

A close-up photograph of two hands clasped together, one appearing to be an adult's hand and the other a child's. The background is a soft, out-of-focus bokeh of yellow and green light spots, suggesting an outdoor setting with sunlight filtering through leaves. The hands are the central focus, with the adult's hand on the right and the child's on the left.

together for  
children  
SUNDERLAND

Sunderland  
City Council

# Sunderland Prevention Offer

for children and young people



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# Introduction

Prevention is about supporting all children and young people to grow up happy, healthy, safe and resilient, by providing them with the knowledge and skills they need to manage the opportunities and challenges that may come their way.

Prevention is a key principle of children's safeguarding: It is better to take action before harm occurs. The Sunderland Prevention Offer has been developed to support professionals working with children and young people in educational and community settings.

From September 2021, it is a statutory requirement to provide Relationships and Health Education in primary schools and Relationship and Sex and Health Education in all secondary schools in England (RSHE). Many schools are already offering high quality RSHE that covers, and exceeds, statutory content. The content of schools RSHE curriculum should support the wider work of schools in helping foster pupil wellbeing and develop resilience.

[Keeping Children Safe in Education 2021](#), states that all staff should be prepared to identify children who may benefit from early help. Early help means providing support as soon as a problem emerges at any point in a child's life, from the foundation years through to the teenage years. As professionals, "You should also be aware of the boundaries and limitations of your role"; although you may not be the expert, remember young people often require a listening ear. You will then be able to support them to navigate the system and ensure they are supported into the appropriate specialist services and support.

The Sunderland Prevention Offer for children and young people provides information on universal and targeted services available in the city that can offer early intervention or specialist support to reduce or prevent problems or issues from getting worse and bring in the right support at the right time to meet young people's needs.



All organisations across the city that work with children and young people can access support or make referrals for individuals or groups of children and young people who may be at risk of and/or engaging in risk taking behaviours that could impact on their physical and mental health, wellbeing and personal safety.

The document is broken down into 4 themed areas and also highlights what key stage in education the services can work with, the themes include:

Theme 1 Staying safe and personal development

Theme 2 Mental health and wellbeing

Theme 3 Drugs, alcohol and smoking

Theme 4 Maintaining a healthy weight

Please note these services are not a replacement for delivering schools statutory duty for RSHE, they are there to offer specialist support and enhance a schools offer when a targeted intervention is required or a new and emerging issue arises in relation to health, wellbeing and risk-taking behaviour.

## Theme 1: Staying safe and personal development

<p><b>Growing Healthy Sunderland, 0-19 Public Health Service</b></p>	<p>Growing Healthy Sunderland, 0-19 Public Health Service provides a range of health promotion services to children and their families. Key themes for the school population are identified using health profiling, bringing together local intelligence and relevant public health data to identify the needs of the school population.</p> <p><b>Prevention:</b> The universal offer aims to support young people and families to make positive choices about health-related behaviours; the service delivers universal health promotion sessions relating to staying safe, healthy relationships &amp; sexual health. Sessions aim to provide information and techniques to support health and wellbeing through adopting health enhancing behaviours and choices.</p>	<p>Referrals to the service can be completed on the attached form and sent to <a href="mailto:spoc.hdfstunderland@nhs.net">spoc.hdfstunderland@nhs.net</a> speak to a school nurse or make a referral contact the Single Point of Contact Tel: 03000 031552</p> <p>Young People and Parents can speak to a school nurse in a virtual clinic via the link below:  <a href="https://nhs.vc/sunderland-school-nurse-drop-in">https://nhs.vc/sunderland-school-nurse-drop-in</a></p>
<p><b>KS1, KS2 KS3 and KS4</b></p>	<p><b>Targeted:</b> Growing Healthy Sunderland provide additional targeted support and guidance to those identified as having additional need or who are at risk; young people, parents/carers can self-refer to the service and partner agencies can refer to the service using the referral form. The service assists young people to access specialist services and plan coping strategies to prevent further ill health, relapse.</p>	<p>For more information visit:  <a href="https://www.facebook.com/GrowingHealthySunderland/">https://www.facebook.com/GrowingHealthySunderland/</a>  <a href="https://www.hdf.nhs.uk/services/childrens-services/growing-healthy-sunderland/">https://www.hdf.nhs.uk/services/childrens-services/growing-healthy-sunderland/</a></p>
<p><b>Anti-Bullying (Together for Children)</b></p>	<p>Together for Children works with schools, young people, parents and any professionals to offer support, resources and inspiration to support the anti-bullying agenda across Sunderland.</p> <p><b>Prevention:</b> Prevention work can be delivered by the Anti-bullying lead either in a group setting or on a one-to-one basis. This work will help young people identify what bullying is and the resources/pathways and interventions available to use.</p>	<p>The Anti Bullying referral form is available on the Together for Children website which is processed via EHAAT.</p> <p>Direct contact can be made with the Anti Bullying Lead to discuss referrals - Wendy Coghlan  <a href="mailto:Wendy.Coghlan@togetherforchildren.org.uk">Wendy.Coghlan@togetherforchildren.org.uk</a></p>
<p><b>KS1, KS2 KS3 and KS4</b></p>	<p><b>Targeted:</b> Referrals can be made by schools and health services to request specific support for young people experiencing bullying issues. Direct work will be undertaken on an individual basis.</p>	
<p><b>Anti-Bullying Charter Mark</b></p>	<p>The Anti-Bullying Charter Mark is a tool created by young people to help schools and other establishments showcase the work they do to prevent bullying. Awarded by young people, it involves the whole school community in bringing about positive change.</p>	<p><a href="https://www.togetherforchildren.org.uk/services/anti-bullying-charter-mark">https://www.togetherforchildren.org.uk/services/anti-bullying-charter-mark</a></p>
<p><b>KS1, KS2, KS3 and KS4</b></p>		

## Theme 1: Staying safe and personal development

<p><b>Brook</b></p>	<p><b>Targeted:</b> Brook deliver targeted outreach and educational services across Sunderland for young people aged 11-18 (up to 25 years for young people with special educational needs). Work can be delivered 1-1 or in a group setting. These services will promote healthy relationships and an understanding of acceptable behaviours and attitudes in relation to relationships and sexual health.</p> <p>Brook's offer includes work with young people to support the prevention of teenage pregnancies, second pregnancies and post pregnancy choices.</p> <p>Brook's programmes have been developed to reduce risk-taking behaviour by addressing relationships, attitudes and values, consent, protective behaviours and self-esteem.</p>	<p>Brook accepts referrals from a wide range of sources including Together for Children, schools, colleges, training providers, youth and community projects, youth offending service, youth drug and alcohol project and sexual health services across Sunderland.</p> <p><a href="https://www.brook.org.uk/outreach-and-education/outreach-sunderland/">https://www.brook.org.uk/outreach-and-education/outreach-sunderland/</a></p> <p>Direct contact can be made with Joanne Henderson to discuss requirements for group work or any 1-1 referrals- joanne.henderson@brook.org.uk</p> <p>Referrals can be sent to sunderland.education@brook.org.uk</p>
<p><b>KS2, KS3 and KS4</b></p>		
<p><b>Together for Children Careers and NEET Service</b></p>	<p>Together for Children (TfC) Careers and NEET Service provides independent, impartial careers education, information, advice, and guidance (CEIAG) to pupils and young people aged 13 to 18 who are identified as belonging to a 'vulnerable group' and to those between 19 and 25 with an Education Health and Care Plan (EHCP), to enable schools to meet their statutory responsibilities under the Education Act 2011. This targeted support is aimed at ensuring that the most vulnerable young people are supported into employment, education, or training post 16 or as they make their transition to adult life.</p> <p>The qualified and experienced TfC Careers and NEET Advisers can support pupils to make positive choices about their futures and help them overcome barriers to progression. TfC Careers and NEET Advisers have detailed local knowledge of post 16 provision, including 6th forms, training providers, apprenticeships, college, and employment opportunities.</p>	<p>Contact the Careers and NEET Service Sunderland on 0191 561 4084 or email YP.careers@togetherforchildren.org.uk</p> <p><a href="https://www.togetherforchildren.org.uk/children-young-people/careers-and-neeet-service">https://www.togetherforchildren.org.uk/children-young-people/careers-and-neeet-service</a></p>
<p><b>KS4</b></p>		
<p><b>Northumbria Police</b></p>	<p><b>Prevention:</b> The lessons Northumbria Police deliver link into the RSHE curriculum, so that young people get maximum benefit from the input. These customised sessions cover a range of topics including: Criminal Exploitation; Sexual Exploitation; Healthy Relationships; Mental Health; and Harmful Practices (Drugs and Alcohol)."</p>	<p>Our Community Safety Advisers are very flexible and can work closely with schools to understand the needs of their students. The community safety advisors also work at the Safety Works! Facility.</p>
<p><b>KS1, KS2 KS3 and KS4</b></p>		<p>school.liaison@northumbria.pnn.police.uk</p>

## Theme 1: Staying safe and personal development

<p><b>RSHE Team (Together for Children)</b></p>	<p><b>Prevention:</b> The RSHE team deliver preventive work to children and young people across Sunderland aged 8 to 18 years (up to 25 if they are care experienced or SEND). The purpose of the preventive work is to prevent teenage pregnancies, unhealthy relationships, unsafe online use and CSE and grooming.</p> <p><b>Targeted:</b> Targeted work can be delivered 1-1, group work or outreach. The RSHE team can deliver high impact work to ensure children and young people can build their knowledge and confidence on making sound decisions around the following:</p>	<p>The RSHE team work with young people aged 8 to 18 years (up to 25 years for young people with special educational needs). Referral information can be found at: <a href="https://www.togetherforchildren.org.uk/professionals/relationship-health-sex-education-rhse">https://www.togetherforchildren.org.uk/professionals/relationship-health-sex-education-rhse</a></p>
<p><b>KS2, KS3 and KS4</b></p>	<p>Sexual health; Sex and the Law; Consent; Healthy relationships; Self-esteem; Online safety; LGBTQ+ and CSE and grooming.</p>	
<p><b>Sunderland Integrated Sexual Health Service (South Tyneside and Sunderland NHS Foundation Trust)</b></p>	<p>Sexual Health is an integral part of overall health, well-being and quality of life. Sexual and reproductive health (SRH) care does not just cover the provision on contraception and the treatment of sexually transmitted infections. It supports sexual well-being, irrespective of an individual's background, sexual orientation or gender identity. It begins with education and ends with encouraging post reproductive health across a person's life span</p> <p><b>Prevention:</b> Sunderland Integrated Sexual Health Service Outreach Team offers a universal offer to secondary schools across the city. To support the delivery of RSHE curriculum on subjects including, contraception, sexually transmitted infections and promoting access to sexual health services locally. The team co-ordinate and deliver the Sunderland C-Card Scheme.</p> <p><b>Targeted:</b> The Young Person Contraceptive Nurse identifies those young people who are at high-risk of pregnancy and provides support and education with regards to contraception and sexual health within outreach settings, including children's</p>	<p><a href="https://www.sunderlandsexualhealth.nhs.uk/services/contraception/whats-available">https://www.sunderlandsexualhealth.nhs.uk/services/contraception/whats-available</a> Telephone: 0191 569 9966</p>
<p><b>KS3 and KS4</b></p>	<p>homes/schools/colleges, with a particular focus on at-risk groups who may not access mainstream services.</p>	
<p><b>Wear Kids (Together for Children)</b></p>	<p><b>Prevention:</b> Preventative work focuses on preventing/reducing anti-social behaviour in the community. Wear Kids is a voluntary intervention delivered 1-2-1 referrals considered from 9.6 years - 17 years not previously known to Criminal Justice System</p> <p><b>Targeted:</b> Referrals from multi agency/professionals for young people of concern displaying ASB in the community. Intervention plans are individualised to each young person.</p>	<p>A screening tool is available on the TOGETHER FOR CHILDREN Hub which can be completed by Early Help Workers, Schools and External Agencies. This acts as the referral form; alternatively contact Julie Simpson via email <a href="mailto:julie.simpson@togetherforchildren.org.uk">julie.simpson@togetherforchildren.org.uk</a></p>
<p><b>KS2, KS3 and KS4</b></p>	<p>Wear kids undertake assessment of needs and risk underpinning behaviour.</p>	

## Screening/assessments/pathways

<p><b>Growing Healthy Sunderland, 0-19 Public Health Service</b></p>	<p>Assessments:</p> <ul style="list-style-type: none"> <li>School Health Profiles</li> <li>Year 6 Health Questionnaire - Parent/Carer</li> <li>Year 6 Health Questionnaire Young person</li> <li>Assessment of Gillick/Fraser competence</li> <li>Screening for sexual health - Chlamydia Screening</li> <li>Holistic Family Needs Health Assessments (FNHA) &amp; risk assessment of Adverse Childhood Experiences (ACE's)</li> <li>Emotional resilience assessment (Warwick Edinburgh)</li> <li>Pre assessment to paediatrics</li> <li>Assessment for risk of Child Sexual Exploitation (CSE)</li> </ul>
<p><b>Anti-Bullying (Together for Children)</b></p>	<p>A referral is received and processed via EHAAT.</p> <p>If EHAAT feel this family could benefit from an Early Help Worker, they will be allocated at this stage and contact the Anti Bullying Lead for support if required.</p> <p>If the referral does not require Early Help intervention it will be forwarded direct to the Anti Bullying Lead and they will contact the family direct.</p> <p>Support is provided to parents who feel they have not been supported by the school with regards to bullying issues. Direct contact is made with the parent and meeting is arranged with all professionals in School to pull together a plan around the young person.</p>
<p><b>Brook</b></p>	<p>Referral form is completed. All young people complete Warwick-Edinburgh Mental Well-being Scale (WEMWBS) completed during each 1:1 programme to ascertain impact. Evaluations completed with all group sessions to gather young person feedback.</p>
<p><b>RSHE Team</b></p>	<p>The RSHE Team complete multiple assessments:</p> <ul style="list-style-type: none"> <li>• Assessment of Gillick/Fraser competence</li> <li>• Safeguarding assessment</li> <li>• MSET (Missing, Sexually, Exploited and Trafficked)</li> <li>• AIM Assessment (The AIM Project: Revised Assessment Framework for Restorative Approaches to Adolescent Harmful Sexual Behaviour)</li> <li>• An initial assessment is completed with the child or young person to ensure their voice is heard on what they would like to learn about within the RSHE sessions. During the initial assessment sexual health needs are discussed with 13+.</li> </ul>
<p><b>Sunderland Integrated Sexual Health Service Outreach Team and Young Persons Contraceptive Nurse</b></p>	<p>The team complete an assessment of young person individual needs this includes:</p> <ul style="list-style-type: none"> <li>• Assessment of Gillick/Fraser competence and any safeguarding concerns.</li> <li>• Screening for sexual health- Chlamydia Screening</li> <li>• Assessment for risk of Child Sexual Exploitation (CSE)</li> <li>• Contraceptive needs</li> </ul>

## Screening/assessments/pathways

### Wear Kids

Screening Tool - On Together for Children Hub to be completed by referrer and acts as referral form

On receipt of Acceptable Behaviour Agreement (ABA) from Neighbourhood teams

Direct contact by Police for children of with emerging Anti Social Behaviour (ASB) behaviour

You Only Live Once (YOLO) and Operation Divan referrals

Holistic assessment completed onward referrals to specialist agencies as well as direct 1-2-1

Anti Social Behaviour (ASB) work

Eligible young people not previously known to Criminal Justice system

Wear Kids leaflet given to young people and parents

## Education and interventions

<p><b>Growing Healthy Sunderland, 0-19 Public Health Service</b></p>	<p>Growing Healthy Sunderland deliver drop-in sessions in the community and in schools providing health promotion in relation to staying safe and behaviours which pose risk to health and wellbeing. The drop-in sessions are offered face to face in schools and community venues and also via virtual platforms. Health promotion at the drop in sessions includes information regarding sexual health, contraception, fertility, personal safety, healthy relationships and bullying, and risk-taking behaviours.</p> <p>The service deliver C Card sign up and distribution, pregnancy testing and sexual health screening.</p> <p>The service offers educational group sessions and one to one support where needs are identified through referral and school health profiles. The service provides group sessions targeted at a particular topic and year group where there are emerging needs.</p> <p>Puberty sessions are offered to all pupils in Years 5/6.</p> <p>Where Special Educational Needs and Disabilities (SEND) is identified, individualised needs are assessed and the service offer is delivered to address specific individual need. Practitioners from our SEND team work with families and partners to plan targeted intervention where Gillick or Fraser competence is not evidenced.</p> <p>Growing Healthy Sunderland practitioners support and complete onward referrals to Brook, Sexual Health Services, C Card Distribution points, Maternity services, &amp; GP's.</p> <p>Universal and targeted interventions are delivered by the Growing Healthy Sunderland Vulnerable Young People's Nurse and Growing Healthy Sunderland Emotional Resilience Team to small groups and during 1:1 intervention in the Pupil Referral Unit. Topics include sexual health, keeping safe &amp; managing risk-taking behaviour.</p> <p>Growing Healthy Sunderland Emotional Resilience Team offer Friend's programme regarding bullying, friendships, and healthy relationships.</p>
<p><b>Anti-Bullying</b></p>	<p>Prevention work can be delivered by the Anti-bullying lead either in a group setting or on a one-to-one basis. This work will help young people identify what bullying is and the resources/pathways and interventions available to use.</p> <p>Referrals can be made by schools and health services to request specific support for young people experiencing bullying issues. Direct work will be undertaken on an individual basis.</p>
<p><b>Brook</b></p>	<p>Brook will deliver targeted relationship and sex education (RSE) group sessions to young people in a range of settings including Pupil Referral Units. Topics include (but are not limited to):</p> <ul style="list-style-type: none"> <li>• Consent</li> <li>• Sexual Health Awareness</li> <li>• Condoms and Contraception</li> <li>• Sex and the Law</li> <li>• Healthy Relationships</li> <li>• Online and Digital Lives</li> <li>• Challenging Gender Expectations</li> </ul> <p>Brook will deliver tailored targeted one-to-one sessions for vulnerable young people who are identified as most at risk of poor sexual health and relationships outcomes. This includes:</p> <ul style="list-style-type: none"> <li>• abusive relationships</li> <li>• early indicators of abusive behaviour (pre-perpetrator behaviours)</li> <li>• those with multiple, complex needs such as Looked After Children.</li> </ul>

## Education and interventions

### Careers and NEETS Service TFC

TfC Careers and NEET Service CEIAG support for 'vulnerable' young people

The Department for Education provides no definition of what constitutes a 'vulnerable' young person. TfC Careers & NEET service has used detailed demographic knowledge of the locality to ensure that a balanced, objective definition is used to target support for students in areas of greatest need and have identified the following groups of year 11's in the main, who will receive support to make successful transitions and to remain engaged in learning:

- Young People with Education, Health and Care Plans at key transition stages (Year 8 or 9 and year 11, 13 or 14 if applicable)
- Children who are Cared for and Care Experienced at key transition stages in Year 8 or 9 and 11.
- Children on Early Help Plans who meet the Troubled Families 'financial exclusion' criterion (e.g. from workless households)
- Children on Child Protection (CP), Child in Need (CIN) Plans
- Young Offenders currently supported by the Youth Offending Service
- Pregnant teenagers, teenage mums and teenage dads involved in the upbringing of their child
- Young Carers (registered with the Young Carers Service)
- Gypsy, Roma, or those belonging to the Travelling Community
- Refugees and Asylum Seekers
- Children who are EHE, electively home educated (although parents do not have to take up the offer)

All Young People falling into the categories set out above will be entitled to access CEIAG support during Year 11 in order to secure successful transition into education, employment, or training opportunities (EET).

Specific support for SEN students

- Where appropriate, Careers & NEET Advisers will attend annual Education, Health and Care (EHCP) Reviews for Year 8 or 9 depending on when GCSE's options are chosen and Year 11, 13 or 14 if applicable (provided at least two weeks' notice is given)
- Careers & NEET Advisers will meet with students and/or parents prior to review for guidance interview and to gather information for EHCP report
- Careers & NEET Advisers will contribute to the Education, Health and Care Plan (EHCP) by providing a professional written report

Specific Support for Cared for and Care Experienced children and young people

- Careers & NEET Advisers will attend Personal Education Plan (PEP) meetings for children and young people Cared for and Care Experienced, in Year 8 or 9 and Year 11 (provided at least two weeks' notice is given) and will contribute to the action plan.
- Young people aged 18 and over will be supported through a named link Careers Advisor who will engage with Next Steps in-order to develop and further strengthen partnership working.

Specific Support for YOS Young people

- Named link Careers Advisor will engage with YOS in-order to develop partnership working to support the needs of young people engaged with YOS.

## Education and interventions

### Northumbria Police

KS3/4/5 Managing risk - An exciting set of lessons utilising virtual reality to immerse students in scenarios to help recognise the signs someone may need help. The lessons cover the topics of Child Sexual Exploitation, Coercive Control and Night-time Economy. Aimed at students aged 13+, delivered at Safety Works.

KS1 keeping safe – how the police help (online resource in development)

KS2 keeping safe – Risky behaviours downloadable workbook that provides a range of activities aimed to support young children understand risks as they begin to take part in interests and hobbies more independently from Parents and Carers. The activities allow for the child to think about their own experiences and reduce the risk to their own activities.

KS2 safe relationships, friendships. An interactive scenario-based lesson looking at Peer Pressure and consequences of crime. This lesson helps students to understanding pressures from peers and interfamilial pressures to participate in criminal and unsafe situations come from, how to recognise such behaviours and emphasising that young people have a choice. Lesson aimed at students aged 10-12 yrs, delivered at Safety Works!

KS2/3/4/5 safe relationships, managing risk, media literacy/digital resilience A programme of lessons designed to help students understand different aspects of Sexual Exploitation, recognise the signs and how to seek help. Topics include Positive relationships, Vulnerability, Consent, Grooming, Online exploitation, Sexual Health and Support through Criminal Justice System. Lessons are aimed at students aged 10yrs+. Lessons can be tailored to help meet students' needs and are delivered face-to-face.

KS3,4&5 managing risk, personal safety, social influences, bullying, abuse, discrimination A range of lessons covering topics such as County Lines, Organised Crime, Gangs and Knife Crime. The aim of the sessions is to assist students understand vulnerability, how Criminal Exploitation occurs, recognise the signs someone may be exploited for criminal purposes and access to support. "A Basic Awareness of County Lines" presentation available for home learning for students to work through prior to further detailed delivery.

### RSHE Team

The RSHE team deliver informal education to children and young people on the following topics:

- Sexual Health (including STIs and Contraception)
- Consent
- Delay
- Healthy Relationships
- Sex and the law
- Self-esteem
- Online safety (including accessing porn)
- LGBTQ+ (Including sexuality and gender)
- CSE and grooming

The RSHE team deliver interventions to children and young people who are displaying emerging harmful sexual behaviours.

This is delivered on a 1-1 basis, group work or outreach and can be tailored to suit the young persons needs.

Young people aged 13+ can self refer into the RSHE service or a referral can be made by a parent, carer or professional. An individual plan and assessment will be completed by the young person and their worker.

## Education and interventions

Sunderland Integrated Sexual Health Service Outreach Team and Young Person Contraceptive Nurse

### Outreach Team

**Prevention:** Universal offer to all school in Sunderland

Year 9 – Conception, Contraception, Accessing Local services, Confidentiality and what to expect if you visit. Sexual Anatomy Classroom based 1 hour

Year 10 - Local C card service, condom use. Emergency contraception. Assembly 20 minutes.

Year 11 - STI's and local, internet and remote testing. Assembly 20 minutes. Screening session during lunch or after school on premises.

Sessions for school or units with in schools that work with young people who need additional support.

Link with various programmes and interventions such as the National Citizenship programme to deliver interventions around sexual health.

School "drop down" health intervention days

**Targeted:** 5-week course:

- Consent and the law
- Risk taking
- Our bodies and feelings how they change
- STI's
- Contraception

Contact

David Messenger D.messenger@nhs.net 007342066768 0191 569 9966 ext 42812

Steve Emerson Steve.Emerson@nhs.net 07342066676 0191 569 9966 ext 42813

Young Person Contraceptive Nurse

A specialist, mostly targeted role that delivers targeted activity to help reduce poor sexual health outcomes for those under 25 and engagement with high risk groups, for example young parents, those with learning disabilities, asylum seekers and vulnerable young people.

### Prevention

- Training to partner organisations to broaden sexual health skills and knowledge
- Support national and local evidence based campaigns

### Targeted

- Access to contraception (including LARC and Emergency Hormonal Contraception)
- STI testing
- Pregnancy testing and pregnancy options advice.
- Post-natal and post termination contraception pathways and emotional support to prevent secondary pregnancies
- Outreach for young or vulnerable people who encounter barriers to mainstream service access.

Contact YPCN Chris Etherington Directly on: 07824457420 Work Mobile or Contact Contraceptive Services on (0191) 5656256 extension: 42182 to speak to a member of the Team. Email address: Secure Email for YPCN - c.etherington@nhs.net

### Wear Kids

Wear Kids are developing group sessions to be delivered within schools, this is currently offered at the request of specific schools as it is dependent on capacity within the team

Wear Kids have a U Tube channel dedicated to resources for young people.

Individualised intervention plan informed by assessment.

Wear Kids provides targeted

1-2-1 work sessions in homes/schools/community settings

## Building capacity and training

- Training for professionals working with children, young people, and families
- Training for young people as peer educators

<b>Anti-Bullying</b>	Anti-Bullying Lead supports schools with achieving an Anti-Bullying Charter Mark Award. The Charter Mark Award helps the school ensure they have everything they need in place to prevent bullying
<b>Brook</b>	<p>Brook offer free high-quality digital e-learning coursed to empower, support, and encourage professionals to deliver effective relationships and sex education (RSE) course include;</p> <ul style="list-style-type: none"> <li>• How to deliver RSE covering</li> <li>• Consent</li> <li>• STIs</li> <li>• Puberty</li> <li>• Contraception</li> <li>• Pleasure</li> <li>• Relationships &amp; enduring love</li> <li>• Emergency contraception</li> <li>• Abortion</li> <li>• Child Sexual Exploitation (CSE)</li> </ul> <p><a href="https://learn.brook.org.uk/">https://learn.brook.org.uk/</a></p>
<b>RSHE Team</b>	<p>The RSHE Co-Ordinator delivers training to teachers, pastoral staff and safeguarding leads on the statutory requirements of Relationship, Sex and Health Education in line with the National Guidance and the schools statutory duty.</p> <p>RSHE Co-Ordinator delivers training to professionals including: Early Help, Social Care and other professionals working front line with children and young people to enhance their knowledge and confidence in delivering RSHE.</p>
<b>Sunderland Integrated Sexual Health Service Outreach Team</b>	<p>Training for community-based staff to allow the delivery of level 1 Sexual Health Interventions (C Card and STI/dual screening)</p> <p>Training for parents and foster carers</p> <p>Talking to your child about sex - a five-hour course delivered over 5 weeks to empower parents to talk about healthy sexual development.</p> <p>Contact</p> <p>David Messenger D.messenger@nhs.net 007342066768 0191 5699966 ext 42812</p> <p>Steve Emerson Steve.Emerson@nhs.net 07342066676 0191 5699966 ext 42813</p>

## Theme 2: Mental health and emotional resilience

<p><b>Community CAMHS (inc. Mental Health Support Team (MHST) and CAMHS Counselling)</b></p>	<p><b>Prevention</b> Indirect interventions in the form of training, advice and consultation to enable universal practitioners to facilitate interventions that promote mental health and reduce risk factors for the development of mental health problems.</p> <p><b>Targeted</b> Direct, time limited, therapeutic interventions for children and young people referred due to moderately severe mental health problems</p>	<p>Contact details Main office: Community Child and Adolescent Mental Health Service (CCAMHS), Valley Road Academy, Corporation Road, Hendon, Sunderland, SR2 8PL. Tel (0191) 2831656 Email <a href="mailto:stsft.sunderlandcamhs@qnhs.net">stsft.sunderlandcamhs@qnhs.net</a> Website: <a href="https://www.sunderlandcommunitycamhs.nhs.uk/">https://www.sunderlandcommunitycamhs.nhs.uk/</a></p>
<p><b>KS1, KS2 KS3 and KS4</b></p>		
<p><b>Sunderland and South Tyneside Community Children and Young Peoples Service (CYPS)</b></p>	<p><b>Targeted</b> The Children and Young People's Service provides a single service to all children and young people aged 0-18 years living in South Tyneside and Sunderland who present with mental health difficulties. This includes children and young people who may have learning difficulties and those living in a range of difficult and challenging circumstances</p>	<p><a href="https://www.cntw.nhs.uk/services/children-young-peoples-service-south-tyneside-sunderland/">https://www.cntw.nhs.uk/services/children-young-peoples-service-south-tyneside-sunderland/</a> We expect access to our service to be simple and easy. Our criteria for acceptance are:</p> <ul style="list-style-type: none"> <li>• The child or young person must be within our age range 0-18 years</li> <li>• They must either be presenting with some degree of psychological distress or mental health difficulty. This includes children and young people in special circumstances whereby advice, consultation and/or support is being sought</li> <li>• They must have been seen by the referrer who will undertake an assessment of need prior to referral. This will help us to prioritise cases where necessary</li> <li>• They must have given informed consent to the referral being made</li> </ul> <p>Telephone: 0191 566 5500 or freephone 0800 652 2868 Email: <a href="mailto:NTAWNT.SOTCyps@qnhs.net">NTAWNT.SOTCyps@qnhs.net</a></p>
<p><b>KS1, KS2 KS3 and KS4</b></p>		

## Theme 2: Mental health and emotional resilience

<p><b>Growing Healthy Sunderland, 0-19 Public Health Service</b></p>	<p>Growing Healthy Sunderland provide a range of health promotion activities to school age children and their families. Key themes for the school population are identified using health profiling, bringing together local intelligence relevant public health data to identify the needs of the school population.</p> <p><b>Prevention</b></p> <p>The universal offer aims to support young people and families to make positive choices about health-related behaviours; the service delivers universal health promotion sessions educating young people about what mental health is and how to maintain positive mental health, friendships &amp; healthy relationships &amp; sexual health. Sessions aim to provide information and techniques to support positive mental health and wellbeing through adopting health enhancing behaviours and choices.</p> <p><b>Targeted</b></p> <p>The Growing Healthy Sunderland Emotional Health and Resilience Practitioners (EHRP) provide guidance in small group sessions or to individuals identified as requiring low level additional support or who are at risk of deteriorating mental health. Young people, parents/ carers can self-refer to the service and partner agencies can refer to the service using the referral form.</p>	<p>Referrals to the service can be completed on the attached form and sent to <a href="mailto:spoc.hdftsunderland@nhs.net">spoc.hdftsunderland@nhs.net</a> speak to a school nurse or make a referral contact the Single Point of Contact</p> <p>Tel:- 03000 031552</p> <p>Young People and Parents can speak to a school nurse in a virtual clinic via the link below <a href="https://nhs.vc/sunderland-school-nurse-drop-in">https://nhs.vc/sunderland-school-nurse-drop-in</a></p> <p>For More Information visit: <a href="https://www.facebook.com/GrowingHealthySunderland/">https://www.facebook.com/GrowingHealthySunderland/</a> <a href="https://www.hdft.nhs.uk/services/childrens-services/growing-healthy-sunderland/">https://www.hdft.nhs.uk/services/childrens-services/growing-healthy-sunderland/</a></p>
<p><b>KS1, KS2 KS3 and KS4</b></p>	<p>The service assists young people to access specialist services and plan coping strategies to prevent further ill health, relapse.</p>	
<p><b>Mental Health Charter Mark</b></p>	<p>The Sunderland Mental Health Charter Mark has been developed to support Sunderland schools to adopt and establish positive mental health and emotional wellbeing practices within their setting. In addition, the award recognizes the dedication of schools within the city to support the health and wellbeing of their pupils, staff and local communities. Participation in the award will also support schools to prepare for Ofsted inspection as it has been developed in line with Ofsted guidance from the common inspection framework.</p> <p>The Charter Mark can be gained at bronze, silver or gold levels, dependent on a provider's ability to demonstrate how it supports children and young people, parents and staff.</p>	<p>Visit <a href="https://www.togetherforchildren.org.uk/professionals/mental-health-charter-mark">https://www.togetherforchildren.org.uk/professionals/mental-health-charter-mark</a></p> <p>Contact <a href="mailto:mentalhealthcharter@schools.sunderland.gov.uk">mentalhealthcharter@schools.sunderland.gov.uk</a></p>
<p><b>KS1, KS2 KS3 and KS4</b></p>		

## Theme 2: Mental health and emotional resilience

<p><b>Sunderland Health and Happiness Project (Together for Children/CCG)</b></p>	<p>The Sunderland Health and Happiness Project empowers young people to become involved in decision making relating to health and wellbeing in the authority. A young people's health and happiness engagement group has been developed consisting of pupil representatives from citywide secondary schools. The group meet regularly to: Identify health related issues and develop solutions that affect themselves and their peers.</p> <p>Work with citywide health services to offer opinion, advice and support to the services to enable them to enhance their current offer to children and young people.</p> <p>Support and lead citywide health related projects</p>	<p>please contact Gwen, our Health and Happiness lead Gwen.Siegel@togetherforchildren.org.uk</p> <p>Updated information about the Health and Happiness Project can be found at <a href="https://www.togetherforchildren.org.uk/sunderland-health-and-happiness-project">https://www.togetherforchildren.org.uk/sunderland-health-and-happiness-project</a></p>
<p><b>KS1, KS2 KS3 and KS4</b></p>		
<p><b>Sunderland Mind</b></p>	<p>WASP (Wellbeing Action Support Project) offer a listening ear service to anyone aged between 7-18 years old, parents can also access this service. The listening ear is not a counselling service. However, a young person can speak confidentially as and when problem arises</p>	<p>Telephone: 0191 5657218 or 07984595624 Email: <a href="mailto:youngpeople@sunderlandmind.co.uk">youngpeople@sunderlandmind.co.uk</a></p>
<p><b>KS2, KS3 and KS4</b></p>		
<p><b>Washington Mind</b></p>	<p>Washington Mind Young People's Project offer 1-1 counselling and groupwork for young people aged 11+ who live within the City of Sunderland.</p>	<p>Call us on: 0191 417 8043 or email us: <a href="mailto:info@washingtonmind.org.uk">info@washingtonmind.org.uk</a></p>
<p><b>KS3 and KS4</b></p>		
<p><b>Kooth</b></p>	<p>Kooth is an online mental health service that professionals can signpost children and young people to. It is a confidential and anonymous way for young people aged 10 to 25 years old to get help with their emotional wellbeing.</p> <p>It's a free, safe online community where young people can seek advice and information or speak to someone who understands.</p> <p>Kooth's fully trained, qualified counsellors and emotional wellbeing practitioners are available to talk to every day until 10pm.</p>	<p>If you would like more information regarding Kooth or support promoting within school contact <a href="mailto:dwoodward@kooth.com">dwoodward@kooth.com</a> <a href="https://www.kooth.com/">https://www.kooth.com/</a></p>
<p><b>KS2 KS3 and KS4</b></p>		

## Screening/assessments/pathways

<b>Community CAMHS (inc. Mental Health Support Team (MHST) and CAMHS Counselling)</b>	Request for Support' to access MHST Referrals received directly to service or via interface with specialist CAMHS i.e. CNTW's CYPS (Children and Young People's Services)
<b>Sunderland and South Tyneside Community Children and Young Peoples Service (CYPS)</b>	The service carries out assessments to plan treatment or intervention that will be carried out.
<b>Growing Healthy Sunderland, 0-19 Public Health Service</b>	Assessment School Health Profiles Year 6 Health Questionnaire- parent/Carer Year 6 Health Questionnaire Young person Emotional Health & Resilience Nurse pathway Assessment of Gillick/Fraser competence Holistic Family Health Needs Assessment & assessment of risk from Adverse Childhood Experience. Emotional resilience assessment (Warwick Edinburgh) Pre assessment to paediatrics/Child & Adolescent Mental Health Services.
<b>Washington Mind</b>	A thorough assessment is completed of suitability for counselling and carefully consider contra-indications to this being offered. We work closely with partners in CAMHS and adult mental health to ensure the best possible outcomes for young people. YP CORE and Goal Based Outcomes are used to evaluate progress. Washington Mind is an accredited member of the British Association of Counselling and Psychotherapy and adhere to their Ethical Framework

## Education and interventions

<p><b>Community CAMHS (inc. Mental Health Support Team (MHST) and CAMHS Counselling)</b></p>	<p><b>Prevention</b> Supporting schools to achieve the Mental Health Charter Mark, including facilitation of half termly school cluster meeting. Introduction and development of the MHST(s). Support the delivery of FRIENDS within school, MHST support for 'whole school approaches'</p> <p><b>Targeted</b> Advice, consultation, support and training for school staff. Liaison and joint working for referred children and young people. A range of individual, family and group evidence based therapeutic interventions including CBT (both high and low intensity), Family Therapy, Counselling, Interpersonal Psychotherapy for Adolescents, Early Years Mental Health Interventions, Incredible Years Programme, FRIENDS, Parent-led CBT, etc.</p>
<p><b>Sunderland and South Tyneside Community Children and Young Peoples Service (CYPS)</b></p>	<p>The service is able to provide:</p> <ul style="list-style-type: none"> <li>• Assessment, diagnosis and intervention on a range of mental health issues.</li> <li>• Intensive response and home-based treatment for those children and young people whose mental health is causing significant concern.</li> <li>• An intensive Eating Disorder Service to support children and young people on the eating disorder pathway who are at risk of an inpatient admission.</li> <li>• A comprehensive transition support package to those young people who are approaching their 18th birthday and may need continuing support as adults.</li> <li>• 24 hour access to support via a single point of access.</li> </ul>
<p><b>Growing Healthy Sunderland, 0-19 Public Health Service</b></p>	<p><b>Prevention</b> Growing Healthy Sunderland offers a weekly drop in session at each Secondary school, 6th Form and colleges in Sunderland. During the drop in sessions the practitioners provide health promotion in relation to Health and Wellbeing and include information regarding maintaining positive mental health, bullying &amp; friendships, self-image, managing stress &amp; anxiety, transition. As an additional option of access, the drop-in sessions are also offered virtually via WhatsApp, Teams and Attend Anywhere on a one-to-one basis. Where additional need or risk has been identified the EHRN offer smaller group sessions and one to one tier one interventions. Growing Healthy Sunderland offers schools an assembly at the start of the school year to promote the service and how to access the school nursing service. This is repeated if there is an emerging need within a school population and at transition points. The service also carry out brief intervention for health and wellbeing related issues, which may result in targeted work with a young person or an onward referral to a specialist service.</p>

## Education and intervention

### Growing Healthy Sunderland, 0-19 Public Health Service

#### Targeted

Growing Healthy Sunderland Emotional Resilience Team offer Nurture group sessions as targeted intervention where schools identify emerging needs; the sessions are targeted to address a particular topic, year or friendship group.

Parents/carers and young people can self refer to the service and partner agencies can refer with consent using the referral form for additional low level intervention & support on a one-to-one basis for complex health or emerging wellbeing needs.

Nurture groups can also be offered to support transition, exam stress or where a particular need is identified. Where interventions have commenced by the EHRN and needs or risk increases the EHRN can offer Mental Health First Aid. The practitioner will complete onward referral where necessary and provide ongoing support whilst awaiting specialist support from the identified service.

Transition support one to one where there are additional long term needs via SEND nurse, Emotional Resilience Nurse of Vulnerable Young People's Nurse.

Those identified to have Special Educational Needs and Disabilities (SEND) can be supported by the Growing Healthy SEND team to offer targeted sessions specific to individual needs and vulnerabilities. The practitioners work in partnership with young people and families to assess Gillick and Fraser competence. Parents can be supported by the team with the Triple P for parents' programme.

Within specialist provisions such as the pupil referral unit, the Vulnerable Young Person's nurse (VYPN) delivers targeted small group sessions and 1:1 intervention regarding emotional health and resilience and transition to adult services. The VYPN works closely with Together for Children to identify young people requiring further assessment and specific support in relation to emotional health and risks from substance use, exploitation, recognising healthy and unhealthy relationships and adverse childhood experiences.

The Service support and complete onward referrals to Brook, Connections, CAMHS, KOOTH, YDAP, paediatricians, SALT & GP. Where there are increased risks referrals to together for children are completed.

### Mental Health Charter Mark

As a starting point we encourage schools to visit <https://www.togetherforchildren.org.uk/professionals/mental-health-charter-mark> to find out more about the Mental Health Charter Mark.

Community CAMHS run half termly mental health and wellbeing cluster meetings to share good practice, relevant training opportunities (usually free to schools) and to enable schools to help and support one another to improve their mental health and wellbeing offer to their pupils, staff and wider school community. To attend contact [mentalhealthcharter@schools.sunderland.gov.uk](mailto:mentalhealthcharter@schools.sunderland.gov.uk)

The Thriving and Coping Group oversee the Mental Health Charter Mark. The group are made up of multi-agency professionals such as school staff, mental health workers as well as representatives from Together for Children and public health. Members of the group are happy to support schools wishing to attain the charter. The group coordinate regular 'file surgery drop-ins' to support schools to attain the Mental Health Charter Mark. During these session schools who have already achieved the Mental Health Charter Mark share their experiences and evidence they used to attain the charter and offer support and guidance to schools who are starting their journey.

## Education and intervention

<b>Sunderland Health and Happiness Project (Together for Children/CCG )</b>	<p>The Health and Happiness Project run up to 4 interactive briefing sessions in schools to introduce pupils and staff to the Health and Happiness project (schools who are part of the project ran these sessions either as part of PSHE to a whole class or in small groups of young people who would benefit from/are interested in being part of the project). These sessions have proven to be extremely successful with all attendees continuing to be involved in the project by joining the Health and Happiness group which meet both virtually and face to face on a regular basis. To avoid disruption to education the Health and Happiness group meet out of school hours, we ask our secondary schools to support their pupils to become involved. To ensure your pupils have an opportunity to become involved in the project.</p> <p>We offer bespoke Health and Happiness sessions in all schools delivering secondary education.</p>
<b>Sunderland Mind</b>	<p>WASP currently offer a number of groups sessions to young people aged between 7 – 18 years old. These groups aim to build confidence, self-esteem and resilience to help cope with issues as they arise. The groups in include:</p> <ul style="list-style-type: none"><li>Junior group, 7–10yr olds</li><li>Boys group, 11–18yr olds</li><li>Girls Group, 11–18yr olds</li><li>Drama Group, 7–18yr olds</li><li>Multi-sports, 7–18yr olds</li></ul> <p>WASP also offer lunchtime drop-in sessions within local schools. The aim of the sessions is to allow young people the space to speak in a safe environment about day-to-day life. The sessions are devised to give young people the tools to cope with everyday problems, when they arise, rather than let them build into bigger issues. (There is a cost to this project, for more information contact Sunderland Mind</p> <p>WASP offer a listening ear service to anyone aged between 7–8 years old, parents can also access this service. The listening ear is not a counselling service. However, a young person can speak confidentially as and when a problem arises.</p>
<b>Washington Mind</b>	<p>Washington Mind provide a range of psycho educative materials and a range of training for staff and young people that is free at the point of delivery. Youth led resources including their mental health zine library <a href="https://www.mentalhealthzinelibrary.co.uk/">https://www.mentalhealthzinelibrary.co.uk/</a> and You're not Alone <a href="https://www.yourenotalonewm.com/">https://www.yourenotalonewm.com/</a></p> <p>Washington Mind can deliver targeted groupwork and training face to face or online.</p> <p>Washington Mind offer counselling for young people living in the City of Sunderland. Appointments can be accessed at Washington Mind or at their base at PopRecs in Sunderland. They also offer a range of psychosocial and creative groups that support mental wellness</p>
<b>Kooth</b>	<p>Kooth allows children and young people access one-to-one chats with a qualified counsellor. Kooth also gives children and young people easy access to an online community of peer-to-peer support through self-help articles, an online magazine and moderated forums. The forums address issues ranging from exam stress to self-harm. Young people in Sunderland are able to use the service from any connected device whenever they need support.</p>

## Building capacity and training

<b>Community CAMHS (inc. Mental Health Support Team (MHST) and CAMHS Counselling)</b>	<p>Comprehensive training programme including 'Introduction to Child and Adolescent Mental Health(iCAMH)' and FRIENDS.</p> <p>Disorder based training to build upon iCAMH, plus a range of intervention based training sessions such as 'An introduction to CBT'</p>
<b>Sunderland and South Tyneside Community Children and Young Peoples Service (CYPS)</b>	<p>The service provides training, consultation, support and advice to front line staff working in targeted services for children.</p>
<b>Mindfulness in Schools</b>	<p>Together for Children and Sunderland CCG have commissioned the delivery of FREE introductory mindfulness training school staff in Sunderland, similar training can cost over £500 per staff member.</p> <p>The training will be delivered over 14 months starting from June 2021 and will be focussed toward staff who work with pupils between the ages of 9 and 14.</p> <p>There are approximately 2 places per school. Schools are encouraged to register their interest as soon as possible via email at <a href="mailto:Healthy.Schools@togetherforchildren.org.uk">Healthy.Schools@togetherforchildren.org.uk</a></p>
<b>Sunderland Mind</b>	<p>WASP currently offer peer mentor training to young people within schools. The training includes mental health awareness, managing mental health, skills and qualities of a peer mentor, along with communication and listening skills. (There is a cost to this project. For more information contact Sunderland Mind)</p>
<b>Washington Mind</b>	<p>A variety of training is available free of charge as part of Washington Mind community approach to mental health. Washington Mind provide consultation and volunteering opportunities</p> <p>Bespoke training can be commissioned. Washington Mind currently hold SLA's with local schools to deliver counselling/groupwork. Washington Mind provide clinical supervision for counsellors working with young people.</p>

## Theme 3: Drugs, alcohol and smoking

<p><b>YDAP (Together for Children</b></p>	<p><b>Prevention:</b> Preventative work focuses on preventing/delaying substance use. This could be described as a universal approach. YDAP would not necessarily deliver this type of work directly but will seek to support services offering this type of universal/preventative approach.</p> <p><b>Targeted:</b> Focused work on specific groups – specifically young people identified as at risk of substance use, or evidence of early experimentation. Seeks to educate and prevent further substance use. YDAP also offer Structured Interventions for young people with more complex use</p>	<p>Youth Drug &amp; Alcohol Project (togetherforchildren.org.uk)</p>
<p><b>KS2, KS3 and KS4</b></p>		
<p><b>Growing Healthy Sunderland 0-19 Public Health Service</b></p>	<p><b>Prevention:</b> Growing Healthy Sunderland provides a range of health promotion activities to school age children and their families. The universal offer aims to support young people and families to identify and understand future consequences of health-related behaviours and enable them to make positive choices through providing information and techniques to adopt healthy enhancing behaviours</p> <p><b>Targeted:</b> Where additional need or vulnerability is identified, via self referral, information sharing from partners regarding increased risk to health safety and wellbeing, the service provides targeted preventative intervention in collaboration with key partners. The service would also assist access to specialist services and plan coping strategies to prevent further ill health, relapse.</p>	<p>Referrals to the service can be completed on the attached form and sent to spoc.hdf@sunderland.qnhs.net speak to a school nurse or make a referral contact the Single Point of Contact Tel:- 03000 031552 Young People and Parents can speak to a school nurse in a virtual clinic via the link below <a href="https://nhs.uk/sunderland-school-nurse-drop-in">https://nhs.uk/sunderland-school-nurse-drop-in</a> For More Information visit: <a href="https://www.facebook.com/GrowingHealthySunderland/">https://www.facebook.com/GrowingHealthySunderland/</a> <a href="https://www.hdf.nhs.uk/services/childrens-services/growing-healthy-sunderland/">https://www.hdf.nhs.uk/services/childrens-services/growing-healthy-sunderland/</a></p>
<p><b>KS1, KS2 KS3 and KS4</b></p>		
<p><b>Sunderland Specialist Stop Smoking Service (Northumbria Healthcare NHS Foundation Trust)</b></p>	<p><b>Targeted:</b> Focused, one-to-one smoking cessation support for young people aged 12 years and over who smoke.</p>	<p><a href="https://www.northumbria.nhs.uk/s/topsmoking/support-in-your-area/services-in-sunderland/">https://www.northumbria.nhs.uk/s/topsmoking/support-in-your-area/services-in-sunderland/</a> Telephone: 0191 5671057 Freephone: 0800 169 9913</p>
<p><b>KS3 and KS4</b></p>		

## Screening/assessments/pathways

<b>YDAP</b>	<p>Screening Tool – linked to the referral form</p> <p>Alcohol Audit</p> <p>Cannabis Screening (Cudit)</p>
<b>Growing Healthy Sunderland, 0-19 Public Health Sunderland</b>	<p>School Health Profiles</p> <p>Year 6 Health Questionnaire- parent /Carer</p> <p>Year 6 Health Questionnaire Young person</p> <p>Gillick/Fraser competence</p> <p>Vulnerable Young Persons Pathway</p> <p>Holistic Family Health Needs Assessment, inclusive of the risk from Adverse Childhood Experiences and a cumulative risk assessment.</p> <p>Pre assessment to paediatrics &amp; YDAP</p> <p>Smoking cessation- CO monitoring and support quit attempts</p>

## Education and interventions

<b>YDAP</b>	<p>1-2-1 Brief Interventions</p> <p>Targeted Group Work (Alcohol/Cannabis/Wider Drugs Education)</p>
<b>Growing Healthy Sunderland, 0-19 Public Health Service</b>	<p>Brief Intervention and advice.</p> <p>Growing Healthy Sunderland deliver smoking cessation support young people 12 years and over.</p> <p>Ongoing one to one support whilst awaiting specialist support from specialist service.</p> <p>Smoking cessation intervention- CO monitoring and support quit attempts</p>
<b>Specialist Stop Smoking Service</b>	<p>Sunderland Specialist Stop Smoking Service offer smoking cessation support for young people aged 12 years and over</p>

## Building capacity and training

- Training for professionals working with children, young people, and families
- Training for young people as peer educators

<b>YDAP</b>	<p>Training for professionals include:</p> <ul style="list-style-type: none"> <li>• One Hour Briefing Sessions delivered via Teams.</li> <li>• ½ day basic drugs awareness session</li> <li>• Alcohol IBA</li> <li>• Engaging and Working with Young Substance Users</li> </ul> <p>To book a course go to Sunderland Safeguarding Children Partnership - (<a href="https://safeguardingchildrensunderland.com">safeguardingchildrensunderland.com</a>)</p>
<b>Specialist Stop Smoking Service</b>	<p>Peer support -prevention training (Young Health Champions Programme)</p> <p>Tier 2 advisor Training for professionals working with children, young people families to support them to quit smoking.</p> <p><a href="https://www.northumbria.nhs.uk/stopsmoking/support-in-your-area/services-in-sunderland/">https://www.northumbria.nhs.uk/stopsmoking/support-in-your-area/services-in-sunderland/</a></p> <p>Telephone: 0191 5671057</p> <p>Freephone: 0800 169 9913</p>

## Theme 4: Maintaining a healthy weight offer

<p><b>Change 4 Life Sunderland</b></p>	<p>Change 4 Life Sunderland support children and young people in the 5 localities across the city to maintain a healthy weight via access to a universal offer through C4LS programmes, resources and messages which offer a range of support, access to information and behaviour change opportunities.</p>	<p>Referrals or Self-referrals can be made via email or phone call darren.pike@sunderland.gov.uk</p>
<p><b>KS1, KS2 KS3 and KS4</b></p>		
<p><b>Growing Healthy Sunderland, 0-19 Public Health Service</b></p>	<p>Growing Healthy Sunderland provides an integrated Public Health service for expectant mothers, children and young people (4-19) and their families in the city. The School Nursing Offer provides support to all children and young people through an educational setting or community-based provision in Sunderland, delivered through high quality, evidence-based interventions which support families and identify and respond appropriately to need. This includes elements of the Healthy Child Programme such as the National Child Measurement Programme.</p>	<p>Referrals to the service can be completed on the attached form and sent to spoc.hdftsunderland@nhs.net speak to a school nurse or make a referral contact the Single Point of Contact Tel:- 03000 031552 Young People and Parents can speak to a school nurse in a virtual clinic via the link below <a href="https://nhs.vc/sunderland-school-nurse-drop-in">https://nhs.vc/sunderland-school-nurse-drop-in</a> For More Information visit: <a href="https://www.facebook.com/GrowingHealthySunderland/">https://www.facebook.com/GrowingHealthySunderland/</a> <a href="https://www.hdft.nhs.uk/services/childrens-services/growing-healthy-sunderland/">https://www.hdft.nhs.uk/services/childrens-services/growing-healthy-sunderland/</a></p>
<p><b>KS1, KS2 KS3 and KS4</b></p>		
<p><b>Public Health</b></p>	<p>Councils have been responsible for improving the health of their residents since April 2013, through a range of public health functions and five specific responsibilities described by law, including the National Child Measurement Programme. Public Health also aim to promote healthy living, tackle health inequalities, and put plans in place so that everyone has the knowledge they need to help themselves stay healthy.</p>	<p>Healthy Child Programme – karen.lightfoot-gencli@sunderland.gov.uk</p>
<p><b>KS1, KS2, KS3 and KS4</b></p>		
<p><b>The Daily Mile (RISE/Change 4 Life Sunderland/ Together for Children)</b></p>	<p>Taking part in The Daily Mile helps primary schools to rebuild their children’s fitness and improve their emotional and mental health – all whilst being outside in the fresh air. It also establishes good positive, healthy habits children can continue into adulthood</p>	<p>Contact Darren Pike for information and Support via email darren.pike@sunderland.gov.uk</p>
<p><b>KS1 and KS2</b></p>		

## Theme 4: Maintaining a healthy weight offer

<p><b>The Great Active Sunderland Schools Charter</b></p> <p><b>The Food and Nutrition Charter Mark</b></p>	<p>The Sunderland Healthy School Award includes the Great Active Sunderland Schools Charter and Food and Nutrition Charter Mark. Relunched in February 2021 as an award with 5 elements, the two charters can be utilised as an improvement tool and give credit to those key features of a school that are not always reflected in performance tables i.e. health and wellbeing of pupils, sport and physical activity opportunities and community involvement. Levels of achievement are measured through a Gold, Silver, Bronze and Engagement accreditation. Targeted at all the city's infant, primary, junior, secondary and SEN schools.</p>	<p>Great Active Sunderland Schools Charter</p> <p>Contact: Yvonne Setchell Telephone 07768 273 348 Yvonne.setchell@sunderland.gov.uk</p> <p>Food and Nutrition Charter Mark</p> <p>Contact: Karen Lightfoot Gencli Telephone: 07867550481 Karen.lightfoot-gencli@sunderland.gov.uk</p>
<p><b>KS1, KS2 KS3 and KS4</b></p>		

## Screening/assessments/pathways

<p><b>Change 4 Life Sunderland</b></p>	<ul style="list-style-type: none"> <li>Referral into C4LS programme via school staff can be made by emailing darren.pike@sunderland.gov.uk</li> <li>For those children with more complex issues and over the 98th centile, an onward referral to City Hospitals Dietetics Team may be made by the C4LS team.</li> </ul>
<p><b>Growing Healthy Sunderland, 0-19 Public Health Service</b></p>	<ul style="list-style-type: none"> <li>Year 6 Health Questionnaire (Parent &amp; Young Person)</li> <li>National Childhood Measurement Programme (NCMP) delivered to Reception and Year 6</li> <li>Holistic Family Health Needs Assessment carried out with family.</li> <li>Very Overweight pathway</li> <li>For those children with more complex issues and over the 98th centile, an onward referral to City Hospitals Dietetics Team may be made by the 0-19 service.</li> </ul>

## Interventions/programmes

<p><b>Change 4 Life Sunderland</b></p>	<p><b>Prevention</b></p> <ul style="list-style-type: none"> <li>Offer of family and teen programme within primary and secondary schools</li> <li>Programmes may run during curriculum time or after school</li> <li>Can be for families or pupil only</li> <li>Offer of Roots and Shoots programme sessions will include the importance of growing vegetables and sustainability. Community involvement will also be encouraged by way of volunteers and parents.</li> </ul> <p><b>Targeted</b></p> <ul style="list-style-type: none"> <li>Signposting to a C4LS 6-week tier 2 family or teen programme for those children over the 91st centile.</li> <li>Further support is offered by way of 1 to 1 consultations and a 3 month follow up once the programme has ended.</li> <li>Free or low-cost holiday activity sessions offered to those families on the programme</li> <li>Discounted 'gym and swim' memberships for Everyone Active centres offered to those completing a 'teen programme'</li> <li>For those children with more complex issues and over the 98th centile a referral to City Hospitals Dietetics Team may be made</li> <li>Engagement will support schools to achieve both the Food and Nutrition and Great Active Sunderland Schools charter mark</li> </ul>
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## Interventions/programmes

<p><b>0-19 Public Health Service Growing Healthy Sunderland</b></p>	<p><b>Prevention</b></p> <ul style="list-style-type: none"> <li>• Delivery of the Child Health Screening Programme including NCMP (Primary)</li> <li>• Delivery of the School Nursing Offer including group health promotion</li> <li>• School Drop in (Secondary)</li> <li>• From the Holistic Family needs Health assessment carried out with family an action plan will be agreed to support the child and family.</li> </ul> <p><b>Targeted</b></p> <ul style="list-style-type: none"> <li>• Targeted one to one support.</li> <li>• Signposting to community activities and services.</li> <li>• Support and review whilst awaiting intervention.</li> <li>• For those children with more complex issues and over the 98th centile a referral to City Hospitals Dietetics Team may be made</li> </ul>
<p><b>Public Health</b></p>	<p><b>Targeted</b></p> <ul style="list-style-type: none"> <li>• Healthy Settings, public healthy places taking a place-based approach to supporting secondary schools to improve health and wellbeing outcomes of students and staff. (Secondary)</li> </ul>
<p><b>The Great Active Sunderland School Charter</b></p>	<p>The Great Active Sunderland School Charter has been developed to be a celebration of a school's contribution to four key areas including PE, Sport, Physical Activity and its role in the Community. The Charter can provide many benefits for schools, such as:</p> <ul style="list-style-type: none"> <li>• It can be used as an improvement tool for the Ofsted inspection framework, which looks at the extent to which your school supports pupils to gain knowledge regarding exercising and eating healthy</li> <li>• It is a key outcome in the Sunderland City Council, City Plan 2019 - 2030</li> <li>• It is a criterion in Together for Children's Sunderland Healthy Schools Award</li> <li>• It is linked to the Together for Children's Mental Health Charter Mark</li> <li>• It complements the work of the School Games Organisers (School Games Mark), Change 4 Life Sunderland (previously known a Lifestyles, Activity and Food programme (LAF)</li> </ul> <p>It is FREE for schools to apply for the Great Active Sunderland School Charter and to make the process easier schools can now apply online. In addition to assist schools further a set of frequently asked questions have been produced along with example online survey answers Great Active Sunderland Schools Charter 2020-21 - example survey answers.</p> <p>In conclusion, the School Charter has quickly developed a proven track record to showcase a school's achievements regarding PE, sport and its role in the community. It is hoped that schools will participate in achieving the Charter and recognise how this programme can benefit schools and pupils.</p>

## Interventions/programmes

### The Food and Nutrition Charter Mark

The Food and Nutrition Charter is one of the five Health and Wellbeing related Charters that contribute to the Sunderland Healthy Schools Award. The Charter aims to support schools to introduce and promote healthier eating and drinking behaviours to enable pupils and individuals within the wider school community maintain healthy weight. In addition, the charter recognises the dedication of schools within the city in contributing towards the health and wellbeing of their pupils, staff and local communities.

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#### Food and Nutrition Charter Mark Accreditation Process

Due to a range of factors including that of being a completely new charter, the Food and Nutrition Charter Mark is initially offered at Bronze level, with Silver and Gold levels introduced later in the 2021/22 academic year.

Ready to apply for the Bronze Level? Complete the Food and Nutrition Bronze Accreditation Form, available in the downloads section below.

#### Food and Nutrition Charter Support to Schools

Schools who would benefit from support to establish the Food and Nutrition Charter Mark can access this from Sunderland Public Health. Please contact karen.lightfoot-gencil@sunderland.gov.uk with any queries or requests for support.

#### Downloads

SHSA – Accreditation Guidelines & Application 5.0

Download our Accreditation Guidelines and Application for further information and to apply for the Sunderland Healthy Schools Award.

SHSA - Food and Nutrition Bronze Accreditation 4.0

Find out more and apply for Bronze accreditation for the Food and Nutrition Charter Mark.

### The Daily Mile (RISE/Change 4 Life Sunderland /Together for Children)

The Daily Mile is 15 minutes when children jog or run, at their own pace, during the school day at a time of the teacher's choosing. It is recommended this is done during lesson time, so children have their full break/play time. The Daily Mile is not Sport or PE, but rather health and wellbeing through physical activity.

It's a simple and straightforward initiative that has been acknowledged for reducing childhood obesity and recognised within the UK Government's 2018 Childhood Obesity Strategy.

## Building capacity and training

- Training for professionals working with children, young people, and families
- Training for young people as peer educators

### Change 4 Life Sunderland

- Young Health Champions - training available to secondary school pupils aged 14+ around managing their health and wellbeing and how to promote health messages to their peers
- Young Leaders training - available for Year 5 and Year 6 primary school pupils Children take responsibility for creating and organising their own activities, explaining their tasks to the groups and encouraging and praising the other pupils during sessions
- Training for teachers and support staff - training provides teachers and support staff with knowledge and understanding of health and wellbeing topics

### Public Health

- Young Health Champions – peer education training programme available to secondary school pupils
- Public Health Training offer – includes a range of public health courses

### The Daily Mile (RISE/Change 4 Life Sunderland/ Together for Children)

Advice and support can be offered to schools, deliver staff briefings, assemblies for pupils and staff, and provide presentations at school cluster meetings for PE coordinators.



## **The Sunderland Prevention Offer for Children and Young People was developed in partnership with:**

Anti-Bullying Team

Brook

Careers and NEETS Service

Change for Life Sunderland

Child and Adolescent Mental Health Service (CAMHS)

Children and Young Peoples Service (CYPS)

Growing Healthy Sunderland, 0-19 Public Health Service

Northumbria Police

Sunderland Integrated Sexual Health Service

Sunderland Mind

RSHE Team

Youth Drug and Alcohol Project (YDAP)

Washington Mind

Wear Kids

**together for**  
**children**  
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City Council