

Minutes of the Health Scrutiny Committee Meeting held on 19 January 2017 at 10:00 am in the King Edmund Chamber, Endeavour House, Ipswich.

Present: Councillors Michael Ladd (Chairman), Sarah Adams (Vice Chairman), Terry Clements, Patricia O'Brien and Bert Poole.

Co-opted members present: Councillors Alison Cackett (Waveney District Council), Peter Coleman (Suffolk Coastal District Council), Siân Dawson (Babergh District Council), Paul Hopfensperger (St Edmundsbury Borough Council) and Hugh Whittall (Ipswich Borough Council).

Also present: Councillors Helen Armitage, Sonia Barker, Stephen Burroughes, Mary Evans, Mandy Gaylard, Tony Goldson, Beccy Hopfensperger, Gordon Jones, Inga Lockington, Graham Newman, David Ritchie and Joanna Spicer.

Statutory co-opted members present*: Mark Dunn and Paul McIntee (Roman Catholic Diocese).

*Statutory co-opted members of Education and Children's Services Scrutiny Committee

Supporting officers present: Theresa Harden (Business Manager, Democratic Services) and Katherine Bailey (Democratic Services Officer).

1. Public Participation Session

There were no requests to speak in the Public Participation Session.

2. Apologies for Absence and Substitutions

Apologies for absence were received from Councillor Elizabeth Gibson-Harries (Mid Suffolk District Council). Members of the Education and Children's Services Scrutiny Committee, Councillor James Crossley and Rachel Gooch (statutory co-opted Member) also sent their apologies.

3. Declarations of Interest and Dispensations

Declarations of interest in Agenda Item 5 were received from Councillor Mandy Gaylard because she was a self-employed therapeutic councillor for children and adults, and from Councillor Joanna Spicer because she was a member of the National Audit Committee of Rethink Mental Health.

4. Minutes of the Previous Meeting

The minutes of the meeting held on 12 October 2016 were agreed as a correct record. It was agreed that under Agenda Item 21, reason 1, “a Member” would be amended to read “Councillor Paul Hopfensperger”.

5. The Emotional Wellbeing of Children and Young People

The Chairman welcomed members of the County Council’s Education and Children’s Services Scrutiny Committee, who had been invited to take part in the meeting for the scrutiny of this item.

At Agenda Item 5, the Committee considered progress with the implementation of EWB2020, the Transformation Plan for children and young peoples’ emotional wellbeing services, which had been published in February 2016 and supported by additional NHS funding of £1.2m a year for 5 years. Members also considered the engagement of schools in supporting the emotional health and wellbeing of children and young people in Suffolk.

The Committee received written evidence from a number of sources and was joined at the meeting by the following witnesses:

- Eugene Staunton, Chairman of Suffolk Children’s Emotional Wellbeing Group, Ipswich and East Suffolk and West Suffolk CCGs
- Richard Selwyn, Assistant Director, Children and Young People’s Services, Suffolk County Council
- Julia Grainger, Strategic Lead, Challenge and Support, Children and Young People’s Services, Suffolk County Council
- Christine Fogg, Strategic Lead, Challenge and Support, Children and Young People’s Services, Suffolk County Council
- Claire Darwin, Senior Educational Psychologist, Community Education Psychology Service, Schools Choice
- Donan Kelly, Locality Manager Suffolk East, Norfolk and Suffolk NHS Foundation Trust
- Dr Mashbileg Maidrag, Consultant in Public Health, Suffolk County Council
- Lil Newton, Headteacher, Highfield Nursery School and Children's Centre
- Andy Yacoub, CEO, Healthwatch Suffolk
- Tom Delaney, Research and Development Officer, Healthwatch Suffolk
- Anne Humphrys, Suffolk Parent Carer Network

Witnesses were asked to comment on the written evidence provided and highlight any key points they considered the Committee should be aware of in terms of the two key areas for investigation, which were:

1. What progress has been made with implementing the Transformation Plan? and
2. How are schools engaging with this work?

Members had the opportunity to ask questions and comment on what they had heard.

Recommendations: The Committee agreed:

1. To applaud all parties on their achievements so far, whilst recognising that there was still more to be done to deliver the ideas and priorities in EWB2020. It was agreed that the emotional wellbeing of children and young people should be retained on the Committee's Forward Work Programme, so that members could monitor progress at a future meeting.
2. To request, for the Information Bulletin at the meeting on 14 March 2017:
 - a. an update on progress with the development of a single point of access for child and adolescent mental health referrals in Suffolk. This should include information on timescales, challenges faced and details of what would, and would not be delivered through the single point of access;
 - b. mapping of the total funding pot available to support children and young people's emotional health and wellbeing in Suffolk and how this had been allocated to address levels of need.
 - c. details of what was being done to ensure relevant agencies were meeting the statutory requirement to participate in Education, Health and Care needs assessments and the production of ECH Plans for people aged 18-25;
3. To thank the Headteacher of Highfield Nursery School and Children's Centre for attending the meeting and to commend the way in which her school was working to support the emotional wellbeing of children and families.
4. To ask the Children's Emotional Health and Wellbeing Group to:
 - a. promote to other schools the good practice being demonstrated at Highfield Nursery and Children's Centre; and to
 - b. urge schools in Suffolk to take up the offer of free mental health first aid training for staff.
5. To endorse the work being undertaken by the Suffolk Public Health Team to encourage schools to promote healthy lifestyles for children and families.
6. To recommend that the Suffolk Public Health Team should use "Suffolk Headlines" as a mechanism for communicating short, succinct public health messages to schools, and for publicising its reports and information.
7. To request that the outcomes of the Healthwatch project currently taking place with secondary schools (My Health, Our Future) are provided to the Committee when they are available.
8. To submit a summary of relevant key themes discussed at the meeting to the Health and Education Select Committee, which was currently inquiring into the role of educational settings in supporting children's emotional health and wellbeing and;
9. In light of the tight timescales, to delegate authority to the Chairman and Vice-Chairman of the Committee, in consultation with the Chairman and Vice-Chairman of Education and Children's Services Scrutiny Committee, to approve the final wording of the submission.

Reasons for recommendations:

1. Members heard that the Transformation Plan had been signed off in 2015 and had subsequently been refreshed, which had been an opportunity to check that the priorities were current. Feedback from a stakeholder group, which included young people, parents and carers and representatives from Schools, Voluntary and Community Sector, the CCGs, Healthwatch Suffolk and NSFT, had been generally positive about the initiatives which had been put into place, but indicated that the pace of implementation needed to quicken, an issue which partners were working to address. The Committee's main concern, however was that the single point of access had not yet been implemented, despite previous assurances that this was a priority.
2.
 - a. Members heard that research by the Public Health Team had found that although services were available for many disorders, the access thresholds were high and children with behavioural difficulties often did not meet any of them. An "Emotional Wellbeing Hub" (single point of access), would enable all referrals to be considered by a Multi Disciplinary Team, rather than applying to each individual service in turn, and no child, young person, parent, or carer would be turned away without being provided with appropriate help, information, or advice. Development of the Hub was a complicated process which all partners, were working towards. An Implementation Board had recently been established, and it was hoped that the Hub would be operational by Spring 2017. The Committee was concerned about the speed of progress on this matter and requested an Information Bulletin for the March meeting to provide it with information on the development of the Hub, and the background to any further delays.
 - b. The Committee was concerned when it heard that most mental health conditions had developed by the age of 18, but mental health funding nationally, which was considerably less than the funding allocated to physical health, was split in the ratio of 93.5% for adults to 6.5% for children. Members asked how much money was available for children and adolescent wellbeing services in Suffolk across all funding pots, and how this money was allocated.
 - c. The Committee noted that the "Special Educational Needs and Disability (SEND) Code of Practice; 0 to 25 years" (January 2015) included a statutory obligation on all relevant organisations to work together in partnership to respond to, and participate in Education, Health and Care needs assessments and the production of Education, Health and Care Plans. Members requested information on what was being done to ensure that these obligations were being met by all parties for all relevant children and young people across the entire 0 to 25 year age range specified in the Code of Practice.
3. The Committee was introduced to the work of Highfield Nursery School and Children's Centre, which was a teaching school which provided other schools with advice on how to support families, children, and young people to develop strong mental health. Members heard anecdotal cases of children being excluded from school in reception years because they were unable to comply

with the requirements placed on them, and were informed that helping these children with behavioural issues at an early age, preferably before starting school, could increase their attainment and strengthen their mental health throughout their lives. They heard about the important early investment in mental health support provided by perinatal midwives and children's centres, where parenting skills were developed and parents were helped to learn about their children's needs, changing the way they behaved with their child and enabling the child to develop strong mental health and increased attainment and wellbeing.

4.
 - a. The Committee heard that the way in which adults communicated with children affected their well-being, and teaching children to be more resilient was relatively straightforward. However, staff needed to be well trained to strengthen children's wellbeing effectively. Highfield Nursery and Children's Centre was a Teaching School which worked with other schools to share best practice and to raise awareness of how to support children's emotional wellbeing and the link between strong mental health and attainment. The Committee was keen to encourage other schools to engage with it in developing resilience in children at an early age.
 - b. The Committee was aware that the Prime Minister had recently announced that free mental health first aid training would be provided to all secondary schools across the country, and was pleased to hear that in Suffolk this was already available to all schools, including those in the primary sector. It was keen to encourage schools to take up this offer of free workforce training which would equip staff to support children.
5. Members heard that the Public Health Team had undertaken Needs Assessments for children in Suffolk with emotional and behavioural difficulties and those with mental health difficulties. The reports discussed the risk factors, the impact for families, peers and society and the most effective support mechanisms for children and families. Public Health also commissioned Live Well Suffolk to provide healthy eating and lifestyle guidance and advice.
6. The Committee heard that all Public Health reports and information were made available on the "Healthy Suffolk" website, but were concerned that they were not being effectively promoted to schools and that school staff may not be aware of this important source of advice and information. Members considered that it would be useful for key points from the reports, with links to the complete documents, to be disseminated through the "Suffolk Headlines" weekly email to Headteachers.
7. Through transformation funding, Members heard that Healthwatch Suffolk had previously interviewed and surveyed 500 pupils from Thomas Gainsborough School and fed the results back to the school, to be considered during curriculum planning. Key outcomes had been that most pupils felt that they were not sufficiently well-informed about mental health issues, and were concerned about self harm (particularly girls) and sexual health. The project ("My health, our future") had now been extended to 8 Suffolk secondary schools, where pupils would be asked, during PSHE lessons, to complete an online questionnaire designed by Healthwatch researchers. The

questionnaire would finish with each student being taken to The Source website. Healthwatch Suffolk anticipated around 7000 responses to the questionnaire by the end of term and Members requested to see a summary of the outcomes when they were available. It was suggested that it might be useful to extend the scope of the project to include primary schools.

8. The Committee was aware that the Parliamentary Health and Education Select Committees had joined for a new enquiry into the role of education in promoting emotional wellbeing in children and young people and preventing the development of mental health problems. The Committee was pleased to note the synergy between the Select Committee enquiry and the issues considered at this meeting, and agreed that a summary of relevant key themes from the Suffolk enquiry should be submitted to the Select Committee.
9. Members noted that the deadline for submissions to the Joint Select Committee was the day after the Suffolk Health Scrutiny Committee meeting and, because of the short timescale, delegated approval of the final wording of the submission to the Chairmen and Vice Chairmen of the Health Scrutiny Committee and Education and Children's Services Scrutiny Committee.
10. **Alternative options:** None considered.

Declarations of interest: Declarations of interest were received from Councillor Mandy Gaylard because she was a self-employed therapeutic councillor for children and adults, and from Councillor Joanna Spicer because she was a member of the National Audit Committee of Rethink Mental Health.

Dispensations: None reported.

6. **Winter Pressures – Report from Task and Finish Group**

The Committee received, at Agenda Item 6, a report from the Task and Finish Group on Winter Pressures, which was presented to them by Cllr Sarah Adams.

Members heard that the Task and Finish Group, which comprised Cllr Adams and Cllr Paul Hopfensperger, had met, on 12 December 2016 with representatives of Ipswich and East Suffolk and West Suffolk CCGs, Ipswich Hospital NHS Trust, West Suffolk Hospital NHS Foundation Trust and SCC Adult and Community Services.

Recommendations: The Committee agreed:

1. To note the findings of the Task and Finish Group as set out in the report.
2. To note the verbal update on the status of West Suffolk Hospital over the Christmas and New Year period, provided at the meeting by Stephen Dunn, CEO West Suffolk Hospital, and to request a similar update from Ipswich Hospital for the Information Bulletin at the meeting on 14 March 2017.
3. To note the comments from the Cabinet Member for Adult Care about the work taking place and the need to share good practice across the system.

Reasons for recommendations:

1. The Committee heard that the Task and Finish Group had been impressed to see how agencies were working together, and noted that the local systems were performing comparatively well and had been recognised nationally for

excellence. Members noted that the Task and Finish Group report identified a number of ways in which Councillors could help to support this work by promoting key health and care messages with their local community.

2. Dr Dunn informed Members that over the Christmas and New Year period, West Suffolk Hospital had seen a 20% increase in admissions compared to the three previous years. This had placed a large demand on the hospital and right across the partnership system, but there had been a concerted effort to expedite discharges and the hospital had performed well compared with others in the Midlands and East of England, reflecting the hard work of all involved. The hospital was now working with SCC Adult and Community Services to consider how services could be joined up even more and address gaps in arranging social care.

Prior to the winter period, the hospital commissioned additional community beds at Glastonbury Court for rehabilitation, and a Multidisciplinary Team 24hr service, including physiotherapy and occupational therapists was arranged to support people at home over the weekends. Day surgery appointments were reduced as the hospital focussed on non-elective admissions. In future, the hospital was keen to work with partners to support the Connect initiatives and keep people in their homes wherever possible.

3. The Cabinet Member for Adult Care commented that there was on-going pressure on the system, and with three hospitals in the County, there was a need to share good practice and improve consistency across the whole of Suffolk. She commended initiatives such as the commissioning of beds at Glastonbury Court and the Discharge to Assess system, in which people's care needs were assessed when they were more relaxed and comfortable after they returned home and considered it would be useful to roll these practices out more widely if possible.

Alternative options: None considered.

Declarations of interest: None received.

Dispensations: None reported.

7. Information Bulletin

The Committee noted the Information Bulletin at Agenda Item 7.

8. Forward Work Programme

At Agenda Item 8, the Committee considered its Forward Work Programme.

Decisions: The Committee agreed:

1. That, subject to final arrangements, the next meeting, on 14 March 2017, would be held at West Suffolk Hospital.
2. To ask the Chairman to approach the Chairmen of the Scrutiny Committee, the Education and Children Services Scrutiny Committee and the Police and Crime Panel to ask them to consider establishing a Cross-Committee Task and Finish Group to consider the issue of child exploitation.

Reasons for decisions:

1. Members were appreciative of an invitation from West Suffolk Hospital, and agreed that the next meeting, which would be the final meeting before County Council elections in May 2017, could take place at the hospital.
2. Members noted that one of the County Council's five priorities was to support the most vulnerable in our communities, and agreed that scrutiny had a role in seeking assurances that the Suffolk "system" was achieving this effectively, and that staff working, in increasingly challenging circumstances, with vulnerable people on the front-line were supported and empowered.

The Committee therefore decided to approach the Chairmen of the main Scrutiny Committee, the Education and Children's Services Scrutiny Committee and the Police and Crime Panel with a view to convening a joint task and finish group, with a focus on the mechanisms in place to ensure that Suffolk's children did not become vulnerable to exploitation, in whatever form that might present itself.

Alternative options: None considered.

Declarations of interest: None received

Dispensations: None reported.

9. Urgent Business

No urgent business was discussed.

The meeting closed at 1:17 pm.

Chairman