

# **Health and Wellbeing Strategy**

## **Baseline Position & Progress Update**

**Giving every child and young person the best start**

Health & Wellbeing Board – 17<sup>th</sup> January 2024

# Giving every child and young person the best start

*every child and young person, regardless of their background, is provided with the opportunity to thrive and reach their potential*

## Priorities

- To establish Family Hubs
- To prevent alcohol related harm to under 18s
- To develop the youth offer
- To provide a universal and targeted offer to fathers
- To improve outcomes and safety for infants and their families
- To support children, young people and families affected physically or emotionally by the pandemic

## Key Indicators

- **Reduced** rate of admission episodes for alcohol-specific conditions (Under 18s)
- **Increased** breastfeeding prevalence at 6-8 weeks after birth
- **Reduced** rate of domestic-abuse related incidents
- **Reduced** rate of first-time entrants to the Youth Justice System (10-17 years)



South Tyneside Council

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SOUTH  
TYNESIDE**

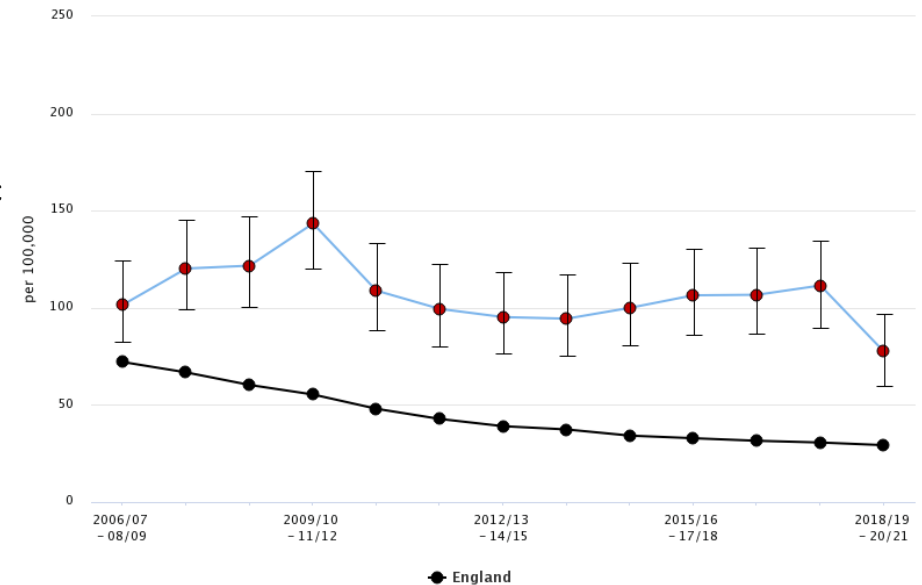
# Admission Episodes for Alcohol-Specific Conditions - Under 18s

- In **South Tyneside**, there was a **non-statistically significant decline** in admission episodes for alcohol-specific conditions in under 18s **between 2017/18 -2019/20 and 2018/19 – 2020/21**.
- South Tyneside, Co. Durham, Darlington, Gateshead, N. Tyneside, North Tyneside, Northumberland and Sunderland all have significantly worse rates than England.
- The **majority of local authorities in the North East** have seen **steady declines since 2006**.
- In 2018/19 - 2020/21, there was **no significant difference by sex** in under 18s alcohol-specific admission rates. England-wide, the rate for females was significantly higher than the rate for males.
- Nationally, there was **no clear social gradient by county and unitary authority deprivation decile**.

*Admission episodes for alcohol-specific conditions- Under 18s, North East Region & England (2018/19 -2020/21)*

Area	Value
England	29.3
North East region	52.0
North Tyneside	83.8
South Tyneside	77.5
Sunderland	76.0
Northumberland	62.2
County Durham	52.5
Gateshead	50.8
Darlington	44.4
Redcar and Cleveland	36.2
Middlesbrough	35.6
Newcastle upon Tyne	31.4
Hartlepool	24.9
Stockton-on-Tees	22.8

*Admission episodes for alcohol-specific conditions- Under 18s South Tyneside*



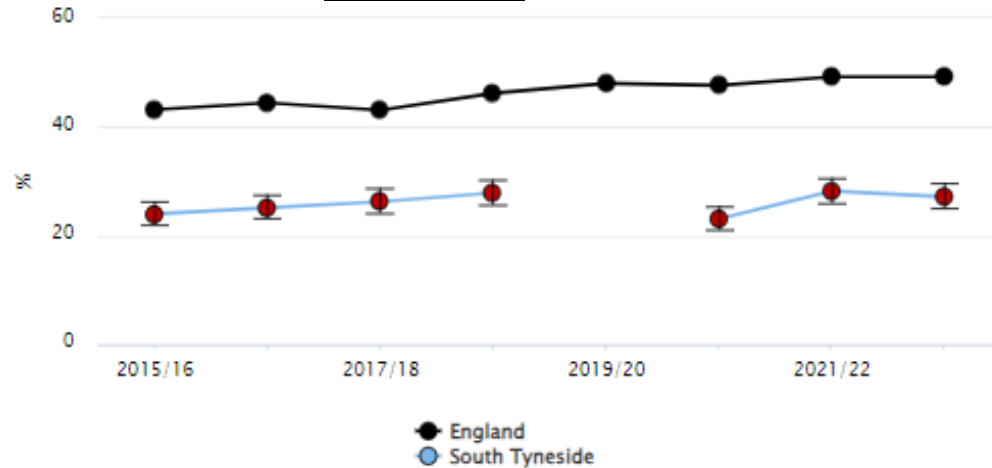
Period	South Tyneside				
	Better/Worse than England Avg.	Count	Value	95% Lower CI	95% Upper CI
2017/18 – 19/20	<b>WORSE</b>	100	111.5	89.7	134.4
2018/19 – 20/21	<b>WORSE</b>	70	77.5	59.4	96.7

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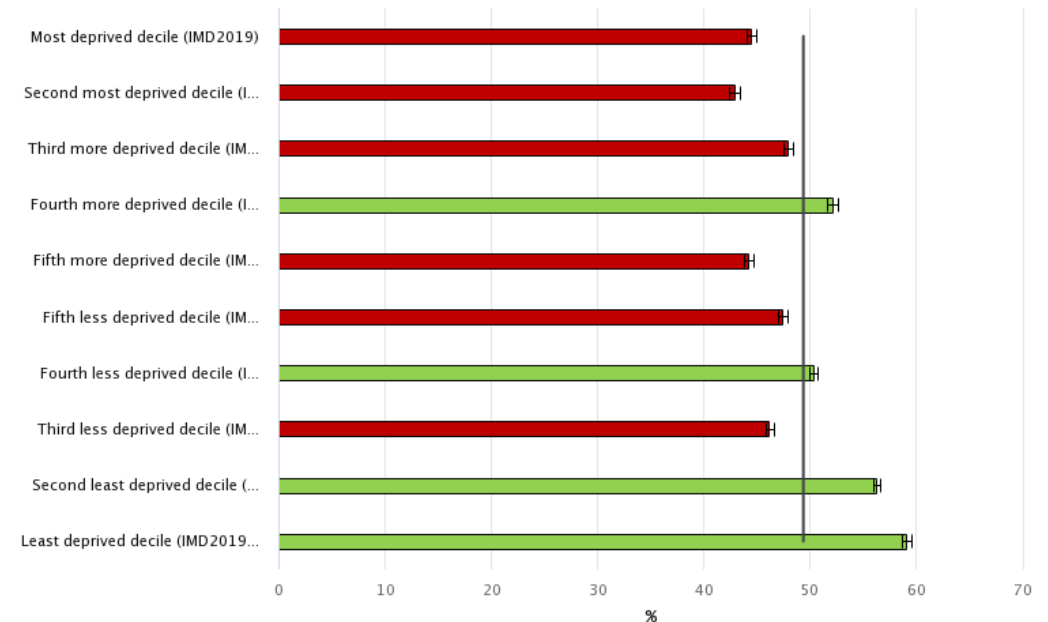
# Breastfeeding Prevalence at 6-8 Weeks After Birth

**Breastfeeding Prevalence at 6-8 weeks after birth – current method for South Tyneside**



- 2022/23 saw a **non-statistically significant fall** in South Tyneside's breastfeeding prevalence rate from the previous year (28.2% to 27.1%)
- All North East Local Authorities (*for which data is available*) **display rates significantly worse** than the England-wide average.
- In 2021/22, the national rate was **significantly worse in the 1<sup>st</sup> and 2<sup>nd</sup> most deprived county and UA deprivation deciles**, compared to the **1<sup>st</sup> and 2<sup>nd</sup> least deprived**.

**Breastfeeding Prevalence at 6-8 weeks after birth – current method (2021/22), County & UA deprivation deciles (England; IMD 2019, 4/19 & 4/20 geog.)**

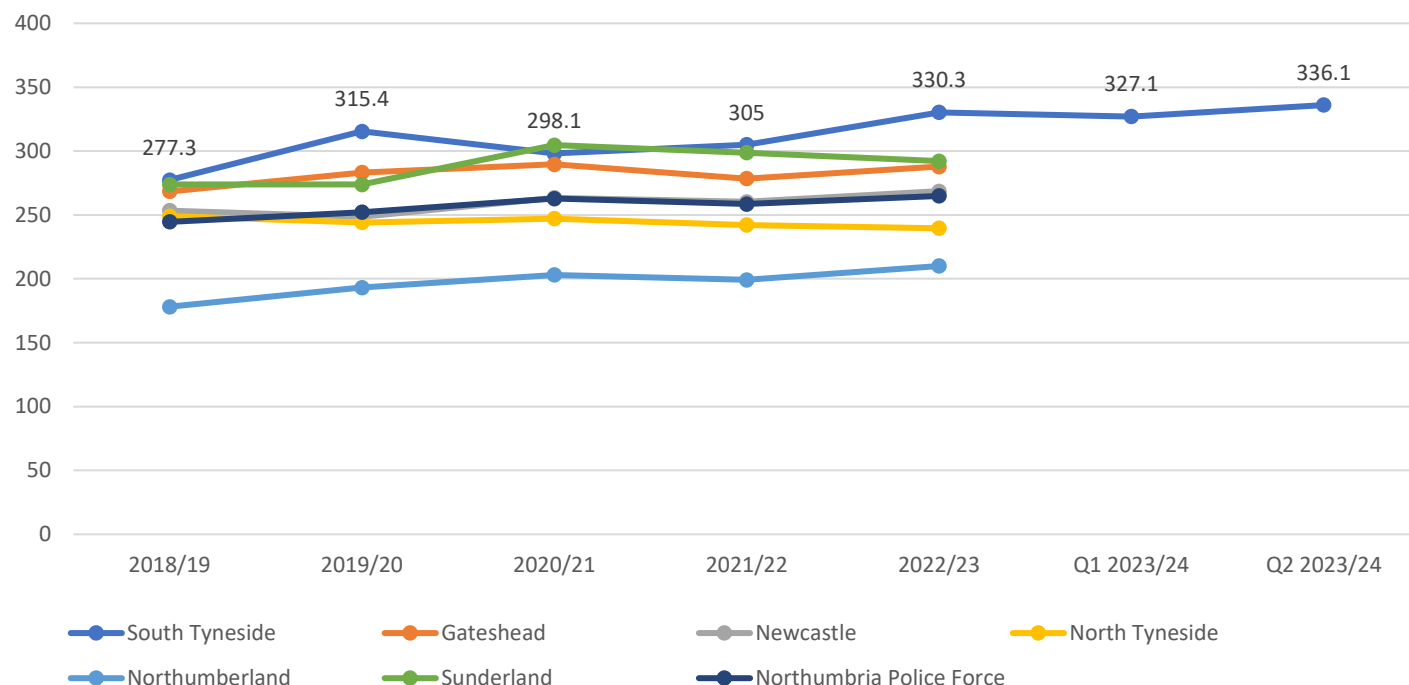


Period	South Tyneside					England
	Count	Value	95% Lower CI	95% Upper CI		
2015/16	-	24.0%	22.0%	26.1%		43.2%*
2016/17	-	25.1%	23.1%	27.3%		44.4%*
2017/18	-	26.2%	24.1%	28.5%		43.1%*
2018/19	-	27.9%	25.6%	30.2%		46.2%*
2019/20	-	*	-	-		48.0%*
2020/21	-	23.1%	21.0%	25.3%		47.6%*
2021/22	-	28.2%	25.9%	30.5%		49.2%*
2022/23	-	27.1%	24.9%	29.5%		49.2%*



# Domestic Abuse Incidents

***Domestic Abuse Incidents**  
(rate per 10,000\*)*



- There were 2540 incidents of domestic abuse up to the end of Quarter 2 2023/24, a rate of 336.1 per 10,000 people.
- This is a 1.8% increase in rate per 10,000 \* as compared to 330.3 at year end 2022/23 (4992 instances) and 0.6% up on Quarter 2 2022/23 (2,525).
- South Tyneside remains well above the latest figures available for other areas in the Northumbria Police force area.
- The borough's rate is 10% higher than year end 2021/22 (305.0, 4609 instances) and 6.6% higher than the pre-Covid 2019/20 position of (315.4, 4766 instances).
- The rate for South Tyneside is above the 2022/23 year end average rate for the Northumbria force area.

***NOTE:** Rates have been calculated by the Council's performance team, based on the Police numbers provided. A request to the Police to provide rates to allow better comparison has been raised through the safeguarding partnership.*



# First Time Entrants to the Youth Justice System (Persons, 10-17 years)

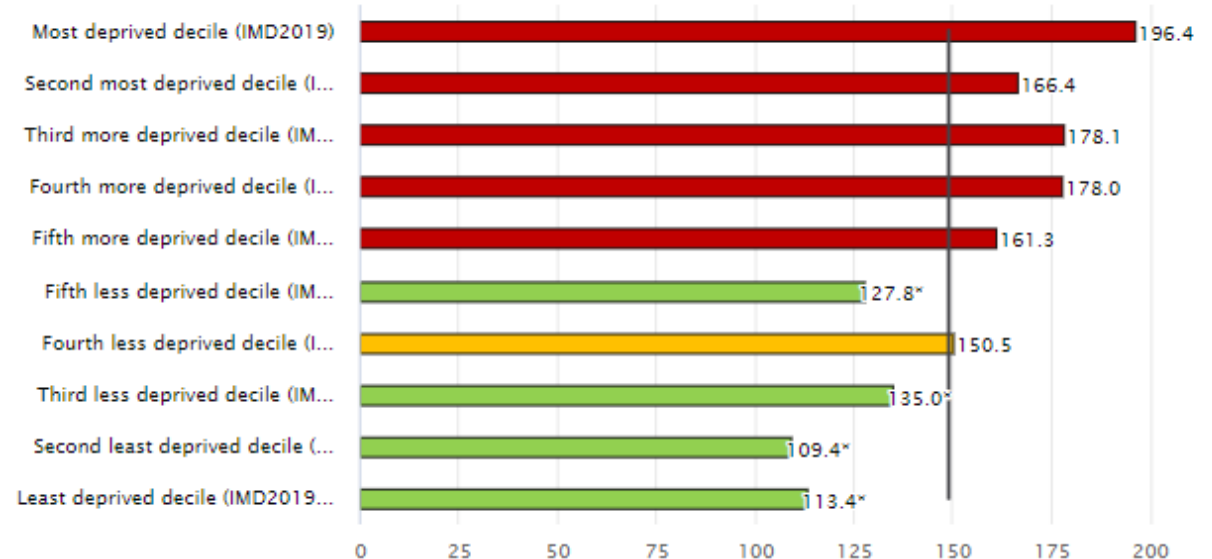
## First time entrants to the youth justice system (Persons, 10-17 years), South Tyneside & England

Area ▲▼	Value ▲▼
England	148.9
North East region	151.6
Darlington	246.5
Redcar and Cleveland	223.8
Hartlepool	197.4
Stockton-on-Tees	197.2
Middlesbrough	189.2
South Tyneside	150.4
Gateshead	149.9
County Durham	146.2
Newcastle upon Tyne	143.1
Sunderland	132.0
North Tyneside	94.4
Northumberland	89.4

**Note:** The official population estimates for mid 2012 to mid 2020 are in the process of being revised to incorporate the data now available from Census 2021. As such, this indicator is currently only presenting data for 2021. Once revised populations for mid 2012 to mid 2020 are published, the updated back series for this indicator will be published.

- In 2022, South Tyneside's rate was 150.4 per 100,000, similar to the national (148.9) and regional (151.6) rates.
- Out of all North East Local Authorities, **Darlington** had a **significantly worse rate** (246.5) and **Northumberland** had a **significantly better rate** (89.4) than England.
- Nationally in 2022, there was **clear inequality** in the rate of first-time entrants to the youth justice system, with the **50% more deprived county and unitary authorities' deprivation deciles displaying significantly higher than average rates** compared to the 50% least deprived (with the exception for the 4<sup>th</sup> least deprived decile).

## First time entrants to the youth justice system (Persons, 10-17 years), 2022- County & UA deprivation deciles (England; IMD 2019, 4/19 & 4/20 geog.)



## Progress Update

### Making a Difference – Successes so Far

*The establishment of family hubs across South Tyneside (Priority 1), & to provide a universal offer for fathers under the umbrella of family hubs (Priority 4)*



Family Hubs were implemented in June 2023. There is a broad offer for children, young people and families of 0-19 (and up to 25 years where young people have additional support needs).

More than 60 organisations are delivering services from Family Hubs across the borough, with new groups and services in place.

Multi agency teams are developing for co-production and co-facilitation, and there is a well-established parent and carer panel, and engagement with children and young people.

Support for fathers and male carers is provided on an individual and group basis (online and in person).

New and expectant dads/male carers are contacted antenatally/at birth and offered access to DadPad (physical and online resources) and the wider offer available in Family Hubs.

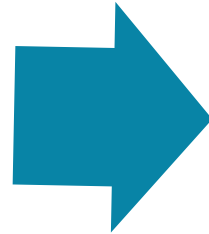
Changing Futures are assisting with the development of a multi-agency priority, engagement, and support strategy for fathers/male carers, and focus groups took place in Nov/Dec 2023 with professionals and families to explore barriers to engagement and to understand local priorities.



## Progress Update

### Making a Difference – Successes so Far

*To improve outcomes  
and safety for unborn  
babies and under 1s  
(Priority 5)*



A range of antenatal and postnatal programmes are in place, such as HENRY and Reducing Parental Conflict; both individual and group support is available.

Midwives provide Family Hubs information packs and QR codes to new and expectant parents/carers.

Family Hubs have successfully recruited specialist Early Years Practitioners to support parents/carers-to-be and new parents/carers (and other professionals) with issues such as infant feeding, maternal and perinatal mental health, and parenting support in the home environment.

Early Years Practitioners are provided with clinical supervision and we have now been allocated training for Video Interactive Guidance.

Infant feeding lead recruited to lead on the UNICEF Baby friendly accreditation for Family Hubs and 0-5 HV service to work alongside the lead within the Family Hubs.





## Progress Update

### Making a Difference – Successes so Far

#### *Holiday Activities & Food (HAF) Programme & Cost of Living Support*



The HAF Programme has continued to be well attended by eligible children who are in receipt of free school meals (FSM), and the 15% flex on the DfE eligibility guidance has enabled non-FSM children to attend where the families' circumstances could be improved if they did.

LA Family Help and Adolescent Services have worked with the Key Community Bus to widen accessibility to affordable food at Family Hubs sites and the LA Adolescent Services have worked with NECA Community Garden to broaden the availability of support for families with budgeting, growing vegetables and cooking skills.

Launch of the Period Dignity Donation Scheme for public in leisure buildings, partnered with WHIST and Bright Futures - initial feedback positive, evidence of level of need as products being used. Promotion and encouragement of support/uptake of the scheme (or similar) across community/VSCE/NHS settings, Pledge businesses and foreshore/Ocean Rd business settings



## Progress Update

### Work in Progress

*To create a strong youth offer (Priority 3)*



We are in stage 2 of a Youth Investment Fund application to potentially develop a new youth provision in Jarrow.

Scoping of current LA Youth Service provision has taken place, and we have matched the current available resource (6 FTE Youth Worker and 1 FTE Senior Youth Worker) to areas where there are higher incidences of youth related crime and/or antisocial behaviour

LA Adolescent Services (Matrix, Outdoor Education, Youth Services, Youth Justice and Connexions) are working collectively to provide support which includes services such as access to an education programme for NEET young people who are electively home educated, Holiday, Activity and Food (HAF) programme, lighter and darker nights events, annual youth festival and other engagement and dispersal activities through the year. Adolescent Services are also working with partners via Family Hubs to offer more provision in the community.



## Progress Update

### Work in Progress

*Prevention of alcohol related harm to under 18's, improving education, training and pathway of support (Priority 2)*



Matrix have been recruited to be interviewed by STYHA about their service for the podcast and substance abuse (incl. alcohol) is due to be featured as a mental health topic episode.

What's The Harm/AFC resources have been sent to schools with another push during January (to ensure correct messaging alongside Dry Jan).

There has been a Healthy Schools session with Matrix on teaching/understanding alcohol in young people.

Matrix continues to deliver Hidden Harm as part of the safeguarding course catalogue which schools can access. Healthy Schools Award applications to open Jan 2024 for a May deadline – inclusion of AFC related criteria this year.

Review of alcohol related teaching methods/materials to be repeated due to lack of engagement from schools.

Discussions held regarding a children and young people's alcohol module to be provided by First Contact Clinical as part of the A better U training contract. Content discussed and to be part of training offer review.



## Progress Update

### Work in Progress

*To support children and young people and families who have been disproportionately affected either physically or emotionally by the pandemic (Priority 6)*



A multi-agency group is in place to improve understanding and responses to children with emotional based school avoidance.

A NEET programme has been established to assist young people who have been electively home educated due to mental health challenges to transition into further education, employment and/or training.

The speech and language service are supporting the Youth Justice Service where there has been an increase in incidences of young people with communication, speech and language support needs, and which is impacting on their behaviour.

Mental Health Champions recruitment push across schools, NHS setting and community.



## Progress Update

### Challenges/Things to Note

#### *Domestic Abuse*



Work has been ongoing to remodel and expand the role of the existing in-house service Restart to offer support to all victims, despite social care involvement. The service is receiving all direct referrals from the Police (since Nov 1<sup>st</sup>, 2023) for children and adults affected by domestic abuse. All referrals are followed up to offer support for either the victim or their family, to actively engage perpetrators into the behaviour change programme and offer those victims living within their own homes to receive sanctuary support to add to the safety of the property.

Further work is being explored to develop a clear offer to children, young people and their families through the existing family workers and dedicated young people's worker who can support those affected by domestic abuse, with staff recently completing the RYPP (Respect Young People's Programme) programme.

A conference was also held (Nov 2023) with the children's social care teams, and the wider children's services within the Council to discuss and challenge victim blaming language and what tools we can use within practice to support victims and ensure perpetrators are held to account for the harm they are causing, with a strong emphasis on interventions to engage perpetrators. Restart were in support and offered an update on work they can do with families and how they can support the workforce.

Building on the good work in place via the Family hubs on positive and healthy relationships, non-violent resistance interventions, along with programmes and support working into schools from our third sector and wider partners, a clear co-ordinated response is required to ensure we are working with girls and boys to be part of the solution. A workshop to develop the offer and map out any gaps will take place in 2024.



# Requested Actions from Board Members

- Continue to support multi-agency commitment to Family Hubs to achieve programme requirements and successes in co-location, co-facilitation and co-production.
- Note that there are limitations in the LA Youth Offer with the 7 FTE staff composition and understanding that resources are being targeted at the areas data is identifying are most in need. Prevention and intervention support is coming from a range of LA Adolescent Services pooling together; further work is required to scope a whole partner system response and improve a collective community offer.
- Continue to support the awareness and impact Domestic abuse has on children and their families supporting a focus on prevention and early intervention programmes.

