

**WORKING TOGETHER GROUP**  
**NOTES OF THE CHILDREN'S WORKING GROUP**  
Thursday 31 January, 10.30am-12.00am  
Conference Room, NHS North Cumbria CCG Offices,  
Ann Burrow Thomas Health Centre, South William Street,  
Workington, CA14 2EW

Present: Eleanor Hodgson (**Chair**) (EH)  
Sophie Birkett (SB)  
Kieron Bradshaw (KB) (**Notes**)  
Julie Clayton (JC)  
Ellen Cullen (EC)  
Sue Hannah (SH)  
Anne Sheppard (AS)  
Viv Stucke (VS)  
Charlotte Thompson (CT)

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**CWG/092 Agenda Item 1: Welcome and apologies**

EH welcomed everyone to the meeting.

Apologies were received from Nicola Jackson, Ian Hinde, Deb Lee, Anne Glazebrook, Richard Metcalf, Georgina Ternent and Lindsey Ormesher.

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**CWG/093 Agenda Item 2: Notes from the last meeting, Action Log and Work Plan**

The notes were agreed as an accurate record of the meeting.

The group worked through the Action Log, updating it where appropriate (see updated Action Log attached).

There was discussion in relation to the Group's response to the Health and Wellbeing Strategy. VS expressed her disappointment that she was advised that it was not appropriate for a response from three members of West Cumbria Voices For Healthcare Group, who are part of the Children's Group, to be added into the Children's Group response, and raised a concern that it felt like the response had excluded people. JC apologised and advised that it had been a misunderstanding and was not intended to be negative, as she had understood VS's comments as being a response from the West Cumbria Voices For Healthcare Group as a whole rather than from the three members that are involved with the Children's Group.

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The Group read through the Work Plan, updating it where appropriate.

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CWG/094 **Agenda Item 4: Emotional Wellbeing and Mental Health (including prevention)**

The item was brought forward and the group welcomed Anne Sheppard to the meeting.

Anne explained her role across the healthcare system, and gave a presentation about work currently taking place to improve children and young people's emotional wellbeing and mental health in Cumbria – in particular focusing on the Local Transformation Plan.

The link below is to information about Public Health 5-19 mental health and wellbeing services, and from there you can access the full Local Transformation Plan. You can also watch two short films made about the plan, one by young people and one by Commissioners of services:

[https://www.youtube.com/embed/videoseries?list=PL\\_u1DMECouszZPs9brt3-c5g12l1-eu](https://www.youtube.com/embed/videoseries?list=PL_u1DMECouszZPs9brt3-c5g12l1-eu)

It was noted that a major focus this year was to hear more from parents and carers, through peer support groups for example, and ideas from this group were encouraged.

Following a question about crisis services available to children in Cumbria, it was noted that there were specialist services available to children and young people up to the age of 18, and that a lot more joint working with adult services was taking place, particularly due to capacity issues in teams.

There was discussion about removing the stigma of mental health conditions, and encouraging people to address issues. It was noted that recent media coverage and high profile people had helped to address this.

It was highlighted that Cumbria staff work closely with staff from Northumberland, Tyne and Wear NHS Foundation Trust (NTW), and it was noted that NTW were able to support and share expertise to develop Cumbria services.

There was discussion about caring for the most vulnerable patients, and how to reach people who sometimes slip through the net. It was noted that the THRIVE model, detailed in the Local Transformation Plan, had been useful for providing advice to families. It was also noted that there was a need for early help services to link more closely with other services to pick up more vulnerable groups early.

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There was discussion of some of the improved integrated working that was taking place, and the impact this had on looked after children.

There was conversation about work being done to educate the wider community about pressures that services are under, in order to manage expectations; particularly around timely access to services, and what people can do whilst they are waiting.

There was brief discussion about engaging schools in mental health and wellbeing services.

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**CWG/095 Agenda Item 3: Updates on the three priority areas:**

**i. Prevention**

There were no further updates, following the earlier discussions. It was noted that further updates on diabetes prevention would be available in the future.

**ii. SSPAU/Inpatient Ward**

It was advised that the SSPAU was in the same position as at the last meeting.

There was discussion of a recent positive recruitment drive in India. There were updates about work taking place to help integrate professionals arriving in Cumbria from other cultures.

**iii. Children and Young People 15 Steps Challenge**

There were no updates; however, the 15 Step Challenge was listed on the Group's Work Plan, to share feedback at a future meeting.

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**CWG/096 Agenda Item 5: Health and Wellbeing Strategy – group response**

The group discussed this earlier in the meeting; a response has been submitted by the group to the consultation.

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**CWG/097 Agenda Item 6: Rising infant mortality - summary of the RCPCH report (Deb Lee)**

The item was deferred to a later meeting, when Deb Lee would be able to attend and give an update.

**ACTION:** EH to link with Claire King to discuss the Summary of Infant Mortality, which Deb Lee provided, in order to answer some of the

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questions raised and ensure that the issues don't get lost. EH to give update at a future meeting.

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**CWG/098 Agenda Item 7: Links to other groups and feedback to Working Together Steering Group**

There was a brief update following the Working Together Steering Group meeting, which had taken place on 23 January 2019. It was noted that the Chair of the Steering Group, Richard Pratt, would be putting together a paper to share with everyone with ideas for moving Co-Production forward.

It was highlighted that a Co-Production Toolkit had been produced and could be accessed online at:

<http://www.northcumbriahealthandcare.nhs.uk/making-it-happen/co-production/co-production-tool-kit/#1539859575460-73ceafa8-6a50>

The next Building Health Partnerships session was highlighted.

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**CWG/099 Agenda Item 8: Any other business**

There was discussion about changes to the way the Council delivers the 0-19 Healthy Child Programme and Early Help services in Cumbria. It was noted that a consultation was currently open on proposals for a new integrated Children, Young People and Families Wellbeing Model, and that further information, and details of how people could feedback into the consultation, could be found online at:

<https://cumbria.citizenspace.com/cumbria-county-council/children-young-people-and-families-wellbeing-model/>

It was noted that the consultation would close on 20 February 2019; members of the group were encouraged to take part.

There was discussion about how Primary Care would feed into the work. Information about the consultation was shared with Primary Care via a Local Children Safeguarding Board newsletter.

EH discussed a group that was being set up to talk about children's issues across the wider health and care system, which included the North East and North Cumbria.

The importance of having links with the North East was highlighted, and it was emphasised that this new group was important to be part of as it would be an opportunity for us to ensure that the system understood North Cumbria, and it would be our opportunity to influence thinking. It was hoped that we could get at

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least one person from the Children's Group involved in the work.

**ACTION:** EH/KB to share information about system engagement event, along with details of how people can apply for a place.

The event was scheduled to take place on 4 March 2019. It was noted that the meeting would be in Durham, but if anybody would like to be involved they could liaise with EH following their application for a place, to look at the logistics of it and how to ensure it was accessible.

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CWG/100 **Agenda Item 10: Dates and times of next meetings**

The next meeting will take place on Tuesday 12 March, 14.30 – 16.00, at Conference Room, Best Life Building, 4-8 Oxford Street, Workington, Cumbria, CA14 2AH.

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