

## BARNSLEY METROPOLITAN BOROUGH COUNCIL

North Area Council Meeting:  
18<sup>th</sup> November 2019

Agenda Item: 8

Report of North Area Council  
Manager

### Young Peoples Priority – Project Development

#### 1. Purpose of Report

- 1.1 To apprise Members of the discussions that took place at a recent workshop which explored the opportunity for a North Area Council funded young people's project.

#### 2. Recommendations, that:

- 2.1. **Members note the risks identified in section 10 of this document**
- 2.2. **Members refer appendix 1, draft specification.**
- 2.3. **Members agree to the specification, enabling the Area Manager to prepare the spec for a competitive tender process.**
- 2.4. **Members agree to financial implications of this contract, the duration and the proposed start date.**

#### 3. Background and intended focus

- 3.1. On the 25<sup>th</sup> March the Area Council agreed that they wished to focus their resources on a young people based programme following a workshop held on the 26<sup>th</sup> February.
- 3.2. A further workshop was held on the 17<sup>th</sup> April. As a result the officer team were requested to conduct a mapping and consultation exercise with key stakeholders who work with young people. Two subsequent workshops were held, one on the 24<sup>th</sup> June and subsequently on the 12<sup>th</sup> September. They were also asked to produce a film capturing the views of young people.

#### 4. Project Development Overview

- 4.1. **On the 26<sup>th</sup> February a workshop took place** lead by Cath Bedford and Cheryl Devine from BMBC Public Health. Supported by Jenny Grant from BMBC Procurement and the Area Manager
- 4.2. The working group consisted of: Cllr Platts, Cllr Tattersall, Cllr Spence, Cllr Charlesworth and Cllr Newing.
- 4.3. The session started with an interactive opportunity, Members were asked “What are the health and wellbeing issues affecting the population of the North Area?” Using software called Menti a tag cloud was produced which highlights the opinions of the working group. The larger words are the ones identified by multiple group members:



- 4.4. There was also information from the young people’s Make Your Mark Survey.
- 4.5. Subsequently the prevalence of young people being admitted to hospital due to injury and self-harm was discussed. Deliberate injury and self-harm is highest in the Old Town Ward. The risky behaviour primarily involves 15-19 year olds. There is a strong correlation between the hospital admissions and deprivation. The data shows that it incidents involving girls are more likely to be self-harm whereas boys are having more accidents.
- 4.6. Period poverty, teen pregnancy and the issues affecting very young parents were also discussed. There is a graded relationship between the number of Adverse Childhood Experiences (ACEs) a young person has experienced and their risk of teenage pregnancy. Under 18 conceptions are very closely linked with poverty and low attainment. Barnsley has one of the highest rates in the country and the rates in the North Area are even higher.
- 4.7. The benefit to all members of society, particularly young people, of the Five Ways to Wellbeing was discussed: Connect, Be Active, Take Notice, Give and Keep Learning.
- 4.8. Services for young people are not consistent across the borough. Ofsted’s Curriculum is changing to include holistic health rather than simply focussing on educational attainment, however this will take time to bed in and operate

effectively. Cheryl Devine is working with the Head Teachers and attends their meeting.

4.9. Young people appear to get very little information about health relationships and emotional resilience. The C Card Service used to be available a youth clubs but as the Youth Service offer has changed there are far less opportunities for young people to find out about sex education and contraception within the localities. C Card is still available however its provision has been depleted over the years.

4.10. **On the 25<sup>th</sup> March the Area Council agreed that they would like to focus on young people that is innovative and helps to address risky behaviour, the following themes emerged in discussion:**

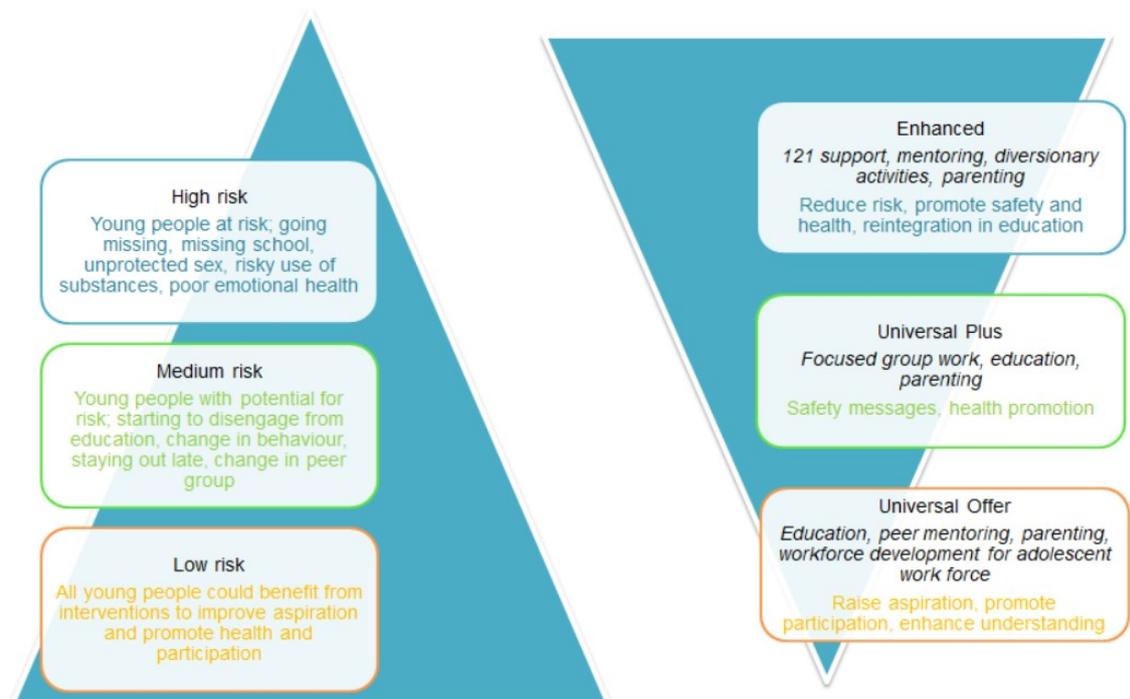
- Early intervention/ low level supportive provision
- Providing young people with positive role models
- Safe space to talk and socialise
- Improve emotional intelligence and resilience
- Provides health advice: health checks, stop smoking, contraception, body confidence
- Coaching Model – similar to the Summer Internship / Fit Reds

4.11. **On the 17<sup>th</sup> April a second workshop was held.** This was led by Cheryl Devine and Cath Bedford.

4.12. The working group consisted of: Cllr Tattersall, Cllr Charlesworth, Cllr Cave, Cllr Burgess and Cllr Newing.

4.13. Public Health outcomes for young people were discussed.

4.14. Cheryl Devine introduced a Risky behaviours support model



Risky behaviours support model

4.15. The following themes were discussed:

- Safe
- Happy
- Healthy
- Achieve

Members were not able to identify which theme they wished to prioritise. It has been suggested that this work should tie into the Town Spirit themes.

4.16. **Key points that emerged as important to the Area Council's Priority Working Group – at the workshop held on the 25<sup>th</sup> March 2019 (Councillor Ward Representatives)**

- 4.16..1. The Area Council must use its resources to produce maximum impact for the community.
- 4.16..2. They discussed long term investment in a project to deliver sustained change in behaviour. It was discussed that this could take 5-10years.
- 4.16..3. They wanted to build resilience in the community.
- 4.16..4. They wanted to raise aspirations for the young people of the North Area.
- 4.16..5. That any offer developed should be available in the community rather than in schools.
- 4.16..6. Focussed on preventing risky behaviour in young people and improved understanding of the long term consequences of participating in risky behaviour at a young age.
- 4.16..7. The working group agreed with a 'Universal Offer' and 'Universal Plus', but felt that the high risk young people were already catered for by existing services Inc. Targeted Information Advice and Guidance (TIAG) and Targeted Youth Support (TYS).

5. **On the 24<sup>th</sup> June a stakeholder workshop was held and the Roundhouse Lifelong learning Centre.** 26 stakeholders including representatives from Carlton Academy, CHAMS, voluntary and community sector, Youth Justice Service, School Nursing attended. This was a large stakeholder workshop. Events like this are increasingly rare in the public sector and attendees were keen to point out how important the networking opportunity was for their work. Councillors in attendance were: Cllr Leech, Cllr Platts, Cllr Tattersall and Cllr Pickering

5.1. A strengths based asset approach was used during the session. the agenda for the workshop looked like this:

- i. What does the data tell us?
- ii. Barriers to young people's health and wellbeing
- iii. Online survey feedback
- iv. Celebrating what works locally – there is so much
- v. Gap Analysis – what's missing
- vi. Adding Value – what can help bridge the gaps
- vii. Views and Visioning – what do we want for our young people
- viii. Conversational Film – recruiting stakeholders to support the project

5.2. Attendees participated in a visioning exercise to express what the North Area would be like if young people were thriving. There have been four themes identified: **Empowering young people, Raising aspirations, Ways of working** and **Services** for young people to thrive in the North Area. Empowering young people and thriving were the most common theme identified.

### 5.3. **Workshop Summary – Gaps and Opportunities**

Gaps in provision and how stakeholders believe that the Area Council can add value:

- ❖ Emotional Resilience
- ❖ Transition age (8-13)
- ❖ Empowerment (Mentoring and Peer Support)
- ❖ Risky Behaviour

N.B. Family Centred approach was also raised repeatedly. It is felt that where intensive whole family support is required, resources are already in place to address need. However it may be worth exploring the possibility of some family centred activities as part of a wider model for commissioning.

## 6. **Stakeholder Co-Design Workshop – 12<sup>th</sup> September 2019**

6.1. On the 12<sup>th</sup> of September a co-design workshop was held at Barnsley Town Hall. This was the biggest workshop ever host by the North Area Council with 31 stakeholders in attendance.

6.2. The workshop was facilitated by:

Cath Bedford – Public Health Principle – Communities

Cheryl Devine – Health and Wellbeing Officer, CYP&F

Rosie Adams – North Area Council Manager

Sam Crowson – Public Health Practitioner

Rebecca Battye & Lee Swift – Community Development Officer

Jade Popplewell and Jane Lee – Procurement Officers

Councillors in attendance were: Cllr Leech, Cllr Charlesworth, Cllr T Cave, Cllr Newing and Cllr Tattersall

6.3. To set the tone the work shop started with a vision that a participant from the 24<sup>th</sup> June contributed:

“Every young person, regardless of background, education or family circumstances would have relevant access to service and opportunities that would inspire motivate and enhance their current health, wellbeing and aspirations to improve their future self.”

It is recommended that the North Area Council use this wording for their future specification.

6.4. The workshop ran as per the outline below:

- Who's in the room
- Chunk down the vision – defining outcomes
- What activities / interventions will support young people?
- Designing a service outline
- Pitch perfect
- Critical Friend
- Vote for preferred service outline
- Young Peoples Film Update

6.5. It was clear from the first exercise that identifying outcomes is a challenging process. However the following aims, objective and outcomes came through:

**Emotional Resilience**

- 6.5..1. Increase the emotional resilience and wellbeing of children and young people ages 8-14years.
- 6.5..2. Reduction in anxiety, stress and depression in children and young people
- 6.5..3. Increased confidence, self-esteem, emotional intelligence, attitudes and aspirations of young people
- 6.5..4. Reduce the number of inappropriate referrals to CAMHS
- 6.5..5. Reduce the numbers of young people attending BDGH for self-harm related incidents

**Transition ages 8-14**

- 6.5..6. Improve the experiences of young people as they transition from junior to senior school
- 6.5..7. Ensure that young people have access to good quality, frank information about the physical, emotional and social wellbeing. Complimenting PHSE provision schools.
- 6.5..8. Increase access to safe community spaces for young people in the transition ages between the times of 4pm and 7pm during the early evening.

**Empowerment**

- 6.5..9. Increased number of young people becoming active citizens
- 6.5..10. Increase the number of young people participating in voice and influence opportunities
- 6.5..11. Empower young people to make informed decisions

**Raising Aspirations:**

- 6.5..12. Broaden the horizons of young people so that they are more aware of self-development and employment opportunities that reach beyond the community norm
- 6.5..13. Increase access to careers information, advice and guidance for children and parents
- 6.5..14. Empower parents to support their children to aim high and be their best self

**Risky Behaviour**

- 6.5..15. Increase young people's understanding of the consequences associated with risky behaviour, short, medium and long term
- 6.5..16. Reduce the number of young people participating in antisocial behaviour
- 6.5..17. Reduction in the number of young people regularly using drugs (including alcohol to excess)
- 6.5..18. Reduce the levels of young people being diagnosed with an STI

#### 6.5..19. Reduce the numbers of teenage conception

6.6. The second exercise required participants to identify what activities and intervention would be required to address the points raised in 6.5. This is what was discussed:

##### **Emotional Resilience**

- 6.6..1. Use youth work model of engagement to provide education and support to young people.
- 6.6..2. Engage families in an informal setting (community hub/café) so that they relax and can discuss emotional wellbeing in a supported environment.
- 6.6..3. Develop a public health led educational digital campaign that can be used in schools, GPs and public buildings.
- 6.6..4. Develop universal package of support that schools can buy in.

##### **Transition Age (8-13)**

- 6.6..5. Provide activities to support the transition from primary to secondary school, starting with year 5.
- 6.6..6. Provide training and development opportunities and a matching service to facilitate and supportive peer mentor structure.
- 6.6..7. Provide a non-targeted drop-in facility in schools to help reassure and address transition related questions/concerns.
- 6.6..8. Deliver activities that address gender specific issues linked to emotional resilience and wellbeing.

##### **Empowerment**

- 6.6..9. Provide opportunities for young people and families to participate in social action activities.
- 6.6..10. Actively encourage young people to participate in school councils and the youth council.
- 6.6..11. Deliver a summer holiday life skills course which benefits children, young people and their families.

##### **Raising Aspirations**

- 6.6..12. Provide a yearly conference with the 14-19 service to provide information about local employment opportunities, starting from year 6.
- 6.6..13. Provide opportunities for young people to go on field trips and have experiences that take them beyond their local neighbourhood.
- 6.6..14. Deliver whole family sessions that help parents to understand the range of opportunities available for young people and how they can support them to be their best self.

##### **Risky Behaviour**

- 6.6..15. Provide safe community hubs with positive role models
- 6.6..16. Provide after school activities between 4pm and 7pm
- 6.6..17. Provide a wide range of positive activities in sport, arts and crafts, music to engage young people and encourage cohesiveness in supported environment
- 6.6..18. Provide family friendly food based activities to start conversations about staying safe

6.7. Exercises 3 and 4 required each table to:

- 6.7..1. Design a service that could be commissioned to address the priority themes
- 6.7..2. Pitch the service to the rest of the room
- 6.7..3. Conduct a critical friend analysis of the other projects

6.8. These are the ideas that were suggested:

**6.8..1. CONNECT**

*(Collaborate / Opportunities in the/ North / Necessary to/ Empower / Children & Young People/ Together)*

Design – A programme approach working in schools and within the community

Cohort – Transition age focussed, engaging young people from Yr5.

Actions/ Interventions – Preparation work with primaries Yr 5&6, drop in support in Yr 7&8. Developing peer support in schools. Whole family summer holiday programme, with fun, practical life skills education. Reflective Parenting training for parents (mentalization and attachment).

USP – Bridging age ranges, schools and communities. Whole family support. Longer term intervention which aims to track progress and development.

**6.8..2. The Winners**

Design – A programme approach working with young people and the services that support them

Cohort - Y5/Y6 – Y7/Y8

Actions/ Interventions - Wellbeing link worker to “hand hold” this vulnerable cohort between services.

USP – Continuous support from a worker ensuring consistency and trust

**6.8..3. Four to Fourteen Service**

Design – A community based with outreach flexibility

Cohort – Ages 4 – 14 - Universal

Actions/ Interventions – Working in schools with a tiered approach to engage young people. Providing focussed support for families. Providing a youth club function.

USP – Covers two transition ages, Holistic and family focused.

**6.8..4. Youth Hub Bus**

Design – Mobile youth club facility, designed to appeal to young people

Cohort – Universal for ages 11-16.

Actions/ Interventions – Provides a chilled, safe place to come for an hour or two. Travelling to each ward. A different social issue would be discussed each week. Enables signposting to other services

USP – Mobile, flexible, the bus comes to you, both proactive deployment and reactive.

#### **6.8..5. Community Café**

Design – Centre based provision with a focus on food – ‘everyone needs to eat’

Cohort – Whole family approach

Actions/ Interventions – Education, engagement and volunteering opportunities

USP – A neutral space, owned and led by the community, supported by health, social care and the third sector.

6.9. Finally all the workshop participants were asked to vote for their preferred service.

- ❖ The Community Café was the most popular from the vote (7.5) because it created a safe space for young people and a nurturing environment for the whole family. The community ownership was felt to be very important. Bringing people together to eat, learn new skills and socialise.
- ❖ CONNECT came in second (6 votes) was recognised for reaching a wide audience, delivering in school and the community and for its flexible approach to working with children and parents. A couple of participants also noted that it would be possible to demonstrate impact and cost effectiveness. It was themed around the 5 ways to well-being and included volunteering and peer mentoring.
- ❖ The Community Hub Bus was very popular but received very few votes because it had come under criticism due to the high costs associated with running this type of provision.

6.10. It was clear from the workshop that the practitioners brought a wealth of experience to the room and valued and appreciated each other’s ideas. In several instances there was a request for a blend of two projects:

- CONNECT & 4-14 Service
- 4 – 14 Service and Community Café

6.11. Lightbulb moments, stakeholders repeatedly stressed:

- 6.11..1. To do meaningful community work with young people it was far more effective to make connections with young people in school.
- 6.11..2. To have the biggest impact on the family unit, whole family activities produce longer lasting more sustainable changes for children and young people.

6.12. The workshop demonstrated that production of a service specification is a complicated and time consuming process. Each person involved is viewing the priorities through a different life lens and therefore range of solutions were identified.

#### **7. Project characteristics championed by the priority working group – learning from previous commissioning**

- 7.1. Coaching Model – Intensive but with a legacy and peer support incorporated (Both the Summer Internship delivery model and Fit Reds delivery model were discussed).
- 7.2. 5 Ways to Wellbeing should be at the centre of a project (Connect, Be Active, Give, Take Notice, and Stay Connected).

- 7.3. Building resilience, particularly around emotional wellbeing and being able to handle the knocks that life throws at a person (this could include Mental Health First Aid training).

## **8. Conversational Film (THRIVE) -**

- 8.1. On the workshop 25<sup>th</sup> March Councillors requested that as part of the development work for the young people project that a conversational film should be produced.
- 8.2. Script Media were commissioned to undertake the task and filming took place from the 22<sup>nd</sup> July – 16<sup>th</sup> August.
- 8.3. The support given to YMCA, Ad Astra and CAMHS staff and their service users cannot be underestimated.
- 8.4. The video is now ready to air.
- 8.5. BMBC Communications have asked the Area Council if they will consider using the remaining budget to fund a condensed, social media version.

## **9. Development Costs**

- 9.1. On the 13<sup>th</sup> May 2019 the Area Council agreed a working budget of £4,850.00 to enable development work to take place.

<b>Service</b>	<b>Outline costs</b>	<b>Actual costs to date</b>
Survey for stakeholder engagement	£100.00	-
Venue and refreshments for stakeholder – survey and mapping event	£450.00	£224.00
Venue and refreshments for stakeholder feedback session	£350.00	£305.64
Survey for young people’s engagement	£100.00	-
Production of a short film	£3,500.00	£2,460.00
Social Media Edit of Video		£150.00
Engagement & promotion	£350.00	-
<b>Total</b>	<b>£4,850.00</b>	<b>£3139.64</b>

## **10. Risks**

### **10.1. Duplication of the new Children’s Mental Health Provision**

The Area Manager is aware that the CCG have been doing consultation with regarding young people’s mental health services over the past 6 months in order to design updated provision. The Area Manager has obtained a copy of the new Children and Young Persons Mental Health Service specification to ensure that there isn’t any duplication.

### **10.2. Duplication of the town centre based ‘OnSide Youth Zone’**

The Area Manager has observed a presentation from OnSide Youth Zone’s Partnership Development and Community Engagement Officer regarding the proposed service offer. The service suggested for the North Area will not duplicate the proposed offer.

### **10.3. Needs based commissioning**

There are 12 primary/junior schools in the North Area and plus Darton Academy, Holy Trinity and Springwell. It is important to note that many young people from the North Area attend Outwood Academy Carlton.

To achieve the best outcomes with the budget envelope it is recommended that the proposed service is only offered to the six schools who demonstrate that highest levels of need. This is included in the specification.

### **11. Draft Specification**

The draft specification can be found as an appendix.

### **12. Financial Implications of the contract**

- 12.1..1. £60,000 p.a. was originally committed for this project. It is recommended to combine the £30,000p.a. previously assigned to fund the Youth Participation Officers, with these project costs to ensure that there is both a school base provision and a family centred community provision.
- 12.1..2. The financial implications would therefore be £90,000.00 p.a. the contract would be let on a one year, plus one year, plus one year basis.
- 12.1..3. It is proposed that the contract should start on the 1<sup>st</sup> April 2020.
- 12.1..4. Total contract value based on the proposals equates to £270,000.00 over three years from April 2020.

### **13. Next Steps**

- 13.1. It is recommended that Members review the proposed service offer and identify any amendments. The Area Council Manager can then advertise the contract opportunity as part of a competitive tender process with the support of the Procurement Team.

**Officer Contact:**  
**Rosie Adams**

**Tel. No:**  
**01226 773583**

**Date:**  
**06<sup>th</sup> November 2019**

Appendix 1: Draft Specification

## **Barnsley Metropolitan Borough Council**

### APPENDIX TWO

### SPECIFICATION OF REQUIREMENTS

Contract Title: North Area Council - A Resilient and Empowering Transition Provision For Children and Young People Aged 8-14 Years

Contract ID: DN442803

Closing Date: DD/MM/YY, 12 noon

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## 1.0 PROJECT OVERVIEW

### 1.1 Introduction

Barnsley Metropolitan Borough Council (the Council) is looking to establish a contract for with a Provider for a 1 year, plus 1 year, plus 1 year period that provides children and young people aged 8-14 years with the resources they need to transition healthy and happily into adolescent. This should include increasing the confidence, self-esteem, attitudes and aspirations of the children / young people involved. It is envisaged that this offer will include provision that is both school and community based and incorporates a light touch whole family element.

The service will be commissioned by the North Area Council. The service delivered will benefit the communities of the following electoral wards: Darton East, Darton West, Old Town and St. Helen's.

### 1.2 Background

Barnsley is a Metropolitan Borough of South Yorkshire, England. The Borough was formed under the Local Government Act 1972. The Borough now forms part of both the Sheffield City Region (SCR) and the Leeds City Region (LCR).

The successful provider will be servicing the North Area of Barnsley, a diverse area that is made up of 4 wards, namely Darton East, Darton West, Old Town and St Helen's. Overall the population is approximately 43,518; this value is up 2.3% since 2011. 21.6% of the North Area population is 0-18 years, equating to approximately 9,403 children and young people. There are approximately 3,656 pupils on roll at 11 primary schools and 2,055 pupils on role at 3\* secondary schools, living across the area with a range of different needs. (\*This contract does not include the pupil referral unit situated in the North Area.)

Child poverty and deprivation is one of the most important factors determining health inequalities in childhood and throughout life. Research demonstrates that a child's physical, social and cognitive development during the early years strongly influences their school readiness and educational attainment, their employment chances and general health and wellbeing outcomes through to adulthood and older age.

There is often a complex / cyclical relationship between determinants of health and mental health with exposure to adverse environmental, social and educational conditions leading to increased risk of emotional and wellbeing issues but also that mental health problems can in themselves lead to subsequent deterioration of a person's social, educational, employment and housing conditions.

For children and young people the health and social wellbeing of parents and the family as a whole may impact on a child's or young person's emotional health and wellbeing.

Recent studies do however also provide some interesting findings about the relationship between a child/young person's **subjective** wellbeing and mental health.

Child poverty rates are higher in North Barnsley than the Barnsley average of 21.9% Children U16 are living in low income families i.e. the proportion of children living in families in receipt of out-of-work (means-tested) benefits or in receipt of tax credits where their reported income is less than 60% of UK median income. The average for Barnsley North is 19.12% of U16s, (however the percentage for St Helen's is far higher 34.7%).

Source: <https://www.gov.uk/government/statistics/personal-tax-credits-children-in-low-income-families-local-measure-2016-snapshot-as-at-31-august-2016>

In the North Area 16.6% of primary pupils are eligible for free school means, 14.1% in secondary school. This rises to 30.9% and 22.7% respectively in the St. Helen's Ward.

Rates in relation to risk taking behaviour are also higher in North Area with smoking prevalence for over 18's at 22.1% (24.9% in St Helen's). The proportion of women who smoke during pregnancy is slightly higher than the Barnsley average, 17.2% compared to 16.8%. However the figures for St Helen's are far higher 28.7%, nearly three times the national average.

Rates in relation to risk taking behaviour are also high in the North Area. The number of hospital admissions caused by Unintentional and Deliberate Injuries in young people aged 0-24years, rate per 10,000 is 131.3, rising to 140.1 for St Helen's residents and 150.8 for Old Town residents. During the period 2011/12 – 2015/16 within the wards in North Area Council, standardized hospital admission ratios for intentional self-harm ranged from 87.2 in Darton West ward to 152.8 in St Helens ward, (the rate for Old Town was 140.2). This means that St Helens ward had one and a half times as many admissions than the England average. Only one ward (Darton West) had lower admission rates than the England average.

Underage conceptions are significantly higher than the national average and also above the Barnsley average at 36.4 per 1,000 population aged 15-17 years, increasing to 64.7 in St Helen's – the highest in levels in the Barnsley borough.

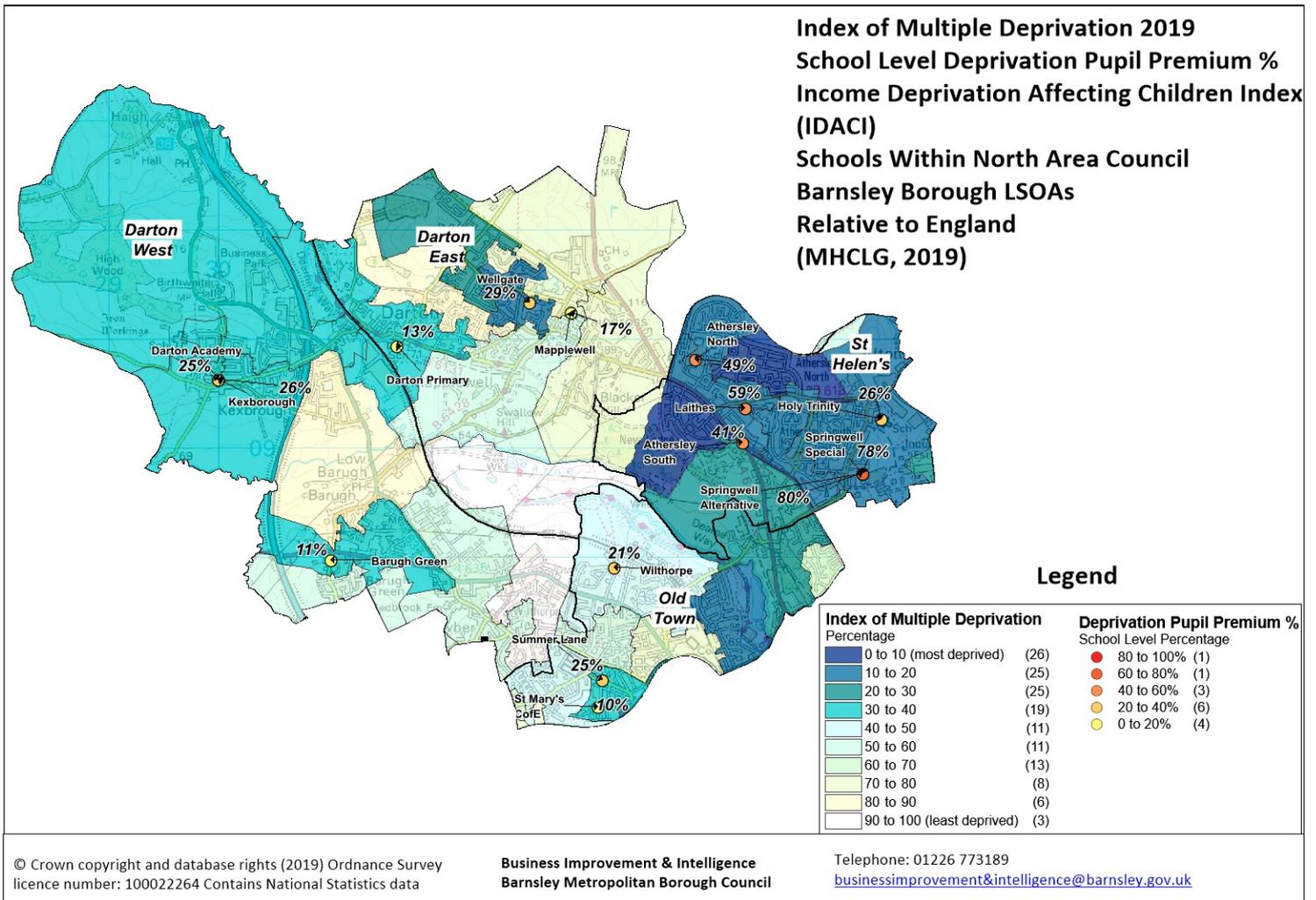
To summarise with the Seven Domains of Deprivation, showing the percentage of Lower Super Output Areas in the bottom 10% in England. The table below shows how the North Area presents.

Wards	Income Deprivation	Employment Deprivation	Education Training	Health, Deprivation & Disability	Crime	Barriers to Housing & Services	Living Environment
North Overview	7%	19%	22%	26%	4%	0%	0%
Darton East	0%	0%	0%	14%	0%	0%	0%
Darton West	0%	0%	0%	0%	0%	0%	0%
Old Town	0%	14%	0%	14%	0%	0%	0%
St Helens	33%	67%	100%	83%	17%	0%	0%

This shows how stark the inequality is within the North Area. For further information, please refer to the Area and Ward profiles, available here:

<https://www.barnsley.gov.uk/services/our-council/research-data-and-statistics/our-borough-profile/>

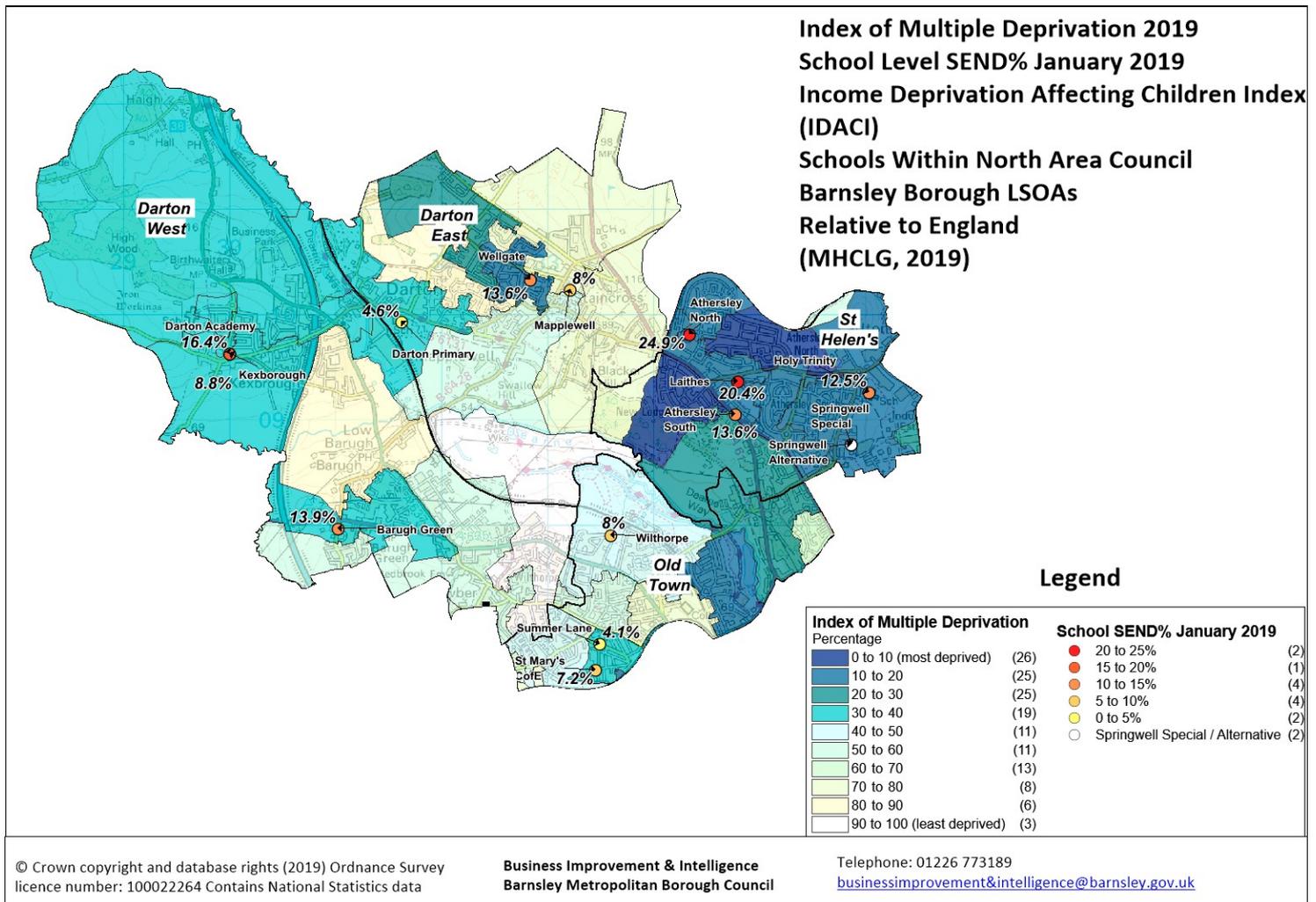
This map shows the pupil premium at school level by percentage.



The total number of children on the current Special Educational Needs and Disabilities (SEND) register in Barnsley is 4,945, around 15% of all pupils. The most common primary diagnosis of the type of SEND are moderate learning difficulty (MLD), followed by social, emotional and mental health (SEMH), speech, language and communication (SLCN) and autistic spectrum disorder (ASD).

Source: <https://www.barnsley.gov.uk/services/our-council/research-data-and-statistics/joint-strategic-needs-assessment-jsna/jsna-summary/>

This North Area map shows the percentage of young people identified as having special educational needs at school level.



Against this backdrop of poverty and a marked decline in the provision of Council youth services over the past eight years due to budget reductions, there has been an increase in the number of children and young people displaying signs of stress, anxiety and declining mental health and wellbeing with a sharp increase in the numbers being referred to Barnsley's CAMHS service.

North Area Council members are very aware however that with good mental health, children and young people do better in every way. They enjoy their childhoods, are able to deal with stress and difficult times, are able to learn better, making the most of their time in school. The Area Council wants to ensure that young people are resilient enough to bounce back from life's challenges, have the confidence to embrace and celebrate their differences and choose beneficial friendship groups. Enabling them to navigate their community and enjoy positive experiences, particularly during the challenging transition from junior to secondary education.

They also understand that childhood and teenage years are when mental health is developed and patterns are set for the future. So a child with good mental health is much more likely to have good mental health as an adult, and to be able to take on adult responsibilities and fulfil their potential.

Throughout 2019 the Area Council has run a series of workshops with Councillors supported by Public Health and Young Peoples Officers drilling down into what the local data tells us. Subsequently two stake holder events took place: a stakeholder Asset Mapping Conference was held on the 24<sup>th</sup> June 2019 and a Co-Design Workshop on 12<sup>th</sup> of September.

The following priority themes emerged:

- ❖ Emotional Resilience
- ❖ Transition age (8-13)
- ❖ Empowerment (Mentoring and Peer Support)
- ❖ Risky Behaviour
- ❖ Raising Aspirations

These themes and the work that the stakeholder group produced in the workshop is what has shaped the aim, objectives and outcomes of this specification. For further information about the North Area Council and the workshops that took place please follow this link and click on the agendas of the most recent meetings.

<https://barnsleymbc.moderngov.co.uk/ieListMeetings.aspx?CommitteeId=225>

The North Area Council also asked local young people to participate in a video, enabling them to tell the North Area Councillor's what matters to them. The conversational video project was supported by local stakeholders CAMHS, Ad Astra and The YMCA. This is what the young people told us:

[https://youtu.be/eDlz5S0C8\\_s](https://youtu.be/eDlz5S0C8_s)

## 2.0 THE COUNCIL'S STRATEGIC OBJECTIVES

### 2.1 Visions and Values

The Council's Vision is to 'Work together for a brighter future, a better Barnsley'

Our Values include:

#### Working Together

- We work as "One Council" to do the best that we can for our customers
- We build partnerships and work with others to achieve the best for Barnsley
- We are understanding and supportive of others, respecting and valuing differences

#### Honesty

- We are open and honest about what we are able to achieve, the decisions we make and how well we are doing
- We are true to our word, reliable and fair
- We are responsible and accountable for our actions

#### Excellence

- We are committed to quality and value for money
- We learn from our successes and mistakes
- We are flexible, adaptable and respond positively to change

#### Pride

- We are proud of the work we do and services we deliver
- We are proud to support our communities to make Barnsley a better place
- We are proud of our achievements

### 2.2 Priorities and Outcome Statements

In developing and delivering this service, the Provider should ensure that it is contributing to the Authority's corporate priorities and outcome statements as outlined below:

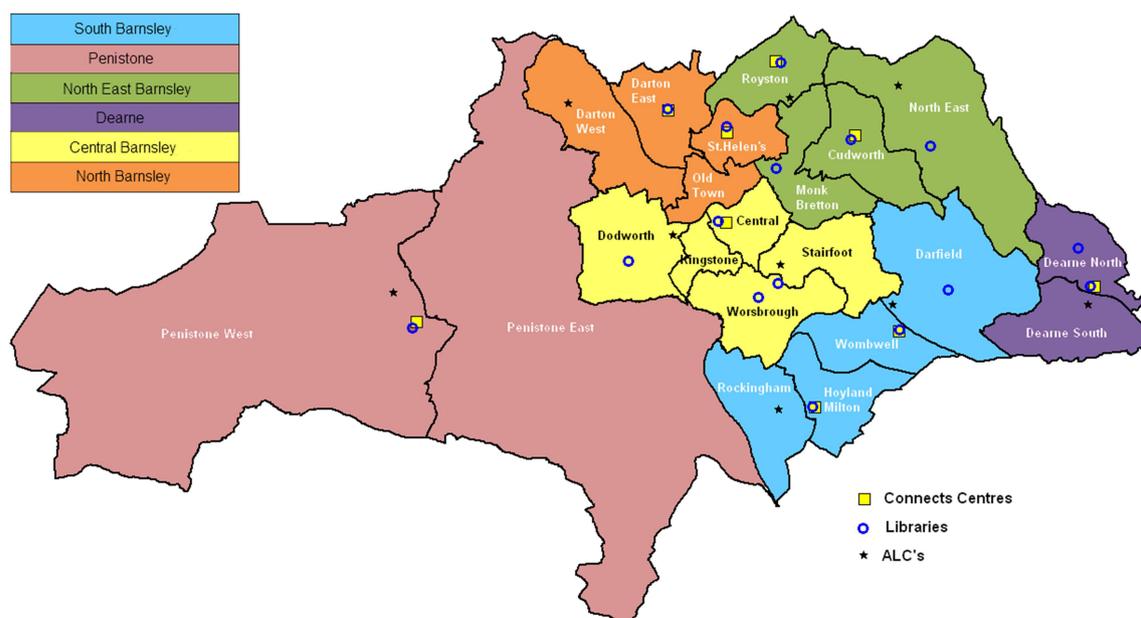
Thriving and vibrant communities	Create more jobs and businesses through appropriate provision of business, enterprise and employment programmes to reduce worklessness amongst those currently unemployed and increase skills levels of our current and future workforce
Supporting resilient communities	Ensure people of all ages have a much greater involvement in designing services and actively participating in improving their lives and Barnsley  Support the many benefits of volunteering and foster our many and diverse opportunities for residents to gain new skills and experiences through volunteering  Ensure customer services and the citizen experience of

	<p>access is improved-facilitate greater self-help</p> <p>Engage local communities in helping them shape decisions and services in their neighbourhood</p>
<p>Citizens achieving their potential</p>	<p>Target young people, families and communities who may need extra help in gaining the skills and experience they need to succeed</p> <p>Prioritise the safeguarding of vulnerable children and adults, and ensure that the risk of them getting harmed is kept to an absolute minimum</p> <p>Make the improvement of people's health and wellbeing everybody's business, with an emphasis on prevention and the contribution that all services can make</p> <p>Prioritise the reduction in health inequalities between different parts of the Borough</p> <p>Ensure that the Council plays a strong part in keeping the Borough safe, and work with others to improve community safety</p>

## 2.3 North Area Council Priorities

Working with our communities at a local level to help build places we can take pride in, has always been a priority for the Council.

### AREA GOVERNANCE ARRANGEMENTS



We recognise and value the huge contributions many people make every year to their local area, through individual or group activities that really make a difference for everyone who lives there.

Our aim, through the area working arrangements, is to build on this by providing further opportunities which place residents at the heart of local planning and decision making, so that together we can find new ways to meet the challenges of change facing Barnsley.

The North Area Council area sits to the North of the borough, shown in orange on the borough wide map above. The overall population of the North Area is 43,518 (17.8% of the borough total), distributed across the four electoral wards of Darton East, Darton West, Old Town and St Helen's.

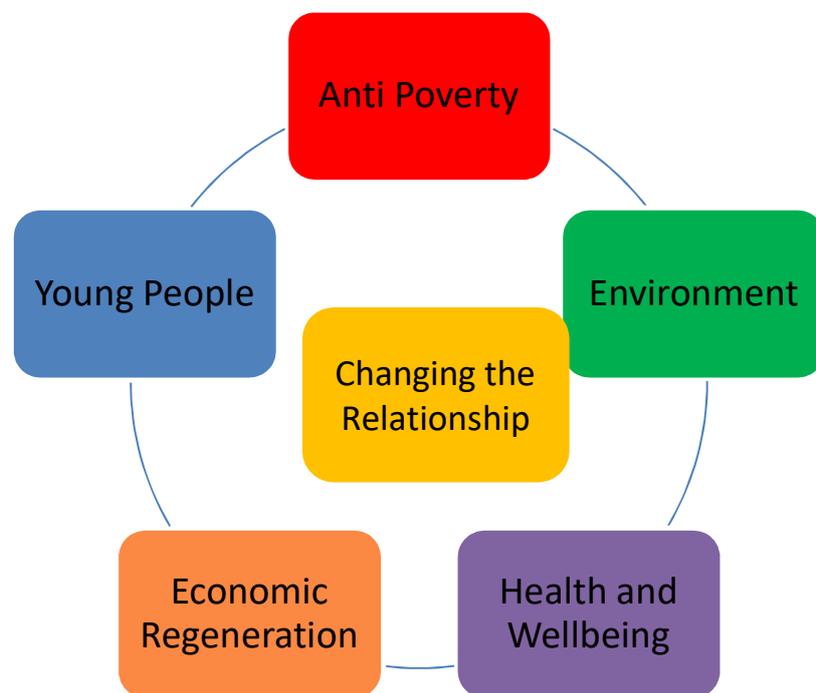
The North Area Council was established in April 2013 and is made up of 12 elected members (from the 5 wards mentioned above). It is chaired by Councillor Dave Leech and supported by the North Area Council Manager and a Barnsley Council senior link officer.

North Area Council meets on a regular basis throughout the year. It has agreed the

following priorities and commissions projects / services to address these priorities:

- **Anti-Poverty**
- **Creating a cleaner and greener environment**
- **Health and wellbeing of all residents**
- **Opportunities for Young People**
- **Economic Regeneration**

### North Area Council Priorities



### **3.0 SCOPE OF SERVICES**

The service that is developed and delivered should be informed by the views of children/young people living in the area. It should complement existing provision for this age group in the area, link with other services being procured by the North Area Council and reflect the needs of the children and young people living in the individual 4 wards.

The service should include interventions / activities that are fun, innovative, vibrant and high quality. The service should be delivered in schools and during out of school hours in hours in safe, community settings / spaces. The service should deliver programmes of activity that address the specific areas outlined in the Resilience Framework attached at Appendix A.

In developing and delivering this service, the Provider should ensure that it is contributing to the Council's corporate priorities and outcome statements. Sustainability, community support, self-reliance, resilience and reciprocity should, therefore, be built into the service design and delivery. Contribution to inclusive growth is key, as such work experience placements, apprentice opportunities and local labour should be used wherever possible. Collectively doing the utmost to ensure that young people are given the best possible start and provided with the tools they need to be economically active in the future.

We are also keen to see an increase in community resilience through the involvement of local people, community groups and local social enterprises in this service, not only through volunteering, active citizenship and stakeholder engagement, but also via formal sub-contracting arrangements at a local level, where appropriate.

#### **3.1 Description of Service to be provided**

The appointed Provider will develop and deliver an innovative service that:

Complements existing provision for children and young people aged 8-14 years living in the North Council Area; meets the specified objectives; and delivers the outcomes outlined in Section 3.2 of this document. The service will include a schools based provision and a community based provision. The provider must ensure that there is a strong synergy between these two elements to maximise engagement of the children and young people.

##### **Schools Provision**

This provision must complement what is happening in local schools, with specific consideration to the transition from junior to senior school and the Personal, Social and Health Education (PSHE) 2020 curriculum. There are 12 primary / junior schools in the North Area. To achieve the best outcomes for young people it is proposed that the service will only be available to 6 primary/junior schools based on the highest levels of need. This provision will complement the new CYPMHS service's mental health support teams that will be operation in schools from 2020.

The service will include:

- Provide activities to support the transition from primary to secondary school, starting from year 5. This would have consideration for the young person's physical, mental and emotional wellbeing.
- Provide a non-targeted drop-in facility in secondary schools to help reassure and address transition related questions/concerns. (Available in: Darton Academy, Holy Trinity and Outwood Academy Carlton)
- Provide training and development opportunities that will encourage peer support.

- Deliver activities that address gender specific issues linked to emotional resilience and wellbeing.
- Refer into the CYPMHS services school teams where appropriate.

### **Community Provision**

This provision will be made up of a number of out of school holiday interventions/activities, identified by children/young people themselves that are deliverable in community settings. A programme of planned provision for each ward should be provided to the North Area Team on a monthly basis throughout the contract.

The service is expected to be available during 8 weeks of the year, predominantly in the summer holidays. It is the provider's responsibility to cover the costs of venue hire. The programme should be similar to:

- 1 week – February half term
- 1 week – Easter holidays
- 5 weeks – Summer holidays
- 1 week – October half term

The activities/interventions should have an evidence based rationale for building emotional resilience and wellbeing in children and young people, and should be directly linked to the resilience framework attached at Appendix A.

The service should be tailored to the needs of children and young people living in the individual wards and **may** include provision of the following interventions/activities:

- Using a youth work model of engagement to provide education and support to young people.
- Provide safe community hubs with positive role models
- Provide a wide range of positive activities in sport, arts and crafts, music to engage young people and encourage cohesiveness in supported environment
- Provide positive experiences for young people that take them beyond their local neighbourhood.
- Ensure that the provision is suitable for the whole family

During the North Area Council's consultation with stakeholders the need for intervention to include a whole family element was repeatedly raised. The following activity/intervention suggestions were believed to offer learning and development opportunities' for families, contributing to sustained change:

- Engage families in an informal setting (community hub/café) so that they relax and can discuss emotional wellbeing in a supported environment.
- Deliver a summer holiday life skills course which benefits children, young people and their families. Deliver whole family sessions that help parents to understand the range of opportunities available for young people and how they can support them to be their best self.
- Provide family friendly food based activities to start conversations about staying safe

- Provide opportunities for young people and families to participate in social action activities.

### **3.2 Service Outcomes**

The following list outlines the outcomes that the Service Provider is expected to achieve, as a result of the service being delivered.

As part of the tender return, you will be expected to propose your own list of performance measures, targets, baselines and methodology to be used for gathering the data, for each of the outcomes listed.

Final performance measures and targets will be agreed prior to contract commencement. Please refer to Appendix Three – Evaluation Strategy and Appendix Four - Suppliers Questions and Responses (Part 1, 2 and 3)

#### **Short / Medium Term**

- Increase in the emotional resilience of children and young people
- Improvement in the subjective wellbeing of children and young people
- Strengthened protective factors for wellbeing in children and young people
- Reduction in anxiety, stress and depression in children and young people
- Improvements in school attendance

#### **Medium / Long Term**

- Improved academic attainment at Key Stage 3
- Increased confidence, self-esteem, attitudes and aspirations of children and young people
- Improvement in resilience, integration and cohesion in communities
- Reduction in antisocial behaviour in communities
- Reduction in the number of young people being inappropriately referred to CAMHS
- Reduction in young people participating in risky behaviour that would bring them to the attention of BDGH or South Yorkshire Police.

### **3.3 Target Groups and/or areas**

The Service is targeted at children/young people aged 8-14 years who live in one of the wards that make up the North Area Council area.

Elected Members, through their work with communities, understand that some areas in each ward have more challenges than others due to socio-economic factors/ low academic achievement/lack of resources/lack of existing provision etc.

The Service Provider is, therefore, expected to deliver the service to children and young people in the areas of most need and where there is currently a lack of service provision.

### **3.4 Specific Aims and Objectives of the Service**

#### Short / Medium Term

- i. Ensure that young people have access to good quality, frank information about the physical, emotional and social wellbeing. Complimenting PHSE provision schools.
- ii. Work closely with identified schools to help encourage those children and young people who need it most, to access the service
- iii. Increase the emotional resilience and wellbeing of children and young people ages 8-14years.
- iv. Reduction in anxiety, stress and depression in children and young people.
- v. Increased confidence, self-esteem, emotional intelligence, attitudes and aspirations of young people
- vi. Improve the experiences of young people as they transition from junior to senior school.
- vii. Increase access to safe community spaces for young people in the transition ages between the times of 4pm and 7pm during the early evening.
- viii. Broaden the horizons of young people so that they are more aware of self-development and employment opportunities that reach beyond the community norm.
- ix. Enable young people to take ownership
- x. Highlight and celebrate achievements
- xi. Link with other North Area Council procured and make positive life choices
- xii. Empower parents to support their children to aim high and be their best self
- xiii. Increase young people's understanding of the consequences associated with risky behaviour, short, medium and long term

### Medium / Long Term

- i. Reduce the number of inappropriate referrals to CAMHS
- ii. Reduce the number of young people participating in antisocial behaviour and receiving Acceptable Behaviour Letters and Acceptable Behaviour Contracts
- iii. Reduce the numbers of young people attending BDGH for deliberate / self-harm related incidents
- iv. Reduce the numbers of young people attending BDGH for unintentional injuries resulting from participation in risky behaviour

### Social Value

Under this contract, the successful Provider will be required to actively contribute to the achievement of specific social value objectives. These reflect the vision and corporate priorities of the Council outlined in Sections 2.1 and 2.2, and include:

- Provision of local skills development, work experience placements and apprentice opportunities
- Employment and training opportunities within the locality.
- Collaboration with local Voluntary Community Organisations and Community Groups
- Increase adult and young people volunteering opportunities in the local community
- Recruitment and deployment of adult and young people volunteers.
- Development of strong community networks, community self-help and resilience
- Local spend/use of local supply chains/sub-contracting locally

## **4.0 REQUIREMENTS OF THE PROVIDER**

### **4.1 Service Providers Responsibility**

The successful Provider will deliver a service as outlined above in the scope of services and in line with the quality and performance standards detailed below.

The successful Provider will develop and deliver a service that:

- Complements existing provision;
- Addresses the needs of each ward in the area;
- Meets the specified objectives; and
- Delivers the outcomes outlined in this document.

The Provider will be required to collate information regarding the work that has been undertaken and provide the Area Manager with regular reports, data and case studies.

### **4.2 Quality Standards**

The Provider will have all relevant policies and procedures in place.

For the avoidance of doubt, nothing in this specification is intended to prevent the Service Provider from setting higher quality standards than those laid down in the Contract.

It is the Provider's responsibility to ensure efficient delivery of the service contract, ensuring that the manager appointed/nominated for the Service Provider will directly manage all aspects of the Service and ensure that all outcomes and targets are met.

The Service Provider will have a robust system for monitoring complaints and suggestions; feedback from service users will inform service delivery.

The Provider will also ensure that:

- All staff who work with children and young people are trained in child development and mental health and understand what can be done to provide help and support for those who need it.
- All staff are equipped with appropriate training, staff development and supervision
- All staff employed or engaged by the Provider are informed and are aware of the standard of performance that they are required to provide and are able to meet that standard
- All staff employed or engaged by the Provider will be subject to a DBS check, and an acceptable outcome determined
- All staff employed or engaged by the Provider must be registered with the appropriate professional body, where applicable
- The adherence of the Provider's staff to such standards of performance is routinely monitored and that remedial action is promptly taken where such standards are not met

- For the avoidance of doubt, nothing in this specification is intended to prevent the Provider from setting higher quality standards than those laid down in the Contract

Additionally:

- The provider will have a robust system for monitoring complaints and suggestions; feedback from service users will inform service delivery.
- The provider will submit an annual report summarising any complaints, investigations and remedial action.

The Service Provider will submit annual reports summarising any complaints, investigations and remedial actions

### **4.3 Health and Safety**

The Provider of this service will be required to adhere to the Health and Safety at Work Act 1974 at all times and any other relevant guidance and directives in force or subsequently issued. In addition the Provider is required to achieve accreditation under one of the Safety Schemes in Procurement.

The Service Provider will ensure that:

- All staff are equipped with appropriate training, staff development and supervision.
- All staff employed or engaged by the Service Provider are informed and are aware of the standard of performance that they are required to provide and are able to meet that standard.
- The adherence of the Service Provider's staff to such standards of performance is routinely monitored and that remedial action is promptly taken where such standards are not met.
- All staff employed or engaged by the Service Provider have been subject to a DBS clearance, where required, and an acceptable outcome determined.

For the avoidance of doubt, nothing in this specification is intended to prevent the Service Provider from setting higher quality standards than those laid down in the Contract.

### **4.4 Environmental Requirements**

Project sustainability is key. The successful Provider will be expected to give consideration to the whole lifespan of the project, beyond the term of this contract.

The Provider will be required to comply with all legislation and Council policy in relation to the disposal and recycling of waste.

### **4.5 Branding Requirements**

The successful Provider will be supplied details of all relevant brand guidelines associated with the Council and Area Council schemes and expected to adhere to these with any associated materials produced.

#### **4.6 Equality and Diversity Requirements**

The successful service Provider will be required to ensure that the service is free from bias and acknowledges and respects gender, sexual orientation, age, race, religion, culture, lifestyle and values. If any needs are required as per the Equalities Act, such as language or disability, these needs will be provided for during the term of the contract.

Please also refer to Appendix Eight – Form of Contract (Terms and Conditions).

#### **4.7 Data Protection Requirements**

The successful service Provider will be required to comply with General Data Protection Regulations (GDPR) in terms of data security, specifically regarding securing data storage, access and transfer in relation to any activity undertaken in delivery of the services. As part of their written tender submission the Provider should details of whether they intend to collect personal/special details and process personal data. If processing personal data the Provider must be able to demonstrate to the Council, when requested, they have an ICO registration.

Further information on registration with the ICO can be found here;

<https://www.gov.uk/data-protection-register-notify-ico-personal-data>

#### **4.8 Safeguarding**

The safeguarding of children and adults at risk must underpin all practice and the Provider is expected to adhere to relevant legislation and guidance.

The service will have robust policies and procedures in place for safeguarding and protecting children, young people and adults at risk. The service will adopt a multi-agency approach to safeguarding, establishing information sharing agreements and joint working protocols with the Council and key partner agencies.

The Service will ensure that staff are aware of and abide by the most recent policies and procedures produced by the Barnsley Safeguarding Children Board Child Protection which can be accessed at;

<https://www.barnsley.gov.uk/services/children-families-and-education/safeguarding-families-in-barnsley/safeguarding-children-in-barnsley/barnsley-safeguarding-children-partnership/>

<https://www.barnsley.gov.uk/services/children-families-and-education/safeguarding-families-in-barnsley/safeguarding-children-in-barnsley/policies-and-procedures/>

The Service's operational policies and procedures will reflect those adopted by Barnsley Council, the Barnsley Safeguarding Adults Board and the Barnsley Safeguarding Children Partnership and will address the following;

- Ensure the making safeguarding principles are embedded and followed.
- How to make a referral for an adult at risk or a child in need under safeguarding procedures;

- Mental Capacity Act (applies to adults from the age of 16)
- How to report and respond to safeguarding concerns about the practice of staff or volunteers (people in positions of trust);
- Set out how they will manage a complaint investigation and how the learning will inform practice and continuous development of the service;
- How to initiate an Early Help Assessment if required;
- Set out how the management and reporting of Sudden Unsettling Incidents and the reflective learning from such events informs future practice and continuous service development;

The Provider will be responsible for informing the Council of their practice through routine contract monitoring arrangements or earlier where it relates to a critical incident and or is deemed to be an emergency that warrants this step as a matter of urgency.

Workforce training and education on the prevention of abuse and safeguarding practice must be given to all employees as a part of their induction and continued professional development. The training should be mapped against the locally agreed competency framework and should also include training on the Mental Capacity Act;

<https://www.barnsley.gov.uk/services/children-families-and-education/safeguarding-families-in-barnsley/safeguarding-adults-in-barnsley/for-professionals-and-volunteers>

### **Provider and Named Safeguarding Lead**

The Provider will identify a named safeguarding lead. The 'named' safeguarding lead will have arrangements in place to ensure they are able to access enhanced safeguarding advice, support and knowledge.

The successful Provider and their safeguarding lead must ensure that the following is in place:

- Clear referral and access criteria and documented pathways;
- Arrangements for the management of escalating risk;
- An information sharing and confidentiality policy in place that is clear regarding when information can be shared without consent and explains service users' rights and responsibilities;
- A risk assessment process that accounts for a history of abuse and the person's vulnerability to abuse, including predatory behaviour or sexual vulnerability
- A Quality Audit / Performance Monitoring system for safeguarding activity, that complies with contract and safeguarding performance reporting / monitoring requirements
- A clear process for reporting and managing allegations in relation to a member of staff or volunteer.

The Safer Recruitment and Selection of Staff, and Volunteers must be robust and include appropriately the undertaking of Disclosure and Barring Scheme checks (DBS). If these checks reveal information which would make the person unsuitable for work with children or vulnerable adults the Provider shall not employ or otherwise use such persons in any way.

The service must immediately notify the Council of any improper conduct by any of its staff or by one service user towards another, in connection with any part of this contract.

Any staff member who is the subject of allegations must be suspended from providing any services under this contract until the matter is resolved to the satisfaction of the Council. Where appropriate a report should be made to the local authority – for those working with children and young people to the Local Authority Designated Officer (LADO), and for adults at risk to the Safeguarding Adult Board Manager.

The Provider will ensure that they have mechanisms in place to fulfil their duty with regard to the Disclosure and Barring Service where they have dismissed an individual, or an individual has resigned, because they harmed or may harm a vulnerable person. Consideration of subsequent reporting to professional registering bodies will also be needed.

## 5.0 PERFORMANCE MEASURES

### 5.1 Contract Monitoring and Recording Requirements

Following the award of the contract the Council will hold an inception meeting with the successful Provider to review the following;

- The appointment/assignment of a Contract manager for both parties
- An overview of the staff to be engaged in the service delivery
- A contract management meeting schedule for the duration of the contract (Quarterly as a minimum)

The Provider will need to be able to demonstrate the effectiveness of the service in terms of delivering the agreed outcomes, outcome measures and outputs. Throughout the contract term the successful Provider will provide regular reports to the Area Council in regards to the types of services provided, both reactive and proactive to demonstrate contract delivery against all of the key objectives outlined.

There is a key requirement of the Provider to:

- Meet the Contract Manager for a monthly operational meeting for the first six months of the contract.
- Provide the Contract Manager with a monthly programme of delivery which identifies key delivery for each half of the school term and main holiday periods. This will be available a fortnight before the new period commences.
- Provide a quarterly report to the Contract Manager against the performance measures. This information will be shared with the North Area Council and Ward Alliances. Please note submission dates for the quarterly report up to Year 2 Quarter 1:

Year 1 Quarter 1 report	July 2020
Y1 Quarter 2 report	October 2020
Y1 Quarter 3 report	January 2020
Y1 Quarter 4 and end of year 1 report	April 2020
Y2 Quarter 1 report	July 2020

- Collect, collate and report on a range of agreed indicators on a quarterly basis (see milestones) as part of a quarterly report. This should also include the submission of 2 case studies per ward (group, individual or illustrating good practice/ innovative work) together with supporting photographs.

- Provide relevant evidence which would include volunteer signing in sheets, specific detail around the volunteers and how they were engaged. The detail should include named volunteers and their contact information
- Attend quarterly meetings with the contract manager to discuss the quarterly report and request any additional information/provide clarification, if required.
- Attend the Area Council Meeting as requested.
- An end of year report to be submitted (see milestones)
- An end of Project report and lessons learned to be submitted 3 months before the contract end date.

## **6.0 CLIENT RESPONSIBILITIES**

The Council will ensure the awarded Provider is made aware of any specific procedures and requirements in relation to Council policy and practice which may be relevant.

The Council will ensure the successful Provider is given a key point of contact for any enquires in relation to the contract.

## **7.0 PAYMENTS AND INVOICES**

### **7.1 Payment Terms**

The Council will pay the Provider(s) for work as per the agreement outlined in **Appendix Eight – Form of Contract (Terms and Conditions)**.

The successful Tenderer will be expected to sign up to the Premier Supplier Programme (if not already included) and offer a discount, as outlined in **Appendix One – Invitation to Tender**.

### **7.2 Payment Profile**

The Council will pay the Provider monthly in arrears for the services outlined as per the pricing schedule submitted in Appendix 6.

**Barnsley Council will issue a purchase order for this Service. Each invoice presented must contain the relevant purchase order reference number. All required documentation must be received by the Authority before payment can be processed.**

**Tenderers should note that any extension for the additional 12 months would be based on a review of the service and if these continue to be needed, current market forces and the breakdown of costs detailed in the initial tender offered.**

**Providers should note that the Authority's standard terms and conditions are to make payment 30 days from the date the invoice is received by the Financial Services Department, whilst using the Premier Supplier Programme as a mechanism to support accelerated payment terms.**



**APPENDIX A TO THE SPECIFICATION**

**RESILIENCE FRAMEWORK  
(CHILDREN AND YOUNG PEOPLE)**

<https://www.boingboing.org.uk/use-resilience-framework-academic-resilience/>

**OCTOBER 2015 (UPDATED)**

<b>SPECIFIC APPROACHES</b>				<b>LEARNING</b>	<b>COPING</b>	<b>CORE SELF</b>
<b>BASICS</b>	<b>BELONGING</b>	<b>LEARNING</b>	<b>COPING</b>	<b>CORE SELF</b>		
Good enough housing	Find somewhere for the child/YP to belong	Make school/college life work as well as possible	Understanding boundaries and keeping within them	Instil a sense of hope		
Enough money to live	Help child/YP understand their place in the world	Engage mentors for children/YP	Being brave	Support the child/YP to understand other people's feelings		
Being safe	Tap into good influences	Map out career or life plan	Solving problems	Help the child/YP to know her/himself		
Access & transport	Keep relationships going	Help the child/YP to organise her/himself	Putting on rose-tinted glasses	Help the child/YP take responsibility for her/himself		
	The more healthy relationships the better		Fostering their interests			
Healthy diet	Take what you can from relationships where there is some hope	Highlight achievements	Calming down & self-soothing	Foster their talents		
Exercise and fresh air	Get together people the child/YP can count on		Remember tomorrow is another day			
Enough sleep	Responsibilities & obligations	Develop life skills	Lean on others when necessary	There are tried and tested treatments for specific problems, use them		
	Focus on good times and places					
Play & leisure	Make sense of where child/YP has come from		Have a laugh			
	Being free from prejudice & discrimination	Predict a good experience of someone or something new				
	Make friends and mix with other children/YPs					
<b>NOBLE TRUTHS</b>						
<b>ACCEPTING</b>	<b>CONSERVING</b>	<b>COMMITMENT</b>	<b>ENLISTING</b>			