

**Children First Board
(a sub-group of the Health & Well-Being Board)**

**Minutes of Meeting held:
Thursday, 8 October 2020
5pm – 7pm
On-line Meeting (Teams)**

Attendees

1. Jacquie Russell, Cabinet Member for Children and Young People, West Sussex County Council
2. Nigel Jupp, Cabinet Member for Education and Skills, West Sussex County Council
3. Lucy Butler, Executive Director of Children, Young People and Learning, West Sussex County Council
4. Paul Wagstaff, Director of Education and Skills, West Sussex County Council
5. Emily King, Director of Communities, West Sussex County Council
6. Sally Allen, Deputy Director of Children's Services, West Sussex County Council
7. Vince Clark, Children First Transformation Director, West Sussex County Council
8. Susan Tanner, Assistant Director - Children's Commissioning, West Sussex County Council
9. Jenny Hacker, Consultant in Public Health - Starting Well, West Sussex County Council
10. Alison Nuttall, Commissioning - All Age Services, West Sussex County Council
11. Natasha Rego, Service Improvement Lead - Voice and Participation, West Sussex County Council
12. Sonia Knight, Relationship and Partnership Development Leader - Corporate Parenting, West Sussex County Council
13. Sam Boulton, Communication and Engagement Lead, West Sussex County Council
14. Lesley Walker, Independent Chair and Scrutineer, West Sussex Safeguarding Children Partnership
15. Catherine Howe, Director of Communities, Adur and Worthing Councils
17. Ian Duke, Deputy Chief Executive, Crawley Borough Council (sub for Natalie Brahma-Pearl)
18. Pennie Ford, Executive Managing Director West Sussex, Sussex NHS Commissioners
19. Lloyd Barker, Deputy Chief Operating Officer / Area Director for Children's, Young People's and Specialist Services, Sussex Community NHS Foundation Trust (sub for Kate Pilcher)
20. Fiona Lynch, Head of Nursing, Western Sussex Hospitals NHS Foundation Trust
21. Dr Rowena Remorino, Consultant Paediatrician and Chief of Service for Women's and Children's Services, Western Sussex Hospitals NHS Foundation Trust
23. Vicki Illingworth, Principal, Crawley College
24. Austen Hindman, Headteacher, Bishop Luffa School

25. Caroline Whiteman, Raising Awareness Engagement Lead, Health Watch West Sussex
26. Chris Cook, Chief Executive Officer, Sussex Clubs for Young People Ltd
27. Val Evans, Chief Executive Officer, West Sussex Parent Carer Forum
28. Bridget Richardson, Home Start (Arun, Worthing and Adur)
29. Paula Lintott, Neighbourhood Youth Worker, 4TheYouth
30. Harley Collins, Member of Youth Parliament (working in conjunction with West Sussex Youth Cabinet)
31. Max Overington, young person
32. Alisha Thomson, young person
33. Ethan Tunnell, young person

Apologies received

1. Natalie Brahma-Pearl, Chief Executive, Crawley Borough Council (sub Ian Duke)
2. Kate Pilcher, Chief Operating Officer, Sussex Community NHS Foundation Trust (sub Lloyd Barker)
3. Daniel Ruaux, Assistant Director - Corporate Parenting, West Sussex County Council
4. Chas Walker - Chief Executive, YMCA Downslink Group
5. Amanda Jupp, Cabinet Member for Adults' and Health, West Sussex County Council
6. DCI Emma Vickers, Sussex Police

1. Welcome & Introductions (Cllr Jacquie Russell)

- A warm welcome was extended to all, and apologies were noted (as per attendance list above). Noted that this was a large meeting, and it will take time for everyone to become familiar with everyone's roles.

Action: everyone who has not already done so is asked to complete a short summary of their role for the membership list – embedded here – and return to poe.cheung@westsussex.gov.uk as soon as possible.

- Confirmed the meeting was to
 - Define the Board's actual purpose and priorities –that the needs of West Sussex children are at the heart of all we do.
 - Defining Terms of Reference.
 - Develop the membership list.

2. What is the purpose of the Children First Board?

Lucy Butler talked through the Terms of Reference and written comments from Health Watch, and Sam Boulton presented his paper on Vision for Children, Young People and Learning.

General discussion points

- Purpose is to all agree what the proprieties are going to be. It is a new strategic board that sits outside of the safeguarding partnership, and which allows young people, statutory bodies, and community focused organisations to have a voice and to think about what is required for young children in West Sussex
- Focus is for young people to drive the Board and to be integral to its work with a slot at every meeting.
- Establish 3-4 priorities that this board think we can work on i.e.: keeping well/focus on mental health and well-being – all children and young people to attend school etc.
- This will become the Children's and Young Person's plan, with direction to support those actions.
- This board sits under the Health and Wellbeing Board who will support if/when necessary. Regular reports will be made to the Health and Wellbeing Board.
- This Board will also maintain strong working links with the Safeguarding Partnership Board.
- Confirmed the age group of children and young people covered by this Board extends from birth to 25 years of age.
- Positive comments made on the Terms of Reference, including from the young people attending, agreed that we need to include reference to communities.
- Vision for Children, Young People and Learning was positively welcomed. Noted that these were a strong set of visuals and described very well the required values and behaviours.

Actions

- To review the Terms of Reference in light of discussion and written comments received from HealthWatch. Susan Tanner to action.
- The Terms of Reference will be reviewed at every meeting for at least the first year to make sure that they still reflect the work of the Board. Susan Tanner/ Poe Cheung to action.
- To option of publishing the minutes to be discussed at next meeting. Susan Tanner/ Poe Cheung to action.
- Sam Boulton to further progress the "Vision for Children's Services" with Val Evans to include children with disabilities, and report back at next meeting.

3. How can we make sure we keep and young people's views and needs central to the work of this Board?

Natasha Rego and the young people (Harley, Max, Alisha and Ethan) presented their work which was designed to help us think about how we keep children and young people's views central to the work of the Board.

General discussion points

- Harley explained how they had spoken to each other, and other young people that they know, to ensure that there was broad representation in their feedback.
- Children and young people are very keen to be as involved as possible, and it is important that the young people on the Board are supported to engage with other children and young people (from voluntary groups, young carers, contact centres, schools and clubs, etc) so that there is a strong and representative voice on the Board.
- The group reminded us all that we already have a lot of feedback from children and young people and we should use this as well as looking for additional feedback (young people are a bit fed up being constantly asked what they think about things, when this doesn't always translate into actions – use what we already know too!)
- There was a lot of support for the young people – agencies and services present at the meeting welcomed stronger engagement from children and young people, and many offered to support the young people on the Board to have access to information and children and young people that they work with.

Actions

- Natasha Rego and the young people on the Board are to be involved in the agenda setting meetings to make sure that their voice is heard and represented. It is important that this does not become a meeting that just has its agenda set by service leaders. Susan Tanner/ Poe Cheung to action.
- Natasha Rego to work with the young people, and others, to think about how they can broaden their engagement work in places where children and young people may not always have their voices heard in Boards like this, so that we have good arrangements in place for the future. This includes thinking about primary school representation and special schools, for eg. It is also important to be thinking about how to make sure that we hear from young children. Natasha/ Harley/ Max/ Alisha/ Ethan to lead this action. Paul Wagstaff is going to support the representation of school aged children. Emily King offered to help support opportunities to engage with those children who use the library service (which includes younger children

and those with disabilities). Caroline Whiteman noted that Health Watch are just about to do some engagement work too, which could be very useful in this work.

- All agreed to promote the participation of children and young people through their respective Boards - and to reach out to the young people using whatever tools/facilities they have available. Everyone to action.

4. Sussex wide Review of Emotional Health & Wellbeing Support for children and young people (Foundations for our Future)

Alison Nuttall led this presentation which summarised the work done, and key findings from this review. The Chair thanked Alison very much for a very informative and useful presentation on this important work. *(The presentation is available upon request to the Chairman)*

General discussion points

- Alison told us that this work started in late 2018/19, after it was recognised that pathways for emotional wellbeing and mental health support were not as clear as they could be.
- A full copy of the report is available, people can find it by using google if they don't already have a copy.
- The report covers where money is being spent, what current services there are, what the identified gaps are, and what the views of people who use these services are.
- The report makes approximately 20 recommendations, including;
 - Improving the way services work together
 - Joining up strategy across Sussex when this makes sense to do so
 - Improving the focus on outcomes for children and young people
 - The need to review spending across the system
 - Support into and across schools
 - Improving the engagement of children and young people in service reviews and service design
- There is a service wide programme which will oversee the recommendations of the review. This will focus on improving access to services (including especially for 16-25 year olds), developing an eating disorder service, mental health support to schools, ensuring we have good enough data and the right levels of financial investment, and improving urgent and emergency care.
- In West Sussex, specific priorities are;
 - Building on the good Wave 1 offer of support to schools
 - Continuing to develop and improve the digital attend anywhere appointment system.
 - The YMCA Eat Well programme
 - The review of YES service
 - Waiting times for services.

- We discussed this informative presentation, particularly;
 - The success of the programme of support to our schools. Paul Wagstaff told us that there would be a county-wide training programme in place in the next 6 months.
 - We talked about concerns that some policies conflicted with providing good emotional and mental health support to children and young people – for eg school attendance sending standard letters to parents whose children are not attending school because of mental health challenges. We recognised that different parts of the system have sometimes competing priorities. Paul Wagstaff will think about how we address this. Young people talked about how well supported they felt by their schools and colleges.
 - We talked about the importance of recognising the full range of services available to support children and young people. There are lots of services in the community – not just in formal provider services.
- Lucy Butler asked what role the Board will have in supporting the work of the Review. It was noted that the Review reports into the Health and Wellbeing Board, so we need to think about which Board any issues should go to. Everyone agreed that it is important work for this Board to have an oversight of, given that this is often the top priority for our children and young people.
- Lesley Walker made links between this review and the Neglect Audit, recently completed by the Safeguarding Partnership Board. Concerns about the waiting list for Tier 2 CAMHS services and working with children who meet threshold but don't want to engage with support services were raised.
- We all agreed that the work of school nurses in making a positive contribution to emotional and mental health support should not be forgotten.
- It was noted that it was a shame that there was no specific acute (hospital) service input into the Review – this felt like a missed opportunity given that many young people are accessing mental health support from hospitals (either on the wards or through the A&E department). Alison provided reassurance that the acute services would be involved in the work of the Urgent and Emergency Care pathway.

Actions

- Alison Nuttall to circulate a copy of the presentation after the meeting. This action has been completed.
- To share a copy of the Neglect Audit with Alison Nuttall. Lesley Walker to action.

5. What work is most important for the Board to do first? What are the priorities for our children and young people?

The young people, with support from Natasha, presented the work they had done setting out what it is like to be a young person growing up in West Sussex. They explained that they had asked other young people to talk to them about the good things, the not so good things and what the top worries and concerns were right now.

General discussion points

- It was good to hear that young people thought that there were many good things about growing up in West Sussex, including access to great countryside, better environmental conditions than in many larger urban areas, good opportunities for young people to have their say and needs met, etc.
- However, young people also say that they don't always feel safe in some parts of the county, and that not all areas were as well looked after as they should be (litter and other environmental concerns). Young people want more access to youth groups and more cycle lanes.
- Not surprisingly Covid-19 is a big worry for children and young people now. They are worried that the impact of this will mean that they won't get the grades they need to move on from education as they want to. They are also worried about the impact Covid-19 will have on wider society and what this may mean for them. Some young people are also worried because they can't contact their social worker when they need to, and that they don't have clear plans for when they leave care or turn 18.
- There was a good discussion about how we manage meetings going forward. Many young people find virtual meetings empowering, and the young people have noticed that in lots of cases this has improved attendance at meetings, which is great. But, we all agreed that not all children find this the case, so we must make sure that we use different ways to find out what they think and want so that no-one's voice is not heard.
- We talked about what type of virtual meeting worked best – young people tend to prefer Zoom, but agencies tend to use Teams or Skype for example. Important that we think about this, and make sure that everyone is able to use the system we use when we have meetings.
- Everyone was very grateful to the team who did this work, and to the children and young people that gave their thoughts to this work.

Actions

- To think about what digital platform we use for meetings, and to make sure that we circulate good information about how to use this platform before every meeting. Natasha Rego to action.

- To make sure that young people's voices really shape and drive the work of this Board. Everyone to action

6. Have we got the right people at the Board? Do we need to make any changes, or add anyone to the membership?

Lucy Butler explained that the membership list was circulated just before the meeting.

General discussion points

- It was noted that there are a lot of people on the Board, and that job titles can be really confusing so most people won't know what some one really does by their job title alone. The Board wants to have a short summary of what everyone does, so that this can be circulated with the membership list before every meeting.
- Some gaps were identified in the membership list, including particularly primary school headteacher representation, and someone from SPFT (provider of mental health services). It was also noted that the Police had not been able to send someone to the meeting, but that going forward this would be really important given the concerns about safety and the link to exploitation.

Actions

- The Board will review membership again at it's next meeting, and this will also be thought about at the agenda setting meeting beforehand. Susan Tanner/ Poe Cheung to action
- Everyone to make sure that they have provided information on their role (see action under Welcome and Introductions above)

7. Decide who will be the Vice-Chair of the Board

General discussion points

- There was a suggestion that we ask the Designated Doctor for the CCGs to be the vice-chair, but it was also suggested that we could ask one of the young people to take on this role.
- It was discussed and agreed that everyone would be careful to use non-gender specific language when talking about this and other roles.
- It was agreed that everyone would think about this, and it would be discussed at the next meeting.

Action

- To be discussed at the agenda setting meeting, and to be put on the agenda for the next Board. Susan Tanner/ Poe Cheung to action.

8. Close of the meeting and deciding when the next meeting will be. (Jacqui Russell – Chair)

- Jacquie Russell thanked everyone for attending and for their very constructive contributions to the meeting. She particularly thanked the young people who had done such a lot of work to inform the Board's discussions.
- Jacquie noted that whilst the meeting was held outside of usual working hours this was because this is what the young people preferred, and what worked best for them.
- The meeting was reminded that dates for the next meetings (all on Thursdays, between 5 and 7pm) were;

14th January 2021

8th April 2021

8th July 2021