



CORPORATE PARENTING PANEL

TUESDAY, 25 JULY 2023

1.00 PM PRIORY, ROOM 2F CENTRE BLOCK, COUNTY HALL - COUNTY HALL, LEWES

MEMBERSHIP - Councillors Sam Adeniji, Bob Bowdler, Johnny Denis, Kathryn Field (Chair), Sorrell Marlow-Eastwood, Matthew Milligan and Colin Swansborough

A G E N D A

1. Minutes of the meeting held on 25 April 2023 (*Pages 3 - 8*)
2. Apologies for absence
3. Disclosure of Interests
Disclosure by all members present of personal interests in matters on the agenda, the nature of any interest and whether the member regards the interest as prejudicial under the terms of the Code of Conduct.
4. Urgent items
Notification of items which the Chair considers to be urgent and proposes to take at the end of the appropriate part of the agenda. Any members who wish to raise urgent items are asked, wherever possible, to notify the Chair before the start of the meeting. In so doing, they must state the special circumstances which they consider justify the matter being considered urgently.
5. Exclusion of Press and Public
To consider excluding the public and press from the meeting for the next two agenda items on the grounds that if the public and press were present there would be disclosure to them of exempt information as specified in Category 1 of Part 1 of Schedule 12A to the Local Government Act 1972 (as amended), namely information relating to any individual.
6. Quarterly Registered Children's Homes Report (*Pages 9 - 46*)
Report by the Director of Children's Services.
7. Any other exempt items considered urgent by the Chair.
8. Looked After Children (LAC) Statistics (*Pages 47 - 50*)
Report by Director of Children's Services.
9. Fostering Report (*Pages 51 - 76*)
Report by the Director of Children's Services.
10. Looked After Children (LAC) health (*Pages 77 - 84*)
Report by the Director of Children's Services.
11. Children in Care Council (CiCC) presentation and Brightspots survey - Health (*Pages 85 - 86*)
Verbal presentation by Children's Services Department.
12. Care Leavers - Personalised Health Budgets programme (*Pages 87 - 106*)
Report by the Director of Children's Services.

13. Any other non-exempt items considered urgent by the Chair.

PHILIP BAKER
Assistant Chief Executive
County Hall, St Anne's Crescent
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17 July 2023

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CORPORATE PARENTING PANEL

MINUTES of a meeting of the Corporate Parenting Panel held at Council Chamber, County Hall, Lewes on 25 April 2023.

PRESENT

Councillor Sam Adeniji, Councillor Bob Bowdler, Councillor Kathryn Field (Chair), Councillor Sorrell Marlow-Eastwood, Councillor Matthew Milligan and Councillor Colin Swansborough

ALSO PRESENT

Kathy Marriott – Assistant Director, Early Help and Social Care
Alison Jeffery – Director of Children’s Services
Fiona Lewis – Head of Service Looked After Children
Mandy Lewis – Head of Virtual Schools
Sally Carnie – Head of Looked After Service
Caroline Bragg - Employability and Skills Strategy Manager
Zoe Child – Team Leader – Youth Employability Service
Belinda Trunfull – Member Services

40. MINUTES OF THE MEETING HELD ON 20 JANUARY 2023

40.1 RESOLVED to agree as a correct record the minutes of the meeting held on 28 October 2022.

41. APOLOGIES FOR ABSENCE

41.1 There were no apologies for absence.

42. DISCLOSURE OF INTERESTS

42.1 Councillor Matthew Milligan declared a personal, non-prejudicial interest that a close family member is an East Sussex County Council (ESCC) Foster parent.

43. URGENT ITEMS

43.1 There were no urgent items.

44. EXCLUSION OF PRESS AND PUBLIC

44.1 RESOLVED to exclude the public and press from the meeting for items 6 and 7 on the agenda (see minutes 44 and 45) on the grounds that if the public and press were present there would be disclosure to them of exempt information as specified in category 1 of Part 1 of Schedule 12(A) of the Local Government Act 1972 (as amended), namely information relating to any individual. It was considered that the public interest in maintaining the exception outweighed the public interest in disclosing the information.

45. QUARTERLY REGISTERED CHILDREN'S HOMES REPORT

45.1 The Panel considered Quarterly Registered Children's Home reports for the following Children's Homes:

- Brodrick House
- Homefield Cottage
- Hazel Lodge
- Silver Birches
- Lansdowne Secure Children's Home
- Acorns
- The Bungalow

45.2 The Panel considered Ofsted Inspection reports for the following Children's Homes:

- Silver Birches
- Lansdowne Secure Children's Home
- Acorns

45.3 The Panel welcomed the reports and received a verbal update from Fiona Lewis, Head of Service Looked After Children.

45.4 The Panel were updated on recruitment for Lansdown Secure Children's Home and informed that there are challenges around recruiting for the managerial post, this is due to the senior level of the role, however once the post is filled, recruitment of the wider posts will proceed.

45.5 When Lansdown Secure Children's Home re-opens, it is anticipated that around 10 rooms will be in use.

45.6 The Panel discussed residential home visits and agreed that it would be beneficial for Panel Members to visit.

45.7 The Panel RESOLVED to note the report.

46. ANY OTHER EXEMPT ITEMS CONSIDERED URGENT BY THE CHAIR.

46.1 There were none.

47. LOOKED AFTER CHILDREN (LAC) STATISTICS

- 47.1 The Panel considered a report by the Director of Children's Services which provided an update on Looked After Children (LAC) statistics.
- 47.2 Sally Carnie, Head of Looked After Service updated the Panel on the latest position for LAC in East Sussex. The service remains very busy and the sufficiency of placements both in-house and in the independent sector is extremely challenging.
- 47.3 The Panel heard that in the last quarter, there has been an increase of 10 children living in care, bringing the total to 664. Of this total, 357 children are in foster care (a decrease of 1).
- 47.4 The number of children living with kinship foster carers remained stable with a total of 71 children (a decrease of 2).
- 47.5 The number of children living in regulated residential children's homes has increased from 85 to 92. Due to ongoing challenges faced by the service around sufficiency of foster care places, ESCC has had to place an increasing number of younger children in residential provision. Currently there are 25 children under the age of 11 in residential children's homes, preference would be for younger children to live in a family setting.
- 47.6 The number of young people seeking asylum was 74 which remains stable. The number of Asylum-Seeking young people who were care leavers went up significantly from 92 to 110. This is largely due to majority of this cohort arriving at the age of 16 resulting in a shorter stay in care.
- 47.7 The Panel discussed missing unaccompanied children and asked what was in place to address this. The Children's Services department informed the Panel that collaborative work is ongoing with the police and other key agencies to address this situation.
- 47.8 The Panel RESOLVED to note the report.

48. OVERVIEW OF NEW OFSTED SUB JUDGEMENT FOR CARE LEAVERS

- 48.1 The Panel received a presentation from Kathy Marriot, Assistant Director, Early Help and Social Care outlining Ofsted's Inspection of Local Authority Children's Services and the new judgement on Care Leavers.
- 48.2 Following consultation by Ofsted with children, care experienced adults and families, and organisations representing the views of the care experienced people, it was concluded that embedding their evaluation of the experiences and progress of care leavers within the wider 'children in care and care leavers' judgement has not maximised the profile of care leavers to the extent intended. Therefore, from January 2023 Ofsted will introduce a new separate judgement for care leavers.
- 48.3 The Panel RESOLVED to note the information within the presentation.

49. PRESENTATION ON POST 18 EDUCATION, EMPLOYMENT AND TRAINING SUPPORT FOR CARE EXPERIENCED YOUNG PEOPLE IN EAST SUSSEX

49.1 The Panel received a presentation outlining the post 18 Education, Employment and Training (EET) support for care experienced young people in East Sussex.

49.2 Mandy Lewis - Head of Virtual Schools, provided the following update:

- As of December 2022, 85.7% of 16–17-year-olds in East Sussex were participating in EET, compared to 80.2% nationally and 79.3% in the South East.
- 13.6% of 16–17-year-olds were Not in Education, Employment or Training (NEET) in East Sussex compared to 16.3% nationally and 16.2% in the South East.
- For those aged 19-21 years old 55% were participating in EET, which compares the same nationally and 57% in the South East.
- Funding has enabled the service to offer additional help to develop skills and increase engagement of LAC and care leavers, as well as establishing a good partnership with a range of partners offering a wide range of support and opportunities for young people.

49.3 Zoe Child - Team Leader, Youth Employability Service (YES) updated that YES offers a range of support to Children Looked After such as dedicated advisors; support from Year 10; support for care leavers up to the age 25; and support for out of county LAC.

49.4 Caroline Bragg - Employability and Skills Strategy Manager provided the following update:

- The service continues to work with the Careers Hub linking in with educational establishments and running career events.
- Funding of up to £1k is available to care leavers, employers and training providers through apprenticeships and bursaries.
- Any applicant flagged as a care leaver is entitled to an interview if they meet all essential criteria when applying for a job at ESCC. In addition, LAC and care leavers are listed as a priority group which can provide a fast track to recruitment through employment agencies.
- Peer research is being conducted into barriers faced by young people looking to enter employment in Hastings, with outcomes of the research to be used to inform and address identified issues.

49.5 The Panel welcomed the presentation and requested for more information regarding the use of the Open University and number of care leavers employed by ESCC. In response, the Panel was informed that the Open University is not currently being used, however the service will look to explore this opportunity. The Children's Services department also updated that 29 care leavers have been recruited by ESCC since 2019.

49.6 The Children service's department further updated that additional opportunities are explored and promoted via the Military and Music.

49.7 The Panel RESOLVED to note the update.

50. ANY OTHER NON-EXEMPT ITEMS CONSIDERED URGENT BY THE CHAIR.

50.1 The Panel discussed the Youth Cabinet meeting which Councillor Bob Bowdler attended and found very informative. The Panel suggested inviting LAC and CLs to a future meeting as it would be beneficial to hear from them first hand. The Children's Services Department agreed to consider how to best make this work.

The meeting ended at 3.00 pm.

Councillor Kathryn Field (Chair)

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Report to: **Corporate Parenting Panel**

Date of meeting: **25 July 2023**

Title of Report: **Looked After Children (LAC) Statistics**

By: **Director of Children's Service**

Purpose of Report: **To update the Panel on changes in the last quarter.**

Recommendations: **The Corporate Parenting Panel is recommended to note the report.**

1. Background information

Financial Appraisal

1.1 Services for Looked After Children (LAC) are predominantly funded from the Children's Services base budget with some additional smaller funding streams supporting specific activity e.g. Virtual School activity from the Pupil Premium Grant and the Unaccompanied Asylum Seeking Children's grant from the Home Office.

2. Supporting information

2.1 Data found at Appendix A is drawn as a snapshot on the last day of the month therefore some changes may occur as data is cleansed. There was an increase of 13 children in the number of LAC during the first quarter of 2023. On the last day of June, there were 677 children in care which is the highest number of children East Sussex County Council has cared for in the last 20 years. Delivering a statutory service to this number of children is extremely challenging, and this is compounded by the lack of placement options either in-house, or in the independent sector.

2.2 A total of 342 children were living in foster care at the end of June, a significant decrease of 15 since the last quarter. Of that number 250 were living with approved East Sussex County Council (ESCC) carers, a decrease of 10, this figure includes 8 children placed with foster carers who were also approved adopters as part of the Fostering for Adoption pathway. 90 children were living with independent agency carers, which is a decrease of 5 since the last quarter, and 2 with other local authority carers. In addition, 88 young people were living in supported housing options, homes or hostels. This figure has increased by 3 since the previous quarter. This figure included 2 children under the age of 16 placed in unregistered placements where there were no alternative regulated placements available. Ofsted are informed whenever we place an under 16 year old in an unregistered provision and searches continue for registered placements as a priority. There were 20 children placed for adoption at the end of June which is an increase of 4 since the previous quarter.

2.3 At the end of the quarter, 77 children were living with kinship foster carers and this has remained the same since the previous period.

2.4 The number of children living at home with their parents whilst remaining subject to a legal order to ESCC, has decreased from 33 to 30. Planning for placements of this type is always monitored rigorously to mitigate any risk factors, and authorisation is given at a senior level.

2.5 At the end of June, the number of children living in regulated residential children's homes increased dramatically from 92 to 113, a total increase of 21 since the last quarter alone. 21 of these children were living in ESCC run children's homes, and 92 were placed in external residential homes. This steep increase in children living in independent children's homes was due largely to the lack of fostering placements either in-house or in the independent sector both locally and nationally. The

financial consequence of the lack of fostering provision and the high cost of external residential provision is significant for Children's Services and the local authority.

2.6 At the end of June there were 2 ESCC children placed in external Secure Units.

2.7 At the end of June there were no children remanded into youth detention accommodation.

2.8 ESCC fully participates in the National Transfer Scheme (NTS) for Unaccompanied Asylum-Seeking Children. The number of young people seeking asylum was 71 at the end of June. In addition, there were 109 Asylum Seeking young people who were Care Leavers during this period. It is anticipated that this figure will potentially see further increases when the adult dispersal accommodation is opened in Bexhill this autumn. Experience to date has shown that approximately 10% of adult asylum seekers in hotels, present as children requiring age assessments.

2.9 The number of children subject to Child Arrangement/Residence Orders remained the same at 342 and those children subject to a Special Guardianship Order decreased by 3 to 475.

2.10 There were no complaints from Looked After Children during this period.

3. Conclusion

3.1 The Looked After Children's system has continued to be very pressurised during this period with rising numbers of children coming into care, and the national and local shortage of care placements. It is to the credit of the fostering placement service that ESCC has been able to find suitable regulated placements for the vast majority of our Looked After Children. Nonetheless, the increase in children being placed in agency residential provision is creating a significant financial pressure for the council.

ALISON JEFFERY
Director of Children's Services

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Local Members
None.

BACKGROUND DOCUMENTS
None.

Appendix A

Placement Type	Placement Provider Desc	Total
A4 - Placed for adoption with consent (under section 19 of the 2002 Act) not with current foster carer	PR1 - Own provision by LA	1
A5 - Placed for adoption with placement order (under section 21 of the 2002 Act) with current foster carer	PR1 - Own provision by LA	2
A6 - Placed for adoption with placement order (under section 21 of the 2002 Act) not with current foster carer	PR1 - Own provision by LA	11
	PR2 - Other LA provision	3
	PR5 - Voluntary/Third Sector Provision	3
H5 - Unregistered Provider Supported Accommodation	PR2 - Other LA provision	1
	PR4 - Private Provision	70
	PR5 - Voluntary/Third Sector Provision	15
K1 - Secure unit	PR4 - Private Provision	2
K2 - Homes and Hostels		1
	PR1 - Own provision by LA	21
	PR4 - Private Provision	90
	PR5 - Voluntary/Third Sector Provision	2
P1 - Placed with own parents	PR0 - Parents or other person with parental responsibility	30
R2 - NHS/Health Trust	PR4 - Private Provision	1
R3 - Family centre or mother and baby unit	PR4 - Private Provision	2
S1 - All Residential schools	PR4 - Private Provision	1
	PR5 - Voluntary/Third Sector Provision	1
U1 - Foster placement with relative or friend- long term fostering		2
	PR1 - Own provision by LA	12
U3 - Foster placement with relative or friend- not long term or FFA		1
	PR1 - Own provision by LA	65
U4 - Placement with other foster carer- long term fostering		2
	PR1 - Own provision by LA	84
	PR4 - Private Provision	29
	PR5 - Voluntary/Third Sector Provision	4
U5 - Placement with other foster carer who is also an approved adopter- FFA	PR1 - Own provision by LA	8
U6 - Placement with other foster carer - not long term or FFA		1
	PR1 - Own provision by LA	158
	PR2 - Other LA provision	2
	PR4 - Private Provision	56
	PR5 - Voluntary/Third Sector Provision	1
Z1 - Other placements	PR4 - Private Provision	2
	Total	677

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Report to: Corporate Parenting Panel

Date: 25 July 2023

By: Director of Children's Services

Title of report: Annual Progress Report of East Sussex Fostering Service
1 April 2022 – 31 March 2023

Purpose of report: To outline the performance of the Fostering Service between
1 April 2022 – 31 March 2023

RECOMMENDATIONS:

The Corporate Parenting Panel is recommended to note the contents of the report.

1 Background

Financial appraisal

1.1 Services to Looked After Children are supported by base budgets within Children's Services. There are no increased costs arising from this report.

2 Supporting information

2.1 The Annual Progress report of the East Sussex Fostering Service is attached as appendix A.

3 Conclusion and reasons for recommendation

3.1 The Corporate Parenting Panel is recommended to note the contents of the report.

ALISON JEFFERY
Director of Children's Services

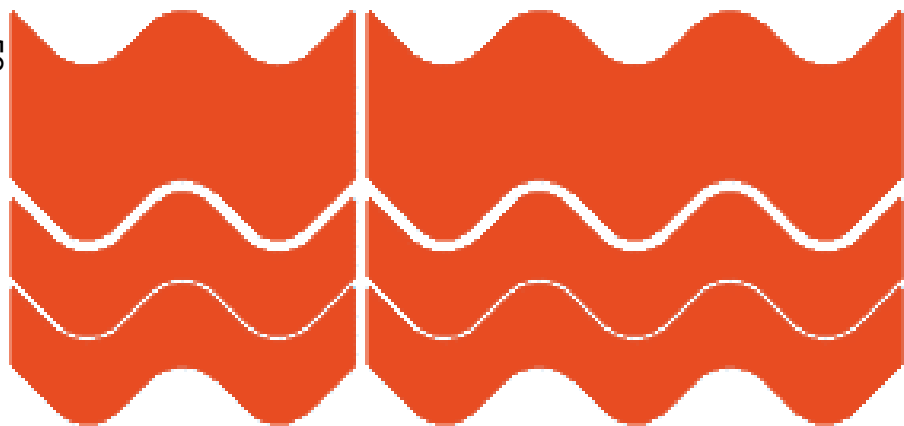
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Local Members:
All

Background documentation:
None

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East Sussex
County Council



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East Sussex Fostering Services
Annual Progress Report
2022/23

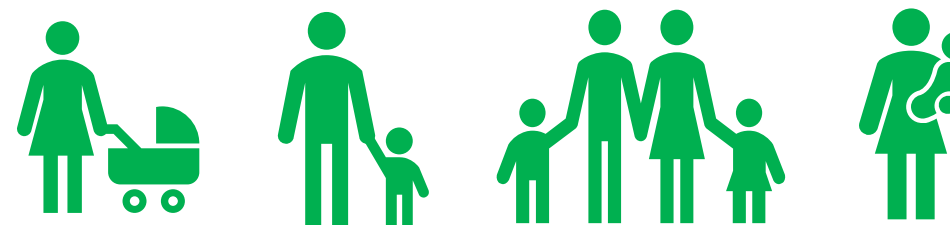
Appendix A

Fostering Duty



601 placements were made during 2022/23
80.7% of these placements were in-house

The Placement Duty Service maintained strong in-house placement levels with **80.7% in 2022/23 vs. 84% in 2021/22**



Statistics	2020/21	2021/22	2022/23
Matching referrals completed	461	519	736
Agency placements	74	68	116
In-house foster placements	277	356	485
Not required	110	95	135

High Intensive Supported Accommodation

High Intensive Supported Accommodation provides for young people aged 16+ who may require significant support whilst in placement.

As part of the Fostering Service since March 2020, the ESCC High Intensive Service continues to oversee and ensure quality provision.

In 2023 we are launching a new approved provider list (CSAAL) which will reinvigorate the market for 16+ provision and ensure confidence that all providers meet quality standards.

The High Intensive Service is working with current and prospective providers to support them through OFSTED registration in line with the 2023 Supported Accommodation Regulations.

170 referrals received for High Intensive accommodation of which **165** young people were placed.

We work with some providers who have particular skills and resources to meet the specific needs of UASC.

2022-2023 High Intensive Placements by Provider		
	SAF/High-Intensive (Utopia, LCS, My Life, DTA, Pathfinders, Nelbro, BPL etc)	UASC Providers (Enthum, Cranmead, St Christophers, PTI)
Children from ESCC	81	
Unaccompanied Asylum Seeking Children	48	36



Fostering Recruitment

The data provided is a final snapshot as of 31st March 2023

24 new foster homes,
40 placements created



East Sussex Fostering Service continues to meet the national challenge of recruiting foster carers particularly those interested in caring for babies or offering respite. Recruitment of carers for children with more complex needs or who are older has been increasingly difficult.

The Marketing and Communications Officer has provided a targeted, comprehensive marketing strategy designed to recruit both experienced foster carers and applicants new to fostering.

The fostering maintenance payment uplift from 1st April 2023 is a positive step which was welcomed by existing foster carers. The commitment to enhance payments to equal the national minimum (NMA) will help to retain our existing foster carer resource and encourage new applications.

Incentive payments to foster carers signposting friends and family to become ESCC foster carers continues and is seen as a valuable part of our overall recruitment strategy.

Recruitment	2019-2020	2020-2021	2021-2022	2022-2023
Enquiries	268	227	200	274
Q&A calls	114	92	68	79
Initial visits	71	42	32	43
Approvals	22	20	14	24
Placements	39	30	21	40
Conversion rate Enquiry to approval	8%	9%	6%	7%
Conversion rate Screening call to approval	19%	22%	16%	24%
Conversion rate Initial visit to approval	31%	48%	34%	44%

The significant increase in conversion rate can be attributed to potential applicants being provided with more relevant information supporting them to make an informed decision at the start of the process, with 44% continuing their application to approval.

Fostering Recruitment (Continued)

- Google Adverts - Covid Recovery Funded Project

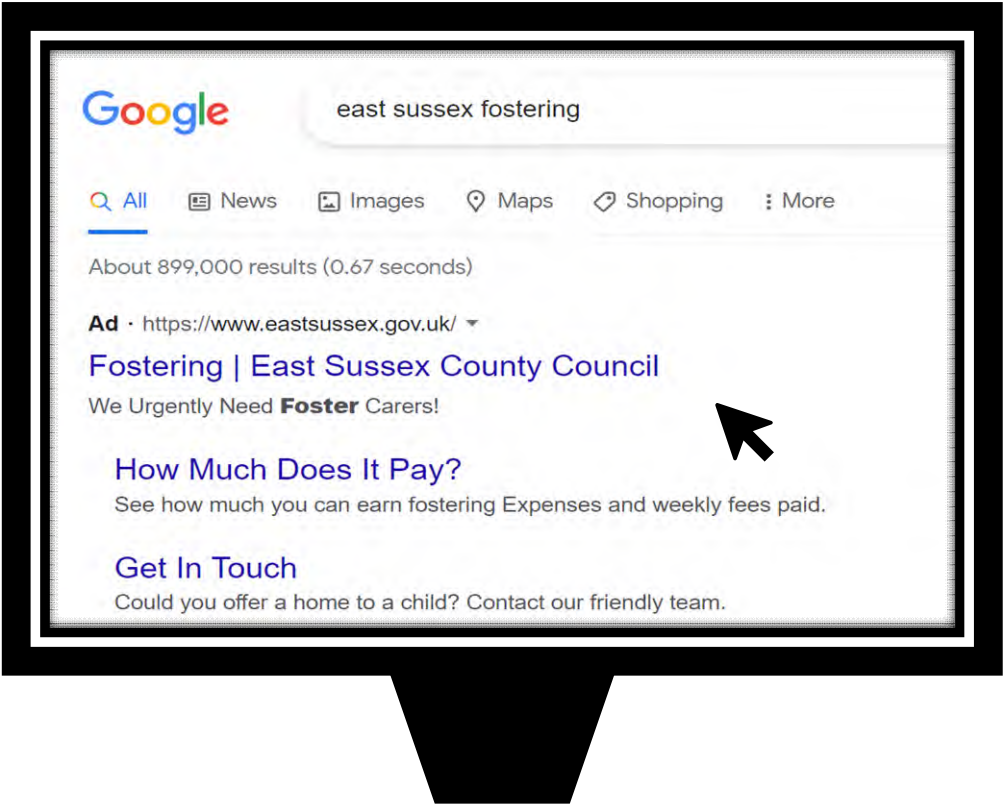
East Sussex has invested funding to improve ESCC Fostering’s position on “Google Ad Keyword Searches”.

Carers transferring to ESCC had often advised that the presenting order of Google search results was a factor in their previous decisions to enquire with agencies.

- Fostering Friendly Employer Scheme

ESCC have implemented this as HR policy formalising the additional time off an ESCC employee is entitled to for the attendance of fostering related meetings.

- Other initiatives existing and targeted for 2023/2024:



With applicants and enquirers who previously did not progress if it was not the right time for them.



In discussion and to be explored in 23/24 for approved foster carers



Upgraded content on the ESCC website and social media profiles.



Live online information sessions and revised schedule of community and pop-up locations for “Vinnie-the-Van”



New scripts for ad’s targeting diversity and parent and child applicants.



i.e. roundabout and lamppost banners.



Fostering flyers posted to 110,000 homes across East Sussex.

Fostering Recognition and Retention

- East Sussex foster carers tend to be highly committed to the Service.
- The age profile of East Sussex foster carers continues to be an area of vulnerability with a high percentage of carers being at or close to retirement age.
- We are not recruiting new carers at the same rate that experienced carers are leaving the role.
- A majority of retiring carers have remained with the service to see young people through to independence.

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243
Fostering
Households
caring for 417
looked after
children

As of
31st March 2022

225
Fostering
Households
Caring for 396
looked after
children

As of
31st March 2023

Ongoing
supportive SSW
relationships to
keep building
“team” ethos

Regular email
newsletter
with content
for carers

Birthday cards
and gift
vouchers sent
to all “children
who foster”

**Retention of
foster carers**



GEM Award
scheme

Foster carer
picnic and
“thank you”
dinner

Personal
development
opportunities
for carers and
providers



Supported Lodgings

East Sussex Fostering Service has been one of the first Local Authorities to extend the registration of appropriate supported lodgings providers to become foster carers. Hybrid foster carers are able to provide placements for young people under the age of 16, increasing our fostering resource and providing stability for children who enter care close to their 16th birthday.

As at 31st March 2023 we had:

33 registered supported lodgings providers.

- We increased by 6 new households in 22/23.
- 9 of these providers were approved as “hybrid”
- 24 providers cared for young people aged 16+ only.
- 1 household was being assessed.

In 22/23 Supported Lodgings received
220 placement referrals

- 102 Young people were placed in Supported Lodgings
- 3 of these young people were Homeless (18+)
- 7 were Unaccompanied Asylum Seeking Children
- 92 were Looked After Children.



From a recently retired SL provider of 23 years:

“The Supported Lodgings team are brilliant. You always get support, that’s what you need.”

“Every one of the young people is different, getting to know them is lovely. I want to see a bright future for them.”

Support and Supervision of Foster Carers

“Pod-based Supervision / Support system”

- Provides an opportunity for Supervising Social Workers (SSWs) to have an understanding and overview of carers supported and supervised by their colleagues.
- Interim and emergency support to cover sick leave and annual leave can be provided by other SSWs through an SSW duty system.

Partnership working

- Strong partnership working with Looked After Children’s Teams, LACAMHS, Virtual School and Placement Support Service.
- Important in supporting foster carers, sustaining placements and attempting to meet the complex needs of looked after children and young people.

Creative Practice

- SSWs are encouraged to think creatively on how best to support our foster carers, for example through e-learning, linking with other foster carers, watching a podcast, specific advice on therapeutic care or attending a support group.
- Focus is on placement stability and children and young people are at the heart of our practice.

Out of hours Advice Line

- The Service deals with a range of issues such as placement disruptions, young people missing from placement or advice in managing young people's behaviours.
- It is available 365 days a year to support our carers.

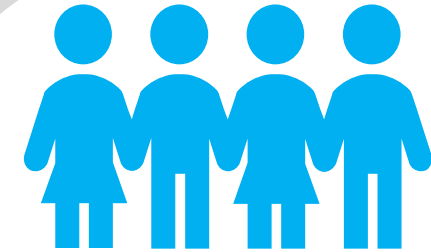
Support Groups

The Fostering team recognise that connecting carers enabling them to share their experiences and knowledge is a valuable part of their support.

In September we are re-launching the Eastbourne support group and the facilitators are looking forward to developing connections and support for foster carers.

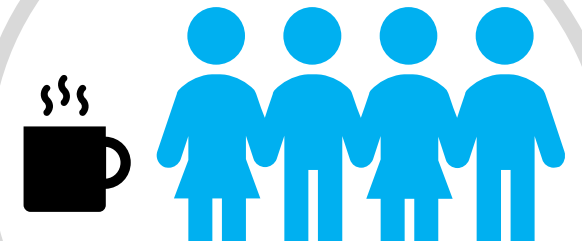


Our long-established Uckfield support group continues to be a success and has welcomed many new members this year, in addition to the regular attendees.



The Hastings hub (support group) was launched this year. This monthly meet up is well attended, and carers have reported finding it helpful to meet up with other carers.

There are plans to get the 'Men Who Foster' group up and running in the Autumn time.



Young People Who Foster Relaunch



YPWF events are for birth, SGO and adopted children or relatives of East Sussex foster carers. Events normally have a minimum age of 8 up to 17. YPWF support aims to provide young people respite away from their fostering household and the chance to mix with other young people who share similar experiences.

2022/23 has seen relaunch of YPWF, we have a core attendee group of around 12 children but have expanded events to reach other young people who did not previously attend. We have new members attending each event, including children of connected carers, and have up to 15-20 depending on the activity.

YPWF are now running monthly sessions, these include a mix of fun opportunities to socialise with other young people who foster, including bowling, rounders and indoor climbing, in addition to our new 'support sessions' which are learning & sharing events based around supporting them with the emotional impact of fostering. The new, trauma-informed support sessions run twice yearly and are based around what young people have told us they want to understand & talk more about.

We have also had a range of staff volunteers from different fostering teams help out at events, this has given staff on a wider scale the opportunity to hear directly from YPWF and take this back into their own practice & teams when working with fostering families.

We have also sent out Christmas thank you gifts, run online sessions to gather young people's views, plans to involve YPWF in our fostering recruitment film to be launched for Foster Care Fortnight 2023 and also in designing helpful resources for new fostering families.

Foster Carer Training 2022/23

Mandatory

All mandatory courses were re-written for September 2022 and are now as follows:

- Attachment
- Core Skills (including impact of trauma, Therapeutic Parenting, LSW)
- Discussing Race in Fostering
- Online Safety
- Safeguarding
- Safer Caring
- Supporting Contact

Wellbeing

- Introduced Trauma and Wellbeing Workshops focusing on the impact on carers of caring for a child whose experienced trauma and the impact of moving them on.
- Wellbeing retreat joint project with ESFCA.
- Targeted support and mandatory training highlighting the importance of self-care.
- The wellbeing segment underpins retention.

Bitesize

- Hyperlinked resources within the training slides sent to carers after each training course.
- Promoting the existing e-learning as a supportive resource for learning.

Deep Dive

More specialist/in-depth training including:

- Moving Children to Adoption (UEA) delivered to 171 carers and SSWs across Sussex, Surrey and Brighton (and hosted here)
- Managing Allegations
- Changing Chances Empowerment Approach

Foster Carer Training Stats 2022/23

- We reviewed our training offer and now provide a more structured approach with improved clarity on expectations for mandatory training.
- **248 mandatory course places** were accessed by foster carers since the training has been re-written (September 2022 - March 2023).
- There have been 34 foster carers on the in depth/specialist 'Deep Dive' courses.
- The number of e-learning courses accessed by foster carers this year is 99 which has **gone up 29.6%** from 78 last year.
- The total number of places taken up by foster carers on all of our training courses this year was **828** (April 2022 to March 2023) compared to 699 last year.
- **Uptake of foster carer training is up 18.5%** from last year.

Raising the Importance of our Children's Identity

A photograph of three children playing on a sandy beach. In the background, there is a blue ocean and a clear sky. To the left, there is an orange beach chair. The children are smiling and looking towards the camera. One child is a girl with long brown hair, another is a girl with dark skin and braided hair, and the third is a boy with short brown hair.

Race in Fostering training was made a mandatory course for foster carers from September 2022.

Life Story Work training alongside Social Workers starting from June 2023.

Allsorts LGBTQ+ training booked for next year

Currently exploring the Black Care Experience Charter and Replenish boxes for our children and young people who are not White British.

Anytime resource bank will include videos and podcasts relevant to understanding identity for Looked After Children.

Future developments of our training offer

Survey July 2023 - to gain views on what is needed to support foster carers to complete their training with a continuing focus on **ownership** and **ease** of access.

New additions in our 4 key areas:

➤ **Mandatory training** - more course dates with more evening options available

➤ **Wellness** - More wellbeing events/retreats, wellbeing booklet

➤ **Bitesize** - Bi-monthly webinar programme, Fostering Anytime resource bank to go live with the online Foster Carer Handbook.

➤ **Deep Dive** - More specialist/ in-depth training including LGBTQ+, Life Story Work, Applying Attachment Theory in Play, modular approach to the Empowerment Approach Changing Chances training.

Pressures on Foster Carers

Carers subject to allegations and standards of care:

2021-22 = 28

2022-23 = 46

Percentage increase = 64%

The challenges of sufficiency and placement availability have resulted in additional pressures on foster carers.

Fostering households are managing increased numbers of children with more complex needs, and challenges regarding compatibility with other children in their care.

The significant increase in carers subject to allegations and standards of care is thought to be due to these pressures.

Foster Carer Feedback

Training Feedback:

"I found it motivational, evidence based, attachment and trauma focused and was the essence of connective practice. I hope that this can be shared amongst all foster carers and social workers."
- UEA Moving Children to Adoption

"At the end of the course we reviewed the initial aims, and we could clearly see that the course objectives had been achieved" - Safer caring

"It's so good to see the massive improvement and range in the training on offer. The ones I've done so far have been very good and I've signed up for all the online mandatory courses."

"I would not change anything, it was perfect. I hope more carers get to experience such a wonderful day." - Wellbeing retreat

SSW Feedback:

"We could not do any of this without you your support and your on- going working relationship with us is amazing and we really appreciate it."

"Our SSW works very closely with our family, I feel she trusts me to know my limits, she prompts me regularly to ensure I stay on top of my paperwork, she is always honest with me, even if it's not what I want to hear, because she knows us well enough to say when something isn't right for us, however, if something is right, I feel 100% supported by her."

I would find it extremely difficult without the amazing support I have from my SSW. She is always very reflective, thoughtful and professional. She responds quickly to any queries or problems I have. She often provides new insights, information or signposts me to things she thinks I might be interested in or would find helpful in my fostering practice. I really enjoy and benefit from our supervisions and look forward to being able to talk things over with her.

The GRACES model:

G - Gender, Gender Identity, Geography, Generation

R - Race, Religion

A - Age, Ability, Appearance

C - Class, Culture, Caste

E - Education, Ethnicity, Economics

S - Spirituality, Sexuality, Sexual Orientation

Equality, Diversity, and the identity needs of our looked after children, foster carers, and supported lodgings providers

- Anti-racist and anti-discriminatory practice embedded throughout the service - training, resources and seminars disseminated during 2022/23.
- Encouraging and supporting staff to challenge discrimination.
- Staff practicing the GRACES model to explore what identity means to their supported lodgings providers/foster carers and how they can meet the identity and diversity needs of our children.
- Staff ensuring that they speak with supported lodgings providers/foster carers about assumptions, prejudice and unconscious bias and any implications for fostering.
- Open discussions about our own unconscious bias in practice and ongoing discussions re: identity needs in supervision.
- Redevelopment of “caring for Black and Ethnic Minority Children” booklet.



Placement Support Service

Placement Support continues to work with some of the most vulnerable cared for young people, whose placements could be at risk of breakdown.

The service works closely with our Fostering Duty team to support short term emergency placements, by having workers who are on a weekend rota.

The Placement Support Service works closely with the Virtual School to support cared for young people and those on the 'edge of care' (EOC) who are excluded or on a part-time timetable at school.

The Placement Support Service continues to support some of our young people in the Through Care Team, who maybe living independently, living in-house residentially or with an external agency.



Feedback from other professionals:

"Without you and your team 'our' and our foster carers job would not be possible." (SSW)

"Thank you for your support and can I say what an amazing support S is to M, the way they work with her is something to be admired." (SW in training)

Placement Support Service

(continued)

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100
Packages
of Support
Delivered

- Placement Support - **77** support packages
- Parent & Baby - **1** support package
- Through Care Team - **17** support packages to care leavers
- Edge of care - **5** support packages to families
- Reviews held - 65
- Set ups held - 17
- Worker ended - 26
- Virtual School sessions - 316, supporting 26 young people

"Wonderful activities in the holidays."

"We could not ask for a better service from our PSW's, one can never over rate kindness and commitment."

"Couldn't fault the support we receive."

"They just make the difference; I think the support helps me to not feel overwhelmed."

Feedback from our evaluations:

"Amazing service, I don't think we would have coped without it at times."

"We couldn't continue without the support; PSS has been the answer to our success as foster carers to our young adult."

Children in Care Council

- **SUSS it (Speak up Sessions)**

36 activities giving 66 young people the opportunity to speak out and speak up if they wanted too. Through this engagement 48 young people have asked for help with individual issues.

- **Digital Ambassadors**

Involved in the digital care project being run by East Sussex County Council to train, update and promote resources for keeping cared for children safe and resilient online. They have had the opportunity to work with the newest virtual reality technology and use 3D printers.

- **National Participation**

7 CICC members along with 87 cared for young people from all over the UK, attended a day at Westminster to lobby Parliament about important issues.

Our young people raised concerns around education and placement stability with one member having a one-on-one discussion with the education secretary at the time Nadhim Zahawi.



the children in care council

Children in Care Council

(Continued)

- **Partnership Working - Youth Cabinet**

The CICC and the youth cabinet joint together to support a refresh of the East Sussex children and young people's plan and its priorities at the annual trust event. This was attended by several youth voice groups as well as adult decision makers.

- **Volunteering**

All CICC members have received framed certificates for the volunteering hours they have completed this year for their CICC role and work in their local communities. In total, as a group they have completed **1224** volunteering hours over the past **12** months.



Priorities for 2023/24

Review of foster payment schedules to ensure that more children in care are able to experience a family-based placement

Marketing strategy aimed at promoting and encouraging the recruitment of applicants new to foster care

Development of a robust commissioning process for provision of bespoke placements to ensure that agencies are providing a safe and appropriate service

Prioritise carers' well-being through training and support

Continue to work in partnership with LAC and locality teams to support the reunification of young people with their families

Focus on the stability and retention of our current fostering resource

Placement Support Service to continue to expand into edge of care

Work with providers to meet new Supported Accommodation Regulations to ensure no loss of capacity.

Needs-led approach to placement searches, matching and referrals

Glossary (ESCC Fostering Service) - Part 1 of 2

Fostering Duty - Team who oversee placement finding for looked after children and young people.

Assessment, Recruitment and Retention Team (ART) - Responsible team for advertising and recruitment of ESCC Foster Carers (enquiries to approval) and retention.

Assessing Social Worker (ASW) - Undertakes assessments of potential foster carers.

Page 75
Children In Care Council (CICC) - A group of East Sussex looked after young people aged between 13 and 18. They meet up regularly to have their say on issues that matter to young people in care.

Connected Foster Carer - Carers approved for specific child, often a family member.

Edge of Care - Proactive work with vulnerable families to prevent children and young people becoming looked after.

High Intensive Supported Accommodation (HI) - Supported accommodation for older young people (16+).

Placement Support Service (PSS) - Service that provide packages of support to placements through a combination of both individual and group work to encourage young people to develop positive trusting relationships/attachments.

Glossary (ESCC Fostering Service) - Part 2 of 2

Special Guardianship Order (SGO) - Permanence option. Foster Carers can apply to be Special Guardians of their Foster Children after 1 year.

Special Placement Scheme (SPS) - Service that offer long-term Foster placements to particularly hard to place, troubled Young people who can benefit from a therapeutic parenting style.

Supervising Social Worker (SSW) - Support and supervise foster carers.

Supported Lodgings (SL) - Placements for young people aged 16 and above who are homeless or living in care.

Supported Accommodation Framework (SAF)

Through Care Team (TCT) - Responsible for supporting young people across the county while they prepare to leave care and after they leave.

UASC - Unaccompanied Asylum Seeking Children.

Young People Who Foster Council (YPWF) - Birth children of Foster Carers.

Report to: Corporate Parenting Panel

Date: 25 July 2023

By: Director of Children's Services

Title of report: Corporate Parenting Panel Children in Care Health Overview 2022-23

Purpose of report: To update the Corporate Parenting Panel on Children in Care's health and priorities areas for 2023-24.

RECOMMENDATIONS:

The Corporate Parenting Panel is recommended to note the contents of the report.

1 Background

1.1 The contribution of the NHS is crucial to ensuring that corporate parenting responsibilities are fulfilled. This presentation provides information on the role and responsibilities of the NHS in relation to children in care together with performance data and analysis. It also highlights the priorities for NHS Sussex in relation to children in care and care experienced young people.

2 Supporting information

2.1 The Health Overview report is attached as Appendix A.

3 Conclusion and reasons for recommendations

3.1 The Corporate Parenting Panel is recommended to note the contents of the report.

ALISON JEFFERY
Director of Children's Services

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Local Members:
All

Background documentation:
None

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East Sussex Children in Care Health Overview

Dawn Siddens - Designated Nurse for
children in care

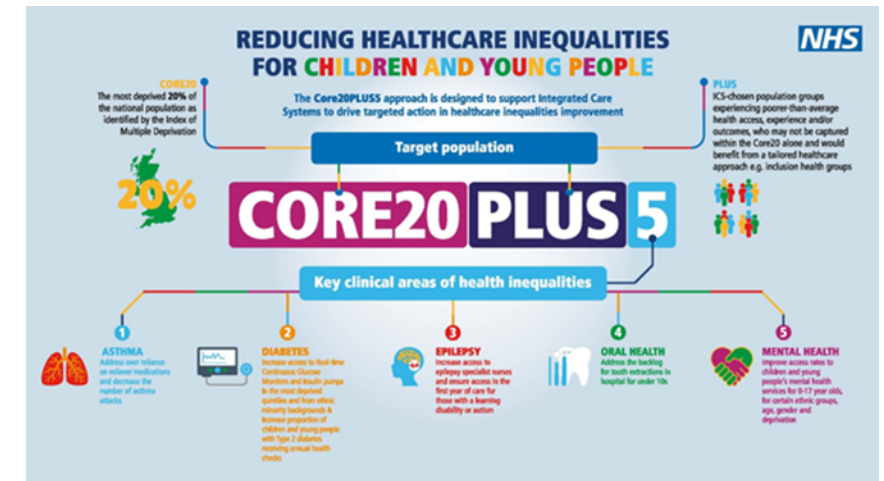
Improving Lives Together

Health's role and key responsibilities

To ensure appropriate arrangements and resources are in place to meet the physical and mental health needs of looked after children

Sussex Health and Care have a dedicated looked after children team which comprises of Designated and Specialist Doctors and Nurses

To work in active collaboration with Local Safeguarding Children's Partnerships and key stakeholders



Improving Lives Together

Promoting the health of looked after children

Health's Statutory responsibilities are outlined in the Children Act (2004) and issued to the ICB and local authorities in: [Promoting the health and well-being of looked-after children](#)

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Initial Health assessments

Completed by medical practitioner

All children seen within 20 days of entering care

Review Health appointments

0-5 years

Completed twice a year by a specialist nurse

Review Health appointments

5- 18 years

Completed annually by specialist nurse

Until either the child is no longer in care, or they turn 18

Leaving Care Health

Summary

offered to all children as they leave care at 18 years

Improving Lives Together

Performance Data

IHAs
61%

RHAs
77%
(89%)

Dental
70%
(70%)

Immunisation
87%
(85%)

Emotional health
screening Scored as
cause for concern
40%
(37%)

UASC
9%
(7%)

Source 903 data 2021-22 England average in brackets

* IHA data is not reported nationally

Improving Lives Together

Strengths and challenges

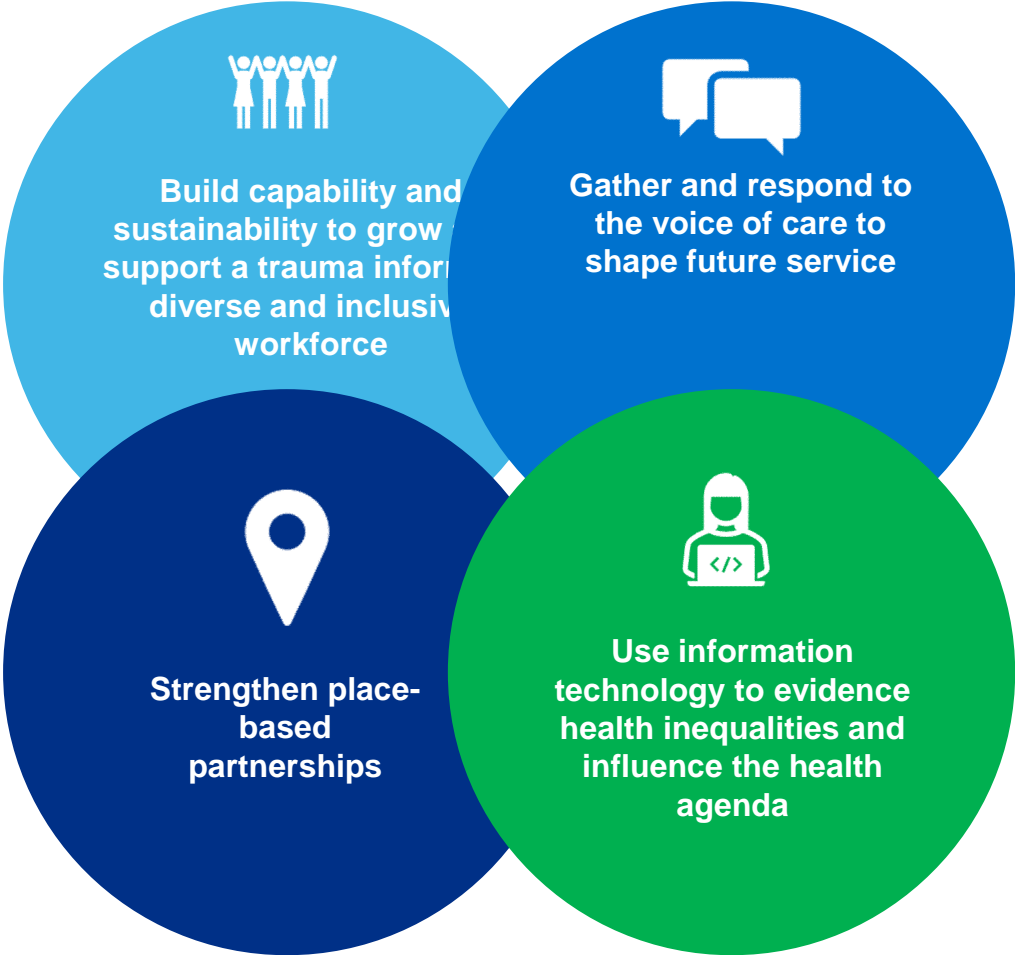
Going well

- Fully staffed nurse health team from June this year
- Pre paid prescriptions for care leavers
- Participation and Co production– 2 care leavers worked in our team to shape the health offer including the voice and wishes of the children – now working on permanent contracts in the NHS
- Additional dental clinics for children in care
- Interactive resource for children aged 4-11 years

Challenges

- NHS staffing challenges – Doctors, Health Visitors, Dentists, Mental Health Practitioners
- The number of unaccompanied asylum-seeking children has increased – these children have specific health needs
- Access to the right mental health support at the right time

Priorities for 2023- 24



Report to:	Corporate Parenting Panel
Date:	25 July 2023
By:	Director of Children's Services
Title of report:	CiCC Children in Care Council (CiCC) presentation and Bright Spots survey – Health and Well-being verbal update
Purpose of report:	To update the Corporate Parenting Panel on Children in Care's experience of health and well-being services

RECOMMENDATION:

The Corporate Parenting Panel is recommended to note the contents of the update

1 Background

1.1 The Your Life, Your Care survey of the views of looked after children and young people aged 4-18 in East Sussex took place in July 2022. Part of the Bright Spots Programme, this collaboration between Coram Voice and Oxford University supports Local Authorities to understand the subjective well-being of children in care and care leavers.

1.2 The section of the survey which considers 'Support with Worries' identifies that studies of looked after populations show that children's level of difficulties are higher than those of their peers. This trend is also evident in East Sussex, with between 10% and 17% (by age) of those who responded reporting that they 'feel worried all or most of the time'. Children also reported positive support, with between 80% and 94% (by age) of children who reported feeling worried also reporting that they were getting help.

2 Supporting information

2.1 Children in Care and Care Leavers will provide a verbal account of their experience of their health and well-being journey.

3 Recommendation

3.1 The Corporate Parenting Panel is recommended to note the contents of the update.

ALISON JEFFERY
Director of Children's Services

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LOCAL MEMBERS
All

BACKGROUND DOCUMENTS
None

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Report to: Corporate Parenting Panel

Date of meeting: 25 July 2023

By: Director of Children's Services

Title: Care Leavers - Personalised Health Budgets programme

Purpose: To provide a briefing on the Health and Wellbeing Project

RECOMMENDATION:

Members of the Corporate Parenting Panel are asked to note the contents of this report.

1 Background information

1.1 East Sussex County Council piloted a Health and Wellbeing Project for Care Leavers following a successful bid for funding from NHS England in September 2021. The project aimed to target those young people within the Through Care Service who were experiencing difficulties with their mental health and wellbeing, and whose lives were impacted adversely by their own life experiences, as well as through the Covid-19 pandemic.

1.2 A steering group was formed to oversee the project and to receive reports testing out the 'proof of concept' for working with Care Leavers in this new way. Funding was allocated in October 2021 to provide Personalised Health Budgets (PHB's) for care experienced 16 –25-year-olds. The project was funded to add support capacity and included a Project Manager, part time Mental Health Specialist from within the local Health Trust and administrative support. The project had successfully processed **277** PHB's by the end of March 2023, and this reached approximately half of the care experienced cohort worked with by the Through Care Service.

1.3 The primary driving hypothesis was that to reach and engage a marginalised group with predominantly poor health outcomes, it would be more effective to use the social prescribing model within an existing county wide social care provision, using existing Social Workers and Personal Advisors in a social prescribing/link worker role.

2 Supporting information

2.1 The full report is at Appendix A.

3 Conclusion and reasons for recommendations

3.1 Members are asked to note the update.

ALISON JEFFERY
Director of Children's Services

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LOCAL MEMBERS

All

BACKGROUND DOCUMENTS

None

Appendix A

ESCC Health and Wellbeing Project report February 2023

Introduction

The ESCC Through Care Service created its Health and Wellbeing Project following its successful bid for Funding from NHS England in September 2021. The project aimed to target those identified young people with the service, who were experiencing difficulties with their Mental Health and Wellbeing and whose lives were impacted adversely from their own experiences in life as well as through the Covid-19 pandemic. Funding was allocated in October 2021 to provide PHB's for care experienced 16–25-year-olds as well as project support staff including a project Manager, part time Mental Health Specialist from within the local Health Trust and administrative support. We have projected **277** Personalised health budgets (PHB's) by the end of March '23. This is around half of the current Care experienced cohort the team supports.

The primary driving hypothesis was that to reach and engage a marginalised group with predominantly poor health outcomes, it would be more effective to use the social prescribing model within an existing county wide social care provision, using existing social workers and personal advisors in a social prescribing/link worker role.

A project plan was created with guidance from a Personalised Care Steering Group within the local NHS Trust - SPFT and with helpful oversight support from our South East NHS England delivery partner and the project began its work in early November 2021.

Project Overview and Summary

The project has been running for nearly 16 months and during that time has provided PHB's to a broad range of care experienced young people and adults (see Appendix 1). The project has very much succeeded in meeting its initial aims to:

- Provide care experienced young people with opportunities to participate in activities that benefit their mental wellbeing by providing access to PHB's and links to community assets.
- Create a simple referral process and health and wellbeing plan alongside some care experienced young people that is accessible and responsive to young people and that records their identified need/s and wishes.
- Identify and develop links with a range of community assets within East Sussex.
- Ensure that Young People are involved in the co-production of their Health and Wellbeing Plans and decision making around what activities they would like to participate in to improve their wellbeing.

In addition to providing PHB's for a range of activities/ equipment and health support our Mental Health Specialist has provided individual assessments of young people, staff consultations and training to workers within the team. (**See Appendix 3**)

It is difficult to predict the longer-term impact of the project for young people in terms of positive health outcomes and healthy lifestyles, but the feedback gained from both young people and professionals (**see Appendix 2**) has evidenced clear benefits to Mental Wellbeing and health in the short term. Case study examples in **Appendix 4** provide some anecdotal evidence of overcoming barriers to accessing services which bode well for improved engagement with health services in the future and individual Health and Wellbeing outcomes.

What has worked well?

- Involvement of workers and young people in the project has improved engagement between workers and young people. Co-production of the health and wellbeing plans (**see Appendix 6**) has meant young people have felt listened to and seen requests for support acted upon and realised. Workers have fed back the positive impact of seeing their young people's physical and mental wellbeing improve over time as a direct consequence of their engagement in their chosen activity.
- There is self-report and third-party feedback that demonstrates clear improvements to the young people's emotional health, reduced social isolation, self-confidence, and motivation in general life (**see Appendix 2**).
- Some of our young people have started to engage in their health appointments for the first time.
- The project has been able to meet most requests, find community artists, musicians as well as bespoke packages of support from community organisations (**see Appendix 5**).
- The project team has been able to respond quickly to sourcing activities and setting up the finances to enable young people to engage quickly in their chosen activity.
- The project has been able to reach a wide range of young people with diverse needs, ages across East Sussex and out of county (**see Appendix 1**).
- Our Unaccompanied Asylum-seeking young people have benefited greatly from access to the PHB's and also to individual support to develop an understanding of a western worldview around 'mental health and wellbeing'.
- We have been able to be flexible with the PHB's expenditure to ensure we can meet differing complex individual needs of young people within the cohort.
- During the past 16 months we have built some excellent relationships with a range of community assets (**see Appendix 5**) and individuals, and the vast majority have been able to engage and build positive relationships with our young people resulting in them sustaining and benefitting fully from their chosen activity.
- Our Specialist Mental Health lead has provided some very helpful targeted assessment and support to individuals in the team especially from our UAS cohort of young people (**see Appendix 3 for details**)
- The Health and Wellbeing plans we developed in consultation with young people have proved accessible and simple enough for young people to engage with and represent their thoughts and wishes for how best to be supported.
- The gatekeeping role of project manager and Mental Health lead in the referral process has worked well overall in terms of checking clarity of information regarding the needs of young people and the support they may need to engage in a chosen activity. Signposting to consultation sessions with the Mental Health lead worker have proved helpful to the staff team.
- Team training sessions around anxiety and anxiety management have been well attended by Team workers and feedback has been positive in terms of knowledge and skills learning.

Challenges during the project

- Some young people have been unable to engage in the project as fully as we would have hoped. **Figure 3, Appendix 2** outlines a breakdown of reasons for this.

- Our financial processes within East Sussex have at times limited our ability to respond quickly to requests for funding. For example, certain Gyms prefer Direct Debit payments which we are unable to make; BACS payments set up with individual providers can take time when relying on having paperwork completed. This did impact on some of the feedback we received about the project when there were delays to reimbursements.
- The day to day demands of caseload management and working with trauma and complex needs have demanded flexibility and creative thinking around use of the PHB's at times. We have had to stop activities because of no shows; restart activities; change the activity or provide additional funding to individuals depending on need.
- UAS limited understanding of 'Mental Health as a concept' and making connection between emotional states and physical responses in the body.
- The Quality assurance of the community assets we have engaged with during the course of the project has been a challenge to us. Fortunately, we have been able to use personal contacts; professional feedback from other county wide teams and in some cases trusted website reviews to try and ensure we are using experienced providers.
- Having made some very positive contacts within other social prescribing services within East Sussex our hope to link in our post 18 group of young people to their local social prescribing service has not fully materialised. In part we feel this is because young adults generally continue to use their Personal Advisors as their main source of support and signposting to community health services.
- Whilst the Health and Wellbeing Plans have proved helpful as a tool to highlight individual needs of young people, the review section and process for feedback on benefits or not, of the interventions has proved a challenge, both in terms of response rate and individual ability to reflect on impact.
- The integration of the health and wellbeing plans into the pathway planning and review process is becoming more embedded but would benefit from a greater oversight and profile raising, by all professionals working around the care experienced child/adult.

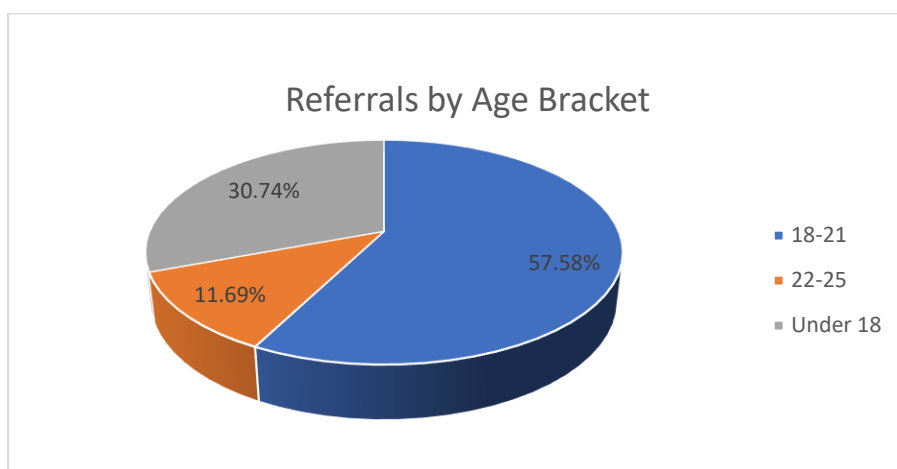
Recommendations

- Further training may be helpful for UAS whos cultural backgrounds may pose some difficulites when talking about/ accessing support around mental health concerns. Training may be delivered to the young individuals to help support normalise and bring some comfortability around these concerns. Personal Advisors can also be trained to deliver this support. We hope to include service user experience within this as part of the training package.
- We hope to deliver training to Personal Advisors with regard to identifying and managing their own anxiety and concerns when working with complex or risky cases.
- The health and wellbeing plans will be reviewed and adjusted, in particular the review section and process for feedback on benefits. Training can be provided to Personal Advisors around scaling questions and how best to support young people utilise this tool.

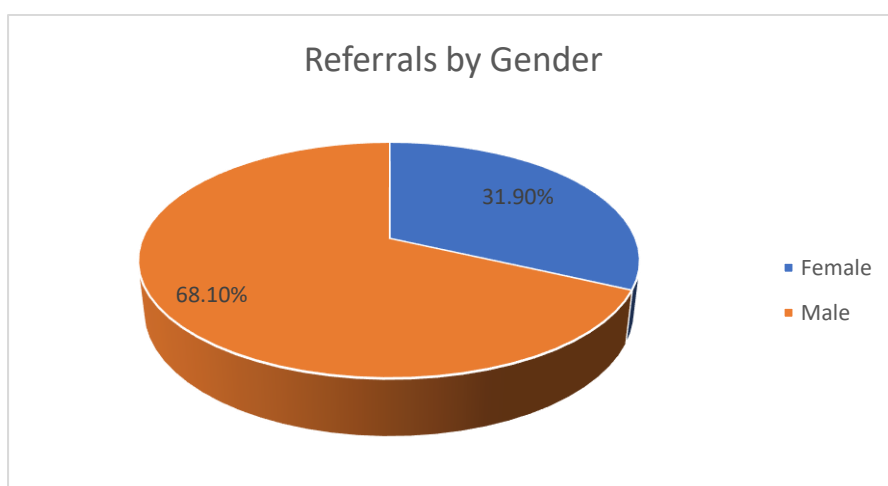
- Look to develop more bespoke small group confidence building activity programmes alongside local providers for young people who are NEET and those experiencing low self worth and struggling with their mental wellbeing.

Appendices

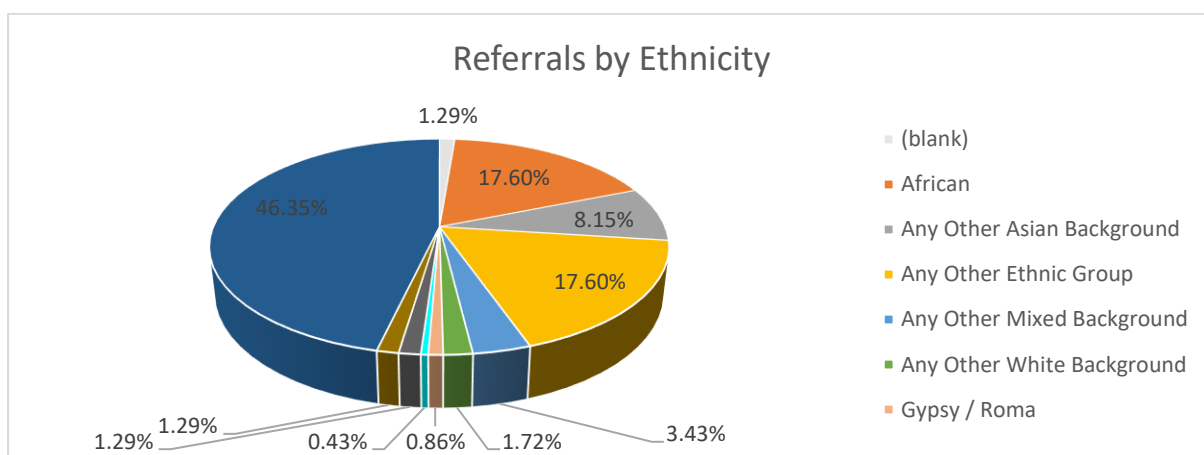
Appendix 1: Demographics of Young People with PHB



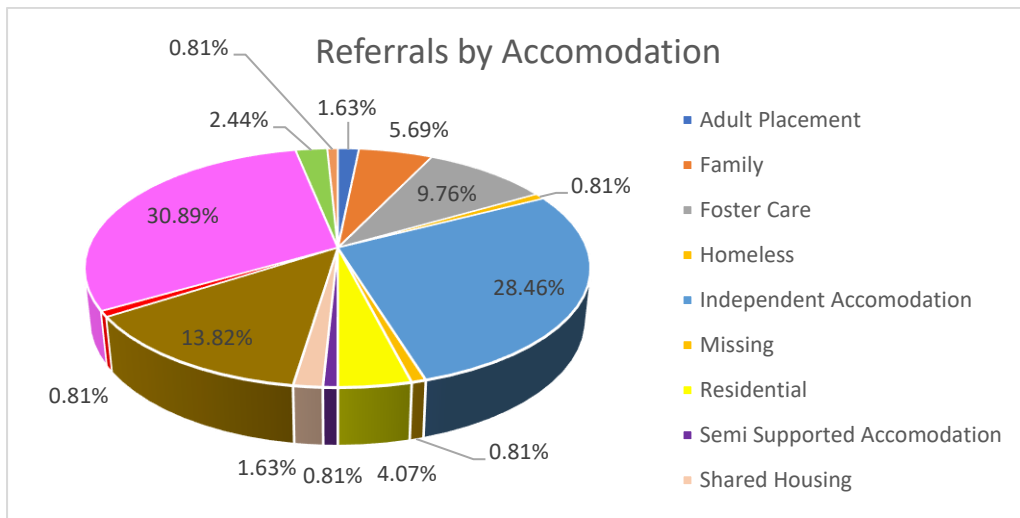
APPENDIX 1, FIGURE 1 - REFERRALS BY AGE BRACKET



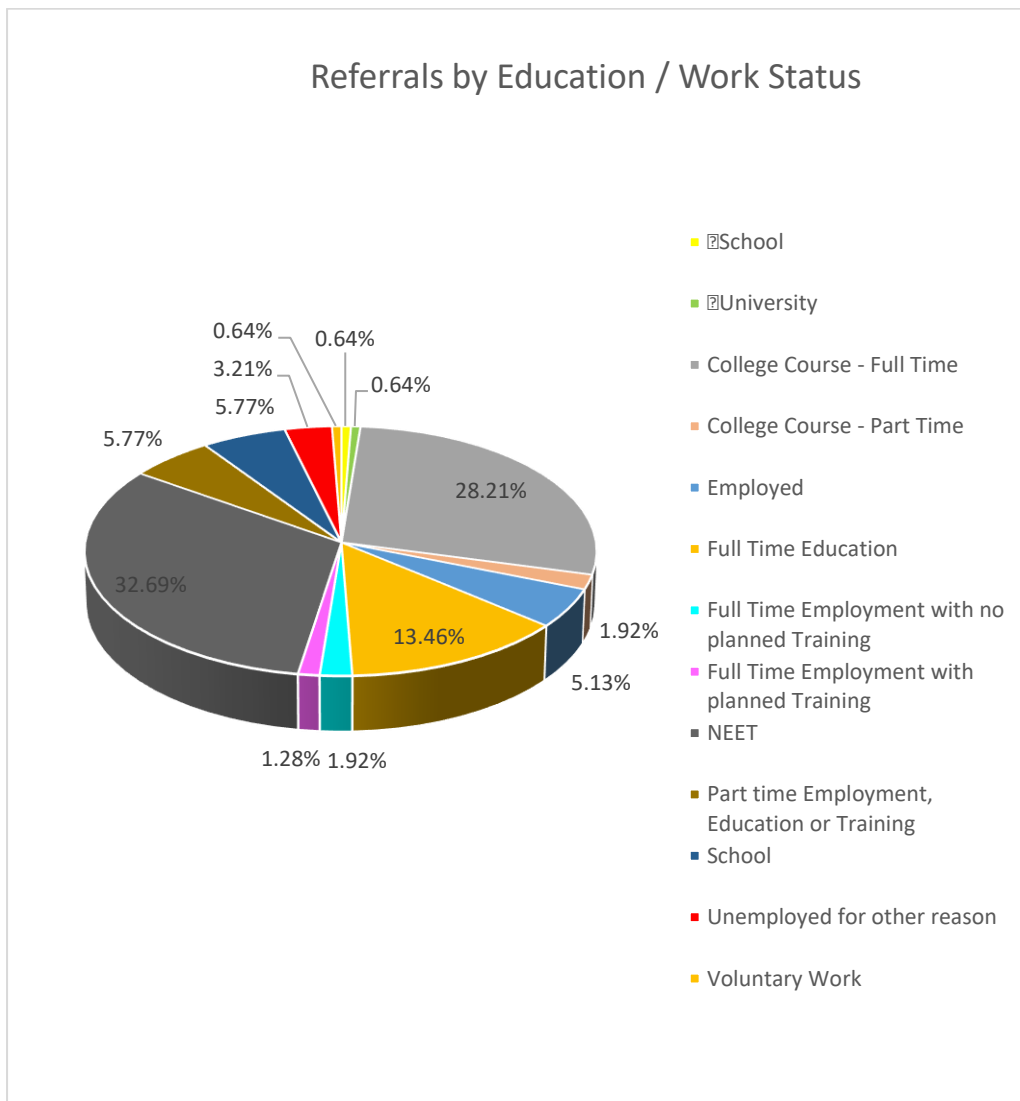
APPENDIX 1, FIGURE 2 - REFERRALS BY GENDER



APPENDIX 1, FIGURE 3 - REFERRALS BY ETHNICITY

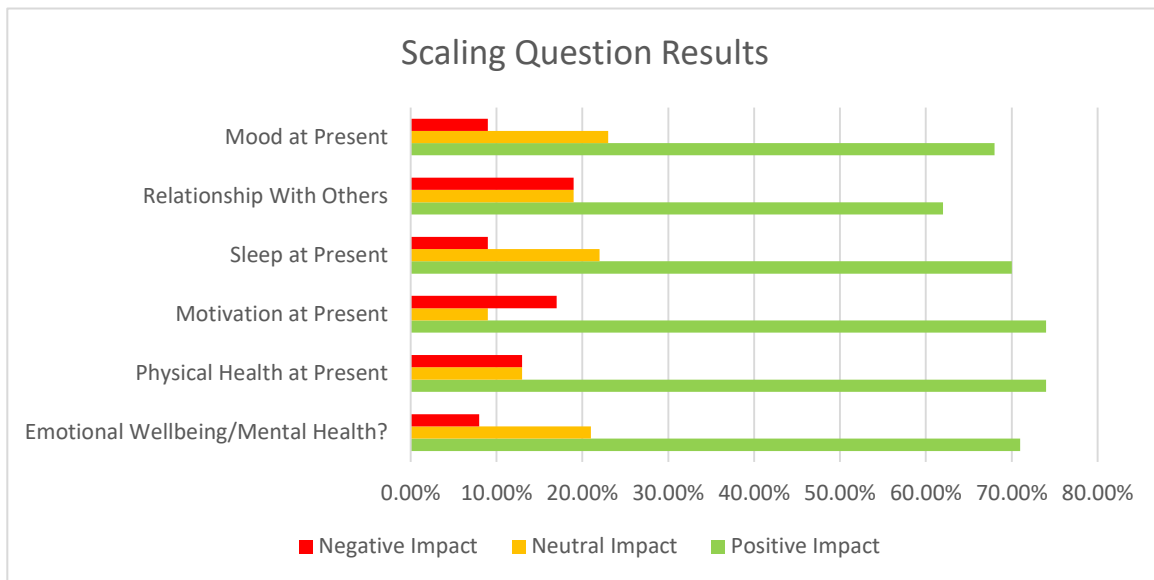


APPENDIX 1, FIGURE 4 - REFERRALS BY ACCOMMODATION STATUS

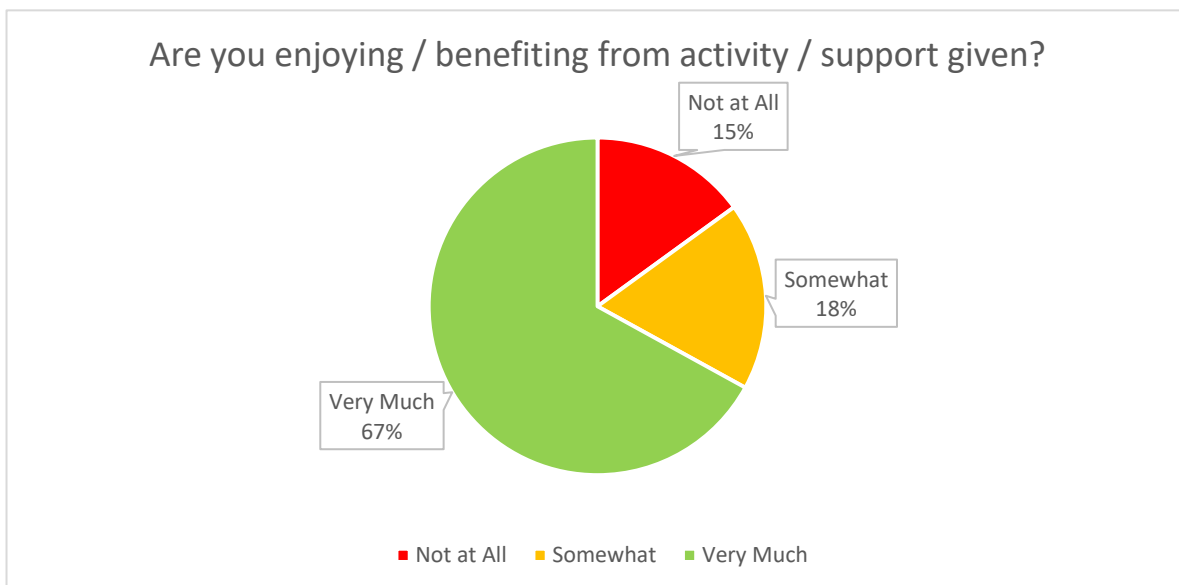


APPENDIX 1, FIGURE 5 - REFERRALS BY EDUCATION/WORK STATUS

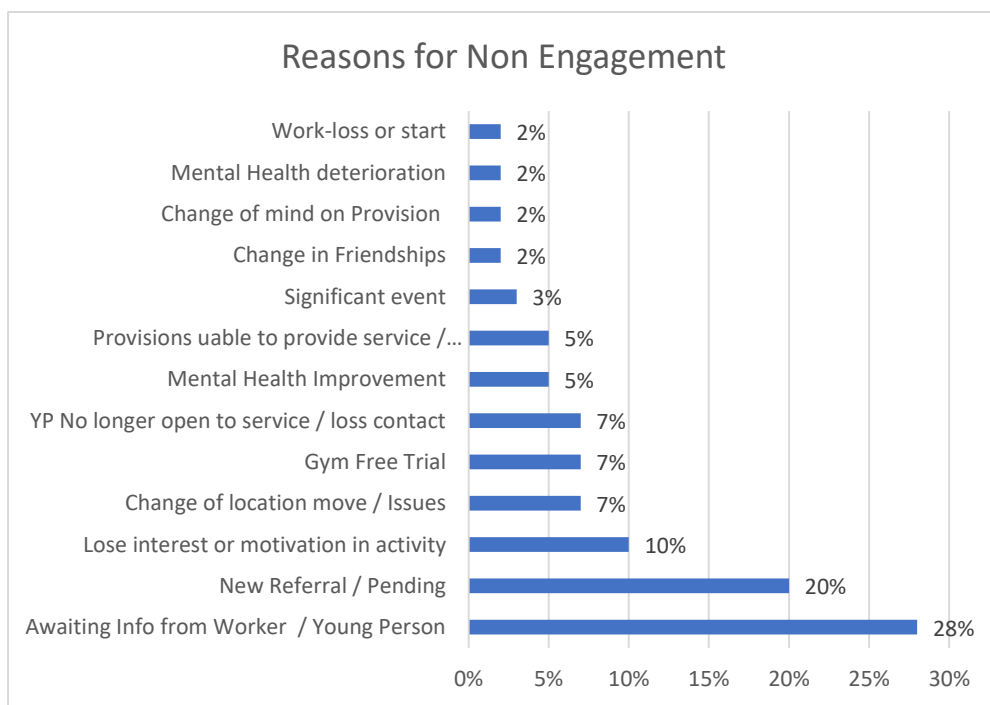
Appendix 2: Feedback from Young People & Care Workers



APPENDIX 2, FIGURE 1 - IMPACT ON MENTAL HEALTH AS REPORTED THROUGH HWP FEEDBACK FORMS



APPENDIX 2, FIGURE 2- RATIO OF YP WHO BENEFIT FROM THEIR ACTIVITY/SUPPORT PROVIDED THROUGH HWP



APPENDIX 2, FIGURE 3 - REASONS FOR NON-ENGAGEMENT WITHIN HWP

Appendix 3: Specialist Mental Health Support

The project offers mental health support in the following areas:

5 consultation slots are offered per week. Social workers and personal advisors are able to book into consultation slots to discuss any mental health concerns for the young people they are supporting. The consultation slots may result in the following actions:

- Signposting to appropriate support agencies
- Advice regarding appropriate project activities to support YP mental wellbeing
- Access to mental health assessment & reports
- Support with enabling young people access project activities.

Below demonstrates the use of particular sections as a % of overall consultations.



APPENDIX 3, FIGURE 1 - NEEDS WITHIN CONSULTATION

Training:

- We have provided training on: 'Working with Stuckness'. This training is aimed to help support Personal Advisors work with young people who might be difficult to engage. The training covers topics including impact of developmental Trauma and working through the Stages of Change.
- In addition, we have provided 2 training sessions on 'Anxiety: An introduction to and Support strategies' for personal advisors. Personal Advisors are provided training on how to recognise anxiety, as well as provided a tool kit of strategies to share with individuals on their case load who struggle with anxiety.

Appendix 4 – Case Studies and Professional Feedback

All case studies anonymised, and names changed.

Case Study 1

Jane is a 16-year-old care experienced young person who has experienced complex trauma in her life and at the time of referral into the project in January 2022 was experiencing anxiety, very low mood, poor sleep, and appetite. She along with her social worker asked for some financial help to buy a starter Nail Kit as she wanted to learn a new skill for herself. Whilst providing some help in self-care and confidence Jane continued to struggle in other aspects of her life and relationships and her anxiety and experienced stress was having a detrimental impact on her physical health and sleep so further funding was agreed for some private Physiotherapy sessions. Jane had always struggled to engage with Her health appointments but with support from her worker started physiotherapy and attended 3 out of 4

sessions provided which the social worker described as 'incredible'. She went on to feedback that the Physiotherapist has helped restore her faith in health professionals. She went in believing she would be 'fobbed off' with being told to go home and do some exercises. Jane is very wary of health professionals, but her physio was kind and welcoming. It really helped she's 'home-based' so it doesn't feel clinical. Jane come out of each session feeling validated, that her pain has been real and not imagined and the actual physio in the sessions is starting to help. From this, I've managed to get her to agree to see the optician today – massive step!

Case Study 2

Ahmed is a 17-year-old UASM from Sudan who has experienced much trauma in his life and on his journey fleeing his country of origin. Waiting for a decision regarding his asylum claim has been very difficult for him and he has attended LACCAMHS counselling. He has continued to experience much sadness, loneliness and flashbacks at night that disturb his sleep and have impacted his studies and mood. He completed a health and wellbeing plan with his social worker and expressed a clear desire to become a plane pilot in the future. Following discussion with him and his social worker about what might benefit him we found and funded a 'glider experience' for him in East Sussex. The day was a great success for Ahmed and the project was able to fund a membership and further flights for him to sustain his mental wellbeing and allow him to develop his flying skills and knowledge to move towards his dream of becoming a pilot. He and his worker have feedback how his general mood, motivation and sleep have improved greatly which have had a very positive impact on his studies, friendships and ability to cope with the uncertainty of his future asylum claim.

Case Study 3

Adam has been diagnosed with ADHD and ASD. These diagnoses have an impact on his emotional and social development. His levels of aggression have been a real concern for some time which led to him being sec 20 accommodated. Adam was going missing regularly and was at high risk of CSE as was fascinated with gang culture. He has not wanted to engage in Therapeutic support but has been taking medication for his additional needs.

Adam was moved into a specialist 2-1 placement where he settled well over time. The Placement have been able to provide support for Adam to follow his interests in Music and Boxing. He was referred to the project in November 2021 and whilst at a boxing club was felt would benefit from one-to-one coaching as he wished to pursue his boxing and was benefitting greatly from the discipline and structure it gave him. He has only properly engaged in education in the last year and recently has achieved three grade 4's!! His social worker states 'he has totally turned his life around'. He has engaged in his health appointments, no longer goes missing and is no longer a high safeguarding concern.

Case study 4

Sarah is a single parent of a 16-month-old young boy. Sarah really struggles with anxiety and has little support for herself from family or friends. She has never engaged fully with health services for herself due to her anxiety. Her resulting social isolation has been a real concern to both her Health visitor and personal advisor not only for her own Mental wellbeing but also for her son who does not get to socialise with other children or adults. The project agreed to fund a nursery placement which was identified locally until he was 2 years old. Sarah found it very difficult to attend an initial visit to the nursery but following a number of weeks encouragement from her PA she went to visit the nursery. Support was provided to take her and her son to the first session. The primary aim was to give her son time to meet and socialise with his peers as well as provide Sarah with some time to herself. Whilst Sarah still struggles to talk to the nursery staff and other parents, she has been able to leave her son for several hours and use the time to shop and relax at home. She is growing in confidence and now open to considering attend the dentist for much needed dental

treatment. Her early year worker feedback that Sarah has found it challenging at times leaving her son at nursery, but it has provided her with additional confidence in ways and a few hours breather which is needed for her wellbeing. Her son appears to have come on well with his speech, which is likely due to nursery, I feel it has been a great support getting him into nursery and has allowed Sarah to overcome her initial fears of separation.

Case Study 5

Rowan has had substance misuse issues for a long time which has impacted her health, accommodation, and relationships. Placing herself at high risk, not engaging with our service and leading a 'hand to mouth' existence has been of real concern. At the start of the project, we had worked closely with Freedom leisure and secured an agreement for them to give our care leavers two months free membership with a 1 month free for a friend also.

Rowan's personal advisor met with her to discuss her specific needs, and both identified a gym membership as something she would find would give her structure to her day, health benefits and self-confidence. We helped fund some sports clothing and trainers for her. She is attending the gym regularly and we then bought her a year's membership. We have seen her self-confidence grow and the centre were talking to her and her worker about starting her on a training course at the centre. However, her struggles with her heroin addiction led to a number of short relapses and a short-lived residential Rehabilitation placement. Since then, Rowan has started back at the gym, has not relapsed for 9 months, and is now motivated to go back to college to train as a personal coach.

Personal Advisor Feedback 1.

I just wanted to highlight the significant positive impact the health and well being project is having on Chantelle. Chantelle has had to deal with a great deal of trauma from her past over the last three weeks. However the boxing has been a safe and positive constant for her and enabled her to remain focused and not move into destructive behaviours. So much so that I took her food shopping for the month yesterday and she bought healthy food as she wishes to remain in the best possible condition to maximise the benefit from attending boxing. This demonstrates how attending the boxing class has helped her make a significant shift in her decision making.

Personal Advisor Feedback 2.

The wellbeing project has made a positive impact on a few of my Young people. In all the 22 years I have worked for this team young people have had to miss out on activities especially when 18 or no longer in foster care, as money the government provide does not make it affordable to take part in activities in the community such as Riding lessons or Gym membership. The project helped one young person complete his lifeguarding qualification. It been so nice to see the positive impact this has had and see young people grow in confidence. It has been key in providing some structure to an otherwise chaotic life.

'One of my young men has just been recovering from having had a mental health breakdown. To start to see him building his life again, attending the local gym, swimming and start talking and thinking about a healthy body is amazing.'

I hope this is the start of something that can make a difference to life in care and leaving care. It Feels good to open doors and not shut them.

UAS Social Workers feedback 3.

The project has been brilliant, allowing the young people I support to experience activities which have such a positive impact on their lives. Highlights have included kitting out one of our UASC with a football kit, boots and a bike to travel to training with – he has since been scouted for Hastings United and has played in their FA cup under 18s matches. Three of my young people have been given the opportunity to play and learn the guitar through the

project, and it's been a joy to hear them play their guitars and see their smiling faces when they show me what they've learnt. Our UASC often arrive not knowing anyone, being able to support them into a positive activity in their new community makes such a difference, helping them feel more settled in their new area after what is often a traumatic journey to the UK.

The fund has helped several of my UASC young people in different ways both directly and indirectly. I think the most valuable provision has been that of prevention or helping manage PTSD as so many of our young people come to the UK carrying trauma. Providing bikes has given the boys a real sense of freedom and shown how we trust them. They are united in their own company and passions as well as integrating and being very well accepted by the local players. They are all extremely thankful and relationships with workers has been fantastic.

Appendix 5 – Community Assets

Printed below is a list of all community assets the Health & Wellbeing Project has engaged with. Number of YP allocated to these assets available on request.

Anytime Fitness (Eastbourne, Farnham)	High Tide Cycles	Leaps and Bounds Nursery	Little Skaters
Pup Station	The Meadows Nursery	Dorothy Thompsett – Counsellor	Eggtooth
Battle Road Dentist	Abbey Leisure Centre	BOX HIIT Gym	Breckland Leisure Centre
Energym, London	Freedom Leisure (Bexhill, Crowborough, Hastings)	GL Fitness	The Gym Group
Hasting's College Gym/Station Plaza	Infinity Fitness	K2 Crawley	Lewes Leisure Centre
Peacehaven Leisure Centre	Platinum Gym	Pure Gym	Snap Fitness
Sovereign Centre	Team HIZO Boxing	The Dolphin	Underground Gym
Wave Leisure	Beauport Park Riding School	Hyfield Stables	Intuitive Horse
Oakhurst Farm	Polegate Equestrian Centre	Wellgrove Farm Equestrian	Wildwood Equestrian Centre
Merlin	National Trust	Art by Vicky Craggs	Darius Malkam – SuperDryve UK
DTA Residential	Flying Colours Eastbourne	Sussex Gliding Club	White Rock Theatre

AMR	Jane Reynolds & Associate	Margaret Blurton – Albany Physio	NEO Orthodontics
Specsavers	High 5	Bear Vocals Singing Tuition	Ben Taylor music
Donner	Eimear Collins – music tutor	Gear 4 Music	John Ash – music tutor
Nicki Gerrard – music tutor	Pete Prescott – music tutor	Replay Music Stores	Be Gymnastics
Blue Lagoon Pool	BOSS Gym	Brighton & Hove Football club	Crawley Karata Kyokushinkai
D&S Hastings football club	Eastbourne Boxing Club	Eastbourne Salsa	Eckington Leisure Centre
Guildford Spectrum ice rink	Hastings Running Club	Horntyre Park Cricket Club	Incognito Dance
King Alfred, Hove	Lovell Soccer	Ordinary Climbers	Phoenix Boxing – Eastbourne
Rumbles Gym – Sittingbourne	Skillz Sport Academy	Foot Asylum	JD Sports
Pro Direct Soccer	Wisdens	Tools & Tackle	Ellisons

Appendix 6 – Health and Wellbeing Plan

My Health and Wellbeing Plan

Name of YP:

Name of SW/PA:

Date:

Education Status:	Training status:	Employment status:

Who is involved in making this plan?

Things you need to know about me and my health eg. I get anxious, I don't want to go out, I get lonely and don't have energy to do things...

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What I want to do to make my health and general life better now? Eg. What am I passionate about? – sport, art, music, dancing, playing an instrument etc...?

--

What do I need to look out for that can make my health worse and what practically will stop me from doing what I want to do that will make my life better? E.g. cost, equipment, travel costs, not having someone to go with, my worries, not being organised...

--

If my circumstances change or I want to change my plan I will talk to:

--

Who else is involved, or has been involved in my care? Please tick box all that are relevant

Looked After Nurses	
LACAMHS	
GP	
Counselor/Therapist	
Other	

If you have ticked any boxes above, please provide brief details.

--

Please highlight any difficulties you might experience with your emotional wellbeing or mental health. Below are some prompts.

Anxiety General	
Social Anxiety (medically diagnosed)	
Feels uncomfortable around people/social situations	
PTSD (medically diagnosed)	
Experienced a traumatic or upsetting event	
Low mood/Depression	
Panic	

If you have ticked any boxes above, please provide brief details.

--

Please complete the below at the time of initial referral

On a scale from (0-10), please rate the following questions (0- Very poor, 10- Excellent)?

1.	How would you rate your overall emotional wellbeing/mental health?	
2.	How would you rate your overall physical health at present?	
3.	How would you rate your overall motivation at present?	
4.	How would you rate your sleep at present?	
5.	How would you rate your relationship with others at present?	
6.	How would you rate your mood at present	

Please complete the below in 3-6 months' time

Are you still engaged with your Health & Wellbeing Activity?

Yes		No	
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If yes,

How much are you enjoying/benefiting from the activity/support that the H&WP has provided?

Not at all		Somewhat		Very Much	
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If no, briefly describe the reasons for this below

Not at all	Somewhat	Very Much
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On a scale from (0-10), please rate the following questions (0- Very poor, 10- Excellent)?

1.	How would you rate your overall emotional wellbeing/mental health?	
2.	How would you rate your overall physical health at present?	
3.	How would you rate your overall motivation at present?	
4.	How would you rate your sleep at present?	
5.	How would you rate your relationship with others at present?	
6.	How would you rate your mood at present	

Further Review Information:

Personal Advisor/Social Worker feedback:

Please provide feedback on your observations on: Improvements following commencing the project, barriers in accessing project activities, what worked well, what has not worked so well, what we can do to improve the HWP offer etc

Feedback from Project Participant:

Please provide feedback on any improvements following commencing the project, barriers in accessing project activities, what worked well, what has not worked so well, what we can do to improve the HWP offer etc

Feedback from other professionals involved:

Please provide feedback on any improvements following commencing the project, barriers in accessing project activities, what worked well, what has not worked so well, what we can do to improve the HWP offer etc