

Children and Young People's Wellbeing

15th September 2023

Festival

REPORT

Learning Disabilities

Neuro-divergence

Autism



Mental Health



SEND*

2 - Report Sections

- 2 - Report sections
- 3 - Aims of the Festival
- 4 - How we decided on the Festival structure
- 5 - How the festival has helped children and staff in Derby and Derbyshire
- 6 - Feedback
- 7 - Workshops
- 8 - Art Zone
- 9 - Speaker's Corner
- 10 - Performance
- 11 - Market Place Zones
- 12 - Other Activity Zones
- 13 - Summary: CYP Wellbeing Festival
Workshop Analysis & Key Themes
- 14 - Thank Yous and Credits
- 15 - Organisations at the Festival



3

- Aims of the Festival

Festival aims were to breakdown organisational barriers across Derbyshire and Derby City and develop stronger relationships. It provided an opportunity for colleagues to come together to develop insight and understanding of each other's roles and ways of working. There are shared challenges across NHS, Local Authorities and Voluntary, Community and Social Enterprise sector (VCSE) who provide support to Children and Young People.

Since the Children's festival and the links we have made there, we have been able to access some free training for our team. We have also made some great links with partners and they are now accessing our service and actively promoting our programmes. Thank for organising and very much looking forward to the next one

We followed feedback received from the Mental Health, Neurodivergent and Learning Disabilities Alliance Festival in September 2022. This had been a great success and it was agreed to host another Festival, but this time focussing on Children and Young People's wellbeing.

The event was informal and relaxed in style with lots of space and activities to encourage networking in a way that was 'non-shiny' and authentic in approach with a genuine positive Festival feel.

The Festival was hosted at Strutts Community Centre in Belper which is an old historic school building in the heart of the community run by the volunteers.

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Festival

4

- How we decided on the structure for the Festival

A large networking area with access to refreshments and several market places was created to encourage conversations. Attendees were able to decide whether they visited Speaker's Corner, Wellbeing Zone, the Market Places, Art Zone, Creative Natter or take part in workshops. Attendees were able to 'pop in and out, contribute where they wished and move on...'

The venue was colourfully decorated with bunting, artificial flowers and lights and music played throughout.



Lovely atmosphere on the day and a real buzz!

Inspiration came from the many Festivals that are held locally and nationally. At registration delegates were given a festival map and itinerary. Festival wristbands were handed out and lanyards were removed to encourage a sense of equality for everyone.



5

- How the festival has helped children and staff in Derby and Derbyshire

I really enjoyed the day and have since referred three children to new services as a result of the networking opportunities that day provided

I recruited Derbyshire Fire and Rescue service to join our whole systems approach to obesity and made contact with the head of 0-19 service for County which was great

Two children are accessing the Social Prescribing Project in Chesterfield and one is accessing the Neuro Hub

A lot of professionals had heard of us and wanted to link with us more. We also found other support services that we can liaise with and signpost to also!

Youtube clip from the day!



There were 43% VCSE, 32% NHS, 14% Derby City and Derbyshire County Local Authority attendees.

36 organisations had a stall in one of the market place zones

4 important topics were discussed in the workshops

Guests from the Voluntary Sector, NHS and Local Authority gave short talks about their work

100% of those who gave feedback, enjoyed the networking, stalls and chance to talk about children and young peoples wellbeing

- 228 ATTENDEES**
- 36 STALLS**
- 4 WORKSHOPS**
- 10 GUEST SPEAKERS**
- NETWORKING**
- WELLBEING FOCUS**

6 - Feedback

Feedback has been incredibly positive regarding opportunities to develop knowledge and understanding of the wider system through the market place, networking zone, workshops and speakers.

Opening up conversations, other outcomes have been achieved e.g. the establishment of new VCSE sector children and young people's support groups and the recruitment of VCSE sector reps onto Boards / Steering Groups. Colleagues have anecdotally reported that they have been referring users to services they were unaware of, accessing free training and promotional opportunities and awareness raising as a direct result of the Festival!



Meeting, chatting to new services, networking with new, old and current colleagues. Food-lovely!



An excellent event, probably one of the best I've ever attended!





Workshop area
Zone 1 & 14

7 - Workshops

This was excellently organised with a range of services but also with regards to workshops and facilities



Workshops provided a chance to problem solve together



ND Hubs in Your Community



Start Well - Challenges Facing Children and Young People, Families and Carers



Working Better Together: Integrated Care System (ICS) and The Brave New World



The Waiting Time Puzzle and Supporting Children and Young People While They Wait

Take this on a road show to all parts of Social Care & Health!

Relaxed, well organised, opportunities for really useful and exciting collaborations



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a - ND Hubs Workshop



ND hubs in your community

Four ND Hubs were launched in Derbyshire on 15th September, time was spent discussing the model and exploring what support could be provided by organisations. Resources were reviewed to ensure that the most suitable are available to groups using the services including young people and parents / carers.



Neurodevelopmental Community Hubs South Derbyshire



Great networking opportunity to find out about each other's services, which we don't get to do very often!

7 b - Start Well Workshop



**Start Well
Challenges facing
CYP, Families and
Carers:**

**Whole
family approach,
link up, more events
and include
schools**

Start Well is one of the three

**priorities in the Integrated Care
Strategy 23 24, and this workshop**

focused on the key challenges facing CYP

**and their families and carers. This included
jointly discussing what's missing, what can**

**be done to address issues and how this
could happen.**



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7C - Working Better Together: ICS and the Brave New World Workshop



Services across the system should work together at every stage to provide a holistic offer of support and sharing ideas, good practice, learning and resources wherever possible



Since 1st July 2022, becoming an Integrated Care System (ICS) has meant big changes in how we work together.

This workshop focused on how we become stronger and more joined up in our approach and what we want to achieve.



it felt so good for commissioners to actually hear what happens with the staff that work with the young people!



Operations forums can help with the flow of information between frontline staff and strategic managers across the system

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7d - The Waiting Time Puzzle Workshop

Emotional Health and Wellbeing Support

Specialist Community Advisors (SCAs)

KINDNESS

COMHS

Social clubs

Social stories
A → Q → P

Supporting

Children and young people while they wait: As wait times for mental health services are a challenge, time was spent looking at how these could be reduced. This included exploring how organisations could contribute and how a wider network of services and resources offering support could be achieved.



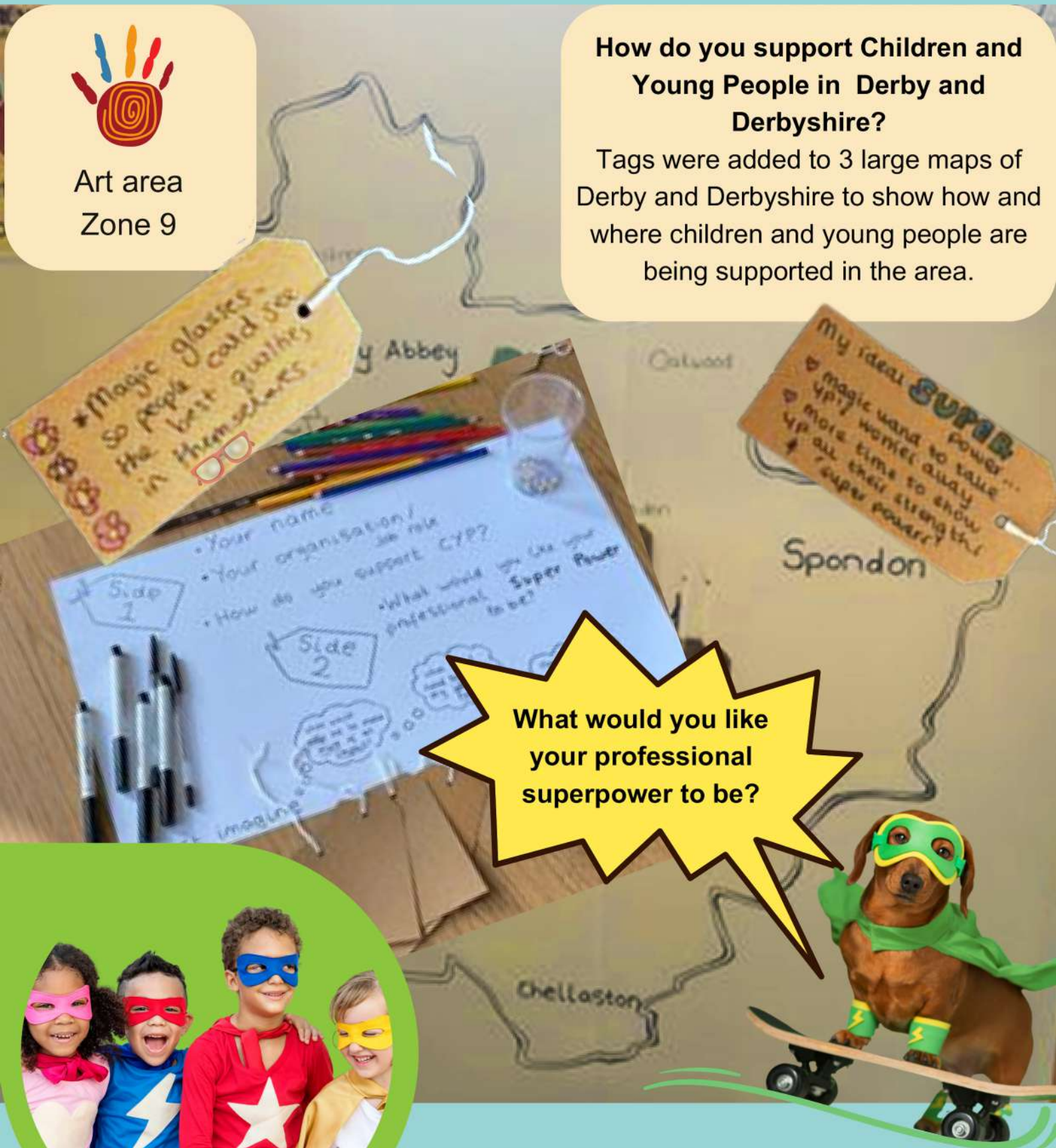
8 - Collaborative Art



Art area
Zone 9

How do you support Children and Young People in Derby and Derbyshire?

Tags were added to 3 large maps of Derby and Derbyshire to show how and where children and young people are being supported in the area.



What would you like your professional superpower to be?

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9 - Speaker's Corner



There were short talks throughout the day by attendees about their work or support they received.

- Kathryn Barker - Action for Children
- Sharlaine Fincham - Thr1ve - Social Prescribing for Young People
- Kirstie Woolley - Lunar Mind
- Michelle Newman Brown - Compass Community
- Zoe Burnett - First Steps Eating Disorders
- Nicky Smith - JUCD, Assistant Director Children's Strategic Commissioning
- Nic Bruce - Service Development Officer, High Peak Derbyshire County Council
- Helen Yates - Derbyshire Young Carers
- Ellie Scott - Georgia Bird Foundation
- Mia - Transition 2 Student



It really was a fantastic day. Great workshops and speakers. It was nice to network at such a busy event



Excellent information sharing, I have gained so much knowledge

A young person from Transition 2 delighted the audience as she shared her story in Speaker's Corner



10 - Performance



Young People from the Georgia Bird Foundation performed at lunch time in the large networking zone.



A fabulous mix of entertainment and information

Great atmosphere, brilliant performances

I've loved the theme and vibe of today

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FestIVAL

11 - Market Place Zones



The event was aimed at strengthening links between organisations and discussing ways to improve services



MH2K Young Leaders helped to run the MH2k stall on the day



Plenty of activities, stalls and workshops



Relaxed, well organised, opportunities for really useful and exciting collaborations

So many conversations and connections – relevant stalls – inspiration and personal stories



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12 - Other Activity Zones



+
Creative Natter
Zone 8

It was lovely to network with others who support CYP and lunch was amazing!



♥
Wellbeing
Zone 2

Efforts were made to follow the positive responses to the MH ND & LD Alliance Festival, with the inclusion of creative natter, interactive artwork, performance, wellbeing zone and lunch provided in the large networking zone.



Lovely event with lots of interesting stalls and I loved the crafts as well



📷
Festival Selfie area
Zone 3

Variety of stalls, layout of the Festival, Speaker's Corner, the catering.. all great!

There was a relaxed dress code, attendees were encouraged to have fun face painting and dressing up at the 'Selfie Zone'.



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13

- Summary: CYP Wellbeing Festival Workshop Analysis and Key Themes

Issues & Comments

What Area does this relate to?

What is already being done?

Working Relationships & Collaboration

- Services should work together on an ongoing basis to provide holistic support, share ideas, good practice, learning and resources.
- Mapping and developing relationships with local services that service users and patients would find helpful.
- Avoiding duplication wherever possible.
- Create more opportunities to talk together as a system.
- Access to shared databases across the system is helpful.
- Greater clarification of roles and pathways e.g. education, NHS and VCSE sector is required.

Relationships & Communication

Developing a Shared Understanding

We know that there are high level meetings and regular meetings between managers and frontline staff from different teams which can help achieve this.

Derby & Derbyshire Emotional Health & Wellbeing website:

<https://derbyandderbyshireemotionalhealthandwellbeing.uk/>

Some services are asked to map what's available locally but others are not. There are challenges with keeping a central website up to date so this should be done locally and involving service users and patients.

The VCSE Alliance is working with the ICB to explore shared databases.

Working together through co-production can help to achieve this.

Co-design

- Co-design throughout the commissioning process is essential and should always include experts by experience.
- Commissioners asking what is possible rather than giving targets.

Commissioning & Procurement

Co-production

Engagement and strengths-based approaches are both key priorities in the current ICS Strategy.



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FESTIVAL!



Issues & Comments

What Area does this relate to?

What is already being done?

Parents & Carers

Support for parents and carers should be increased in all pre and post diagnosis pathways and include help to navigate the system.

Additional Support

Support for parents and carers is a System-wide issue and solutions are being explored. Current resources e.g. local offer is being re-developed to ensure support is more accessible.

Access to Support/Peer Support Groups

Children and young people are experiencing increased isolation in schools, home and communities. Access to peer support and groups as well as raising awareness of well-being in primary school would be helpful.

Additional Support

We know that Wait Lists are a System-wide issue and solutions are currently being explored.

Culture

Power dynamics e.g. parent/child relationships and poor communication are unhelpful in achieving a thriving system. We should work together to develop relationships and build on what's already working well.

Relationships

'Quality Conversations training is available to all staff and volunteers via JUCD website:
<https://joinedupcarederbyshire.co.uk/>

Education & Personal Development Opportunities

Access to condition specific training is required for clinical staff whose roles focus on physical health. Training on developing relationships, person centred-working, trauma informed, communication skills and empowerment for staff would also be helpful.

Workforce Development

Some condition specific training is available in the system from both VCSE and statutory providers.



Issues & Comments

What Area does this relate to?

What is already being done?

Service Accessibility

Geography currently affects service accessibility. There is a need for greater discussion at Place on local population health needs.

There are barriers to some communities engaging with services e.g. deaf people & BaME groups.

An increase in demand caused by the pandemic and cost of living crisis has affected many services.

Commissioning & Procurement

Co-production

The system is working with a range of statutory and VCSE partners to understand the diverse needs of the population and ways these can be met more effectively.

All organisations that provide NHS care and/or publicly-funded adult social care are legally required to follow the Accessible Information Standard. This sets out an approach to meeting the information and communication support needs of patients, service users, carers and parents with a disability, impairment or sensory loss.

Waiting Lists are a System-wide issue and solutions are currently being explored.

Workforce

There are challenges around workforce and the ability for providers to maintain a fully trained, experienced and present cohort of staff and volunteers.

Workforce

Workforce is a System-wide issue and solutions are currently being explored.

Funding

There is a general lack of funding across the system. This means that there are challenges in delivering the 'right support at the right time.'

Commissioning & Procurement

The VCSE Alliance & MH ND & LD Alliance have identified this as a priority and work is underway to explore what can be done.



14 - Thank Yous and Credits



Thank you to Transition 2 for recording the festival with the brilliant photographic images. They really captured the buzz and togetherness that everyone experienced on the day.

Thank you to all the speakers for braving the Speaker's Corner stage, Market Place stall holders for making the day really informative, the Working Group and CYP Delivery Board for supporting the event.

Finally thank you to the staff and volunteers at Strutts Community Centre for helping to make the day successful.



Images from event captured by
Transition2

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Wellbeing

Festival

- Action for Children
- Affinity Trust
- Amber Valley (AV) Early Help Derbyshire County
- Artist Facilitator - Clare Gage
- AV/Erewash/South Derbyshire/Derbyshire Dales - Council for Voluntary Services (CVS)
- AV/High Peak Schools Sport Partnership (SSP)
- Blend Youth Project
- British Sign Language Interpreter Service
- Child and Adolescent Mental Health Services (CAMHS) Chesterfield Royal Hospital NHS
- CAMHS Derbyshire Healthcare Foundation Trust (DHcFT) NHS
- Citizens Advice Mid Mercia (CAMM) Neurodevelopmental Hubs
- Change Grow Live (CGL)
- Children First Derby City
- Children in Care NHS Team (CIC)
- Community Action Derby
- Compass Changing Lives
- Compass Community Ltd
- Connect/ Our gang
- Chesterfield Royal Hospital NHS
- Childrens Services Development Advisor, Derbyshire County Council
- Children and Young People's Keyworker Lead NHS
- Derbyshire Autism Services (DAS)
- Derbyshire Community Health Service (DCHS) NHS
- Derby and Derbyshire Integrated Care Board (ICB) NHS
- Derby City Council
- Derby SEND Voice (new Parent Carer Forum)
- Derbyshire Young Carers
- Derbyshire Children's Hospital NHS
- Derbyshire Constabulary
- Derbyshire County Council
- Derbyshire Fire Service
- Derbyshire Federation for Mental Health
- Early Help Advisors, Derbyshire County Council
- East Midlands Ambulance Service (EMAS) NHS
- Esteemmat
- Everyturn (NHS) Counselling
- Fair-Play
- Family Hubs Derby City Council
- Family support Derbyshire
- First Steps

- Georgia Bird Foundation
- Glossopdale School
- Growing me
- Healthwatch Derbyshire
- Hubbub Theatre
- Infinite Wellbeing
- Junction Arts
- Looked After Children NHS DDICB
- Lees Brook Academy Derby
- Lex Leisure
- Lunar Mind
- MH2K Leaders Unlocked
- Metropolitan Thames Valley Housing - Supported living
- National Society for the Prevention of Cruelty to Children (NSPCC)
- P3 Charity NHS Mental Health Helpline
- QEGS
- Richmond Fellowship
- Rykneld Homes
- Safeguarding Children NHS DDICB
- Salcare
- Sen-fit
- Sexual Health Service NHS DCHS
- Sight Support Derbyshire
- Specialist Community Adviser Team NHS CRH CAMHS
- Spireites Trust
- St James Centre
- Stantonvale School
- The Bureau
- Thrive - Spireites Trust
- Transition 2
- Trauma Informed Derbyshire County Council
- Umbrella
- Well Within Reach
- Youth Matters
- Zink