

REPORT TO:	Lifelong Learning Scrutiny Committee
REPORT NO:	COEEI/12/19s
DATE:	11 April 2019
LEAD MEMBER:	Councillor Andrew Atkinson (People – Youth Services and Anti-Poverty)
CONTACT OFFICER:	Jonathan Miller, Health and Wellbeing Lead (Tel: 01978 268164)
SUBJECT:	Health and Wellbeing Support to Schools
WARD:	All

1. PURPOSE OF THE REPORT

To consider the key themes/trends identified via the School Health Research Network survey from 2017/18 and to highlight the support arrangements for the well-being of Wrexham pupils.

2. EXECUTIVE SUMMARY

- 2.1 Within the Education Department's Prevention and Support Services portfolio, a range of advice, guidance and early intervention services are provided to Wrexham schools to support the welfare of children and young people. Details of this support are provided below and provide an overview of the approaches taken to support both the mental and physical wellbeing of pupils. All of this work is coordinated by a Health and Wellbeing Lead and ensures that its many facets complement each other and enables a pragmatic approach to be taken towards supporting schools.
- 2.2 Currently the main data captured by Welsh Government is the Child Measurement Programme results, teenage conception data and the Sport Wales School Sport Survey.
- 2.3 In 2017, Welsh Government introduced the School Health Research Network to collate data every two years that will assess the health and wellbeing of

young people across Wales, the findings of which can then be used to inform the allocation of resources at a local and regional level.

- 2.4 Within the Education Department, the Health and Wellbeing Lead provides oversight of any new developments either within the Council or via external organisations such as Child and Adolescent Mental Health Services, when resources become available to support children and young people's wellbeing. This ensures that new services can be developed to complement existing provision and enhance the offer to children and young people.

3. RECOMMENDATIONS

- 3.1 That Members of the Committee formulate their conclusions and recommendations based on the information in the report and the discussion at the meeting.**

REASONS FOR RECOMMENDATIONS

- (i) To provide Members with a full understanding of the current levels of support provided to schools via the Education Departments Prevention and Support Services that support children and young people to enjoy good physical and mental health in order to achieve successful outcomes in their education.
- (ii) To gain an overview of the main issues affecting children and young people that might be affecting their ability to reach their potential within school and to understand the challenges faced by Prevention and Support Services and schools when attempting to respond to all the current pressures felt by children and young people.

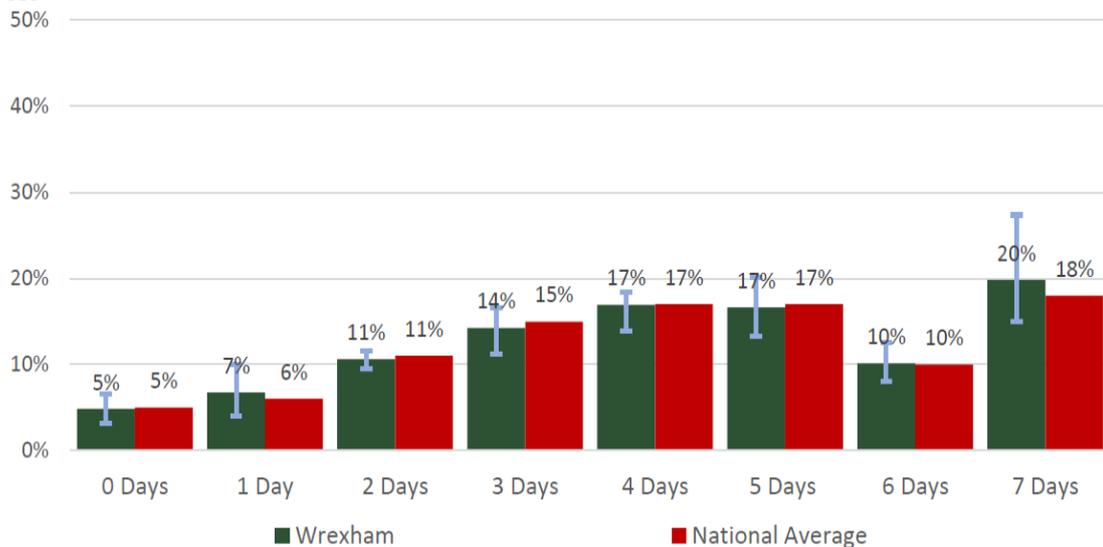
4. BACKGROUND INFORMATION

The School Health Research Network

- 4.1 The School Health Research Network is a partnership between Welsh Government, Public Health Wales, Cancer Research UK, the Wales Institute of Social and Economic Research, Data and Methods (WISERD) and Cardiff University.
- 4.2 The Network aims to improve young people's health and wellbeing by providing robust health and wellbeing data for local, regional and national stakeholders and will take place every two years.
- 4.3 Having health behaviour data on a County and school level is valuable in planning the delivery of services and interventions as previously data on children and young people's health. To date this has been limited, with only the Child Measurement Programme, teenage conception data and the Sport Wales School Sport Survey available for analysis on a regular basis.

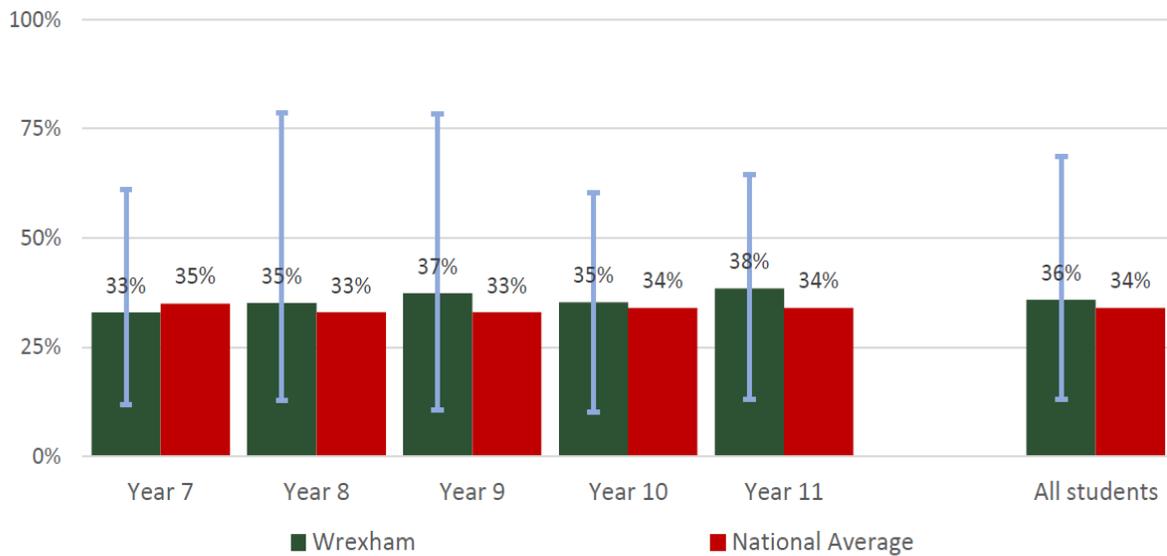
- 4.4 In 2016-17 30% of 4-5 year olds were overweight or obese in Wrexham, which is above the national average of 27.1%. In 2016 the rate for under 16 conceptions per 1000 girls was 1.9 which is lower than the Welsh average of 3.6.
- 4.5 The report uses young peoples' responses to the 2017/18 School Health Research Network Student Health and Wellbeing Survey to report on the following areas of health and wellbeing:
- Food, fitness and physical activity
 - Wellbeing and emotional health
 - Substance use and misuse
 - Sex and relationships
- 4.6 The survey was completed by 3254 young people from seven secondary schools in Wrexham, which is 55% of all young people in schools at the time of the survey taking place. The full survey responses can be found within Appendix 1.
- 4.7 The survey highlighted a number of positive areas for schools to build on.
- 4.8 The number of days in the week before the survey took place, where those young people who were physically active for more than 60 minutes was 20%, which is 2% higher than the national average.

Fig. 6 Number of days in the week before the survey students were physically active for more than 60 minutes



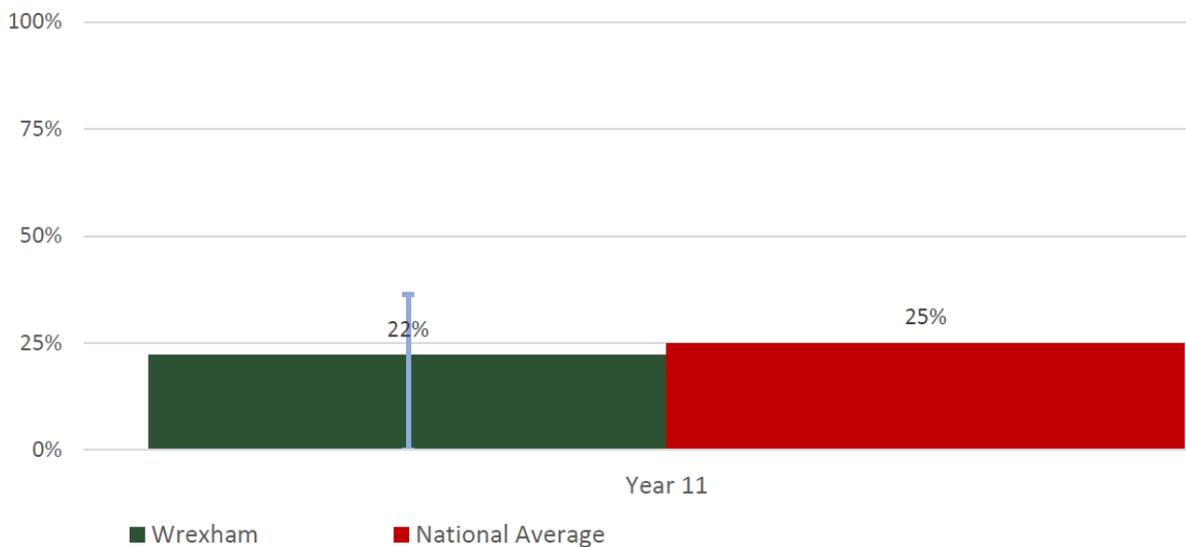
- 4.9 Students whose main part of their journey to school is walking or cycling is reported at 36%, which is 2% higher than the national average.

Fig. 7 Students whose main part of their journey to school is walking or cycling



4.10 Year 11 young people who have ever had sexual intercourse is reported at 22%, which is 3% lower than the national average.

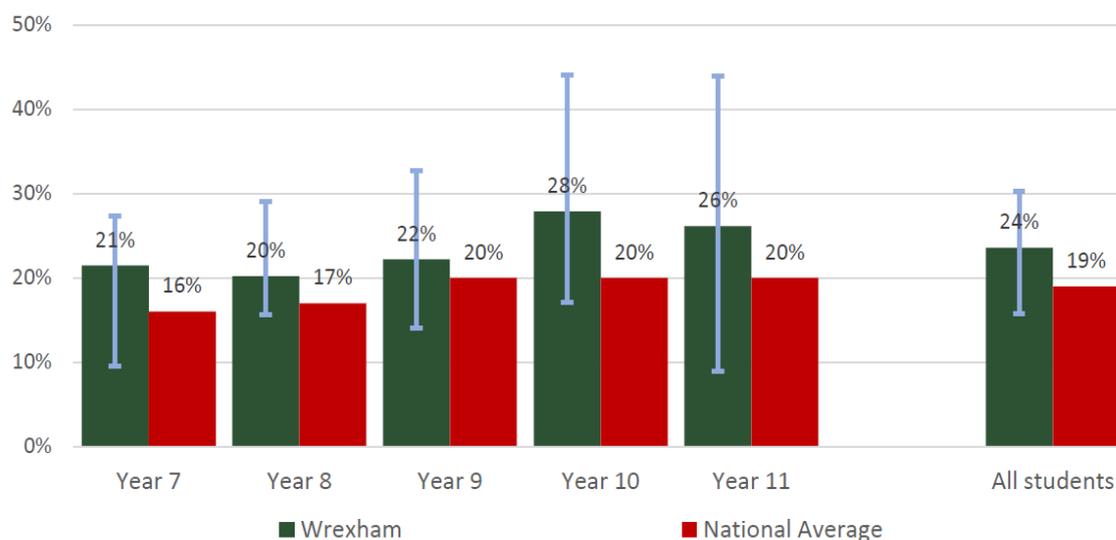
Fig. 43 Year 11 students who have ever had sexual intercourse



4.11 The survey also highlighted a number of areas, which require action and further improvement.

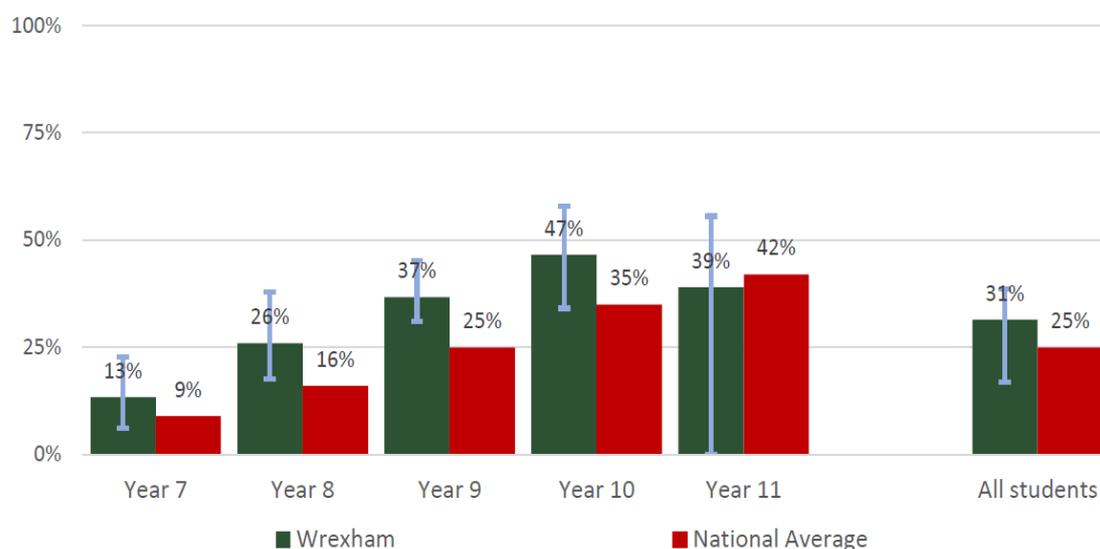
4.12 Young people who usually drink one or more sugary soft drink a day is 24%, which is 5% higher than the national average.

Fig. 5 Students who usually drink one or more sugary soft drinks a day



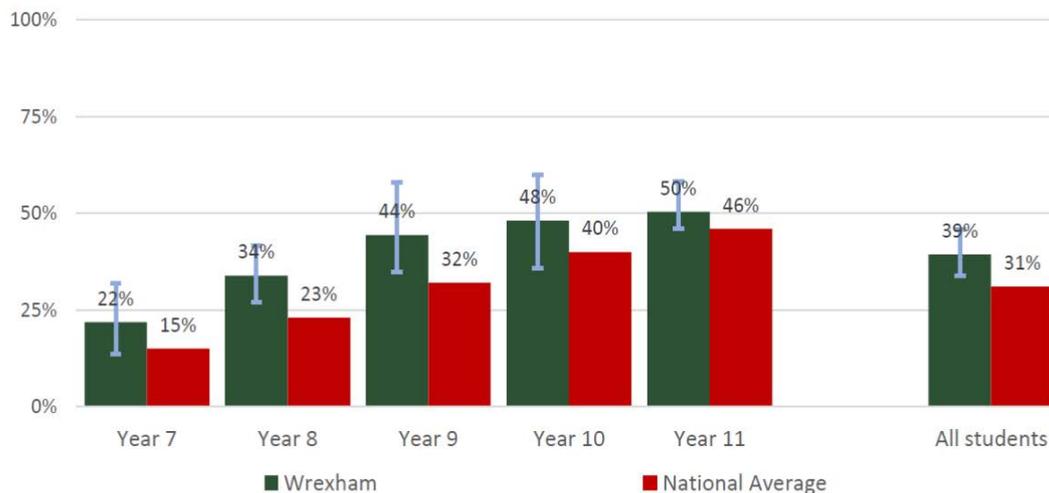
4.13 Young people who usually go to bed at 11.30pm or later when they have school, the next day is 31% which is 6% higher than the national average.

Fig. 15 Students who usually go to bed at 11.30pm or later when they have school the next day



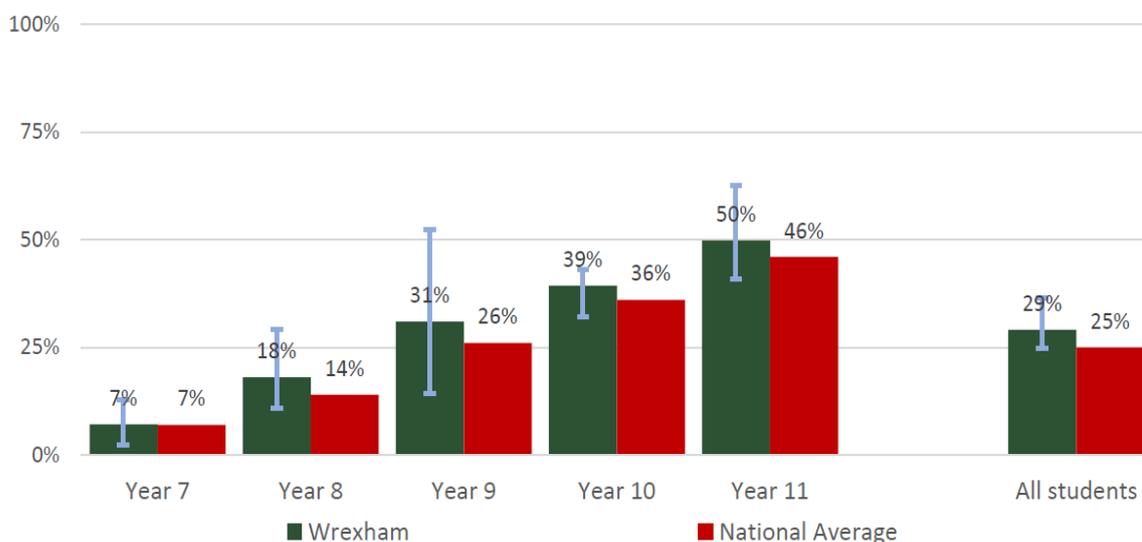
4.14 Young people who look at an electronic screen at 11.30pm or later when they have school, the next day is 39% which is 8% higher than the national average.

Fig. 16 Students who look at an electronic screen at 11.30pm or later when they have school the next day



4.15 Young people who report having tried e-cigarettes is 29%, which is 4% higher than the national average.

Fig. 33 Students who report having tried e-cigarettes



4.16 All seven secondary schools who participated in the survey have received individual school reports. The Wrexham Healthy Schools team have supported schools to analyse their individual reports and to develop action plans based on the key areas for improvement.

4.17 In addition to schools having their own individual action plans, a number of the identified areas for action are already part of the Public Service Boards plan with key actions identified within Objective 1: Healthy food for children and young people and their families in Wrexham and Objective 2: Developing good sleeping patterns to support a healthy and physically active start in life.

- 4.18 The Education Department provides a range of support services to support the wellbeing of young people in schools with many of these working in partnership with other agencies including Betsi Cadwaladr University Health Board, Public Health Wales and Sport Wales.

Healthy Schools Framework

- 4.19 Wrexham's Healthy Schools Scheme is a member of the Welsh Network of Healthy School Schemes. The Scheme is a partnership between Health and Education, which recognises that there are mutual benefits in young people's health and attainments to be gained.
- 4.20 A health promoting school is one, which actively promotes and protects the physical, mental and social health and well-being of its community through positive action by such means as policy, strategic planning and staff development with regard to its curriculum, ethos, and the physical environment and community relations.
- 4.21 The Healthy School Framework recognises seven health themes that should be developed:
- Food and Fitness
 - Mental and Emotional Health and Well Being
 - Personal Development and Relationships
 - Substance use and misuse
 - Environment
 - Safety
 - Hygiene
- 4.22 All schools in Wrexham use the Healthy Schools Framework to develop health improvement actions and there are 10 schools in Wrexham who have achieved the National Quality Award for Healthy Schools, which is externally verified on the completion of all themes.

Inspire Hospital Youth Work Project

- 4.23 Inspire Hospital Youth Work Project is a partnership project between Betsi Cadwaladr University Health Board and Wrexham County Borough Council. Inspire supports young people, aged 11-18 years, who have presented to hospital with self-harming behaviour, including drug and alcohol misuse, other mental health difficulties, mental health disorders and those who are at risk of serious injury and/or suicide. Inspire aims to increase coping skills by providing diversionary activities and supporting the non-medical needs of the young people's emotional development via one to one work, group work and linking the young people to mainstream and specialist services.
- 4.24 In 2017-18, Inspire supported 71 young people on a one to one basis and had contact with a further 2666 young people as a result of providing education sessions in secondary schools and via outreach sessions within the hospital.

School based Counselling Services

- 4.25 In April 2008 the Welsh Government launched its national strategy for delivering school-based counselling services in Wales. Counselling is a way of helping children to talk about their feelings and anything that may be troubling them and to help them find new ways of dealing with them. All secondary schools receive up to 2 days of counselling per week depending on size and need. In addition to this, counselling sessions are also available at the Info Shop for those young people who would prefer to access them away from the school setting.
- 4.26 During the academic year 2017-18 474 young people accessed the counselling service and during the first term of 2018-19, 204 young people have accessed the service. Unfortunately, due to the demand on the service 196 young people are on a waiting list. Young people who are on the waiting list are screened to assess need and currently wait between 6 weeks and 4 months for a service. To address the high numbers of young people requiring counselling in secondary schools, the service has refocused some of its delivery to work with key primary schools so that children can be supported at an earlier age.
- 4.27 In 2017-18 the highest reason for a referral to Counselling was due to family issues, this is followed by anxiety and behavioural issues.

Info Shop

- 4.28 The Info Shop is an open access information and advice service based within Lambpit Street. A number of services also operate out of the Info Shop and include in2change, Counselling, Leaving Care, ADTRAC (supporting young people with low-level mental health issues into education, employment and training, Advocacy and sexual health services delivered in partnership with Betsi Cadwaladr University Health Board. This provides young people aged 11-25 with a key point of contact for a range of issues. The Info Shop also operates an outreach service across the secondary schools and hosts a website (youngwrexham.co.uk) and social media channels to provide accurate digital information to young people.
- 4.29 In 2017-18 the Info Shop had over 13,000 visits from young people. During this year, the most common reason for visiting the Info Shop was for support on health issues, issues with family and relationships and money issues. In March 2018, an exit survey was undertaken with young people who use the Info Shop and 98% of young people rated the service received as 4/5 out of 5.

In2change Drug and Alcohol Team

- 4.30 In2change is the young person's drug and alcohol service supporting young people aged between 11-19 years who are misusing substances. The team work in partnership with CAMHS and provide one to one support as well as education sessions within schools and community settings.

- 4.31 In 2017-18, In2change supported 86 young people on a one to one basis and had contact with a further 3373 young people via education and outreach sessions.
- 4.32 Young people are often referred for cannabis, cocaine or alcohol use with only low numbers of young people being referred for using new psychoactive substances.

Active Wrexham

- 4.33 The Active Wrexham team deliver a variety of programmes to children, young people and adults across a range of education and community settings. The aim of these services is to engage and encourage participation in sport and physical activity. These include the Active Young People Programme, School Swimming Programme, and Disability Sport Programmes.
- 4.34 In the 2018 School Sport Survey 44% of children and young people participated in organised sport outside of the curriculum at least three times a week, which had grown by 1% from 2015.
- 4.35 66% of children and young people enjoy their PE lessons 'a lot', which is 3% higher than the national average and 48% stated they enjoyed extracurricular activities 'a lot' which is in line with the national average.
- 4.36 97% of children and young people stated they would like to do more sport of some kind, which was 1% higher than the national average.

5. IMPLICATIONS

- 5.1 **Policy Framework** – This matter will contribute to the Council in year priority "Promoting Good Health and Well-Being".
- 5.2 **Budget** – There are no immediate budget implications arising from this report although the demand for early intervention mental health support for young people is outstripping supply.
- 5.3 **Legal** – There are no legal implications arising from this report.
- 5.4 **Staffing** – There are no staffing implications arising from this report.
- 5.5 **Equality/Human Rights**

The questionnaire which was completed by seven secondary schools in Wrexham included equalities monitoring questions and the anonymised responses have been received by schools.

Members are advised of their duty to consider the full Equality Impact Assessment which is available at <http://vmwinsqld/equalityisalive/Menu.aspx>

[report number E/EIA00060/2019](#) . Members of the public can request a copy of the full Equality Impact Assessment from the Contact Officer named in the header box of this report.

A summary of the Equality Impact Assessment is attached as Appendix 2.

- 5.6 **Risks** – Many of the Prevention and Support Health and Wellbeing Services are grant funded for anywhere between 1 and 3 years, therefore are subject to reductions or grants ending. Any loss of funding is likely to be detrimental to the most vulnerable children and young people and may jeopardise their ability to achieve their potential within education. This in turn is likely to put additional pressures on schools that may have to fill any vacuum left behind by reduction or closure of health and wellbeing services. At this moment in time there are no immediate risks but this could change in 20/21 with changes to Families First for example and other grants.

6. **CONSULTATION**

- 6.1 Not applicable.

7. **EVALUATION OF OPTIONS**

- 7.1 Not applicable.