



Cumbria Children and Young People's Plan

2019-22



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Foreword

Welcome to the Cumbria Children and Young People's Plan 2019-22.

This is the plan for all children, young people and families living in Cumbria. It has been developed by the Children's Trust Board and is owned by all agencies who work with children, young people and families.

The plan sets our shared aspirations and ambitions for all children, young people and families, providing the strategic direction and priorities for services. Experience shows that when organisations work together to deliver services we make a real difference to the lives of children, young people and their families.

This plan has been developed through consultation with our partners including asking children and young people what is important to them. In the plan we have retained many features of the previous Children and Young People's Plan. This is not because we are complacent, but because we believe it has already made, and can continue to make, a real difference in the lives of children and young people.

It is crucial in times of increasing demands on services that the Children's Trust Board continues to enable and encourage partnership working. Together we can better meet the challenges we face and tackle the priority areas we have identified. Our responsibility as a Trust is to play our part in ensuring the actions included in the plan are delivered, performance is monitored and solutions are found.

We want Cumbria to be a great place to grow up and for children and young people to have the opportunity to become everything they want to be.



John Macilwraith (Executive Director People)

Chair of the Cumbria Children's Trust Board

April 2019



About the Plan

The Children and Young People's Plan 2019-2022 sets the strategic direction and intended outcomes for services for children, young people and families in Cumbria.

Any references to "child" or "children" should be taken to mean any young person aged 0-19 (up to their 19th birthday), care leavers up to the age of 25 (their 25th birthday), and young people up to the age of 25 who have special educational needs and disabilities for whom the local authority continues to provide support.

The plan has been written by Cumbria's Children's Trust Board. This is a partnership that represents all the agencies working with children and young people across the county. The Children's Trust Board unites all partners providing services for children and young people at both a strategic and local level. Any references to "we" in this document are intended to refer to the Children's Trust Board collectively, working in close partnership with children and their families.

As part of the development of this plan we consulted with public, partner organisation, voluntary sector organisation, schools and children and young people. The key messages from the feedback we received have been incorporated into this Children and Young People's Plan 2019-22.



Our Vision

The Children's Trust Board sets as its overarching vision:

"Cumbria is a great place to grow up
and all Children are healthy, safe
and achieving."

Cumbria Children and Young People's Plan on a Page

Our Outcomes

Healthy

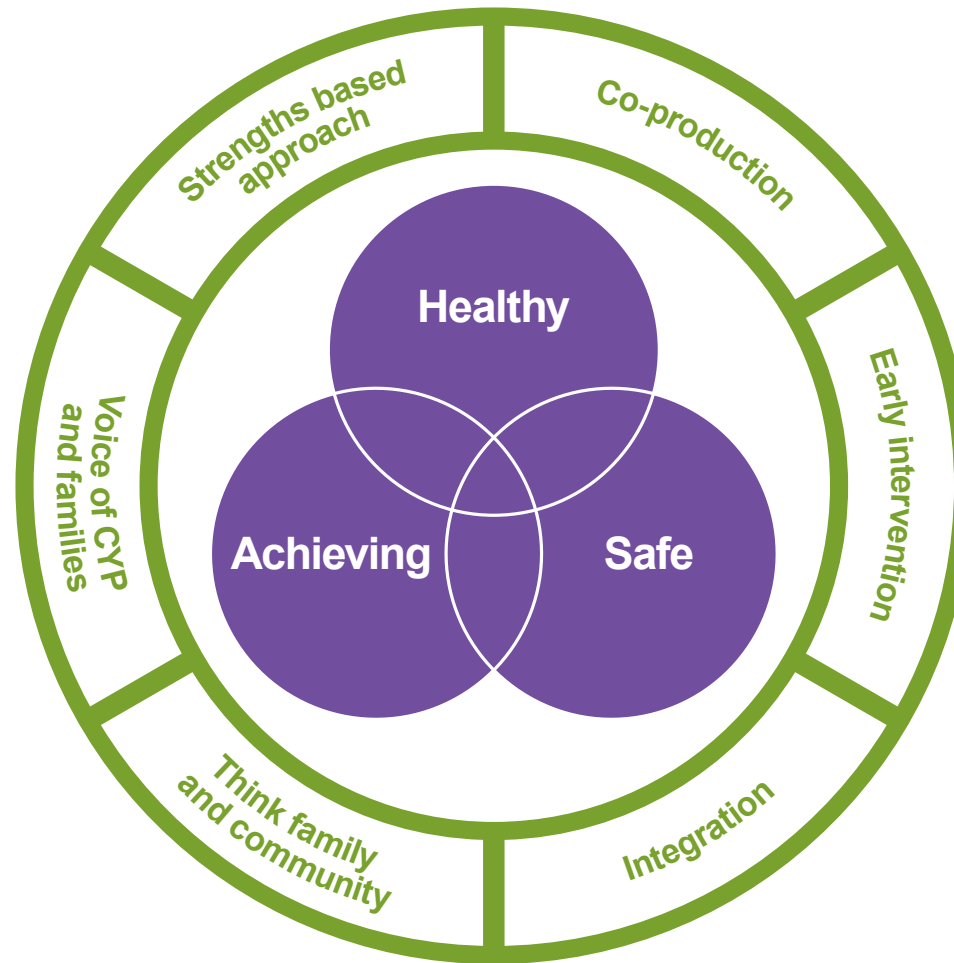
- Children and young people will have the same opportunity for good health
- Children and young people enjoy positive mental and emotional health and wellbeing
- Children and young people maintain a healthy weight and good levels of physical activity

Safe

- Children and young people live in supportive, resilient and economically secure families
- Children and young people are protected from abuse and neglect
- Children and young people stay safe online

Achieving

- Children and young people achieve their potential for educational attainment
- Disadvantaged children and young people achieve as well as their peers
- All children and young people have opportunities and aspirations for the future



How we'll know we've made a difference

Healthy

- Children and their families will be able to access help when they need it
- Children will be resilient
- More children and families making healthy choices
- More children will have a healthy weight and live active lives

Safe

- Fewer children in receipt of statutory services
- Fewer children living in poverty

Achieving

- More young people in education, employment or training
- Increase in progress 8 and attainment 8 at KS4
- More children will attend 'good' or better schools
- Reduction in the gap for disadvantaged

Our Guiding Principles

We have agreed that our overall approach to everything we do that affects children, young people, their carers and their families will be guided by the following principles:

- Strengths based approach
- Voice of CYP and families
- Co-production
- Early intervention and prevention
- Think family and community
- Integration
- Inclusion
- Poverty

One in a hundred children

Cumbria is home to 104,900 children and young people aged 0-19, which equates to 21.1% of the total population of the county. The images on this page shows some key figures about our children and young people and how they would look if we imagined that population was just 100.



Pupils achieving 5+ GCSEs: grades A*-C (including English & Maths)



Children achieving a good level of development at the age of 5 years



Mothers initiating breastfeeding



Pupils with
Special Educational Needs



Our Guiding Principles

We have identified the key principles which underpin everything we do, all the time, working with children, young people and families.

Recognising strengths

We work with children, young people and families in a way that recognises strengths and things that are working well - while never losing sight of the concerns and things we are worried about.

Voice of Children and Young People

We will seek to ensure that the voice of children, young people and families informs, guides and drives the work we do and that we understand their lived experience.

Early intervention and prevention

We will work to prevent problems escalating and intervene at the earliest possible stage to provide the right support to children, young people and families.

Think family and community

Where there are worries and concerns, a central consideration will be what resources and support are available within the wider family and community network which can be harnessed to build safety and wellbeing for children and young people.

Co-production

We will work in partnership with each other as agencies and children young people and families - recognising that our aspirations are more successfully achieved if we work together rather than assuming one agency or organisation can solve an issue in isolation. We want to see children, young people and families increasing involved in service design and development, and clearly informing and owning their plans.

Integration

We recognise the importance of integrating services where this would be likely to improve outcomes and/or the experience of children and families. Our aspiration is to have place based integrated services and a workforce that works together in an integrated way including local approaches based around local communities working together with services in their local area to improve how their needs are met.

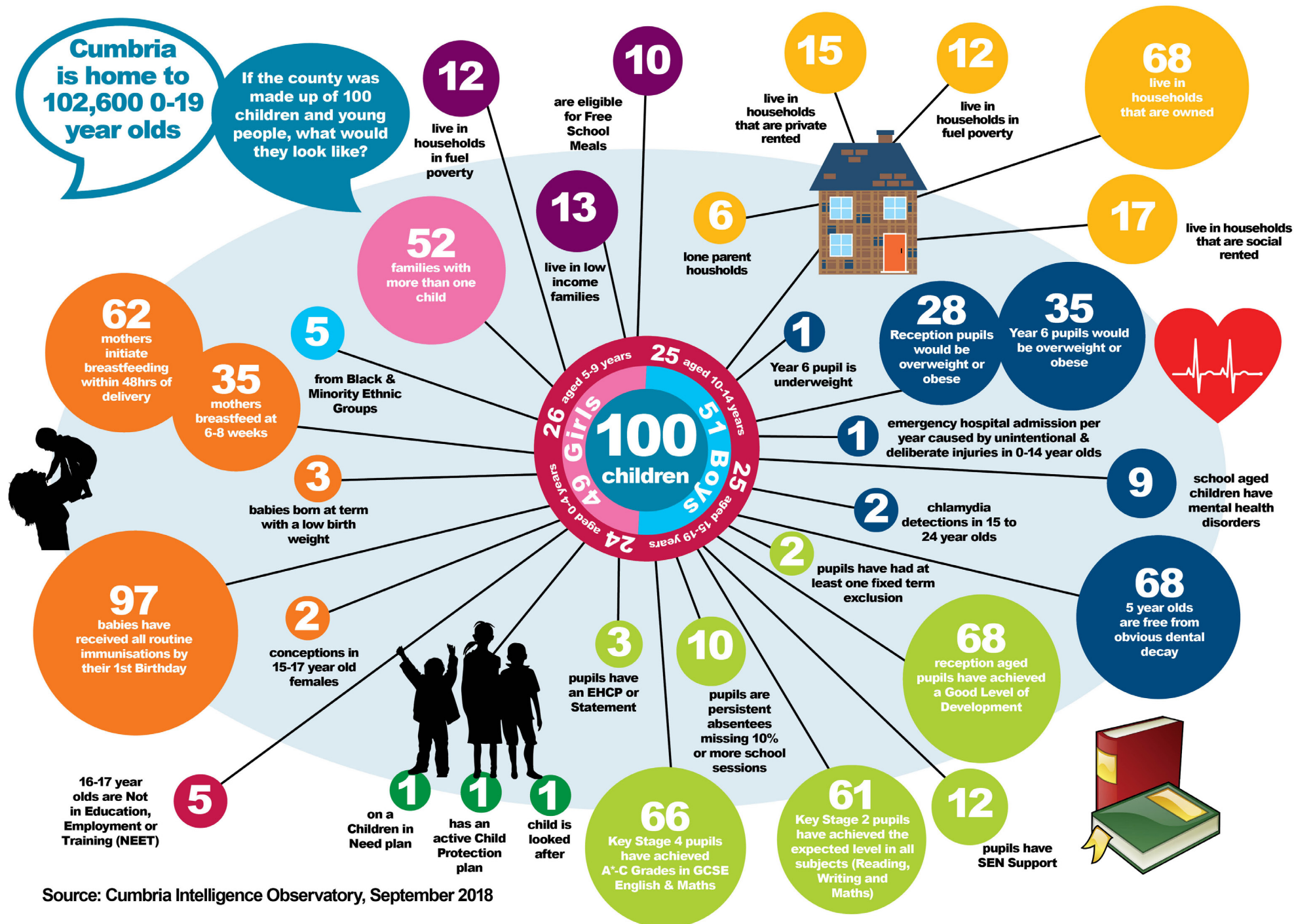
Inclusion

We are committed to inclusion in Cumbria. We have a comprehensive inclusion strategy that seeks to meet the needs of all our children and young people across a diverse range of needs. We recognise the barriers that can be faced by some of our children and young people with SEND for example, in everything we do to support and deliver this plan - inclusion is at the heart.

Poverty

We know the negative impact living in poverty can have upon life chances and outcomes for children and young people - and their ability to be healthy, safe and achieving. Through our child poverty sub group and the development of our Council Poverty Strategy, we will identify where we can have an impact in addressing this issue.





Source: Cumbria Intelligence Observatory, September 2018

All Children and Young People **are Healthy**



Outcome 1: Children and young people will have the same opportunity for good health

Why it is important

- Children's health is not only their fundamental right but also determines whether Cumbria is healthy and prosperous in future years. We know that in Cumbria, as in other places, health outcomes are impacted by a number of factors including; where people live, the quality of housing, opportunities to access open spaces and engage in sport and other activities, poverty and deprivation, wider environmental conditions and employment opportunities. Our aspiration is that wherever you live in Cumbria, and whatever your background, you are able to achieve good health.
-

Outcome 2: Children and young people enjoy positive mental and emotional health and wellbeing

Why it is important

- Promoting and supporting the emotional and mental wellbeing of children and young people is identified as one of the key challenges to their wellbeing in Cumbria and recognised as such in our Cumbria Health and Wellbeing Strategy.
 - This is consistently the issue that matters most to children and young people in Cumbria. This year 50% of the youth population (15,846) across 73% of schools took part in the 'Make Your Mark' consultation to vote on their top ten issues. 'Mental Health' came out top overall, with 3006 votes.
 - If we fail to tackle this effectively the impact individually and collectively for society is enormous. Our focus must be both on effective early intervention and prevention, as well as ensuring that when urgent support is required our provision is timely and sufficient and our practice is trauma informed.
-

Outcome 3: Children and young people maintain a healthy weight and good levels of physical activity

Why it is important

- Childhood obesity and excess weight, are significant health issues for individual children, their families and public health. It can have serious implications for the physical and mental health of a child, which can then follow on into adulthood. The numbers of children who continue to have an unhealthy, and potentially dangerous, weight, is a national public health concern.
- In Cumbria we have higher than national rates of reception aged children who are obese. We also have a high number of reception aged children who are overweight. By year 6 this number has increased.
- Promoting exercise and activity and creating an environment which makes it easier for children and young people and their families to be active regularly is central to better health. We want to make it easier for lifestyles which support good health to be achievable for everyone.

Action we will take

- Designing new integrated early help and public health services for 0-19.
- Support efforts to reduce ill health and mortality related to cancer and long term conditions, through population wide prevention, early detection and intervention (including smoking and healthy weight).
- Develop the function of the Public Health Alliance to adopt a more action-based approach to tackling health inequalities in Cumbria.
- Development of a CCC Poverty Action Plan which will include child poverty.
- Implementing the broad principles agreed in the Healthy Weight Declaration, working together to tackle the obesity issues in Cumbria.
- Increase physical activity levels in children and young people in Cumbria through the delivery of Active Cumbria's three year plan 2018-21 including: promotion of physical activity, supporting children and young people to be regularly active and develop positive attitudes to physical activity.
- Promotion of breastfeeding and support for all parents to feed in a way that nourishes a baby emotionally.
- Influencing schools to adopt whole school approaches to health and wellbeing.
- Embedding the model of trauma informed practice.
- Continued delivery of Cumbria Local Transformation Plan, through the Children and Young People's Emotional Wellbeing and Mental Health Partnership Board with a focus on the following priority areas: Access; Crisis; Care for the most vulnerable; Resilience; Workforce; Engagement.
- To work in co-production with young people their family and carers and other agencies.

Measures

- Reduction in obesity in reception and year 6.
- Uptake of immunisations (MMR and flu) and screening.
- Waiting times to access emotional and mental health services.
- The number of children and young people with a diagnosable mental health condition accessing NHS funded services.
- The numbers of children and young people accessing CPFT provided community eating disorder services within one week for urgent referrals and four weeks for non-urgent referrals.
- Increase in breastfeeding initiation and 6-8 week prevalence.
- Smoking rates/not smoking during pregnancy.
- Infant mortality/low birth rate.
- Child poverty indices of deprivation.
- Improved levels of physical literacy and development of children in early years contributing to improved levels of good level of development (GLD).
- Increased number of children & young people in Year Groups 1-11 who are active every day (60 minutes or more every day).
- Increased number of children & young people in Year Groups 5-11 who volunteer to support exercise and sport at least twice in the last 12 months.
- 5-19 surveys (5 a day).
- Feedback from children young people and families.

All Children and Young People **are Safe**



Outcome 4: Children and young people live in supportive, resilient and economically secure families

Why it is important

- A child's life chances are greatly influenced by the family and community into which they are born. Some children face complex, multiple and intergenerational adversities in their family life or their neighbourhood that stack the odds against them, for example long term poverty, disability or 'the toxic trio' of domestic abuse, mental ill-health and substance misuse. These difficulties all too often result in poor school readiness, poor educational attainment in later life and poorer health and wellbeing. But this adversity does not have to mean adverse outcomes. We want strong, resilient families, and helping parents to improve their economic security and to increase their household income must be part of our solution to enhance children's life chances.
-

Outcome 5: Children and young people are protected from abuse and neglect

Why it is important

- We want all children and young people to be safe, and to feel safe. Most children enjoy happy childhoods living with their parents or family members, but this is not the case for every one of them. We must work relentlessly to identify the risks of harm to the welfare of our children and young people and tackle those factors which risk harming their life chances, including domestic violence, mental health issues, substance misuse, youth crime, family and youth homelessness, and road casualties. We must ensure that when children are identified as being at risk of harm, services intervene at the earliest possible stage and provide a consistently good quality of intervention - which recognises and builds on the strengths and protective factors already present within the family and wider network that can be harnessed to support the management of risk.
-

Outcome 6: Children and young people stay safe online

Why it is important

- The use of the internet, including social media, has become embedded in the daily lives of children. 23% of 8-11 year olds and 75% of 12-15 year olds have a social media profile (Ofcom, Children and Parents: Media Use and Attitudes Report, 2017). Our overall wellbeing is determined by the physical and emotional experiences we have on a daily basis. Digital wellbeing is about having an awareness of how being online can make us feel and looking after ourselves and others when online. This can include recognising the impact being online can have on our emotions, mental wellbeing and even on our physical health and knowing what to do if something goes wrong.
- The use of the internet has increased the vulnerability of children to grooming and abuse and their exposure to extremist behaviours and radicalisation. As technology plays an ever increasing role in the lives of young people, it is important that we help them to understand how to use it safely, sensibly and with an awareness of how it can impact on them.

Action we will take

- Redesigning our 0-19 early help and public health services into a child and family wellbeing model, to ensure that our early help systems supports early identification and resolution of family issues before they escalate.
- Working as a strong strategic safeguarding partnership to ensure robust safeguarding of children and young people in Cumbria, including a focus on the most vulnerable children and young people for example CLA and those with SEND.
- Development of a Cumbria Poverty Strategy.
- Delivery of our Children's Improvement Plan to ensure that when children are supported by statutory services, the quality of the service received is consistently good.
- Schools to continue working with pupils to address digital wellbeing.
- Embedding Signs of Safety as our practice methodology for working with children and young people in Cumbria across the partnership.
- Delivery of our CLA strategy including - addressing the reasons for children becoming looked after as well as the recruitment of more Cumbrian foster carers so that when children are in care there is sufficient local provision.
- To work in co-production with young people their family and carers and other agencies.
- Reduce the number of children and young people entering the criminal justice system by ensuring effective prevention and out of court disposal schemes are in place.
- Reduce the number of children and young people reoffending in Cumbria.

Measures

- The number of open early help assessments.
- The number of children in need.
- The number of children subject to a child protection plan.
- The number of Looked After Children.
- Referrals and re-referrals to children's social care.
- First time entrants to the youth justice system aged 10-17 (per 100,000 population).
- The number of violent and sexual offences against children.
- The number of Cumbria Lower Super Output Areas (LSOAs) that are within the 20% most deprived nationally.
- Feedback from children young people and families.



All Children and Young People **are Achieving**



Outcome 7: Children and young people achieve their potential for educational attainment

Why it is important

- The vast majority of pupils in Cumbria receive a good education, in good schools, with the support of their family. We want all children and young people to make progress and achieve to the fullest of their ability at every stage of their lives, from their early years through to adulthood. We want this for them because we know that educational attainment has a strong and direct impact on improving their social mobility in life and their consequent health and wellbeing.

Outcome 8: Disadvantaged children and young people achieve as well as their peers

Why it is important

- Our aim is to improve outcomes for disadvantaged children who are not doing as well as their peers. Vulnerable children and those with challenging behaviour, those who are excluded from school or who otherwise miss elements of formal education need, and will receive, greater support. We wish to see disadvantaged children achieving well in line with their peers, locally and nationally, and aspiring to good future careers, higher and further education.

Outcome 9: Children and young people have opportunities and aspirations for the future

Why it is important

- Cumbria has a challenge in youth unemployment with some parts of the county having youth unemployment rates three times the national average. Our children and young people have told us that one of the things that matters to them is a curriculum for life. We need to prepare our young people to be adaptable, resourceful and raise their ambitions so that they can benefit from opportunities as they arise.
- Improving education outcomes is essential so that they do well at all levels of learning, have the skills for life for them to be successful in the future to get the training and/or job that they want. We must prepare our young people for life and work and ensure that they have the resilience to face the inevitable challenges in their journey. We must equip our young people to learn and adapt as the world of work continues to change so that they have the right skills at the right time to help Cumbria's economy thrive.



Actions we will take

- Encourage parental engagement to enable families to provide strong support for their child's learning and development.
- Ensure that children and young people's learning needs are identified early through high quality assessment, intervention and support, in particular those children and young people with special educational needs and disabilities (SEND).
- Ensure that children with SEND have their needs met across Education, Health and Social Care, leading to high quality outcomes.
- Strengthen the concept of preparation for adulthood for children and young people with SEND through SEN support and Education Health and Care plans and improve the range of post-19 opportunities so they can continue their journey to adulthood.
- Enhance joint commissioning of support and services between education, health and care agencies for children with SEND.
- Ensure that educational provision reflects changing need and trends so children can have their needs met locally across mainstream, special and alternative provision.
- Promote a culture of inclusion within schools.
- Support areas of poor educational outcomes to develop the capacity to improve through localised approaches and prioritisation of resources.
- Promotion of best practice in using Pupil Premium to improve life chances for pupils from low income households.
- Work with CASL and young people to develop a 'Curriculum for life'.
- Ensure curriculum provision is appropriate to meet the needs of the Cumbrian economy and local employers, and that parity of esteem between academic and vocational qualifications is recognised and celebrated.
- Ensure through great careers guidance, education and training opportunities, children are equipped to successfully take advantage of careers opportunities on offer to them.
- To work in co-production with young people their family and carers and other agencies.
- The LEP will work with partners to develop an enterprise education framework.

Measures

- Percentage of children reaching a good level of development in the early years foundation stage profile.
- The percentage of young people who are not in education, employment or training (NEET) in academic year 12 and year 13.
- Number of CLA in apprenticeships.
- Percentage of pupils working at the expected standard at key stage 2 (reading, writing and mathematics)
- Progress 8 score at key stage 4.
- Average attainment 8 score at key stage 4.
- Percentage of young people with a level 2 and level 3 qualification by age 19.
- Progress made by those on free school meals and those within particular communities.
- EHCPs issued in timescale.
- Feedback from children young people and families.
- LEP providing measure re careers advice.



Monitoring and Review

Robust monitoring arrangements will be undertaken through the Children's Trust Board.

We will use the Children's Trust performance dataset to monitor progress against this plan. The dataset is reported to the Children's Trust Board at their quarterly meetings and actions will be identified from the information supplied in that report.

The Children's Trust will be responsible for monitoring one priority from the plan at each Board meeting.

Overall progress against this Children and Young People's Plan will be reviewed annually and challenges refreshed as required based on continued input from children and young people and based on what our needs analysis tells us.



Glossary

CAMHS	Child and Adolescent Mental Health Services
CASL	Cumbria Alliance of System Leaders
CLA	Children Looked After
CPFT	Cumbria Partnership Foundation Trust
CTB	Children's Trust Board
CYP	Children and Young People
CYPP	Children and Young People's Plan
EHCP	Education, Health and Care Plan
EHWB	Emotional Health and Wellbeing
GLD	Good Level of Development
KS	Key Stage
LSCB	Local Safeguarding Children's Board
LSOA	Lower Super Output Areas
LTP	Local Transformation Plan
MMR	Measles, Mumps and Rubella
NEET	Not in Education, Employment or Training
SEND	Special Educational Needs and Disabilities

Website: www.cumbria.gov.uk/childrensservices/ctb/

Contact us: CTB@cumbria.gov.uk