



“Who’s in your corner?”

**Newcastle Safeguarding Children Board
Annual Young People’s Event 2018**

<https://www.nscb.org.uk/>

Summary of the Event

Background

Newcastle Safeguarding Children Board has responsibility for ensuring that children and young people in Newcastle are as safe as they can possibly be from abuse and neglect. The theme of the 2018 annual event was young people's mental health and the purpose was to bring young people together who live, learn and socialise in Newcastle to hear their views and suggestions for improving service development and service provision.

The report highlights the various methods used to gather the views and comments from the young people, which are set out at the beginning so safeguarding partners can immediately see what is important to them going forward.

This year our guest speakers included young people who provided an informative and moving insight into some of the key mental health issues that affect them as well as a presentation from Dr Lisa Ripon, Consultant Psychiatrist for young and Mental Health.

Members of the Safeguarding Children Board were in attendance to respond to young people's key questions and issues that arose during the event.

Learning from our annual young people events continue to inform service improvement and strategic plans to safeguard and promote the welfare of children and young people in Newcastle.

Note of Thanks

We would like to thank all the people who helped to plan and contribute to the event to make it such an interesting programme and a huge success. A special thank you to Newcastle Youth Council, The Children's Society SCARPA Squad and the Care Leavers Group who hosted and facilitated activities.



What You Told Us

What do you think works well Newcastle in young people mental health services?

- Less stigma and more social media awareness
- More access for mental health services, more presentation strategies
- More charities- Street wise, Children North East- more accessible
- Streetwise has been amazing
- Mental health services can be found in youth projects
- Having the same worker who you like
- Expertise of practitioners and the quality of the service.
- Psychological support for young cancer sufferers
- There are visible improvements but more needed

“Waiting times for services are still too long”

Who's in your corner, 2018

What do we need to change?

- Shorter waiting times, waiting lists are too long
- If there is a long waiting list have an alternative service
- Support for YP when they are on a waiting list
- Young people to be more involved to make informational services more child friendly
- More provision by school nurses
- Use of SDQ for LAC more consistently used
- Being taken seriously
- Provide more help in high school as some people don't know that any support was available
- Bigger awareness with contact number
- More staff
- School do not cover enough topics or take it seriously enough
- Everyone has a mental health just like everyone has a physical health, just people do not realise this

- Earlier intervention before reaching crisis point
- Ensure isolated, communities/ individuals are targeted
- Talk about mental health more
- Stop labelling.
- I did not like the waiting room, there were too many people
- Missing appointments followed by care being stopped. There are good reasons why we might not attend appointments, ask us
- Talk about side-effects of anti-depressants and medications
- Mental health awareness stalls at concerts, events etc.
- Compulsory mental health awareness training in work place
- Mental health support needs to go out to young people, in schools etc.

What can we do to make services better?

- Look at personal circumstance when arranging appointment
- Making information more accessible and children friendly
- Publish alternatives to the Children and Young People's Service
- I want to be listened to and that is not happening
- More support groups for people with mental health problems- speaking to people in a similar situation helps
- Improve existing services instead of opening new ones
- Fun days supported by peers
- Nice counsellors
- Focus on change not the problem
- Have posters in GP surgeries encouraging young people too seek mental help
- Consistent practitioners rather than multiple Support groups
- More services that provide counsellors so waiting lists are shorter
- Breaking stereotypes

- More mentoring projects
- Look at how carers/ family can support young people on a day to day basis
- Educate teachers and schools about mental health
- What advice do you give for someone with a dual diagnosis on how to get help?
- Dual diagnosis? Where does the help begin? Therapy Road?
- Why are we waiting for suicide attempts before things change?
- Imagine a dog with hands instead of paws
- More outreach services to get you therapy ready
- More continuity of service i.e. not dependent on 1 relationship.
- Improve engagement opportunities for those who find it difficult to engage with current service
- Same level of access to services whichever door you knock on
- Mental health support groups working closer with drug and alcohol
- Use media to normalise mental health
- Improved education at a younger age
- More awareness in peer groups at school
- More specialists support groups e.g. specific illnesses/causes of mental health.
- More involvement by teachers
- Some GPs need more training or a specialist GP in each surgery

How will we know when we have improved?

- Feedback from youth scrutiny boards
- Counselling with young people and act on their feedback
- More positive feedback from CAMHS
- What is the impact outcome of treatment?
- When young people's views are considered
- Less stigma around mental health

"I think more people should try and stop teenagers or anybody self-harming because lots of people do that thinking that it will help them escape from their problems, but it really doesn't."

Who's in your corner, 2018

- When we are listened too
- When we get help
- More young people using services
- More services available
- Reduction in waiting list
- Monitor statistics
- Increased access to mental health support for young people
- Reduction on self-harm/ suicide when you do something
- Less negative talk on services
- Are the Police properly trained – medically?
- Less suicides/lower number of statistics
- How do you know if you have something wrong?
- Self-Harm workshops
- Less referrals going in, that means people not getting re-referred and less demand
- If some is at risk how do you all make sure you share information
- Shorter waiting times for access to services.
- Talked about more openly without shame.
- Reduction in suicide and self-harm rates



Next Steps

The young people's views, comments and suggestions from the event will be shared with the safeguarding partners who are responsible for ensuring good mental health services are provided and widely available to young people.



What happened on the day?

A range of activities were planned for the day at Newcastle Civic Centre. The young people were welcomed to the event and asked to sign in before joining us for a buffet lunch.

Information stalls surrounded the outside of the room providing an opportunity for the young people to access information, give their views and ask questions.

- ✓ At last year's conference we received feedback that delegates wanted activities that helped them get to know other people on their table.
- ✓ They wanted the event to be shorter
- ✓ Young people said they wanted to remain in control of event



“Young people need to be listened to and their views acted upon”

Staying Safe in the City, August, 2017

“Really liked the icebreaker at the start of this year's conference”

Who's in your corner, 2018

The event was opened by the Safeguarding Children Board Chairperson and hosted by Yussy from The Children's Society.

To set the scene and for delegates to meet people on their tables an icebreaker was introduced.



“You Said We did”

Esther Kirk – Newcastle Youth Council, Tiffany Alder- Care Leavers Group and Yussy - SCARPA Squad introduced comments made at last year’s conference.

Senior Managers from Health Catherine Richardson, NG CCG, Jayne Forsdike Children’s Social Care, Helen Lamont NSCB Chair and Sue Kirkley NSCB Co-ordinator responded to young people’s comments highlighting what action has been taken since the conference 12 months previously.

Young people were asked to give comments by writing their views on to the paper table clothes.

Do we really have to wait a year to hear the answers? Why can’t it be fed back sooner?

Who’s in your corner, 2018

Young People’s ‘Staying Safe in the City’ Event 2017 . You Said, We Did....



You said...		We did...
Young people’s access to mental health services is a very important issue for young people.	Catherine Richardson NG CCG	Service provision is being transformed. We are using the 2018 event to give you feedback on how things are developing, to see if these developments are changing the experiences for young people in Newcastle and what other things we could we do to improve things. We have also launched an online mental health service KOOOTH, there is information on your tables www.kooth.com
A significant issue for Looked After Children in Newcastle is having to move to placements outside of city	Jayne Forsdike Children’s Social Care	We are investing in additional support staff to help us recruit more foster carers and more social workers to assess and support them. We are also working to increase the number and type of local placements including single placements providing time to think and prepare for a longer term placement, and smaller homes. Our replacement for Slatyford Lane - a new purpose built home - should be ready by Summer 2020. We are also planning an Adolescent Hub and are thinking about how we might deliver our assessment unit in the future.
The NSCB should hold an annual ‘safe’ event, in which young people play a key role in the planning and the delivery of the event	Helen Lamont NSCB Chair	This second event demonstrates the commitment of the Newcastle Safeguarding Children Board to hold an annual young people event
Online safety is a key area where ‘you’ thought there needs to be more done to raise awareness to the risks	Sue Kirkley NSCB Co.	If you want the Safeguarding Children Board to hold a specific workshop to look at online/digital safety we can do this? – sign up at the end of the event and leave your contact details

<https://www.nscb.org.uk>

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Breaking the Stigma

Yussy introduced a short film by Barking and Dagenham Youth Forum. Young people of Barking and Dagenham talk about mental health and the stigma that is sometimes attached to mental health.

<https://www.youtube.com/watch?v=4dEcMsz6Bas>



“I liked the video that was played because it helped me understand that some people are uncomfortable talking about their lives like I was too”

Who's in your corner, 2018

“Young people were brave to share their own stories and did well”

Who's in your corner, 2018

Presentations

Dr Lisa Ripon, Consultant Psychiatrist –gave a presentation highlighting challenges faced by young people every day. The presentation described the planned changes to mental health services.

Loren's Story...

A personal story written by Loren a young woman from Sunderland who went through a harrowing experience from the age of 13 years old and suffered from an escalating mental health illness. Now at 19 years old Loren wants to share her story with other young people and professionals in the hope that her story helps others and influences changes in processes and service provision.



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Tiffany Alder presented the Care Leavers Group video [watch it now](#)

This was followed by a domestic abuse awareness raising activity facilitated by the Safe Project, West End Women and Girls which highlighted how domestic abuse impacts on a person's mental health.

Table discussions

The purpose of the table discussions was to find out from the young people their views, experiences and understanding of mental health services in Newcastle. The 4 questions they were asked were:

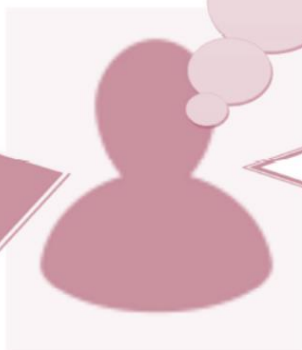


2. What do we need to change?

3. What can we do to make services better?

1. What do you think works well in Newcastle in young people mental health services?

4. How will we know when we have improved?



Question time

At the beginning of the event young people are asked to make a note of any questions they want to ask the safeguarding partners on 'post its' or the paper table cloths. Questions are put to a panel of the safeguarding partners towards the end of the event and can be anything from challenging the system, clarifying a point, finding out about something or to making a comment or suggestion.

“Why do you leave the opportunities for us to ask questions until the end when you are short of time - it should be the priority of the day”

Who's in your corner, 2018

“Why is it ok to say I'm not therapy ready because my placement is not stable. It might not be stable for a while, so why?”

“Why do ambulances get called when it's a physical emergency, but Police are called when it's a mental health issue?”

“How can we get more MP's to listen to young people in Newcastle?”

“How will the improvement of mental health services be measured?”

“Is it possible to introduce mental health into the curriculum earlier. Do we have anyone going into school to talk about mental health?”

Evaluation

Can you tell us 3 things you have enjoyed about today's event?	Can you give us some ideas that would make next year's event even better?
<ul style="list-style-type: none"> • Wake-up call • Information • Young peoples • Talks/ videos • Activities • Plenty status good range • Found it educational • Questions got answered / had the opportunity to ask questions • Meeting new people • Awareness of organisation • Learning about different mental health services • Tiffany and Megan's story • Good set up • Talks • Personal stories • Learning more • Young people's stories • Peoples point of view • Questions • Mixed groups • Talking to people/ services • Laughter therapy • Talks from young people • Group activities • Talks from young people • Young people led activities • Individual stories • Psychologist • West end VAWG • Discussing important things • Ice breaker questions • Information • Fun • Discussing mental health services at the end • Stalls • Networking 	<ul style="list-style-type: none"> • Speeches from professionals to be shorter • More breaks/ longer • Each table to have different questions at the end to stop duplication • More young people • Social workers bring young people • Diverse group of young people • In school time for more people to attend • Focus more on the subject • Focus more on young people • Last year's report to see change • Young people's views • Next steps: what are they going to do to improve mental health • Earlier advertising • More about activity's / information outside this event • Better promotion • Ensure reps from all services are presented • More interactive presentations • More stories • MPS • Decision makers • Get a large range of relevant people who can answer the questions • Music during breaks • More YP voices/ stories • Be able to talk to services/ professionals before doing Q&A • Events in local venues to feed into city centre • Mandatory attendance by services • Must have education and health reps to be able to answer the questions • Have the event during term time and have a few reps from each school

<ul style="list-style-type: none"> • Statistics • Food 	<ul style="list-style-type: none"> • More interaction • Get more people up and involved in planning • More videos • More information • Room temperature • Conference was not an accurate representation of YP across • Panel of decision makers
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For more information

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