners to develop vibrant communities that take responsibility for the aspirations, opportunities and achievements of their young people so families and children experience a positive home life.

We will promote partnership working including joint commissioning so we can invest in children and young people's futures. We will improve information and advice on access to play, leisure, sport and cultural opportunities. We will utilise Early Intervention and Prevention services such as the roll out of Adverse Childhood Experiences (ACE's) working to help build resilience and strengthen protective factors in the lives of children and young people and their families to reduce the impact of these experiences on future life chances.

We want to develop a confident and competent workforce to ensure all professionals working with children and young people have appropriate awareness, training and ongoing support, that's built around the needs and outcomes of each individual. The outcomes and impact we are aiming for will be monitored by the Health and Wellbeing Board to ensure we are supporting positive social connections and relationships.

## Healthy

Every child has the right to the best possible health, (United Nations Convention on the rights of a child, Article 24)

These are our priorities:

**Priority 7. To enable positive mental health and Wellbeing through prevention where ever possible and to provide timely support and access to services when needed.**

We will do all we can to identify problems early as we know the vast majority of mental health problems experienced in adult life emerge before young people reach adulthood. We will ensure high quality specialist services for those who need them.

We will strengthen the protective factors of mental health and wellbeing by enabling children and young people to develop skills around building friendship, self-esteem, resilience and mindset.

**Priority 8. To Enable children's health and development.**

We will promote positive health choices by parents, especially during pregnancy. We will encourage care that keeps children healthy and safe and promote children's health and development. Where problems are identified in health and development they can get support as early as possible. Focusing efforts on the 1<sup>st</sup> 1000 days and school readiness.

We will encourage children and young people to achieve and maintain a healthy weight through education, support and commissioned services.

**Priority 9. Reduce health inequalities so children and young people can achieve good health.**

We will endeavour to offer the right infrastructure to promote good health behaviours and reduce lifestyle factors that lead to early illness such as smoking and poor diet that will affect young people into adulthood.

We will reduce a range of risk taking behaviours including, alcohol and other drug use and unhealthy Sexual Activity.

We will take a preventative approach to manage rising demand across education, health, social care and SEND from the earliest point in a child's life through focused operational improvement in this area and ensuring the system works together, for example linking economic growth Agenda, Living Well Sefton and Active Sefton to

contribute to the environment we need to achieve this.

gYoung people say: “I play rugby”; e.g. being fit and healthy (Sefton Imagine 2030), more youth friendly things for people to do are our priorities.

The 2019 Health and Wellbeing Strategy Consultation identified the top issue under “Start Well, Grow Well” to be help Children and Young People with Mental Health Problems including problems with drink drugs and self harm. The CYPP consultation told us “if children are protected and preventions have been put in place children will have better mental health”

## The actions we will take:

We want children and young people to be healthy and will promote healthy eating, delivery of the North Mersey Prevention Programme and a review of mental health services recognising the importance and significance of getting this right. We will seek to reduce hospital admissions for children and young people around alcohol and will continue to commission services and use campaigns such as Responsible Drinking and Challenge 25.

We will develop locality profiles in order to understand what the current risks are to young people including that young people know about healthy relationships and issues relating to consent. This will allow us to provide a quality provision targeted to local needs and inequalities and we will also focus on transitions from primary to secondary school, starting school further education and working life to improve outcomes. We will clearly measure and demonstrate improved relevant Child Health Profiles Indicators from the Baseline.

## Achieving

*Every child has the right to an education. Education must develop every child's personality, talents and abilities to the full.  
United Nations Convention on the rights of a child, Articles 28 and 29*

These are our priorities:

### **Priority 10. Children are ready for school**

A great start will shape children's lifelong health and wellbeing. We will ensure that all children are ready for school with good social and emotional development. We will secure and sustain better all-round outcomes for babies and children which narrows the gap between vulnerable children and others.

We will take a preventative approach from the earliest point in a child's life in order that we can identify problems in children's health and development so they can get help with their problems as early as possible.

### **Priority 11. Raise achievement and ensure young people have the life skills so they are well prepared for adulthood.**

We will have a clear understanding of the aspirations of our young people and what they have told us is important to them. We will respect and encourage the hopes and dreams of the children and young people we work with.

We know high quality education is the greatest liberator so want all pupils to make at least "good" progress in every year of their education. We will ensure that all children attend good or better educational settings in Sefton and barriers to participation and progress are addressed. There will be a broad and balanced curriculum equipping them with the life skills they need to be independent and successful as an adult. These skills and opportunities to achieve will also value the contribution of sport, cultural,

### **Priority 12. Children and young people with Special Educational Needs and/or disabilities achieve their full potential**

We want children with complex individual needs to have the best life chances. We will enhance joint commissioning of support between education, health and care services for children with special educational needs and disabilities. To ensure services work together. We will ensure that all parts of the Sefton Send Local offer work together to meet the needs of children and young people with SEND and that they achieve their full potential and that people know the range of services available to them. We will ensure all children have access to an educational setting that is appropriate to their needs, including those with SEND and social, emotional and behavioural difficulties. We will from the earliest point in a child's life encourage independence, where appropriate, and ensure families have timely

social and health education in preparing young people for their future. When preparing for adulthood we will have pathways to employment that ensure they are moving towards good quality sustainable work. We will focus on ensuring our children leave school with the right skills such as financial management, how to deal with bullying and citizenship, and maintaining wellbeing when carrying out caring responsibilities.

access to support so their experience improves and the needs of their children are identified early and met.

We will encourage equalities of access to universal services so all Children and Young People with SEND and/or Autism can gain maximum benefit from what Sefton has to offer.

Through our consultation of this plan Young people told us we need to instil the right life skills and not judge young people by numbers and grades only.

## The actions we will take:

We want young people to leave school with the appropriate skills and qualifications they need and the opportunity to access, training, apprenticeships and employment which will include working with skills and employment resources and local colleges to improve access to learning and meaningful opportunities. The local offer will be kept up to date, refreshed regularly and promoted to ensure we are providing good information, advice and guidance to young people and their families.

We will continue to provide universal services with a focus on specific groups and communities and equality of access for all through this plan and the SEND Improvement Plan and SEND Joint Commissioning Plan to ensure delivery of these ambitions



## Delivering our Vision

The Health and Wellbeing Board (incorporating our Children's Trust) gives overarching vision through the Health and Wellbeing Strategy and oversees the delivery of the Children and Young Peoples Plan. It gives overarching Governance and Accountability with membership from across Health, Social Care, the third sector and plans to include Police and Housing.

The Children and Young Peoples plan will be delivered through the work of the Children's Improvement Board and Operational Service Improvement Plans and through the development of a comprehensive Integrated Commissioning plan.

The Commissioning plan will be clear of our demand, supply and unmet need and our intentions to work with the market, and how we manage the complex range of services across the Council, Health and wider partners to meet the needs of our Children within the challenging budget envelope, working on a regional basis where the benefits are clear and ensure seamless delivery of services whether the need is health or Social Care in the most effective way.

## Useful Links:

### **PHE Child Health Profile for Sefton**

<https://fingertips.phe.org.uk/profile/health-profiles/data#page/0/gid/1938132696/pat/6/par/E12000002/ati/101/are/E07000026>

### **Thrive Model**

<http://implementingthrive.org/about-us/the-thrive-framework/>

### **Early Help Strategy TBA**

### **Health and Wellbeing Strategy TBA**

