

The National Council for Child Health and Well-being

Monday 16th September 2019, 10:30-13:00

The Rosalind Paget Room (307), Royal College of Nursing, 20 Cavendish Square, London, W1G 0RN.

Honorary Chair: Dame Marion Roe, DBE

Honorary Secretary: Fiona Smith

NOTES

Attendees

Dame Marion Roe, National Council for Child Health and Well-being, Chair

Mary Brady, RCN CYP Professional Issues Forum, Committee Member

Jannathul Ahmed, RCN, Project Co-ordinator

Sue Flohr, British Dyslexia Association, Head of Policy

Karen Smith, Freddie Farmer Foundation

Michael Ash, Freddie Farmer Foundation

Davina Richardson, Disabled Living

Sophie Dodgeon, Rainbow Trust Children's Charity, Policy & Campaigns Manager

Julia Walport, The Amber Trust, Chair of Trustees

Maisie Davies, Barnado's

Sarah Baker, The Anaphylaxis Campaign

Margaret Jeal, Action for sick Children

David Bloomfield, National Migraine Centre, CEO

Apologies

Julie Watson, CQC, National Professional Adviser CYP

Dr. Richard Churchill, Chilwell Valley & Meadows Medical Practice, GP Principal

Dr. Sarah Earle, Open University, Director Health and Well-being Priority Research

Samantha Barber, Batten Disease Association, CEO

Lynn Hoppenbrouwers, Contact, Strategic Health Lead

Janice Allister, Royal College of General Practitioners, Adviser in Child Health

Karen Dobson, Newlife, Consultant Nurse

Brian Donnelly, Community Equipment Code of Practice Scheme, CEO

Dr. Spencer Pitfield, Paces, CEO

Amena Warner, Allergy UK, Head of Clinical Services

Lizzie Chambers, Together for Short Lives, Deputy Chief Executive

Angela Horsley, NHS England, Head of Children, Young People and Transition

1. Notes of meeting held on 8th May 2019

No concerns or issues recorded from the notes of the previous meeting

2. Matters arising

No matters for discussion raised at the meeting

3. Correspondence

No correspondence to be shared with the group

4. Presentations & discussion

4.1 Maisie Davies, Policy lead for mental health and wellbeing, Barnado's presentation title TBC

Maisie stepped in for Neera and is now the Head of Mental Health at Barnado's. Charity leads and focuses on children's health and wellbeing by focussing on stronger families, Sex Abuse and mental health.

Maisie started on the subject of mental health and how it affects all children they work with. The charity helps to provide training and skills to families with vulnerable children and they dealt with 300,000 such cases in the past year alone. More than half of those are affected by the age of 14 with two thirds affected by the age of 24. One of the major issues in tackling these is funding with mental health spend for CYP services are very low as compared to adult services. They have found on average that 23% of referrals to CAMHS are rejected.

Funding desperately needed to continue to tackle issues and the charity is lobbying government to guarantee funding for 2020. Will also look to implement proposals into green paper. These proposals will focus on CYP's with adverse childhoods.

Spoke about how they are looking to support Care lenders on mental health. Will aim to upskill care workers with key mental health knowledge and skills. Will also look into the impact of social media and online activities. Will explore the positives and negatives and how to make it safer for CYP with special needs. Will provide recommendations on these.

Another piece of work the charity is involved with is a review into the whole school sector and schooling system, working with agencies and local authority councils to update and bring up to speed current processes.

Have to date supported 40,000+ mental health cases involving CYP and also 30,000+ early school kids with special needs.

Barnado's also run children centres in local communities but struggling with upkeep. Estimate there is a current £3 billion funding gap between now and 2025.

Next steps are to push the government to commit the long-term plan and invest into the future of CYP health.

Dame Marion congratulated Barnado's for the work they have been doing.

Thanked the charity for raising the profile of CYP nursing on the government agenda as historically, she never saw much being spoken about CYP. Further praised the RCN for giving her support in changing the format and providing a platform for organisations to go direct to parliament.

Dame Marion then went on to thank the work on bringing mental health in CYP to the forefront and effort made in tackling from an early. Michael Ash from Freddie Farmer Foundation added to this by commenting that kids should be treated before they reach adult stages otherwise they can grow into troubled individuals which are much more difficult to deal with.

Question asked on measuring outcomes. Maisie explained they too have difficulty with evaluation to see long-term outcomes. Provide questionnaires and received feedback from young people.

Margaret Jeal asked about mental health support for schools. Specific to teachers to learn skills to spot signs. GPs are pushing back such cases to schoolteachers when referred to them and due to the high numbers involved, CAMHS are also refusing to get involved.

4.2 Davina Richardson, Bladder and Bowel UK - Managing Continence Problems in Nurseries, Schools and Colleges

Davina introduced herself as a specialist children's continence nurse. Bladder and Bowel UK are a part of the wider charity Disabled Living who provide support to people of all ages with bladder and/or bowel issues. . ERIC is the other

Charity who works with children who have bladder and bowel conditions.

Bladder and/or bowel issues affect in excess of 900,000 CYP, but this is believed to be an underestimate due to increasing populations and under Reporting. Children and young people with bladder and bowel issues are affected by stigma and shame.

Speaking on the impact it has, Davina went through a number of issues that Children face, such as social isolation, feeling like a burden to society, reduced self-esteem, development of emotional and behavioural disorders, stress on families and impact on learning and school achievement.

ERIC carried out a survey during the summer of 2019 on the impact of continence issues on school attendance. Results showed large numbers of children missing school due to issues linked to bladder and bowel conditions. There were 320 responses to the survey, of which found 33% of children had 1-5 days off school. 14% missed more than one month of school. Continence issues also have a big impact directly on parents with 74% saying they have had to take time off from employment.

Effect on education was also looked at with increasing numbers of children Starting school without attaining full continence. Potty training at later ages than in previous generations causes issues with more children starting school in nappies; an increase in children with disabilities attending mainstream school, (they are more prone to continence conditions) and a possible increase in prevalence of issues means teachers are facing these issues more frequently. Lack of knowledge, uncertainty about roles and lack of time and resources make it even more difficult for them.

Davina then spoke about school toilets and how there are varying standards but many of the children complained that toilets were cold/dark/dirty, uncomfortable, lack of paper, lack of privacy and also may be an area in schools where there is bad behaviour. Legislation already exists for the four

countries of the UK about school toilets and managing medical issues in schools, However they differ in content with some being very general, focusing on the wider school premises rather than specific sections on toilets and bathrooms.

Davina went on to talk about the motivation for the document that they are producing. Increasing number of calls to helplines from both families and schools facing issues. Have also received requests from healthcare professionals and this highlighted a need for comprehensive support for educational establishments.

Speaking on the key recommendations in the new document, Davina confirmed they have received comments from across the UK and input from the education departments of the devolved governments. Aiming to release the document within the next few weeks and Davina has asked Dame Marion to help with the distribution and promotion to wider networks.

Received question on the guidance-asking if anything on guidance around spotting signs of continence and how to correctly identify continence issues within children. Davina conformed this is in the guidance and does not overstep the health care authorities advice on the matter.

4.3 Margaret Jeal, Action for Sick Children - Introduction to the Dental Playbox

Margaret introduced the group to the Dental Playbox, which is a form of education designed to be delivered in schools to young children around the benefits of oral healthcare and as a way to educate CYP on the importance and how to take care of oral health. Dental/oral health has dropped off the radar and does not receive as much attention as it did over a decade ago.

The Playbox idea began by engaging with children using the power of play. The aim is to educate CYP from early years and to improve oral health in the community as well as foster relationships between health professionals (and dentists) and children.

Developed in 2007 and tailored towards individual schools, schools can book them to deliver sessions and these are mainly within the greater Manchester area. The sessions have continued to develop over the past 12 years to keep up with changing trends, needs and settings. They have also in that time developed relationships with the oral health team in Oldham to facilitate sessions, delivering upto100 sessions a year, funded by Oldham council.

Sessions are deliver with presentations and practical hands on experiences, designed to tackle the stigma and stereotypes associated with dentistry. They also look at roles of the dentist and the equipment they use in order to engage and remove some of the fears.

Figures show that 34% of children aged five in the north west of the country have experienced tooth decay in more than one tooth. On average, three days of school are missed due to dental health problems and the average cost of extracting a tooth is around £836.

A parent programme has been developed in line with the Playbox for children to help educate adults on dental issues. They found that many parents did not have good oral standards themselves, which then replicated into the children.

This further builds stigma and lack of openness with schools.

Action for Sick Children have also collaborated up with the University Dental

Hospital of Manchester to allow undergraduate students to help facilitate sessions at schools.

Question asked regarding the materials provided to parents at childbirth and what sort of advice/guidance is given. Nothing is currently available on a national scale and no standard practice. However, some local authorities are including it into the midwifery stage.

5. Focus of future meetings: 12th December 2019:

Emma Rigby, Association for Young People's Health– topic to be confirmed

Representative from Department of Education– topic to be confirmed

Joanna Heath, Children's Heart Foundation– topic to be confirmed

6. Dates of future meetings:

26 February 2020

20 May 2020

09 September 2020

11 November 2020

Please contact Ahmed to confirm your attendance or give apologies

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