



Policy & Research Briefing

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A short guide for Trust partners on what's new in policy and research

Dear Colleagues

We now know the key messages from the Government Spending Review, which will impact on all of us, but it will be some weeks yet before we have all the information about our grant funded projects and which will remain. I know this is an uncertain time and we will need to be very focussed on our priorities but I am confident that we can harness the dynamic and creative thinking we have in Plymouth to respond to the announcements and continue to meet the needs of our children, young people and their families.

As part of our continued efforts to improve outcomes across the city, the Children and Young People's Trust has become a theme group of the Plymouth 2020 partnership. Recently we collaborated to produce a comprehensive assessment into the current state of economy, health and education in Plymouth, making sure that the needs of children, young people and families are incorporated. The findings of this have been summarised in the Plymouth Report which you can access at http://www.plymouth.gov.uk/the_plymouth_report_august2010.pdf.

Plans are in place to celebrate National Youth Work Week 2010. Our Youth Service is offering a week of activities to young people to mark the week which takes place from 1 to 6 November. A key highlight will be 'One Big Saturday' which will be in the Guildhall and Civic Square on Saturday 6 and will consist of live music, a dance tent, a skate park, a drumming workshop, inflatables and arts and craft workshops. Which events take place during the week-long celebration is completely up to the organisations and adults who choose to take part. Our Youth Service is calling on all local youth groups to raise their profile and get involved. I am sure it will be a very lively week.



With Best Wishes

Bronwen Lacey

Chair of the Plymouth Children and Young People's Trust Executive

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Focus on: Getting your 5 a day: healthy eating on a budget

Has there ever been a time when healthy eating has been more topical in our culture and media?

With Jamie Oliver's school dinner revolution, which has now gone state side, and government campaigns such as Five a Day and Change for Life <http://www.nhs.uk/change4life/Pages/change-for-life.aspx> it seems there is constant support for healthy eating and steps away from processed food and takeaways. We have moved beyond concentrating on the fat content in food, salt, additives, preservatives, hydrogenated fat etc, even down to where our food has come from are all high profile issues in our media.

The benefits of eating a healthy balanced diet for children, young people and their families are well known. However, for many families affected by poverty and especially now in the current economic climate with the cost of living increases, families can find cost a barrier to eating well. The government as well as promoting the importance of eating healthily also offer more targeted support to some families, such as the Healthy-Start Scheme.

What is the Healthy Start Scheme?

Healthy Start vouchers were introduced across the UK in November 2006 to replace Welfare Food Scheme milk and infant tokens. They are available to pregnant women and families with children under 4 years old receiving one of a range of benefits or tax credits, and to all pregnant women under 18 years old. The vouchers can be spent on liquid cow's milk, fresh fruit and vegetables, and infant formula milk at participating retail outlets. It means that vulnerable pregnant women and young families with the greatest need will have an added incentive to give their children the best start in life.

The DoH is carrying out a consultation on proposed changes to the Healthy Start Scheme to allow families to use vouchers on frozen fruit and vegetables as well as the milk, fresh fruit and vegetables currently allowed. Follow the link to contribute to the consultation which closes on the 31 December 2010.

http://www.dh.gov.uk/en/Consultations/Liveconsultations/DH_120045

Under the new proposals, families would benefit from:

- More choice: being able to buy fresh or frozen fruit and vegetables that most suits their needs.
- More value: frozen fruit and vegetables can compete on cost with fresh produce
- More flexibility: frozen fruit and vegetables can help reduce overall food waste - you can use as much as you need when you need it and store the rest.
- More ways to meet the 5-A-DAY goal: eating at least 5 portions of a variety of fruit and vegetables a day can significantly reduce deaths from stroke, some cancers and coronary heart disease.

The nutritional value of frozen fruit and vegetables can be at least as good as fresh. As well as counting towards your 5-A-DAY, frozen fruit and vegetables contain as many, if not more, vitamins than poorly stored or prepared fresh produce.

Providing vouchers for those most in need will help to a point, but some initiatives go further with their support, such as the Cook Start project in Yorkshire which aims to help families from deprived areas learn how to cook healthy meals on a budget. Follow the link for more details:

<http://www.communitycare.co.uk/Articles/2010/09/01/115174/cant-cook-will-cook-cook-start-scheme-in-calderdale.htm>

Top tips to eat healthily on a budget include:

- Buy from your local market – fresh products are often cheaper than those in the supermarket because there is no costly packaging.
- Keep a supply of frozen fruit and vegetables in the freezer
- Eat tinned food – oily fish in spring water can be cheaper than fresh fish.
- Leftovers can be turned into homemade vegetable soups or fruit salads.

In Plymouth many of the city's Children's Centres provide similar sessions where families can come along and cook together, such as the Green Ark Children Centre, which runs a Big Chef Little Chef project; check out the website for more details <http://www.green-ark.co.uk/>

The LARK Children's Centre runs courses on healthy cooking as well as having the allotment facility where families can learn to grow fresh produce and understand what is seasonal and also how to cook with the produce. <http://www.larkmouth.com/uploads/flyers/Community%20Booklet%20-%20Winter%2010..pdf>

Free interactive resource for schools addressing issues that lead to violent extremism

Choices and Voices are a series of interactive digital role playing games that encourage young people to explore and discuss the underlying issues and influences that can lead to divisions and tensions in communities. In two separate scenarios the player faces a number of moral dilemmas in which their decisions will define not only their own outcomes but also those of their friends and family.

There is a website <http://www.choicesandvoices.com/> aimed at Primary School and one for Secondary Schools.

Issues explored within Choices and Voices Secondary (Key stage 3 & 4 suitable for 12 to 18 year olds) includes:

- Peer pressure and the seductive powers of adventure and secrecy
- Social exclusion, isolation and the effects of not fitting in
- Bullying, humiliation and exposure to violence
 - Feelings of underachievement and the need for purpose and respect
 - Challenging policy through concerted action
 - Urban myths and misunderstanding.

Choices and Voices contribute to specific areas within the citizenship, PSHE and SEAL curriculum.

Follow the link below for more details and to see a demonstration of the resource: <http://playgen.com/choices-and-voices/>



Social workers facing up to obstructive parents



A recent article featured in Community Care looks into how practitioners' relationships with parents can affect safeguarding. The article makes specific reference to the Kyra Ishaq Serious Case Review (SCR). The SCR reported that "...the resistance and hostile approach demonstrated by the adults influenced and affected the professional actions." The article outlines common types of resistance that workers may face and gives suggestions of how to deal with it. Follow the link below to read the full article:

<http://www.communitycare.co.uk/Articles/2010/08/10/115063/Facing-up-to-obstructive-parents.htm>

This article is timely with the release of the 5th biannual learning from SCR. This briefing paper outlines the key findings which include:

- There is a 43% increase in the number of deaths, and a 111% rise in the number of serious harm cases, which were subject to a serious case review between 2003-05 and 2007-09
- A quarter of the reviews concerned older young people who are likely to pose a risk to themselves and/or others, and whose needs are not always recognised, or met.
- New ways of thinking about safeguarding practice emerged from the analysis over the six years
- The incident that prompts a serious case review is not always preceded by practice failings.

Follow the link below to a briefing on the full report: <http://www.education.gov.uk/research/data/uploadfiles/DFE-RB040-WEB.pdf>

What works' for disabled children and young people: online resource

The Centre for Excellence in Outcomes for Children and Young People's Services (C4EO) has developed an online resource that will be useful for all those working with disabled children, young people and families and aims to help make the most effective use of limited resources.

C4EO has brought together the very best research, data and local practice to support local plans to develop excellent and responsive services for disabled children and their families. As well as web-based resources, C4EO can offer tailored support to help improve outcomes for disabled children and their families in Plymouth.

Follow the link below to view the resource: <http://www.c4eo.org.uk/themes/disabledchildren/atozwebguide/default.aspx?themeid=2&accesstypeid=1>

Event for staff interested in tackling homophobic behaviours and hate related crime

As part of this years Anti-Bullying week (15 to 19 November) Plymouth's Citizenship, PSHEE and Healthy Schools Team is hosting a premiere screening of 'FIT'. This is a feature film adaptation of a successful play for schools aimed at tackling homophobic bullying - and seen by more than 20,000 students around the country. It is an intelligent, powerful and entertaining film that tackles the issues of homophobic bullying and challenges the culture where anything from not liking sport to wearing the wrong trainers is referred to as 'Gay'. It has been developed as part of Stonewall's education for all campaign to help tackle homophobic bullying in Britain's schools (Stonewall 2010, lesbian, gay and bisexual charity).

To book a place or for more information contact Linda Barretto on 01752 307489 or at linda.barretto@plymouth.go.uk

POLICY

The Munro Review of child protection - part one

This review comes in light of previous reforms having not led to the expected improvements in frontline practice. It analyses the current situation in child protection looking at the whole system and is purposefully analytical and does not make recommendations; these will be made in the final stages of the review. This review discusses the following aspects of child protection:

- Early intervention and prevention
- Frontline practice - assessing the needs of children, young people and families
- Information and communication technology
- Care proceedings
 - Transparency and accountability performance and inspection learning
 - Local Safeguarding Children Boards

There are questions and observations throughout the initial report that will stimulate local discussion and national debate. There will be opportunities for feedback and discussion. Check out the website for updates:

<http://www.education.gov.uk/munroreview/>

Follow the link below to go to the full review:

<http://www.education.gov.uk/munroreview/downloads/TheMunroReviewofChildProtection-Part%20one.pdf>

A model for service provision for pregnant women with complex social factors

Pregnant women with complex social factors may need additional support to use antenatal care services. Recent NICE guideline describes:

- How access to care can be improved
- How contact with antenatal carers can be maintained
- Additional support and consultations required
- Additional information to be offered to pregnant women with complex social factors.

The guidance makes particular reference to certain groups of women, including women who misuse substances (alcohol and/or drugs), women who are recent migrants, asylum seekers or refugees, or who have difficulty reading or speaking English, young women aged under 20 and women who experience domestic abuse.

With regard to young women under 20 the guidelines recommend that commissioners consider a specialist antenatal service, using a flexible model of care tailored to the needs of the local population. Components may include antenatal care and education in peer groups in a variety of settings, such as GP surgeries, children's centres and schools.

To read the full report, follow the link below:

<http://guidance.nice.org.uk/CG110>



How to help families in trouble: a short guide

This is a step by step guide for practitioners working with parents and children, developed by the Family and Parenting Institute. This guide is in three sections, which follow the stages a practitioner is likely to go through when working with a family.

1. Assessment and planning covering details such as who needs to be seen, where to meet and different approaches to the first meeting.
2. Then the middle phase covers issues such as how to deal with unexpected events, keeping momentum and things that can go wrong.
3. Maintaining a child centered approach and further steps and support resources.

Follow the link below to the full guidance:

<http://www.familyandparenting.org/Filestore/Documents/publications/PW07guide.pdf>

Backing the future: why investing in children is good for us all

This report aims to reshape the way in which government invests in the future of society through children. The benefits of prevention are well known, but as yet no significant shift in investment has occurred. This report clearly states the need for comprehensive investment in preventative services for children and young people that will be more cost effective than dealing with the impact of problems later on. The analysis in the report outlines the economic benefits of investing in children and the better use of public money in the long term. Six key service pathways are identified drawing on evidence from case studies of a range of children's services that create the conditions for positive outcomes in the longer term. Follow the link below to view the full report:

<http://www.actionforchildren.org.uk/uploads/media/36/7857.pdf>

Research & Consultation

Continence issues for a child with learning difficulties

This best practice guidance describes a care pathway and the considerations which apply at each stage in supporting a child with continence issues relating to a learning difficulty. It can be used to inform services and promote multi agency debate around what can be improved to help children and families. There are also links to further information, such as key clinical guidelines.

Key messages in the guidance are:

- Toilet training programmes should be initiated and linked to other developmental programmes in children with special needs
- Multi-disciplinary liaison and communication and regular ongoing support to child and parents
- Importance of recognising and addressing persistent soiling as a symptom of underlying faecal impaction
- Children should not be discriminated against at nursery school because they are not yet continent

- Important to keep toilet training messages and programmes consistent between home and school.

Follow the link below to the full document:

http://www.careknowledge.co.uk/uploadedFiles/CareKnowledge_CMS/Public/Documents/201009/dh_119313.pdf



Information, advice and guidance for young people



This research, commissioned by LGA and completed by the National Foundation for Educational Research (NFER) evaluated the current 'fitness for purpose' of the Information, Advice and Guidance (IAG) services provided to young people in the 14-19 context and identified improvement and support needs for local authorities.

Although this research was commissioned prior to the UK general election it is still relevant as NFER suggest that the fundamentals of 'good' IAG identified by this research are applicable to any future provision arrangements. The report includes case studies and makes recommendations for improved provision of IAG services which include:

- More partnership working
- Buy in from schools senior leadership endorsement and importance of IAG to learners
- An understanding of the different 14-19 pathways by parents
- Transparency in terms of responsibility so all agencies understand their roles in provision of IAG
- Further support from LAs to schools
- Training provision for school staff delivering elements of IAG so they fully understand to the different 14-19 pathways

To view the full report follow the link below:

<http://www.lga.gov.uk/lga/aio/13434493>

Using precision teaching (PT) to enhance the word reading skills and academic self-concept of secondary school students

This paper describes an investigation into the outcomes of a school-based initiative to improve the word reading skills of a group of secondary school students. This research was carried out locally in Plymouth. The key question this research aims to answer is: do students receiving PT out perform those receiving usual teaching methods in relation to learner's literacy and their academic self concept (self image as a learner).

This paper also provides some insight into how, in times of the absolute necessity to provide value for money services, Education Psychologists (EP) can be used to enable this. EP could help schools to implement interventions that work and are based on research and evaluation in the field.

This paper has been published in 'Education Psychology in Practice'. Contact Dr Will Roberts for more information: will.roberts@plymouth.gov.uk

Achievement of children in the Early Years Foundation Stage Profile (EYFSP)

The EYFSP is an observational based assessment which sums up and describes each child's development and learning achievements at the end of the EYFS when they turn five years old. The EYFS is a framework that outlines the standards of development, learning and care from birth to five years old. This report shows analysis of good levels of development and the achievement gap. It also looks at the characteristics of a child with lower EYFS achievement and subsequent achievement at Key Stage 1 and 2, relating to how much the EYFSP reveals about the child's development.

Follow the link below to the full report:

<http://publications.education.gov.uk/eOrderingDownload/DFE-RR034.pdf>

A review of the entire EYFS framework was announced in July and is due to report back in the spring of 2011. Any proposed changes will then be implemented from September 2012.

Training and Events

Local events

Common Assessment Framework (CAF) Training

Training dates are now available until **March 2011**
If anyone is interested in training or would like to speak to Amanda Paddison (CAF Co-ordinator) to discuss a case or for further advice and guidance, please feel free to contact her:

Email: CAF@plymouth.gov.uk

Tel: 01752 307160

Mobile: 07774 336 579

Launch of new online Family Information Directory

This is being delivered by a national charity, the Daycare Trust, in conjunction with the Department for Education. This Directory means that parents can quickly and simply find local childcare and family services matching their requirements, as well as information on national services and their local Family Information Service.



Follow the links below to the full article and directory:

<http://www.daycaretrust.org.uk/pages/launch-of-new-online-directory-puts-family-information-in-parents-hands.html>

http://www.daycaretrust.org.uk/fid/advanced_search.php

More Events



What: 16-19 where next for local leadership? The LGA is running a FREE event, which will offer an opportunity for councils to hear from leading speakers and to network and debate the local authority role in this area

When/Where: 29 November 2010 9:30-15:30, Local Government House Conference Centre, Smith Square, London, SW1P 3HZ

Target Audience: Children's Services, 14-19 partnerships, 16-19 commissioning, Economic Regeneration, Links with employers

Contact:
<http://www.lga.gov.uk/lga/events/display-event.do?id=13583353>

FREE E-Learning from Research in Practice:

Quality Matters:
This includes modules on:

- Care and educating
- Safeguarding and support
- Advocacy and participation

Go to: <http://www.rip.org.uk/putting-it-into-practice/e-learning> or contact Abigail.jago@plymouth.gov.uk

Useful Links

Plymouth Children and Young People's Trust

www.plymouthchildrenstrust.org

Research in Practice

www.rip.org.uk

Care Knowledge

www.careknowledge.com

Department for Education

<http://www.education.gov.uk/>

Plymouth Parent Partnership

www.plymouthparentpartnership.org.uk

Safeguarding children

www.safeguardingchildren.org.uk

Plymouth Safeguarding Children Board

www.plymouthscb.org.uk

Department of Health

www.dh.gov.uk

Children and Young People Now

www.cypnow.co.uk

Service Directories

National Service Directories

<http://www.careknowledge.com/secure/contenttypes/doc.aspx?id=58466>

Plymouth Service Directory

<http://www.plymouthparentpartnership.org.uk>

Supporting People Service Directory

<http://www.plymouth.gov.uk/supportingpeopledirectory>

Parents Guide to Plymouth

<http://www.plymouthparentpartnership.org.uk/index.php?p=4>

Plymouth's Public Interpretation and Translation Service

<http://www.plymouth.gov.uk/homepage/communityandliving/socialinclusion/translateplymouth.htm>

Printing Schedule

For further information contact:

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To download previous Policy Briefs go to:

<http://www.plymouth.gov.uk/homepage/socialcareandhealth/childrensocialcare/pcypt/pcyptpolicybrief.htm>

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