

Children and Young People's Plan 2017-2022

**The best start in life
A plan for life**

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Foreword

Welcome to the Darlington Children and Young Peoples Plan 2017- 2022, which we are pleased to present on behalf of Darlington Borough Council and its partner organisations.

Darlington is an aspiring place with big ambitions for its children and young people. This plan sets out how we will achieve those ambitions over the next five years.

The plan outlines how we will focus the collective effort of Darlington's partner organisations to make a difference to the lives of our children and young people. We know that we have an important job to do to improve overall outcomes for all children and to narrow the inequalities that exist between some children and young people and their peers.

However, the economic and social context in which we need to make these changes has changed significantly in recent years. The impact of decreasing resources year on year, together with an increasing demand for our services, means that we need to reconsider how we can achieve those outcomes.

Now more than ever, everyone in Darlington who works with children and young people, in either a statutory or voluntary capacity, needs to work together to use our collective resources more creatively to ensure we achieve our ambitions.

This plan covers all services for children, young people and their families. For young people leaving care, responsibility extends beyond the age of 20. For those with learning difficulties it extends to the age of 25 to ensure the transition to adult services is properly planned and delivered.

In developing this plan we have sought and listened to the views of children, young people, their parents and carers, as well those who work hard to provide high quality services.

Producing this plan does not mark an end to that listening process and we will continue our work to ensure Darlington remains one of the very best places in which to live and grow up. Some of the challenges which our children and young people face in today's world are changing: as a consequence, we need to make sure that they develop a positive sense of community and while they need to enjoy being children, they also need to be equipped with the skills which prepare them for life and enable them to aim high and reach their full potential.

There are many services and activities in Darlington which promote young people's participation and their role as citizens, such as volunteering opportunities with the Duke of Edinburgh Award scheme and an active scouts, guides and brownies movement. The volunteers who support this work are mostly young adults who were scouts or guides themselves, who have developed the ethos of volunteering to give back to their community.

Darlington has a highly successful School Sport Partnership which is ranked in the top 10% of partnerships in the country for engaging young people and providing high quality school sport competition. The partnership supports school sport and physical education through the Darlington School Games festivals and competitions. This was complemented by the *Be Active Holiday Programme* delivered by the Darlington Move More Team.

Creative Darlington is also key in supporting the delivery of our ambitions for Children and Young People outlined in this Plan. Creative Darlington was established in 2012 following an extensive Arts Enquiry process involving nearly 1,500 people, including those who

engaged and did not engage with arts services in Darlington. The Arts Enquiry recognised pressures on public funding of the arts and the importance of developing finance for the arts from various sources, including philanthropy, sponsorship and service provision.

Culture is making a positive contribution to Darlington as a place designed to thrive and as a place where people are active and involved. While there are pressures on commissioning within the cultural sector, there are opportunities for commissioning of the cultural sector in Darlington, across the Tees Valley, in the North East and beyond.

The cultural sector can have advantages as they bring different approaches and have different opportunities in working with people and addressing their problem, especially in the following areas culture and sport can have a significant impact on different outcomes:

- Strong communities
- Children and young people
- Health
- Older people

A few examples on how culture and sport can make a change are listed:

- Engagement and sustained participation: working with people's potential and giving them a chance; work with individual's strengths and abilities in achieving social outcomes.
- Inclusivity and difference: Including those who might be excluded from other activities.
- Breaking down barriers between groups that might in other circumstances exclude each other.
- Exploring identity and articulating needs: building confidence, respect for others, skills in teamwork and discipline and generating a sense of achievement.

Culture and sport is found to be a significant factor in outcome areas 'education and learning', 'mental health' and 'physical health and well-being' for young people – intimately linked to happiness, and enabling us to grow a population that is more economically and socially active. The same was found in preventing health problems and crime among young people.

Furthermore research on economic impact shows that the sector is delivering considerable value for the north East Region and cultural industries are generating a huge additional economic impact.

Darlington have invested in a new Hippodrome which is due to open in 2017 and many cultural services also operate across the Borough.

The national award-winning Foundation for Jobs project is a joint initiative involving Darlington Borough Council, schools and colleges and the One Darlington Partnership of private firms and public sector organisations. Since it was launched in April 2012 to tackle youth unemployment, Foundation for Jobs has worked with more than 7,500 young people, aged up to 24, in Darlington.

This includes more than 6,000 school age pupils who have been assisted in building closer links with industry through a series of activities designed to boost their understanding of (and challenge potential misconceptions about) key North-East industries.

More than 150 businesses have been involved in the campaign in some way since its launch. At a time when UK youth unemployment is highest in the North-East, there are many key industry sectors facing skills gaps including engineering, manufacturing, construction and digital industries. Therefore, rather than waiting for young people to leave education and potentially become unemployed, Foundation for Jobs aims to address the issue at its roots by inspiring them to take relevant subjects and consider career routes ranging from apprenticeships to degree level study in industries that are crying out for their skills.

There is much to celebrate about Darlington's long history of partnership working and by building on this, we can continue to unlock the energy and potential of Darlington's children and young people.

We look forward to delivering this plan collectively with our partners and seeing the improvements we are able to deliver jointly through this strategy and action plan over the next five years.

Councillor Cyndi Hughes, Cabinet Member for Children and Young People, Darlington Borough Council

Alasdair McConachie, Chairman, One Darlington Partnership

Purpose of the plan

Darlington is an aspiring town with big ambitions for all of its children and young people to have the best start in life. This plan sets out how we will achieve those ambitions over the next five years.

The plan intends to focus the collective effort of Darlington's partner organisations to make a difference to the lives of our children and young people. We acknowledge that we have an important job to do to improve overall outcomes for all children and to reduce the inequalities that exist between some children and young people and their peers.

Vision:

The local Sustainable Community Strategy 'One Darlington: Perfectly Placed' sets out the overall vision for Darlington up to 2026. It sets the direction for the various organisations within the One Darlington Partnership, and how by working together we can make the borough an even better place to live and work.

It was first drawn up in 2008, but since then the economic environment in which we all operate has changed dramatically. The current plan aims to respond in positive and innovative ways to the impact of economic change on local businesses, public services and the wellbeing of local people. All of the outcomes that the plan aims to achieve focus on creating and maintaining a good quality of life by and for everyone in Darlington (One Darlington), and about making Darlington the best possible place to live and work (Perfectly Placed).

We will improve quality of life for all and reduce inequality by ensuring we have:

- Children with the best start in life
- More businesses and more jobs
- A safe and caring community
- More people caring for our environment
- More people active and involved
- Enough support for people when needed
- More people healthy and independent
- A place designed to thrive

To do this we will:

- Build strong communities
- Grow the economy
- Spend every pound wisely

We can only achieve our aspirations for the future if we recognise that children are our future: we need to ensure that Darlington is a town where:

- All children and young people are safe from harm
- All children and young people do well at all levels of learning and have the relevant skills to be prepared for life
- All children and young people enjoy a healthy life
- All children and young people enjoy growing up

- All children and young people are listened to

Working in partnership

The Children and Young People's Plan 2014-2017 described how it was one of the suite of plans to deliver the ambitions of One Darlington: Perfectly Placed. In particular it was the primary tool for taking forward the ambition articulated in the strategy of 'Children Getting the Best Start in Life'. This plan builds on the previous plan and continues to aim to deliver that aspiration in the context of One Darlington: Perfectly Placed.

To date One Darlington Partnership has acted as the Children's Trust. However, whilst it will continue to have oversight of all the ambitions laid out in One Darlington: Perfectly Placed including those for children and young people, the Health and Wellbeing Board will now take on the role of Children's Trust. This will enable partners to have a strong focus on the actions required to achieve the bold ambitions.

Key Principles for how we will work together are to:

- Be child and young person centred
- Listen to and respond to children and young people
- Focus on strengths and building resilience
- Take early action

Darlington Context

Overview

Darlington is a Unitary Authority and covers an area of approximately 200km². Darlington's current population is 105,396, having risen by over 6% since 2001. Of this population 64,800 are of working age (16-64 years old). Since 2012 we have seen a reduction of working age population of almost 2% due to Darlington's ageing population. Within this working age population, 79% are economically active (in work or unemployed), 58% of these people work in the borough and 21% commute out of the borough to work.

Darlington is in the top 30% most deprived local authority areas in England. It is ranked as the 97th most deprived local authority area out of 326 on the Index of Multiple Deprivation (IMD) 2015, which is an improvement from its rank of 75th on the IMD 2010.

Economy and Investment

Darlington and the other four Tees Valley Local Authorities have collaborated to establish a Tees Valley Combined Authority. The TVCA unites the five local authorities on key decisions that affect **Tees Valley**, helping to strengthen the area and accelerate economic growth.

In almost all indices Darlington's economy has outperformed regional and national growth trends. Recent trends show an improving picture regarding the skills and productivity of Darlington residents, with an increase in the employment rate, average earnings, coupled with dramatic reductions in the claimant count and unemployment rate.

In 2016 gross weekly earnings for Darlington residents stood at £489.80, below both the North East average of £492.20 and the national average of £541.00. Darlington earnings grew significantly from £446.10 in 2013 to £479.10 in 2014. However, since then earning

levels have stagnated in Darlington whilst across the North East and nationally there has been steady growth in earnings. [Source: [Nomis Labour Market Profile](#)]

Since 2012 Darlington has seen major investment and regeneration in excess of £150 million. Regeneration projects are evident throughout the Borough of Darlington, for example, Central Park saw the opening of £6.6 million Business Central in April 2015 to support start-up and growth of businesses. 2015 also saw the opening of the £38 million National Biologics Manufacturing Centre, a ground breaking development by the Centre for Process Innovation that positions Darlington as a national and international centre for the biologics and bio-pharma industries.

Future developments include further investments in Central Park by Teesside University in the National Horizons Centre and the Centre for Process Innovation in the Factories of the Future which are planned for 2017-2019. These developments will all act as catalysts for the creation of new jobs, particularly in the biologics, advanced manufacturing and sub-sea sectors. Central Park will continue to be developed with the added attraction of it being part of the Tees Valley Enterprise Zone programme as well as current work underway to explore the possibility of it becoming a recognised Science Park.

Other core regeneration activity delivered includes the £30 million Feethams Leisure development, incorporating a multi-screen cinema, hotel, bars and restaurants, which has created new jobs and additional town centre footfall. More recent developments include the £10 million Opus North retail development on North Road, as well as multi-million-pound, mixed-use commercial property development on the former Torrington site off Yarm Road, including a 60-room hotel, restaurant and other commercial sites.

Finally, plans are being developed for investment in Bank Top station to improve it as an economic driver for the whole of the Tees Valley and to exploit opportunities from strategic investment to reduce journey times to London. TVCA have a role in relation to strategic transport and are working to develop an integrated transport network

Children and Young People

The number of children and young people under the age of 18 living in Darlington is 22,627 (2015 mid-year) which equates to 21% of the current population. Over the last five years, birth rates in Darlington have fallen from 1,357 in 2010 to 1,226 in 2014. Children and young people from minority ethnic groups account for 6% of all children living in the area, compared with 22% in the country as a whole. The largest minority ethnic groups of children and young people in the area are Asian and mixed. Darlington has higher numbers of Gypsy, Roma Travellers, with approximately six times the national average – a substantial number of these are domiciled only during the winter months.

The proportion of children and young people with English as an additional language in primary schools is 5% (the national average is 19%), in secondary schools it is 4% (the national average is 14%). The unemployment claimant count in Darlington for 16-64 year olds stood at 3.5% of the resident population in March 2017, compared with a Great Britain average of 2.0%. However the figure hides a underlying issue regarding youth unemployment. The claimant count in Darlington for 18-24 year olds stood at 6.6% of the resident population in March 2017, compared with a Great Britain average of 2.9%, over double the national average and just under double that of the 16-64 year old cohort in Darlington. [Source: [Nomis Labour Market Profile](#)]

The 2011 census identified 740 young carers aged 0-24 in Darlington, 197 of whom are aged 0-15 and 543 of whom are aged 16-24.

During the period September 2013 – August 2016, a total of 348 young carers were supported by the Council's commissioned Young Carers Service provider. Publication of the New National Carers Strategy will be used to inform Darlington's Carers Strategy implementation plan.

The Tees Valley Youth Employment Initiative is supporting 16-29 years olds into education, employment and training. In Darlington there are three main delivery partners for the project, the Council, Morrison Trust and the Citizen's Advice Bureau. The project runs until July 2018.

Between 2013/14 and 2015/16, all age Apprenticeship starts for Darlington residents grew by 38% from 1,230 to 1,700, compared to only 16% growth nationally. Over the same period starts for under 19 year olds grew by 13% from 210 to 250, compared to only 10% growth nationally. For 19-24 year olds growth was 10% from 390 to 430, compared with a 3% decline nationally. [Source: [Apprenticeship Data Tool](#)]

What is it like to be a child or young person growing up in Darlington?

This is what we know already – some facts and figures

The majority of young children in Darlington have a positive first five years and at the end of Reception year nearly seven out of ten children (69.4%) achieve a good level of development, this proportion being similar to both England and the North East. The Infant mortality rate (4.1 per 1,000) births is similar to both the North East region and England as a whole. Darlington has a smaller proportion of babies born with low birth weight (5.3%) compared to England and the North East region. There are nearly 1 in 3 children in Darlington with missing or decayed teeth in at the age of three years, which is similar in comparison to both the region and England at this age. The uptake of childhood vaccinations in children is good, with over 95% uptake across the majority of the vaccinations required as part of the UK Vaccination Schedule, for example 95.4% of children in Darlington received two doses of Measles Mumps and Rubella vaccine by the age of five years.

However there are a minority of children born that do not have the same positive experience and outcomes as the majority and certain communities in the Borough are more affected by the burden of disease and inequality.

Those affected by poverty and deprivation generally have a greater burden of disease and the poorest outcomes in comparison to the wider population. The level of child poverty is worse than the England average with over 1 in 5 children under 16 years living in poverty. The concentration of children living in low income families is disproportionately evident in certain wards within the borough.

We can see this in figure 2 where the wards shaded darker show a higher percentage of children aged 0-15 years living in income deprived households. Under 18 conception rates correlate to levels of disadvantage but there has been a downward trend in Darlington over recent years, numbers are now similar to the England average at 26.8 per 1,999 young women under the age of 18 years (Figure 1).

One sixth of all babies born in Darlington (14.8%) born to mothers who are smoking at the time of their birth. This has fallen by 7% in recent years and is now lower than the average for the North East region (16.7%). However this still remains higher than the total England

figure (10.6%). Breastfeeding rates in Darlington are low in comparison to the rest of England with only a third (33.4%) of babies being breastfed at 6 weeks compared to 43.2% for England. However these rates are similar to the average for North East authorities.

These and other factors have contributed to the rate of admissions to hospital for common conditions such as gastro-enteritis and asthma in Darlington being higher than England or the region, for both infants and children under the age of five years.

Figure 1 Rate of teenage conceptions- England and Darlington 1998 - 2013

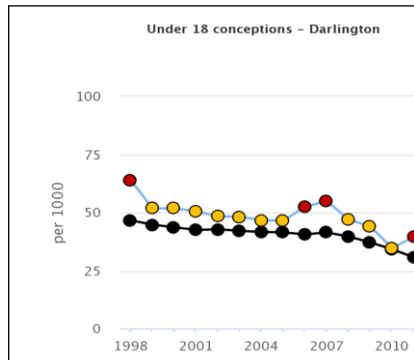
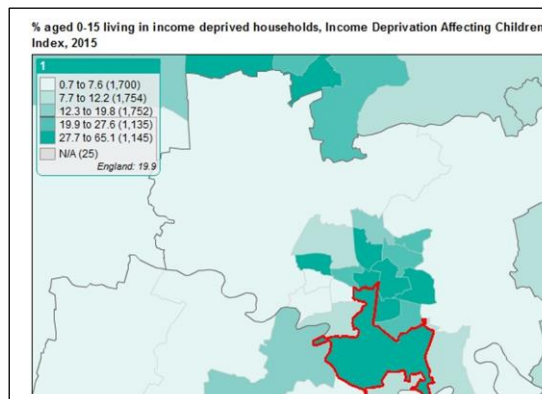


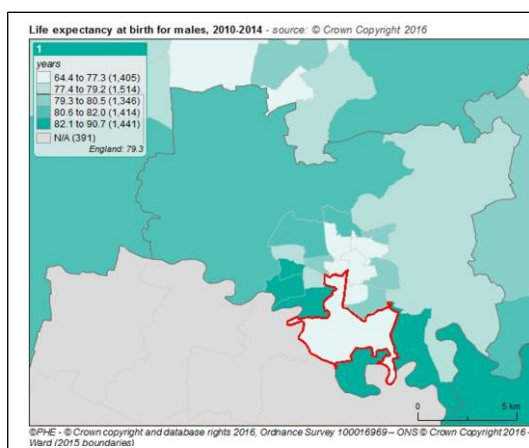
Figure 2 Children and young people under 15 years living in income deprived



“source: © Crown Copyright 2016”

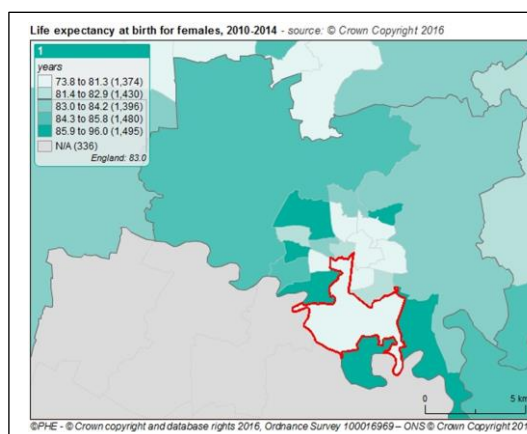
Although there are differences between Darlington, England and the North East region, there are also significant differences and inequalities between different communities within the Borough. There are differences in expected life expectancy between different electoral wards within the Borough with a difference in life expectancy at birth of 8.6 years for women and 10.6 years of men between wards in Darlington. These differences correlate, levels of deprivation, with those living in the most deprived wards more likely to have a lower life expectancy compared to those living in the least deprived areas.

Life expectancy at birth for males, 2010-2014



“source: © Crown Copyright 2016”

Life expectancy at birth for females, 2010-2014



“source: © Crown Copyright 2016”

Relationships can have a positive and negative effect on the health and wellbeing of children and young people. Negative behaviours such as bullying, including cyber bullying, have a negative impact on the mental health and wellbeing of children and young people.

70% young LGBT experience rejection, discrimination and stigma. 81% felt the need to hide their sexual orientation or gender identity. Nearly half of lesbian, gay, bi and trans gender pupils are bullied for being LGBT at school. Young LGBT people are far more likely to be subject to low educational and economic outcomes and housing issues.

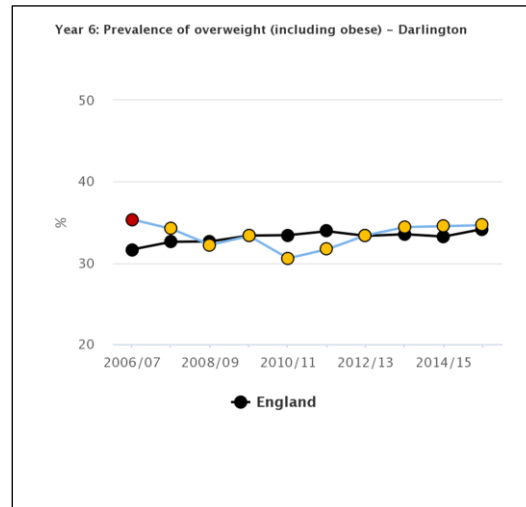
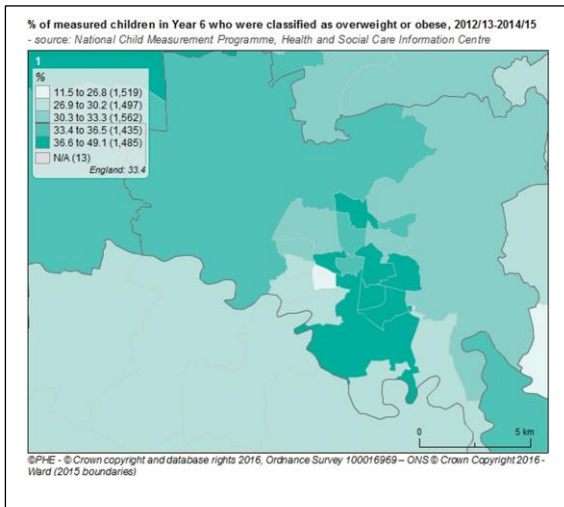
The impact of alcohol on the lives of young people remains a concern. Although the absolute numbers are small, the rate of hospital admissions in young people under the age of 18 in Darlington remains higher than England with a rate of 76.2 admissions per 100,000 compared to England 36.6 admissions per 100,000. This rate has decreased significantly over recent years although not as fast as England. Generally, pupils are still overestimating the habits of their peers, particularly around smoking, drinking and sexual activity, with the reality showing that only a minority of pupils actually partake in these risk taking behaviours. Although these numbers are low these behaviours, in relation to risk taking, can impact on decision making and personal safety as well as other related outcomes.

Specific lifestyle behaviours and choices of families and young people have a significant effect on health outcomes for young people throughout their lives. The impact of the cumulating of different choices and behaviours in relation to diet and nutrition can be seen in the prevalence of overweight and obesity in children and young people in Darlington.

Over 23% of children in reception year in Darlington are overweight or obese which remains similar to England. By year 6 this proportion has increased to nearly 35% which remains similar to the England average. The rates of children who are overweight or obese are not evenly distributed across the Borough with those areas with higher income deprivation having higher rates of obesity in Reception and Year 6 children.

% of measured children in year 6 who were Classified as overweight or obese 2012/13 to 2014/15

Year 6: Prevalence of overweight (including obese) - Darlington



Source: NHS Digital, National Child Measurement Programme

“source: © Crown Copyright 2016”

Diet and nutrition are important for health and poor diet is a major risk factor for ill-health and premature mortality. Eating habits are established in childhood and adolescence, and therefore the diet and eating habits of young people are of concern. In Darlington around 44% of 15 year olds reported eating the recommended five portions of fruit and vegetables in a day which is less than over 50% average for England with the lowest consumption of fruit and vegetables being concentrated in the most deprived communities.

Good physical activity habits established in childhood and adolescence are likely to be carried through into adulthood, while lower levels of activity are associated with obesity. In Darlington, young people who spend more time sedentary have greater fat mass, higher BMI and an increased risk of being overweight or obese.

In Darlington, nearly 18% of 15 year olds reported that they were physically active for at least one hour per day seven days a week, which is significantly greater than England and the North East (13.9% and 14.2% respectively) although the most sedentary behaviour in young people is concentrated in the most deprived communities in England.

Regular moderate-to-vigorous physical activity has significant benefits to health and is associated with increased musculoskeletal and cardiovascular health and has also been linked with psychological benefits, such as reduced anxiety and depression among children and adolescents.

Being a young carer can have a big impact on the things that are important to growing up

- It can affect a young person’s health, social life and self-confidence
- Many young carers struggle to juggle their education and caring which can cause pressure and stress
- In a survey, 39% said that nobody in their school was aware of their caring role
- 26% have been bullied at school because of their caring role
- 1 in 20 miss school because of their caring role

However young people can learn lots of useful skills by being a young carer. (Carers Trust website)

The inequality gap in achievement at the end of reception and Key Stage 2 has narrowed slightly but is still higher than the England average. The inequality gap in the attainment of Level 2 qualifications by the age of 19 has also narrowed and is better than the England average. At key stages 1 and 3, however there is still a significant gap.

- 11.4% of primary aged children are from a black and minority background, with 8.3% at secondary age
- 11.5% of primary aged children have English as an additional language, with 4.5% at secondary age
- 20.6% primary aged children are entitled to free school meals, with 15.6% at secondary age
- 5,037 pupils were eligible for Pupil Premium
- More than 400 children have a statement of special educational need (SEN) or an Education, Health and Care Plan (EHCP), with a further 1885 receiving SEN support
- 10.1% of reception pupils are obese, 21.0% in year 6
- 218 children are looked after, and 76 are subject to a child protection plan
- In May 2017 4.29% of young people were NEET with no young people whose status is unknown
- In 2016/17 2.3% of the 10 to 17 years population (9,790) have been referred to Darlington Youth Offending Service

Young People Managing their own Health

The Healthy Lifestyle Behaviour Survey is an annual behaviour and perceptions survey conducted with pupils ranging from Year Five (aged nine) to Year 11 (aged 16) in schools in Darlington. The survey asks age appropriate questions about young people's perception of their own health and health behaviour's as well as their perception of their peers. The results of this survey show that young people are knowledgeable about key aspects of health and health behaviour's and take appropriate steps to maintain their health. Examples include:

Primary School age

- 98% of primary aged children report that they have never smoked with over 70% believing that hardly any or no children their age in Darlington smoke and 95% expressing the belief that it is never a good idea for children their age to smoke
- 92% reporting brushing their teeth at least once a day and 88% going to the dentist at least once a year

- 80% of primary aged children reported to have been feeling stressed in the last year with the most common reason being homework, however 74% report that they would talk to an adult (parent or teacher) if they were worried about something
- 64% of primary aged children reported that they know what changes will happen to them during puberty.

Secondary School age

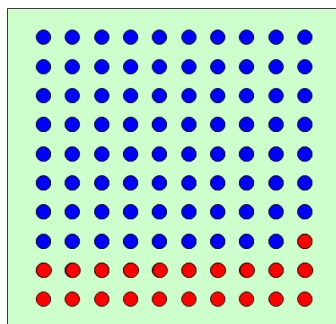
- 86% of teenagers in schools in Darlington have reported as never having had sex, with 93% reporting that having sex should be part of meaningful relationship and involve discussing contraception/pregnancy with their partner
- 75% of young people of secondary school age reported that they have never smoked, of those that did report smoking 49% have reported as only trying it once and 91% of young people think it is not a good idea to smoke
- 52% of young people in years 9, 10 and 11 reported having had an alcoholic drink, although only 14% reported drinking alcohol in the last 7 days. The majority of young people questioned were aware of the risks of drinking alcohol to themselves and others and had a negative attitude to excessive alcoholic consumption with 74% believing that it is not okay for people their age to get drunk
- Three quarters of pupils surveyed are reporting positive emotional wellbeing, feeling generally happy with their lives and supported by families
- Nearly 3 in 10 pupils surveyed had experienced some form of bullying, with cyber bullying becoming more frequent with pupils in Darlington; however 75% do report that if they are worried about something they do have someone to talk to about it.

If we were to take 100 children in Darlington, those in red in the various diagrams below indicate the individuals affected by the indicator described

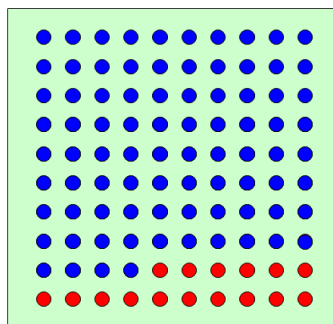
Red are the individuals affected by the indicator and blue is everyone else

Children entitled to free school meals

Primary School age

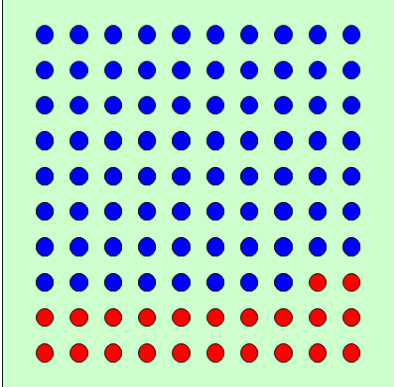


Secondary School age

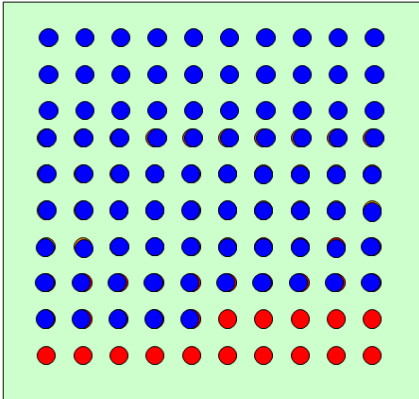


Children in Low income households

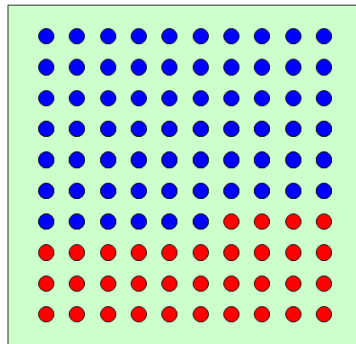
(Under 16 years)



Children born to mothers who smoke



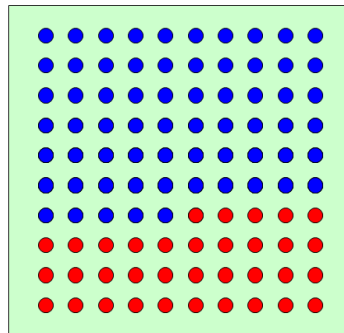
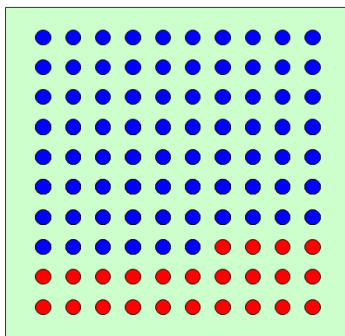
Children who are breastfed at 6 weeks old



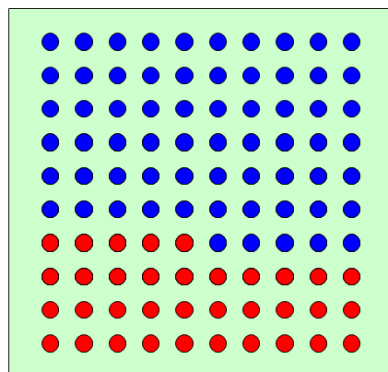
Overweight and Obese

Reception (4-5 years)

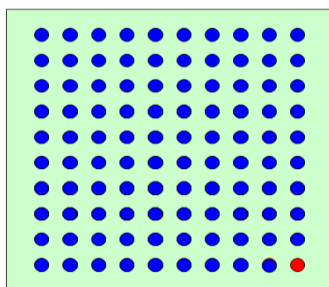
Year 6 (10-11 years)



Five year olds who have dental decay



Children born to teenage mothers



Education in Darlington

Darlington education provision differs from neighbouring authorities in so much as the majority of schools have converted to academies. There are only two local authority maintained nurseries, four primary schools and the Pupil Referral Unit. All local authority maintained schools are graded 'good or better' by OFSTED.

Darlington has 2 Nursery Schools, OFSTED graded one good and the other outstanding. 17 primary schools have a nursery class. Children also attend day care, pre-school playgroups and child-minders to access their early year entitlement.

Darlington has two Infant Schools and two Junior Schools all are graded good or better by OFSTED.

Darlington has 25 Primary Schools, of which 6 are judged by OFSTED to be 'outstanding', 15 'good', 4 'require improvement' and 1 has an 'inadequate' grade from OFSTED.

There are 7 Secondary Schools, 2 of which are judged by OFSTED to be 'outstanding', 2 'good' and 3 'require improvement'.

There are two 'Free Schools'. One focuses on the behavioural needs of primary age pupils and the other that provides education for children from 4 to 18.

Special School provision is provided by one Academy Trust and covers the primary and secondary age range. The Special School is graded 'inadequate' by OFSTED. The Pupil Referral Unit is graded 'good' by OFSTED.

Post-16, there is a general further education college, a sixth form college and the local authority's Learning & Skills Service, as well as a small number of private training providers which operate in Darlington. All three main providers are judged to be "good". Two of the secondary schools also offer sixth form provision.

- 93% of Darlington Early Year Providers are rated as good or better by Ofsted
- 86% of eligible 2 year olds are accessing their free 15 hours nursery provision
- 96% of eligible 3 and 4 years olds are accessing their free 15 hours nursery provision

- 56% achieved the expected level in reading, writing and maths at Key Stage 2

The Journey so far 2014-17

The following priorities were identified in the 2014-17 Children and Young People’s Plan. Performance against these priorities can be found at **Appendix One CYPP 2014-17**

Priority 1

Assessing the impact of early help services in giving children and young people the best start in life, including getting the necessary skills to move into employment or further training

Priority 2

Safeguarding children and young people from harm, with a focus on dealing with risk taking behaviours as well as on community safety

Priority 3

Effectively engaging children and young people in the design of their services

Priority 4

Narrowing the attainment gap so that all children and young people achieve their potential

Looking forward – the next five years 2017-22

Voice of the child

As a group of partners, we have access to an extensive range of data that informs our planning processes. However as part of the development of this new plan it was important to ask children and young people what it is like growing up in Darlington to ensure the voice of the child is captured and used to inform the development of the plan.

How did we do this?

Information was used from recent surveys such as the healthy life styles survey in schools. In addition to this focus groups were held within existing activity groups of children and young people across a range of ages and in various areas of the borough. Questionnaires were also used to gather views.

Healthy Lifestyles survey 2016-17 findings

The table below shows a snapshot of the most recent findings from the survey. These results are compared with the results of the previous year rather than to each other in order to track changes in children overtime.

<p>Year 7-11</p> <ul style="list-style-type: none"> • 27% of those questioned said they have experienced bullying in the last year • 87% reported that they feel happy in 	<p>Year 5-6</p> <ul style="list-style-type: none"> • 98% have not tried smoking • 38% are often near second hand smoke • More than 50% have never had an
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general with their life at the moment

- 75% can identify someone they would talk to if they were worried
- 76% said they can deal with peer pressure and say 'no'
- 6 in 10 questioned do 60 active minutes daily on 4 or more days
- 8 in 10 have had an energy drink
- 79% agree that energy drinks are bad for their health.
- 92% access the internet at least once a day
- 47% are never supervised on the internet
- 26% admit to accessing content online their parents or carers would not be happy with
- 37% have friends online that they do not know in person
- Pupils accessing on line pornography on purpose sits at 16%
- 24% of those questioned have been asked to send inappropriate picture messages by phone or social media.
- Vaping has overtaken tobacco as most likely form of smoking in pupils, but numbers still remain low
- 52.7% of pupils had ever had a drink of alcohol
- 12% of years 9 – 11 have taken illegal drugs.
- 14% of years 9 – 11 reported that they had had sex with 71% of those responding not regretting this decision.

alcoholic drink

- 92% agreed that it's not 'OK' for people to get drunk under 18
- 64% have had an energy drink
- 18% are drinking energy drinks weekly
- The slight majority of those questioned agree it's 'OK' for children to have energy drinks (53%) yet 79% agree that these drinks are bad for their health
- 81% of children play online games
- 31% of children indicated that they have online friends they do not know in person
- 44% of children said that they had been bullied in the last year, mainly verbally
- 97% agreed that children should never be bullied
- 73% of children said that they do 60 minutes of physical activity a day
- 79% said they eat a balanced diet, yet 39% have fizzy drinks daily and 50% have sweets and chocolate daily
- 88% reported being 'generally' happy with their life at the moment

Quotes from children and young people:

- *I like all the parks and leisure centres in and around Darlington because they are fun places to go*
- *There are a lot of nice people in Darlington and you feel safe*

- *Because there are lots of things to do and see*
- *Free Wi-Fi in the town centre*
- *Good transport links*
- *Not many places to go nothing to do*
- *People are too silly and naughty sometimes people do graffiti*
- *I don't like the rubbish thrown on the floor*
- *I don't like bullying in some schools because it makes people sad*
- *Make better houses for people with less money*
- *Make it cleaner*
- *Design a new park that isn't that rusty and with new features that makes it better*
- *Try and get more people to help people who need it*
- *I would make a chocolate fountain in the town centre*

Darlington's Youth MP Manifesto prioritises the following:

- *Subsidised transport for 16-18 year olds*
- *Improved Mental Health approaches in schools and colleges*
- *Improved work experience opportunities*

In order to achieve the outcomes as set out earlier in this document (P6), the plan sets out the following ambitions

Ambition 1: Ensuring that all children and young people are safe from any perceived harm

Ambition 2: Improving the health and wellbeing of all babies, children and young people

Ambition 3: Improving achievement and academic attainment for all children and young people

Ambition 4: Empowering families to be resilient and to achieve economic wellbeing

In order to achieve all four ambitions we will work together to focus on the following seven key priority actions:

Priority actions for the next five years

1. Increase breastfeeding rates and reduce the incidence of smoking at the time of delivery
2. Reduce obesity levels
3. Improve the mental health and emotional wellbeing of all children and young people
4. Reduce the number of children and young people living in poverty
5. Improve school attendance and attainment
6. Increase the number of young people in work, education or training
7. Strengthen families to reduce the need for statutory intervention.

Emerging Ambitions

Ambition 1 - Ensuring that all children and young people are safe from any perceived harm

Outcomes

- All children and young people are safe from harm

Actions 2017-22	How will we achieve this?	How will we know we are making a difference?
<p>Identify, support and protect children and young people from emerging risks. (Priority actions 3, 5 and 7)</p>	<ul style="list-style-type: none"> • Early Help Delivery Model • Youth Justice Pan 2017/18 • CYP National Strategy 2016 • Darlington Safeguarding Childrens Board Business and Improvement Plan 2016-19 • Domestic Abuse Commissioning Strategy 2015 • LA Ofsted Improvement Plan 2015 • Shared protocols - e.g. Children Missing from Home Protocol • LAC Strategy and Looked After Sufficiency Strategy 2017-2020 • Durham Constabulary Strategic Assessment 2016 and Policing Plan • Annual Youth Justice Plan • The Darlington Community Safety Partnership Plan 2015 – 2020 One Darlington Perfectly Safe 	<ul style="list-style-type: none"> • Early Help Scorecard • Quality Audits • Performance Management Framework (PMF)
<p>Provide high quality consistent assessments for our case holding services that are outcome focussed and identify the impact on children, young people and families. (Priority actions 3, 5 and 7)</p>	<ul style="list-style-type: none"> • Darlington’s DRAFT Strategy for Special Educational Needs and Inclusion 2017 to 2020 • Early Help Strategy • Youth Justice Plan 2017/18 • LAC Strategy and Looked After Sufficiency Strategy 2017-2020 • DBC Road Safety Programme covering engineering, enforcement, education and encouragement 	<ul style="list-style-type: none"> • Performance Management Framework (PMF) • Quality Audits • Good feedback from service users • Road casualty statistics • National Standards Audits
<p>Provide children, young people and families with seamless services when moving between early help, targeted and statutory services. (Priority action 7)</p>	<ul style="list-style-type: none"> • Early Help Strategy • Youth Justice Plan 2017/18 • Domestic Abuse Commissioning Strategy 2015 	<ul style="list-style-type: none"> • Performance Management Framework (PMF) • Quality Audits • Good feedback from service users
<p>Continue to identify our most vulnerable children and young people locally. (Priority actions 3 and 7)</p>	<ul style="list-style-type: none"> • LSCB • Domestic Abuse Commissioning Strategy 2015 • Youth Justice Plan 2017/18 • Durham Constabulary Strategic Assessment 2016 • The Darlington Community Safety Partnership Plan 2015 – 2020 One Darlington Perfectly 	<ul style="list-style-type: none"> • Implementing the new Early Help Service 2017 • Performance Management Framework (PMF)

	Safe	
Invest in the identification, early intervention and diversion of children and young people from crime and anti-social behaviour. (Priority action 7)	<ul style="list-style-type: none"> • Youth Justice Plan 2017/18 • CYP National Strategy 2016 (local implementation) • Durham Constabulary Strategic Assessment 2016 • The Darlington Community Safety Partnership Plan 2015 – 2020 One Darlington Perfectly Safe 	<ul style="list-style-type: none"> • Performance Management Framework (PMF)
The expansion of restorative and reparation projects in communities. (Priority action 7)	<ul style="list-style-type: none"> • Youth Justice Plan 2017/18 • The Darlington Community Safety Partnership Plan 2015 – 2020 One Darlington Perfectly Safe • Neighbourhood Resolutions and the Restorative Hub 	<ul style="list-style-type: none"> • Performance Management Framework (PMF)
Raising awareness and developing strategies to keep children and young people safe from risks posed through their use of social media. (Priority actions 7)	<ul style="list-style-type: none"> • LSCB • Individual School Development Plans • Durham Constabulary Strategic Assessment 2016 • Youth Justice Plan 2017/18 	<ul style="list-style-type: none"> • Performance Management Framework (PMF)
Ensure that children, young people and families receive services from a more stable and skilled workforce. (Priority action 7)	<ul style="list-style-type: none"> • Workforce Strategy 2016-20 • Youth Justice Plan 2017/18 	<ul style="list-style-type: none"> • Performance Management Framework (PMF) • Good feedback from service users • PDR's • Confident and skilled workforce. • Appropriately targeted services being delivered at the right time. • Resilient, sustainable and stable workforce

Ambition 2 - Improving the health and wellbeing of all babies, children and young people

- All children and young people enjoy a healthy life

Key actions 2017- 22	How will we achieve this?	How will we know?
Increase breast feeding rates, improved oral health, reduce rate of obesity and support children and young people to maintain healthy weights (Priority action 1)	<ul style="list-style-type: none"> • Maternity services to promote and support Breastfeeding in pregnant women and new mothers • Provide statutory visits and targeted breastfeeding information, advice and support to new mothers as part of the Healthy Child Programme • Health Visitors to promote breastfeeding and healthy weaning at statutory visits and 	<ul style="list-style-type: none"> • Initiation rates • 6 week rates <p>NCMP Data</p> <ul style="list-style-type: none"> • Reception class children • Year 6 age children

	<p>provide targeted information, advice and support to parents in first years of life.</p> <ul style="list-style-type: none"> • School Nurses to promote healthy eating and healthy lifestyles at every opportunity as part of the Healthy Child programme • School Nurses to ensure high (>95%) participation in NCMP programme locally. • School Nurses to offer targeted information, advice and support to those parents and families with children who have been identified as being overweight or obese and refer to specialist intervention where required • Provide children and families who are obese (BMI> 30) to paediatric led weight management service. Darlington Clinical Commissioning Group (CCG) annual commissioning intentions • Provide access to healthy and nutritionally balanced school meals • Reduce access to high sugar and high fat foods in and around school sites. • Darlington Childhood Healthy Weight Action Plan and oral health strategy(Public Health • School Nurses to support schools and other settings in promoting healthy weight as part of Healthy Child Programme • School Nurses to provide information, advice and support to children, parents and families about healthy lifestyles including healthy weights and refer to specialist intervention where required. • Darlington Childhood Healthy Weight Action Plan and oral health strategy(Public Health) • Provide children and families who are obese (BMI> 30) to paediatric led weight management service. Darlington Clinical Commissioning Group (CCG) annual commissioning intentions • Provide access to healthy and 	
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	<p>nutritionally balanced school meals</p> <ul style="list-style-type: none"> • Reduce access to high sugar and high fat foods in and around school sites • Oral Health Strategy 	
<p>Reduce rates of mothers smoking during pregnancy and following delivery (Priority action 1)</p>	<ul style="list-style-type: none"> • Maternity Services to promote smoking cessation at every opportunity to pregnant smokers • Maternity Services to support all pregnant smoker in any quit attempt • Provide all pregnant smokers who want to quit access to a Specialist service 	<ul style="list-style-type: none"> • Number of quit dates set by pregnant women • Proportion of pregnant women successfully quit at 4 week
<p>Continue to Reduce Teenage conceptions (Priority actions 4, 6 and 7)</p>	<ul style="list-style-type: none"> • Improve uptake of LARC in <25s • Improve uptake of C Card • All schools achieve PHSE Charter Mark • Develop and Implement Multi – Agency Action Plan 	<ul style="list-style-type: none"> • Rate of Teenage Conceptions • Proportion of deliveries to teenage parents • LARC uptake • C Card uptake
<p>Reduce admission to hospital as a result of self-harm and mental health (Priority action 3)</p>	<ul style="list-style-type: none"> • Children and Young People’s Mental Health and Well-being – Darlington transformation plan Oct 2016 refresh • CAHMS referral pathway • TEWV children and young people liaison, crisis and home treatment service • Access to low level support to children and young people identified as at risk of poor mental health or request support • School Counsellors • Anti- bullying policies in all school settings • Teachers and other staff trained to provide targeted support to those young people identified as at risk or request support • Emotional resilience as part of PHSE • Anti- stigma campaigns 	<ul style="list-style-type: none"> • Child hospital admissions for mental health conditions: rate per 100,000 aged 0 -17 years • Hospital admissions as a result of self-harm (10-24 years)
<p>Continue to reduce alcohol and other substance misuse related admissions to hospital. (Priority action 3)</p>	<ul style="list-style-type: none"> • 0 -19 contract with Harrogate and District Foundation Trust in place to deliver as part of healthy child programme. • Alcohol awareness as part of PHSE • Engagement of all schools in HLS • Production of multi-agency 	<ul style="list-style-type: none"> • Mothers receiving alcohol brief advice • Mothers referred to alcohol intervention service • Hospital admissions due to substance misuse (15-24 years)

	<p>school action plan following TAS</p> <ul style="list-style-type: none"> • Targeted interventions where Alcohol identified as an issue in year group or school through TAS or specific events • School Nurses provide information, advice and brief advice to identified individuals who have used or using alcohol and refer to specialist services if required • Access to a specialist substance misuse service for young people (SWITCH) • A+E attendances notifications to School Nurse team particularly for alcohol related admissions • Future In Mind Darlington Transformation Plan 2015 (Oct 17 Refresh) 	
<p>Improve social, emotional and mental health and well-being. (Priority action 3)</p>	<ul style="list-style-type: none"> • 0 -19 contract with Harrogate and District Foundation Trust in place to deliver as part of healthy child programme. • Children and Young People's Mental Health and Well-Being – Darlington Transformation Plan Oct 2016 refresh • Sport and Physical Activity Strategy 2013 – 2018 • Culture Strategy 2016 • Early Help Strategy • Future In Mind Darlington Transformation Plan 2015 (Oct 17 Refresh) 	<ul style="list-style-type: none"> • Darlington Healthy Lifestyle Survey Reports • PHOF indicators
<p>Increase the number of children and young people involved in physical activity. (Priority action 2)</p>	<ul style="list-style-type: none"> • Sport and Physical Activity Strategy 2013 – 2018 • Provide access to structured and unstructured opportunities for physical activity in Schools and Communities: • Partnership working between Darlington Move More Team and School Sport Partnership • Darlington Move More team • School Sports Coordinator • School Swimming lessons • Sports Club Development • Ensure access to high quality green spaces and playing fields • Promote active travel including cycling and walking particularly • Darlington Childhood Healthy Weight Action Plan (Public Health) 	<ul style="list-style-type: none"> • Percentage with a mean daily sedentary time in the last week over 7 hours per day • Percentage physically active for at least one hour per day seven days a week

	<ul style="list-style-type: none"> • DBC management of cycle routes and being physically active programme 	
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Ambition 3 - Improving achievement and academic attainment for all children and young people

Outcomes

- All children and young people do well at all levels of learning and have the relevant skills to be prepared for life
- All children and young people enjoy growing up

Key actions 2017-22	How will we achieve this?	How will we know?
Improve educational attainment between primary school and secondary school age through effective transition. (Priority action 5)	<ul style="list-style-type: none"> • Schools@onedarlington strategy • Individual school improvement and development plans 	<ul style="list-style-type: none"> • Secondary pupil progress outcomes improve (Annual DFE school performance tables) • More pupils are in provision that is rated Good or above (Annual Ofsted Inspection data)
Improve aspirations of all pupils to achieve their full potential including those eligible for free schools meals and those who need to be stretched and challenged. (Priority actions 5 and 6)	<ul style="list-style-type: none"> • Darlington's <u>DRAFT</u> Strategy for Special Educational Needs and Inclusion 2017 to 2020 • Child Care sufficiency plan • Individual School development/Improvement Plans 	<ul style="list-style-type: none"> • Secondary pupil progress outcomes improve (Annual DFE school performance tables) • Inspection outcomes • Pupil progress outcomes
Improve school attendance. (Priority action 5)	<ul style="list-style-type: none"> • Early Help Strategy • LAC Virtual Head Action Plan? • Behaviour & Attendance Partnership • 16-19 Participation Strategy 	<ul style="list-style-type: none"> • Both unauthorised and persistent absence decreases (Annual DFE data (LAIT))
Reduce the number of fixed term exclusions. (Priority action 5)	<ul style="list-style-type: none"> • Darlington's Strategy for Special Educational Needs and Inclusion 2017-2020 • Commissioning 2016-2020 • Behaviour and Attendance Partnership Strategy/plan 	<ul style="list-style-type: none"> • Fixed term exclusions decrease (Annual DFE data (LAIT))
Ensure our children who are looked after and those leaving care are able to access high quality placement provision, health services and learning opportunities.	<ul style="list-style-type: none"> • LAC Strategy and Looked After Sufficiency Strategy 2017-2020 • Accommodation Strategy for Vulnerable Young People 2015. 	<ul style="list-style-type: none"> • The number of care leavers who are NEET decreases (Annual return)

(Priority actions 5 and 6)	<ul style="list-style-type: none"> • Commissioning Strategy • Tees Valley Youth Employment Initiative • Step Forward Tees Valley 	
Reduce the number of 16-24 year olds out of work. (Priority action 6)	<ul style="list-style-type: none"> • Darlington Education, Employment and Skills (EES) Board • TVCA EES Board and Tees Valley worklessness initiatives, such as the youth Employment Initiative • Step Forward Tees Valley 	<ul style="list-style-type: none"> • Youth Benefit Claimant count decreases • (NOMIS data)
Increase the proportion of children accessing services which are judged by Ofsted to be “good or better” (Priority action 5)	<ul style="list-style-type: none"> • Individual School and Provider Improvement and Development Plans 	<ul style="list-style-type: none"> • More young people are in provision that is rated Good or above (Annual Ofsted Inspection data) • Inspection reports
Ensure that children, young people and families receive services from a more stable and skilled workforce. (Priority action 7)	<ul style="list-style-type: none"> • Workforce Strategy 2016-20 	

Ambition 4 - Empowering families to be resilient and to achieve economic wellbeing

Outcome

- Fewer children live in poverty

Key actions 2017-22	How will we achieve this?	How will we know?
Reduce the impact of Welfare Reforms and Universal Credit on those children living in income-deprived households. (Priority actions 4 and 7)	<ul style="list-style-type: none"> • One Darlington Perfectly Placed • Preventing Homelessness Strategy 2018-22 • 16-17 Joint Housing Protocol • Accommodation Strategy for Vulnerable Young People 2015-2018 • 2016 Child Care Sufficiency Action Plan • Step Forward Tees Valley • Tees Valley Youth Employment Initiative • Economic Strategy for Darlington 2012 – 2026 • DBC Money Advice and Energy Advice Service • CAB services including Social Fund and Food Banks • Existing Holiday Hunger Projects 	<ul style="list-style-type: none"> • Performance Management Framework (PMF)
Increase the take up of early education places for eligible 2 year olds.	<ul style="list-style-type: none"> • 2016 Child Care Sufficiency Action Plan 	<ul style="list-style-type: none"> • Performance Management Framework (PMF)

(Priority actions 4, 5 and 7)		
Ensure sufficient free 30 hour child care places by Sept 2017 for eligible parents. (Priority actions 4, 5 and 7)	<ul style="list-style-type: none"> • 2016 Child Care Sufficiency Action Plan 	<ul style="list-style-type: none"> • Performance Management Framework (PMF) • Demonstrating sufficiency • Parental feedback
Improving the level of participation by children, young people and families in the development and design of services. (Priority action 7)	<ul style="list-style-type: none"> • LAC Strategy and Looked After Sufficiency Strategy 2017-2020 • Participation Strategy • Durham Constabulary Strategic Assessment 2016 • Youth Justice Plan 2016-17 • DBC Communication and Consultation Strategy 	<ul style="list-style-type: none"> • Performance Management Framework (PMF)
Ensure that children, young people and families receive services from a more stable and skilled workforce. (Priority action7)	<ul style="list-style-type: none"> • Workforce Strategy 2016-20 	<ul style="list-style-type: none"> • Performance Management Framework (PMF)

References

- Darlington's DRAFT Strategy for Special Educational Needs and Inclusion 2017 to 2020
- Darlington Children & Young People's Plan 2014-17
- Child Care Sufficiency Review 2016
- Mental Health and Wellbeing for Children and Young People in Darlington; Annual report of the Director of Public health 2016
- Children and Young People's Mental Health and Wellbeing Transformation Plan: October refresh 2016
- JSNA Executive Summary 2016
- CYP National Strategy 2016 (Local implementation)
- Durham Constabulary Strategic Assessment 2016
- LAC Sufficiency Assessment and Commissioning Strategy Action Plan
- Darlington Safeguarding Children's Board Business & Improvement Plan 2016-19
- Early Help Delivery Model
- Local Motion Sustainable Transport Programme
- One Darlington: Perfectly Placed 2008-2026
- Economic Strategy for Darlington 2012 – 2026
- Youth Justice Plan 2016-17
- Looked After Children Strategy and Looked After Sufficiency Statement 2017-20
- Domestic Abuse Commissioning Strategy 2015
- Ofsted Inspection Improvement Plan 2015
- Workforce Strategy 2016-20
- Darlington Borough Council Healthy Lifestyles Survey (annual) 2009-2017
- One Darlington: Perfectly Safe (Darlington's Community Safety Plan 2015 - 2020)

- Queerfutures 2016 summary report
- Stonewall school report 2017

Appendix One

Looking Back

Children and Young Peoples Plan 2014-17 – progress against priorities

CYPP Priority 1

Assessing the impact of early help services in giving children and young people the best start in life, including getting the necessary skills to move into employment or further training.

- **Rolling out the Indicators of concern procedures to all agencies**

This is fully implemented. The Indicators of Concern documentation has been reviewed and revised. The revised Continuum of Need Level Indicators plus Additional Guidance was published via the Local Safeguarding Children Board in October 2014 to all agencies and is available on the internet.

- **Implementing the Troubles Families programme**

Troubled Families programme Phase one (2012-2015)

Nationally the programme was required to 'turn around' the lives of 120,000 families and in Darlington the lives of 275 families. Darlington was 100% successful in achieving the Government's target. Success was achieved by getting children back into school, reducing youth crime and anti-social behaviour and supporting the adults in the family to secure sustainable employment.

Troubled Families Extended Programme (2015-2020)

The extended programme aims for significant and sustainable progress to be made with 400,000 families nationally and 930 in Darlington by focussing on a greater range of problems. There are 6 headline areas: parents and children involved in crime and anti-social behaviour; children with poor school attendance; children subject to a Child Protection, Child in Need or Early Help plan; workless or financially excluded adults in the family; young people at risk of wordlessness; families affected by domestic violence or abuse; and health problems including mental health, substance misuse and physical health needs.

In both programmes Darlington Borough Council staff have used, and are using, a whole family approach which considers the needs of all family members and the impact of their needs on each other. A lead worker is appointed to co-ordinate services, minimise duplication, ensure there is an effective team based around the family and provide a single

point of contact. A comprehensive plan is put in place based on a full picture of the family's needs with robust targets and measurable outcomes.

As of January 2017 the programme has worked with 431 families (46.5% of target), successfully made 122 (13.2%) payment-by-results claims and are on track to meet the target of achieving significant and sustained progress with 930 families by March 2020.

- **Supporting all schools to achieve external judgements of at least 'good'**

The proportion of Darlington schools rated as good or outstanding fell from 88% to 85% from August 2015 to August 2016. These figures hide a disparity across sectors with primary at 89% good or outstanding but secondary with only 57% of the schools judged to be "good" or "outstanding".

Academies that are judged by Ofsted as requiring improvement or inadequate are the responsibility of the Regional Schools Commissioner. The Regional Schools Commissioner (RSC) will address underperformance in academies on behalf of the Secretary of State as detailed in the Schools Causing Concern Guidance which was published in March 2016. The RSC will broker additional support and challenge as appropriate.

CYPP Priority 2

Safeguarding children and young people from harm, with a focus on dealing with risk taking behaviours as well as on community safety

- **Investigating the profile of self-harm**

Darlington Safeguarding Childrens Board (DSCB) focussed on self-harm as a priority during the period 2015-16 with an aim to work with partner agencies to improve multi-agency practice.

A better understanding was obtained of the prevalence of self-harm in Darlington, due to a sharing of soft intelligence such as data and audits provided by education settings which identified it was an issue. The group also recognised the reporting of self-harm is complicated as not all young people present to hospital. It was therefore recognised there needed to be a more robust process in place to better understand the prevalence and to provide support to practitioners when a young person presents with concerns about self-harm or contemplating suicide. A self-harm and suicide pathway was developed for use across the whole of Darlington workforce with input from a broad range of agencies including mental health services. The pathway will provide professionals with appropriate guidance and referral pathways as well as useful contact details. Work is on-going to establish appropriate performance data to report into Board.

- **Supporting education settings to deal with self-harm and with child sexual exploitation**

As highlighted above, schools will be able to use the self-harm pathway to signpost and support students who present with self-harm and suicide issues. Schools were involved in the review process.

Support is provided to schools by a designated officer who is a member of the LSCB Prevention from Harm, and Missing and Sexually Exploited Children (MEG) sub groups. Advice is given on individual cases and the designated officer acts as a conduit for schools.

All schools have been offered Mental Health First Aid and Mindfulness training for schools as part of the Children and Young People's Mental Health Transformation Plan, supported by a successful Innovation bid to Health Education England (supports mindfulness in schools project only). Schools have also been offered grant funding to implement peer support projects, and are supporting schools that are identified through the Healthy Lifestyle Survey to implement e-safety projects.

Darlington Minds Self Harm Project is also providing awareness sessions to young people, aged 11-18 years in schools, colleges and youth clubs, through externally secured funding.

Discussions are taking place to make existing CAMHS training available to all schools in Darlington.

DSCB undertook a mapping exercise to establish a baseline view of what was on offer in Darlington for CSE and to assess whether there were any gaps.

CSE and e-safety training is provided as part of the multi-agency annual training programme and is facilitated by external sources.

The Department for Education updated the national guidance for schools, "Keeping children safe in Education" which identified and incorporated further information on child sexual exploitation.

DSCB commissioned a theatre group entitled 'Chelsea's Choice' to deliver CSE awareness-raising aimed at secondary school -aged children and young people.

A conference held for children and young people in the summer of 2016, was attended by a group of children from each secondary school in Darlington; children were asked to cascade messages to the children back at their schools.

CSE Champions are being identified within each school in Darlington. The champions will be raising awareness of CSE with staff, parents, pupils and governors and have been provided with a package to support them with this.

The Ofsted report dated 1/9/15 evidenced that Darlington have in place a multi-agency response to child sexual exploitation and is reducing risk for many children and young people and, in cases seen, front-line practice is well-coordinated with effective work evidencing reduced risk.

A thorough mapping exercise earlier in the year evidenced the improved use of intelligence, leading to the earlier identification of potential victims. This work also identified specific high risk areas of the town, particularly public parks, and these are now targeted for patrols by police community support officers. Risks posed to children are assessed using a clear 'CSE matrix', which is widely disseminated and used routinely by front-line professionals

A dedicated child sexual exploitation worker provides one-to-one support for children at high risk and supports key workers for the other children. Direct work is focused on reducing risk and practitioners effectively target young people who are hard to engage

The number of children assessed as vulnerable to child sexual exploitation has remained stable over the last two years. There were 27 cases in 2013–14, 32 in 2014–15 and there are currently 25 known cases of on-going work with children at risk of child sexual exploitation. The local authority knows these children and young people well.

Ofsted identified that Multi-agency front-line practice to respond to missing children and sexual exploitation is mostly well-coordinated through the Missing and Exploited Group (MEG) and that the MEG effectively links child sexual exploitation activity to missing from home and care data but did recognise that more needs to be done to raise awareness of the risk of child sexual exploitation in schools and the community.

- **Taking action to reduce non-accidental injury leading to hospital admission**

The rate of admissions to hospital for unintentional or deliberate injuries in Darlington of young people is decreasing. Since 2014 Darlington rates of admissions have remained statistically similar to the North East region.

Strong multi-agency working is in place to keep families safe. Early identification of children and young people at risk of harm is undertaken through the First Response Team and Children's Access Point (CAP) teams in social care. The Common Assessment Framework (CAF) is used by agencies to refer concerns to Children's Social Care along with raising awareness amongst professionals and public with training rolled out to partner agencies.

Since April 2014, Public Health had responsibility for Health Visiting and the School Nursing Service embodied within a new 0-19 service contract with Harrogate and District Foundation Trust. Darlington Borough Council has included within the 0-19 service contract, 'reducing hospital admissions caused by accidental and deliberate injuries in children' within the list of outcomes that are expected from the service. Health Visitors now follow up A+E notifications which are received by the 0-5 service as part of the 0-19 Healthy Child Pathway."

Tees Esk and Wear Valley Children and Young People liaison, crisis and intensive home treatment service is commissioned to support this priority area.

The LSCB monitors incidents of non-accidental injury leading to hospital admission through its sub-groups providing a multi-agency overview of the issues relating to non-accidental injury and hospital admission.

- **Promote strategies to support emotional health and well-being**

There are a range of activities which contribute to supporting emotional health and well-being for children and young people. Since 2009, Darlington has conducted the Healthy Lifestyles Survey among schools, using a social norms approach to collate behaviours and perceptions among pupils. The data collected is anonymous in order to encourage pupils to give honest answers. This data is then used by a wide variety of groups to inform strategic planning and practice, as well as used and valued by the individual schools to create targeted PSHE priorities.

During the summer term 2015 an additional survey of schools was undertaken as part of the work developing the Children and Young People's Mental Health and Well-being Plan. This provided a better understanding of what schools have in place to support pupils.

A Therapeutic Social Work Service has been developed to respond to the additional needs of the Children who are looked after by the local authority and children who are assessed as being in need; this service is designed to enhance the existing offer from the local Child and Adolescent Mental Health Service (CAMHS) commissioned by Darlington Clinical Commissioning Group(CCG).

Following the publication of Future in Mind, the Darlington Children and Young People Mental Health and Wellbeing Plan 2015-20 was developed. As part of that plan a Mindfulness programme was commissioned for primary and secondary schools. In addition 64 members of staff working with children and young people became fully trained mental health first aiders working in schools and community settings.

A successful funding bid to Health Education England (HHE) has enabled us to deliver Theraplay training to 36 members of staff which focuses on the development of positive and nurturing relationships through play

Darlington has seen a huge investment in Childrens art and theatre through multi million pound Hullabaloo Centre in addition to the refurbishment and development of the Hippodrome Theatre. Collaborate working has also commenced between the local authority commissioning function and the local cultural offer.

- [A school-led action plan to tackle hate crime, including racism and homophobia](#)

A training session for all schools was held in November 2014 using the Department for Education's Anti-bullying package.

In addition, 32 of the 33 schools can demonstrate how they respond in the instance of homophobia and hate crime.

Darlington Mind were successful in bidding for funding to deliver a self-harm preventions project through a BBC Children in Need application

Schools undertake surveys to measure children's attitudes that are homophobic and one school organised a specialist lesson to address this as a result of findings from a survey they had recently undertaken. To address hate crime, schools have display boards as an example to promote differences between people.

Individual schools are required to fulfil their statutory obligations under the Equality Act 2010 which includes developing a plan addressing issues and challenges for the school community in relation to the nine Protected Characteristics. Equality and diversity is monitored as part of the Schools' Inspection regime by Ofsted and through individual schools' Governing Bodies.

CYPP Priority 3

Effectively engaging children and young people in the design of their services

- **Developing protocols for service co-production**

Darlington works with neighbouring Tees Valley authorities and other in the Northeast region and has developed frameworks for residential and advocacy services which involved young people in their development.

Locally Darlington has been very active and involved children and young people who are looked-after by the Council through the Darlo Care Crew. The Care Crew has influenced changes to services and improved involvement of young people e.g. working regionally, nationally and internationally with other young people to improve services and outcomes, developed and reviewed the Pledge to children and young people who it looks after; and negotiated a leisure offer for all children looked-after by the Council.

The North East Regional Participation Officers group is exploring the opportunity to work together to draw up a set of protocols for the involvement of young people in commissioning going forward.

Most schools in Darlington operate a schools council as an excellent way of ensuring that children are consulted about issues that affect them; are involved in steering the direction of the school and learn about taking responsibility and developing skills.

Role of the Youth MP

Darlington has a Youth Partnership, the aim of which is to take forward issues that children and young people from the Borough of Darlington have identified and to campaign for change to happen. The Youth Partnership aims to ask for their opinions on the important things going on in Darlington, whether it is new town developments, cuts to public spending or youth activities. We have an elected Youth MP who recently published her manifesto which included the following priorities.

These are:

- Transport prices- reduce public transport costs for 16-18 year olds
- Mental health- raise awareness and support for Mental Health: A recent Mental Health survey by Healthwatch Darlington (2016) included concerns over waiting times and children and young people not feeling that they were actually helped once accessing the services. 61% of our children and young people survey users told us they don't think there is enough information available for young people about mental health services

Following the report a number of changes to processes to improve our responsiveness to referrals and been implemented. A single point of access for all referrals was introduced in August 2016, whereby all referrals that require the camhs service have a full assessment (either by telephone or face to face) within 4 weeks. This has led to a sustained improvement in waiting times to ensure that 95% of referrals meet the 4 week target. The service has also introduced self-referral and is doing further work with GPs and schools to encourage this.

Darlington CCG has funded an extra PMHW who will be in post to support access into service and the work with GPs and schools. The most recent report at the end of July shows that 97.83% of those who responded were satisfied with the service

- Work experience- increase availability of work experience for young people

CYPP Priority 4

Narrowing the attainment gap so that all children and young people achieve their potential

- **Securing all school support to prioritise narrowing the gap in outcomes**

A review of annual data for schools 2015 has identified areas of good practice which will be used to form the basis of shared learning across the borough. All schools in Darlington are signatories to schools@onedarlington and work together to improve outcomes for all children and young people.

The inequality gap in achievement at end of reception and key stage 2 has narrowed slightly but is still higher than the England average. The inequality gap in attainment of Level 2 qualifications by the age of 19 has also narrowed and is better than the England average. At key stages 1 and 3, however there is still a significant gap.

The percentage of Darlington's Early Years settings that require improvement has been reducing year on year, with 93% of settings judged to be "good" or "better" by Ofsted.

The percentage of eligible 2 year old children benefiting from attending funded early years education with a "good" or "outstanding" Ofsted rated provider is below national, regional and statistical neighbour. However an increasing percentage of 3 and 4 year old children are benefiting from attending funded early years education with a "good" or "outstanding" provider which is above the national average.

How have we performed – some facts and figures

- * The percentage of children achieving a good level of development in early years is the same as national and above regional and statistical neighbours – almost 70%
- * 16-18 year old NEET figures (2015 - 6.4%) are continuing to fall, although still higher than the national average of 4.2%.
- * Apprenticeships starts have increased at a greater rate than across the North East 1,340 in 2014/15 to 1,700 in 2015/16, an increase of 26.9% compared with an 8.5% increase across the North East.
- * The educational achievement gap at Foundation Years and Key Stage 2 has narrowed. Early Learning Goals has narrowed by 2.6% in Darlington compared with only 0.7% in England. The achievement of KS2 level 4 (reading, Writing and Maths) for disadvantage pupils increased from 66% to 74% in Darlington between 2014 and 2015. (England Ave 70%). For non-disadvantaged pupils the results fell slightly from 89% to 88% (England Ave 85%). Overall the inequality gap closed by 9%.

- * Under 18 conceptions are lower than the North East average – Darlington 26.8% compared with North East 30.2%
- * Levels of family homelessness are significantly lower than the nation average – Darlington 0.2% compared to England Ave 1.8%
- * First time entrants to the Youth Justice System are continuing to fall – Darlington 347.1 compared to England Ave of 409.1 per 100,000
- * The progress of pupils between Key Stage 2 (7 – 11 years) and Key Stage 4 (14 – 16 years) needs to improve.
- * The educational attainment of pupils eligible for free schools meals is below the national average – Darlington 16.1, National 12.7
- * Educational attainment worsens between primary school age and secondary school age
- * Breastfeeding rates are lower - Darlington 34.2%, National Ave 43.8% and smoking rates at the time of delivery are higher than the national average – Darlington 19.6% National Ave 11.4%.
- * Admissions to hospital as a result of self-harm are higher than the national average – Darlington 526.8 compared with National Ave 398.8 per 100,000
- * Alcohol related admissions are falling but remain higher than the national average – Darlington 84.8 compared with National Ave 40.1 per 100,000.
- * The proportion of children living in income-deprived households since 2007 illustrates an increase in relative child poverty – Local 20.6% compared with England Ave 18.6%
- * The number of 18 – 24 year olds out of work is higher than the national average