

REPORT TO: East Lothian Council

MEETING DATE: 23 February 2021

BY: Executive Director for Education and Children's Services

SUBJECT: East Lothian Children's Strategic Partnership: Children and Young People's Services Plan 2020-2023

1 PURPOSE

- 1.1 To present East Lothian Children's Strategic Partnership: Children and Young People's Services Plan 2020-23.

2 RECOMMENDATIONS

- 2.1 To endorse the Children and Young People's Services Plan as the community plan for children in East Lothian.
- 2.2 To agree the three priority areas that are targeted for improvement through strategic and operational partnership working.

3 BACKGROUND

- 3.1 Part 3 of the Children and Young People (Scotland) Act 2014 sets out the requirement for a local authority and relevant health board to prepare a children's services plan for each three year period.
- 3.2 A children's (and young people's) services plan is to be prepared with a view to ensuring that children's services (and related services) are provided in the way which
- best safeguards, supports and promotes the wellbeing of children in the area concerned,
 - ensures that any action to meet needs is taken at the earliest appropriate time and that, where appropriate, action is taken to prevent needs arising,
 - is most integrated from the point of view of recipients, and

➤ constitutes the best use of available resources.

- 3.3 Work on the new plan began in early 2020, in advance of the conclusion of the Children and Young People's Service Plan 2017-20. The arrival of the COVID-19 pandemic and the requirement to focus on critical business impacted on the capacity for service planning and development across all partner agencies. In recognition of the challenge, the Scottish Government agreed that draft or interim plans be submitted by 30 September 2020, and full plans by 31 March 2021. As the Children's Strategic Partnership reports to the East Lothian Partnership, the draft plan was considered by the Governance Group on 8 January 2021 ahead of the full Council meeting today.
- 3.4 The national context for children's services planning is characterised by a number of significant strategic and legislative developments. The Independent Care Review reported its findings one year ago in the form of *The Promise*: which heralded the need to shift the primary purpose from protecting children *against harm* to protecting all safe, loving respectful *relationships* and supporting families effectively enough to prevent the need for care. Behind this is an ambitious 10-year plan to effect change both to culture and legislation. Our new plan has been developed within the context of the Scottish Government's commitment to fully incorporate the UN Convention on the Rights of the Child (UNCRC).
- 3.5 The priorities agreed for the new plan are based on a review of what our data is telling us about need within our communities. They are also informed by feedback from children and young people and our Champion's Board about what is important to them. Lastly, we have considered the findings of the review of how well we support children with additional support needs and the work to review the drivers for the increase in demand for care placements in children's services.
- 3.6 The need to develop a strategic partnership approach to delivering effective family and parenting support, improving young people's mental health and emotional wellbeing, and reducing inequalities for our children and young people within and between our communities were strong themes that emerged within 2019/20 and form the basis of the new plan.
- 3.7 Our Vision Statement: *We will work together to ensure East Lothian's children, young people and families are confident and resilient, and fully included as valued contributors within their schools and communities* is underpinned by the Council values of Enabling, Leading and Caring and the principles of a refreshed commitment to Getting it Right for Every Child (GIRFEC) and ensuring all we do is informed by the voices of children and young people.
- 3.8 The plan was developed during the early part of the COVID-19 pandemic. Whilst we are still unclear about the extent and reach of the long-term impacts on children, young people, their families and communities, the immediate effects on income, relationships, family stress, prospects for attainment and mental health are stark. The commitment and emphasis

on helping to prevent and reduce adversity by working in partnership across services is therefore essential.

- 3.9 Good progress has already been made within mental health and family support priority work streams. Strong integrated and partnership approaches to establishing new services and new approaches and re-aligning existing supports are enabling more children and young people to access early and effective support. We will build on the learning this provides to inform decisions about planning and commissioning services across the county.
- 3.10 The Council and Health and Social Care Partnership has made a commitment to ensuring we have a “trauma informed” workforce that is well placed to understand and respond to the needs of our citizens and people who use our services. This work, in partnership with NHS Lothian, will be coordinated through the mental health work stream of the Children’s Strategic Partnership.
- 3.11 The Children’s Strategic Partnership is committed to delivering the aspirations and priorities of the Children and Young People’s Services Plan 2020-23 to improve the lives and life chances of children, young people and their families in East Lothian.

4 POLICY IMPLICATIONS

- 4.1 None at present. The findings from the supporting work streams may inform future policy decisions.

5 INTEGRATED IMPACT ASSESSMENT

- 5.1 The subject of this report has been through the Integrated Impact Assessment process and no negative impacts have been identified.

6 RESOURCE IMPLICATIONS

- 6.1 Financial – None
- 6.2 Personnel – None
- 6.3 Other – None

7 BACKGROUND PAPERS

- 7.1 None

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EAST LoTHIAN CHILDREN'S STRATEGIC PARTNERSHIP
**CHILDREN AND YOUNG PEOPLE'S
SERVICES PLAN** 2020-23



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Introduction

This plan is being completed at a time of wholly unprecedented global challenges as a result of **COVID-19**. In East Lothian, as in the rest of Scotland, the UK and indeed, the world, creativity and innovation have been to the fore as we had to work against the clock to redesign services so they could be provided safely for our children, their families and our staff.

National Context

Our services continue to evolve as the contexts shifts. There is no doubt that COVID-19 has been a challenge, but it has given us unexpected opportunities too. It may be that there will never be a return to pre COVID-19 normality – in some ways that will not be a bad thing for children’s services. We have learned so much in such a short time, having had to completely re-think our services alongside coping with reduced staffing levels and our own concerns about ourselves and our families and friends.

Our staff rose to the challenge incredibly, but it has been hugely stressful. There is much currently not known about how children, young people, families and communities have reacted to, and coped with, their experiences of lockdown. The effect on household incomes is unquantified, we do not know how much debt people have taken on, although we do know that applications for Universal Credit have soared. We also recognise that the longer-term effects on all of us of not being with people who are important to us may be significant and enduring.

We know that we will need to do better for East Lothian’s children and young people, to protect against the potential long-term harm of COVID-19, in addition to the enduring issues which bring children, young people and families into contact with services.



“Where things work well we need to ensure that this continues and recognise the good practice; where families’ needs are not being met, we need to find new solutions locally that that will build on and enhance the delivery of existing universal provision and ensure that we are really getting it right for every child within their family.” (COVID 19 Children and Families Leadership Group)

A reinvigorated approach to **Getting It Right For Every Child** will be the underpinning philosophy of our children's services. The child and their family will be at the centre, with our services adapted to them rather than the other way round. Service boundaries will be blurred, and budgets re-allocated to support a continuation of the innovation and creativity which was driven by the need to react to COVID-19.

In October 2016, the First Minister made a commitment that Scotland would *"come together and love its most vulnerable children to give them the childhood they deserve."*

The Promise was the report that came out of it – all based on relationships: **shifting the primary purpose from protecting against harm to protecting all safe, loving respectful relationships.** Behind it is an ambitious 10 year plan to effect change both to the culture and to the legislation.

The East Lothian Corporate Parenting Board oversees the planning and implementation of the East Lothian Corporate Parenting plan. The 2017-2020 Corporate Parenting Plan was developed in partnership with a wide range of organisations including East Lothian Council, NHS Lothian, Police Scotland, Who Cares? Scotland and Queen Margaret University and the East Lothian Champions Board. The Corporate Parenting Plan makes promises and commitments to all care experienced children and young people. The board has evaluated progress on implementing improvement actions within the 2017-20 plan and is working together to develop the next three year plan. The new plan will reflect our corporate parenting duties to promote the interests of children who are care experienced. It will also seek to provide opportunities for care experienced children and young people to participate in activities which are designed to promote the wellbeing of young people. East Lothian corporate parents will also take any action they consider appropriate to help young people access these opportunities or make use of services. The Corporate Parenting

Board will work closely with the East Lothian Champions Board and will ensure the findings and the vision from 'The Promise' is fully incorporated into the new plan.

Scotland's Commissioner for Children and Young People (SCCYP) has published a Children's Rights Impact Assessment (CRIA) on the response to COVID-19 in Scotland (July 2020). The Commissioner notes that "Most strikingly, despite the need to ensure that the best interests of children are a primary consideration in all actions concerning them (article 3 (1) [UN Convention on the Rights of the Child] and the UNCRC's recognition that participation in decision making (article 12) is an enabling right, children have been largely absent from the decisions that have so profoundly impacted their lives. One of the greatest failings during the pandemic response has been the lack of recognition of children as rights holders rather than as passive objects of care or charity. The structures within which we make decisions need to be fundamentally rethought in order to enable children to take an active role in their own lives and communities."

We know that we can make change happen quickly when needed. We have been in survival mode for the past few months. Now we need to move on and drive further change, to make East Lothian a great place to be a child, young person or a family and a great place to work in children's services.

Another significant development since we started to draft this Plan is the commitment by the Scottish Government, to bring forward a Bill during this Parliament to "fully and directly incorporate the **United Nations Convention on the Rights of the Child** into Scots law, to the maximum extent of the Scottish Parliament's powers. Public authorities, including the Scottish Ministers, will be under a statutory duty not to act incompatibly with the UNCRC requirements as set out in the Bill.

Our local response

East Lothian's Children's Services Plan for 2020 – 2023 (the Plan) has been developed by the East Lothian Children's Strategic Partnership (the Partnership). It is based on evidence about what is happening in our communities. By children's services, we mean all services the Council provides for children including Children's Social Work, Education, Community Learning & Development and others. Services provided by partners, including NHS Lothian, Police Scotland, Edinburgh College and the third sector, also fall within this definition, along with relevant adult services that are delivered through East Lothian Health and Social Care Partnership.

The Plan describes how we will safeguard, support and promote the wellbeing of our children, young people and their families by helping to prevent and reduce adversity, and working in partnership take action to meet their needs at the earliest appropriate time.

In the plan, we explain what we will be doing over the next three years to move us towards our **shared vision**:

We will work together to ensure East Lothian's children, young people and families are confident and resilient, and fully included as valued contributors within their schools and communities.

The Plan is developed within the context of the Scottish Government's National Performance Framework, the UN Convention on the Rights of the Child (UNCRC), and the findings of the Independent Care Review (ICR). We will work with all partners to increase our capacity to deliver preventative interventions to focus services towards prevention, aiming to re-invest savings from fewer costly crisis interventions.

The Christie Commission emphasised the need for preventative spend to focus on preventing poverty and inequality. Our existing work on delivering the Fairer Scotland Duty and the implementation of the East Lothian Poverty Commission's recommendations will be explicitly linked to this CSP at strategic level, and progress built in to reporting on its delivery.

Children's rights and wellbeing are core to the Plan. Alongside this we will support and develop our workforce to be confident and resilient, able to fulfil their duties effectively. We will create and maintain a local environment which facilitates effective *Getting It Right For Every Child* practice for individual children and young people.

The development of this plan has benefitted from consultation and engagement with children, young people and families and we will continue to ensure that they are able to provide their views to help inform all future developments. We will publish an accessible one-page plan for everyone in East Lothian with an interest in our plan to be able to see what it means for them.

Our priorities

We have a lot of advantages in East Lothian, in many ways it is a great place to live, work, go to school and bring up a family. We have a growing population and are forecast to increase further, bringing potential economic benefits but also increasing pressure on services. However, within this, there are wide disparities between and within our communities. Relative poverty is growing

in all of our communities. Child poverty in Scotland is forecasted to rise. We know that growing up and living in poverty is linked with poorer educational outcomes and poorer health.

The mental health of our children and young people was a concern pre COVID-19, and this will only have increased. Families are struggling to cope and a lack of resilience is resulting in an increased need for placements, in a growing number of cases out with the county. Reporting of domestic abuse is increasing year on year, and it is now a major part of the workload of our local police. While we will not eradicate all of these disparities over the period of this plan, we can make progress towards achieving our vision for East Lothian's children, young people and families.

Whilst the full impact of the pandemic has yet to become clear, our understanding of the impact of COVID to date has assured us these are the right areas of focus for collective leadership and delivery of services for children, young people and families in east Lothian.

The **three key priority outcomes** this plan will focus on have emerged out of our work together over the last two years and from what our young people have told us matters most to them.

- 1. We will improve children and young people's mental health and wellbeing**
- 2. We will support parents, carers and families to be more resilient**
- 3. We will reduce inequalities for our children and young people within and between our communities**

1. Our vision, values and underpinning principles

Our Children's Services will follow the spiral model, with most resources going into those closest to the child, in the expectation that this will, through time, reduce the need for specialist help and compulsory intervention and make the best use of resources.

*We will work together to ensure East Lothian's children, young people and families are **confident** and **resilient**, and fully **included** as valued contributors within their schools and communities.*

Our values

ENABLING and encouraging everyone we work with to be able to achieve their full potential

LEADING by example and taking responsibility to improve ourselves and our services

CARING for each other, our community and the work that we do



2. Hearing the voices of our children & young people

Most of the consultation we have carried out with children and young people was pre-COVID. Consultation with children, young people and communities is mainstreamed in the work of children's services in East Lothian. Children and young people involved with youth justice services are reviewed regularly in relation to how they view our input.

The education service has undertaken several statutory and non-statutory consultations over the past few years, all of which have involved engagement with children and young people as well as families and communities.

We also carry out an annual **Student Evaluation of Experience (SEE)** survey - all P6, S2 and S4 pupils in East Lothian schools are invited to take part each year between January and March to gather their views in relation to a range of matters including teaching and learning, community issues, child protection and physical/sports activities grouped under the SHANARRI headings.

Some interim findings from the 2019/20 survey are:

For **young carers** we said we would decrease the percentage of pupils who regularly help to take care of someone in their family who is physically or mentally ill or has problems with drugs or alcohol. The proportion of P6 & S2 pupils agreeing in 2019/20 shows a drop of 5% on the previous year while the proportion of S4 pupils dropped slightly from 21% to 20%.

Access to home internet: this measure was changed in 2019/20 to say 'I can access any learning I need at home through the internet' as this is a more relevant indicator for the Education service that the service can actually impact – response from P6 & S2 pupils was 87% whilst the response from S4 pupils was 93.6%.

Including disabled children and young people: we said we would increase the percentage of pupils who can access regular public transport where they live. The proportion of P6 & S2 pupils agreeing in 2019/20 shows an increase of 1% on the previous year and an overall improved trend over the last 5 years. The S4 pupils shows an increase of 2% on the previous year and an overall improved trend over the last 3 years.

Other consultation opportunities include the **East Lothian Champions Board**, which was set up in 2015 and is supported by East Lothian Council and Who Cares? Scotland. It provides a platform for care experienced young people to talk directly to local authority staff, elected members and service providers to ensure that decisions which affect their lives are informed by their own experiences. Through the Board, care experienced young people themselves can influence improvements in the services and support available to them. The Board's priorities are **health, education and housing**.

We also use **Viewpoint** (a tool for consulting with care experienced young people about their care experience). Most recently, this has highlighted that:

Some children / young people:

- Experience some bullying at their placement or at school
- Report problems sleeping/ health worries/were worried about their anger

East Lothian Youth Summit: ‘Ideas for Change, Ideas for Action’

In spring 2018, East Lothian Council held its first youth summit, which was planned to be a bi-annual event. This was a one-day conference which involved two pupil representatives from every East Lothian school (P7-S6) plus larger groups of senior pupils (S4-6).

Children and young people who attended our Youth Summit told us that they had concerns around **wellbeing and feelings, healthy friendships and relationships** and **children’s rights**.

We have a **Rights Respecting Schools Award (RRSA)** programme – linked to the UNCRC - and all of our schools are encouraged to participate in this programme. The benefits of this go beyond the school and into the community as a whole.

East Lothian has strong experience of using innovative methods to explore children’s views and understanding of their rights. As part of the *Year of Innovation, Architecture and Design 2016* and the Festival of Architecture, **StreetsAhead Tranent** explored children’s views and experiences of their local community and built environment; examining how these factors impact on children’s rights and wellbeing.

StreetsAhead Tranent was invited to the UNCRC Day of General Discussion in Geneva and East Lothian Council and the Fa’side Area Partnership contributed funds to allow the children to travel to Geneva to share their work directly with the UN Committee on the Rights of the Child and other children and adults from around the world.

A further example of our work to incorporate UNCRC was the Human Rights Defenders project, piloted in Ross High School in Tranent.

Between March 2018 and June 2019, East Lothian participated in an innovative project working with experienced Members of Children’s Parliament to design and deliver Children as Human Rights Defenders; the programme explored children’s views on what rights they feel need to be defended in Scotland and what support is required from adults to ensure children can be both empowered and protected in their role as human rights defenders.

Over 200 children across Scotland were introduced to their rights as outlined in the UNCRC. These workshops were designed and co-delivered by Members of Children’s Parliament supported by an adult staff team.

3. Consulting on the plan

Building on feedback from children, young people and families through our third sector colleagues and services, the findings from our Youth Summit and Champion's Board, the Partnership ran a public consultation on the proposed priorities. Working within the restrictions of COVID, with the support of the third sector, we designed a successful online consultation and received 421 responses to these questions from young people, families, community members and people working within services.

We need to focus on improving children and young people's mental health and wellbeing in East Lothian so that our children and young people are able to cope with what's going on in their lives. 97.5% of respondents agreed with this priority.

Common themes included:

1. There was a shared view with many that the waiting lists for services in particular CAMHS are far too long. Access to services needs to be easier and quicker.
2. Access to community groups for both adults and children would help greatly "accessibility and inclusion for all in community based activities". Places for teenagers to access, safe spaces to express their feelings rather than being disruptive. Affordability was also mentioned a lot, access to sessions for families on low incomes out of school.
3. Early Intervention was a large theme running through the respondents. This could look very different, early support for families from birth along with responsive support in schools when children are showing signs of need rather than waiting until they are in crisis.
4. Interventions which are wanted, collaboration of agencies to ensure support across the communities.
5. The availability of trusted relationships was suggested many times – giving time to build them, to allow parents to work with the professional for the good of their children.' When the hard work is starting, the time is up or the funding runs out!'. Providing support for children at school, or in community groups where they can build a relationship.
6. Removing the stigma not just of mental health but asking for support – poverty, housing etc.
7. Robust training for those working with families around mental health. "We can't all be mental (health) nurses but a knowledge to recognise the signs is needed. Space to talk about feelings is a must in school and at home.
8. COVID-19 was been mentioned as a worry that people mental health will be further affected and what support can be put in place to support the whole family at this time.

We need to focus on increasing support to parents and families in East Lothian so that families can get the right kind of help when they need it. 92.8% of respondents agreed with this priority

Common themes included:

1. Many respondents talked about drop-in sessions for parents, families or children. Places they feel safe to chat and share experiences and learn from each other. Not many available past toddler age. 'provide drop-in sessions for parents to access information on health, wellbeing and mental health for the family'
2. More awareness of services in the area – a central point of contact maybe – 'overarching co-ordinator for parenting' – 'one obvious place parents can go and get help'.
The linking up of services including those to support employability and adult learning – 'if parents are able to improve their own skills and confidence this will have a positive effect on their children's learning.'
3. Early Intervention is again mentioned here by many – 'council and agencies need to work together at an early stage to prevent escalation and potential statutory intervention' – 'early intervention, not waiting until a crisis hits'. Some mentioned more funding for workers including health visitors.
4. Development of affordable breakfast/afterschool clubs across the county to support parents' chances of accessing work or college and the more social aspect for the children.
5. There is an understanding of budget constraints and suggestions of 'money spent more wisely' along with ensuring the services offered are what the community want – 'too often parents are not aware of the resources available'

We need to reduce inequality for children and young people in East Lothian so that they have the same chances everyone has to get the most out of their lives? 91% of respondents agreed with this priority.

Common themes included:

1. The importance of East Lothian communities having a better understanding of equality and diversity including race/gender/disability/LGBTQ. It was felt that schools need to ensure the curriculum covers black history. "Black history needs to be taught and needs to be more readably available to young people."
2. The impact of Covid 19 has had a huge impact on families where access to WIFI and digital technology has left many children and young people more disadvantaged. "Covid 19 has shone a light on the inequality - in my home, while my children were able to complete online school as we had the technology to help them, those living near us are not so fortunate and these children are suffering for it." One respondent suggested that there should be after school hubs where families can access free WIFI. There was also expressed support for homework clubs.
3. Many respondents called for free access to leisure, sports and recreational activities to be available to all children and young people living in poverty. It was also highlighted that consideration should be giving to the working poor. "Working poor who are just making ends meet but are not eligible for any help or support are the ones who are overlooked and could really benefit from the support." Respondents also welcomed work being done to reduce the stigma attached to poverty. "More work needs to go into diminishing the stigma around low income and those families requiring support to get by daily."
4. Many respondents felt children and young people with additional support needs need be better supported within mainstream school

and mainstream leisure and sports activities. They felt there should be a better awareness and understanding of autism amongst all communities in East Lothian.

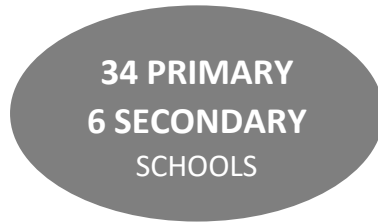
5. It was noted that the oral health for children from poorer backgrounds needs attention.
6. Respondents felt a focus on early intervention and prevention for children at the earliest possible stage is important in reducing inequality. "Support for parents can help to interrupt the inter-generational cycle and working within the communities and hearing what they need is essential. Changing the conversation and ensuring we can be responsive to requests for assistance is key."

Our consultation on this plan provided us with a wealth of rich comments and suggestions which we will draw on as we develop our implementation plans and look to consider our work beyond 2023.

4. Our context

Our communities are made up of six geographic clusters:

- **DUNBAR**
- **HADDINGTON**
- **MUSSELBURGH**
- **NORTH BERWICK**
- **PRESTONPANS**
- **TRANENT**



34 PRIMARY
6 SECONDARY
SCHOOLS

We have reviewed our data and highlighted some of the key challenges that are particular to East Lothian.

The Child Poverty (Scotland) Act 2017 established a set of four national measures of child poverty with national medium (2023) and longer-term (2030) targets. East Lothian was one of only four Council areas where it was estimated that less than 10% of children live in families with limited resources:

However, our demographic and deprivation profile present us with some significant challenges. We have pockets of deprivation throughout the county, even in more affluent communities and is rising across the county. We are among only six councils in Scotland whose share of the 20% most deprived datazones has increased significantly since 2016. Therefore we need to improve how effectively we move families out of poverty and improve the support and promote the wellbeing of people and this is a comparatively recent phenomenon.

There is significant Partnership work ongoing to deliver/develop anti-poverty work such as our Local Child Poverty Action Reports and wider anti-poverty work in East Lothian. Collaboration and partnership working are essential for such work to be effective.

There will always be differences in outcomes for people living in East Lothian, but we can aim to increase opportunities and reduce inequality, not just of income but also the discrimination and disadvantage that people with the protected characteristics defined in the Equality Act 2010 experience (race, disability, sex, religion or belief, age, gender reassignment, pregnancy & maternity, and sexual orientation).

Within East Lothian, deprivation ranges from almost 30% in some areas to 12% in others. 13 of our 132 datazones (7%) are among the 20% most deprived areas in Scotland, according to the Scottish Index of Multiple Deprivation 2020.

Therefore, we have 1 in 5 children of children living in poverty after the cost of their housing is taken into account. This affects not only their health and well-being but also limiting their opportunity to be the best that they can be. The stigma of poverty remains strong across the county and can leave families feeling ashamed of their circumstances and slow to ask for help and support.

Key statistics by geographical cluster

HADDINGTON

Population (0-15) = 3,416
Pupils (P1-S6) = 1,800
Relative poverty for children 14%
(up from 12% in 2014/15)
Pupils with Additional Support Needs = 350
383 referrals to children's social work
Mental health referrals for children = 37
Registered for Free School Meals (P4 to P6) = 137
Number of Exclusions (rate per 1000 pupils) = 36.4

DUNBAR

Population (0-15) = 2,993
Pupils (P1-S6) = 2,317
Relative poverty for children 12%
(up from 10% in 2014/15)
Pupils with Additional Support Needs = 350
336 referrals to children's social work
Mental health referrals for children = 50
Registered for Free School Meals (P4 to P6) = 131
Number of Exclusions (rate per 1000 pupils) = 8.8

TRANENT

Population (0-15) = 4,466
Pupils (P1-S6) = 2,842
Relative poverty for children 19%
(up from 16% in 2014/15)
Pupils with Additional Support Needs = 744
708 referrals to children's social work
Mental health referrals for children = 131
Registered for Free School Meals (P4 to P6) = 258
Number of Exclusions (rate per 1000 pupils) = 15.5

EAST LOTHIAN

241 Looked After children
48 Children on the
Child Protection Register
91 Young People receiving
aftercare care services
3,523 pupils with Additional
Support Needs

PRESTONPANS

Population (0-15) = 3,175
Pupils (P1-S6) = 2,489
Relative poverty for children 17%
(up from 13% in 2014/15)
Pupils with Additional Support Needs = 726
712 referrals to children's social work
Mental health referrals for children = 58
Registered for Free School Meals (P4 to P6) = 192
Number of Exclusions (rate per 1000 pupils) = 9.1

NORTH BERWICK

Population (0-15) = 2,394
Pupils (P1-S6) = 2,067
Relative poverty for children 10%
(up from 7% in 2014/15)
Pupils with Additional Support Needs = 477
219 referrals to children's social work
Mental health referrals for children = 27
Registered for Free School Meals (P4 to P6) = 76
Number of Exclusions (rate per 1000 pupils) = 5.4

MUSSELBURGH

Population (0-15) = 3,256
Pupils (P1-S6) = 3,137
Relative poverty for children 21%
(up from 18% in 2014/15)
Pupils with Additional Support Needs = 826
1,075 referrals to children's social work
Mental health referrals for children = 115
Registered for Free School Meals (P4 to P6) = 357
Number of Exclusions (rate per 1000 pupils) = 26.8

Domestic abuse

Linked to gender inequality, we know that we have rapidly rising reporting of domestic abuse in East Lothian, which has devastating impacts on children and young people across every aspect of their lives. 40% of children on the Child Protection Register in East Lothian had domestic abuse as a registration category last year. On average, there were 105 domestic incidents each month (Police Scotland data 2019/20) and an average of 40 per month were marked as criminal.

73% of the domestic abuse cases dealt with at our domestic abuse Multi Agency Risk Assessment conferences in 2019/20 involved children.

Other forms of violence against women and girls are also present in our area in significant numbers. Sexual crimes recorded by the police rose from 134 in 2017-18 to 203 in 2018/19 and 193 in 2019/20. Most of these were historic crimes.

Universal Credit

We know that the rollout of Universal Credit has had a catastrophic effect on families and is driving further income inequality. The single household payment model reinforces inequality between partners in a relationship, and increases the risk to women of domestic abuse and financial coercion by restricting access to resources. The COVID pandemic will accentuate this inequality further and increase the need for services.

Skills Development Scotland predict an increase in the number of jobs at lower pay levels increasing the possibility of in-work poverty in East Lothian.

Housing challenges

Private sector rented accommodation remains in short supply with rent levels above the average. Homeless presentations are higher

than in comparable authorities and families are staying much longer than average in temporary accommodation, experiencing all the disruption that brings to their lives.

We had 790 applications in 2019, marginally down on the previous year, but people are staying in temporary accommodation for longer than the Scottish average (we are the authority which has the 7th longest stay). We had 125 households with 195 children in temporary accommodation at end of March 2019. We are also below the Scottish average of unintentionally homeless people given settled accommodation and are among the lowest percentage to provide housing support (5%). In contrast, some local authorities are providing support to 100% of applicants.

Growing population – risks and opportunities

We are the second fastest growing local authority area in Scotland. Our population is projected to increase from 105,790 people in 2018 to 113,403 people by 2028, a rise of 7.2% compared with a Scottish average of 1.8%. We have 19,350 under 16 year olds, representing 18.3% of our population. The Scottish average is 16.9%.

The primary school roll in East Lothian is also increasing although the current year shows a slight drop of 1% in 2020/21 than in 2018/19. The current primary school roll is 8,553 pupils.

The number of secondary pupils has increased over that same period – 9% more in 2020/21 than in 2018/19. The current secondary roll is 6,336 pupils and now projected to increase further.

Significant growth is projected across all age groups but particularly among children with the 0-16 year group projected to grow by almost a third.

Clearly, this will place additional burdens on services, which are already having to cope with several years of challenging local

government settlements and constrained central government funding.

Population growth also offers opportunities but increasingly, we have extreme affluence and extreme poverty existing relatively closely together, if not quite side by side. Large scale house building projects are bringing people who can afford to buy them into the area in significant numbers, and their children are attending schools with those from very different backgrounds. Income inequality is brought into stark relief and with it, huge challenges for those families who cannot compete in what they can provide materially for their children compared to their classmates.

Additional Support Needs (ASN) growth

The proportion of pupils who have additional support needs has risen from 21.5% in 2014/15 to 24.0% in 2019/20. In total there were 3,523 pupils requiring ASN support as at September Pupil Census 2019. Some of the children who require ASN support are also being supported by children's social work services.

Policing in East Lothian

Although the 2019/20 figures show an overall 4.3% decrease in Anti-Social behaviour, the year beginning April 2020 has shown a dramatic increase (60%). Much of this can be attributed to COVID-19 related complaints but there has been a significant increase in large gathering of youths and associated disorder as well as a trend of young people inhaling Nitrous Oxide gas along with alcohol and drugs.

The increase of 14.8%, 2019/2020 of domestic abuse crimes is a particular concern as many of these crimes affect children and influence their behaviour and mental health.

Although there has been an overall decrease of instances of children going missing, looked after children going missing/absconding has increased by 20%. Individual cases have highlighted that some of these children have placed themselves in serious and risky situations with poor outcomes and this has placed additional strain on police and children's services.

Police crime statistics can be found by clicking the link below.

www.scotland.police.uk/about-us/our-performance/

5. Our opportunities & challenges

Successes

- Academic attainment at secondary school at SCQF level 6 or above is similar to comparator authorities and to the Scottish average.
- Across East Lothian, as measured by the Early Development Instrument (EDI) for children in P1, children in general do relatively well in physical health and wellbeing and cognitive language development.
- East Lothian children obtain higher than average results at P1 for mathematics and phonics.
- Musselburgh West is the top scoring ward in East Lothian for P1 results, having risen from a position below the Scottish average in 2012/13.
- More young people stayed on at school to S5 and S6 in 2015 than in 2006.
- Since 2010/11, there has been an increase of 72.7% in the numbers of people starting modern apprenticeships.
- The percentage of children in East Lothian who are exclusively breastfed at both the time of their 6–8 Week and their 13–15 Month Reviews (37.8% and 9.7% respectively) remains higher than the Scottish average (32% and 8.5% respectively).

Where we need to improve

Widening inequalities in attainment

- The gap in 2018/19 across four of the curriculum components at P1 was greater than in 2017/18, and the gap between those with additional support needs or are looked after and all other children has widened. Attainment of Looked After Children at S4 is lower than for children at the same stage who are not looked after.
- Across the primary stages, the gap is widest for Writing and Listening & Talking at the P4 stage and at the P7 stage for Reading and Numeracy. The largest gap was at P7 in Writing (30 percentage points) and the smallest gap at P1 and P7 in Listening & Talking (11 percentage points).
- At the senior phase, the gap between most and least deprived increases from 2% on average at SCQF Level 3 to 48% on average at SCQF Level 6. The gap between those with ASN and those without increases from 9% on average at SCQF Level 4 to 27% on average at SCQF Level 5 and 41% at SCQF Level 6.
- The proportion of school leavers entering positive destinations is lower than the Scottish average.

We do not yet know the full extent of the impact of COVID on our children's learning but we anticipate that in some areas, the gap/s will have widened.

Demand for children's (social work) services

- Demand for children's (social work) services increased by 26% between 2018 and 2020. An average of 300 referrals are received each month. This has resulted in the need for us to work with partners to strengthen the focus on prevention and effective early intervention in order to reduce the demand for targeted social work services.
- The last two years saw a significant increase in the need for residential care placements for young people who were unable to live safely or be educated within their home communities.
- Similarly, there has been a rise in the need for external foster care placements which are considerably more expensive than our own local authority ones. The combination of the increase in demand

for external placements has meant an enormous financial challenge for the service.

Keeping young people engaged in school and included in families and communities

- In 2019, primary pupils living in the 20% most deprived areas had an attendance rate that was 2.5% lower than primary pupils living in the 20% least deprived areas. Secondary pupils living in the 20% most deprived areas had an attendance rate that was 9.8% lower than secondary pupils living in the 20% least deprived areas (an increase of 1.1% on the previous year).
- The attendance gap for children with Additional Support Needs (ASN) has increased over the past 5 years. The gap between attendance of Looked After Children (LAC) and non-LAC has increased over the past 5 years.
- Rates of exclusion for secondary pupils living in the 20% most deprived areas were 49.0 per 1,000 pupils compared with 9.0 per 1,000 pupils living in the 20% least deprived areas.

The Promise made clear that *“where children are safe in their families and feel loved they must stay – and families must be given support together, to nurture that love and overcome the difficulties which get in the way.”*

We have been working to reduce external placements and anticipate that we will continue to drive them down during the lifetime of this plan.

Demand for mental health services

Mental health is a significant concern for our young people in East Lothian with the rate of CAMHS referrals per 1000 (<18yrs) being 25.4% for East Lothian compared to 6.8% for Lothian and 5.3% for Scotland. In 2019/20

- For children under 12, 222 referrals were received, most came from Tranent and Musselburgh. Fewest referrals came from Haddington and North Berwick. Dunbar and Prestonpans were in the middle.
- For children over 12, 206 referrals were received, most were again from Musselburgh and Tranent
- For both age groups, high numbers of referrals were deemed not to be suitable for a service from CAMHS leaving children, young people and families frustrated and distressed.

CAMHS have been working with partners including primary care to improve communication to and from the service, and section 7 provides information about steps we will take to address the challenges around access to mental health services.

6. Learning from the last two years

In our 2018/19 review we noted that we had reviewed the effectiveness of the partnership and tested out new approaches to children's services planning. This included better use of data to inform priorities and demonstrate the impact of our collaborative work. 2019/20 saw the full implementation of the new integrated education and children's services department and the work towards re-launching our approach to Getting It Right For Every Child in East Lothian.

This has been informed by findings of work to review our approach and offer to children with additional support needs and a significant piece of work to review the drivers for the considerable increase in demand for care placements in children's services. Developing a strategic partnership approach to family and parenting support and improving young people's mental health and emotional wellbeing were strong themes that emerged within 2019/20.

We have made progress and are confident that the structural changes we have put in place will enable us to build on our successes. We want to go further though, if we are to achieve our aspirations for children, young people and families in East Lothian. We must learn from COVID. We have discovered some unexpected outcomes from our experience of delivering services during the pandemic and will build these into our collective work.

7. Our priorities

The story told by the evidence about our communities, and most importantly, what children, young people and families told us, led us to identify that these should be our priorities for 2020 – 2023:

1. Improving children and young people's mental health and wellbeing

2. Supporting parents, carers and families to be more resilient

3. Reducing inequalities for children and young people

What will success look like?

If our plan works and we achieve our three priorities, what will be happening for children, young people, families and communities?

For children & young people:

- ★ Children and young people feel safe and included in their schools and communities and fewer of them experience poor mental health
- ★ More children and young people can stay with their families
- ★ Children and young people are able to achieve their potential

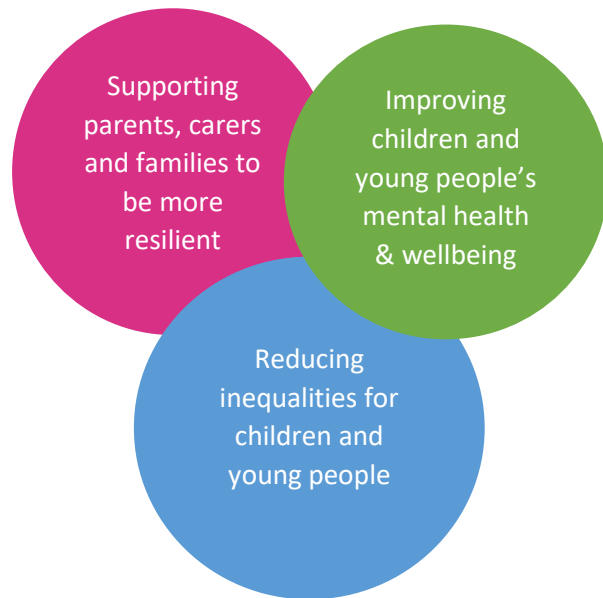
For families:

- ★ Families receive help when they need it
- ★ Families are encouraged and supported to seek help
- ★ Families receive the right support at the right time

For communities:

- ★ A strengths-based approach is taken to community development
- ★ Families play a greater part in the lives of their communities
- ★ Communities prosper as more people reach their fullest potential

Our three priorities build on work already underway, linking it more closely and providing a sharper focus on key areas, and all of our priorities are interconnected and interdependent:



Our priorities should therefore be seen as parts of a whole rather than individual, discrete elements.

A benefit of this is that it will encourage collaborative working across the different work areas, and facilitate the realignment of services which will be required to deliver our outcomes

Priority 1. Improving children's mental health and wellbeing

We are committed to improving children and young people's mental health and wellbeing to help them cope with what is happening in their lives

Key objectives

1. Develop a workforce that is equipped and skilled to provide effective support for children's mental health and wellbeing
2. Ensure our services enable us to intervene at an early stage and prevent difficulties from worsening, within a tiered model of support.
3. Develop and implement a community mental health and wellbeing support service.

Priority 2. Supporting parents, carers and families to be more resilient

We are going to improve family and parenting support in East Lothian so that families get more support earlier, reducing the need for specialist services further downstream.

Key objectives

1. Develop a workforce that is equipped and skilled to build parenting and family resilience.

2. Redirect our resources and focus our collective spend towards early intervention and prevention.
3. Develop community parenting and family support services by empowering children, young people, families and communities as assets.
4. Enable the participation of children, young people and parents/carers in the development of our services.

Priority 3. Reducing inequalities for children and young people

Given the impact of the pandemic on officer capacity during 2020, this priority and supporting work streams will be developed and refined further during the early part of 2021. The implementation plan will be drawn from the areas set out below and where relevant, link with existing work underway within services to ensure a multi-agency approach to improving children's outcomes.

We are committed to reducing inequality for children and their families in East Lothian so they have the best chance to get the most out of their lives.

Promoting gender equality and children's human rights to reduce violence against women and girls and domestic abuse

Violence against women and girls (VAWG) is the most common human rights violation of our time. Domestic abuse, and other forms of violence against women and girls, are recognised as both a cause and a consequence of gender inequality. Domestic abuse has a devastating effect on the lives of children and young people, impacting on physical and mental health, educational attainment and life chances and is a breach of their human rights. Young people can be both victims and perpetrators of gender-based violence, in addition to experiencing the abuse of (most likely) their mother.

There are strong links between domestic abuse and poverty. Nearly one in five women they surveyed were prevented by their abusive partner from having paid employment. A third reported that their partner was abusive towards them while they were at work or college, making it difficult for them to keep their job or complete their studies.

Before COVID-19, we were clear that we needed to take a reinvigorated approach to the VAWG agenda, focussing in particular on early intervention and prevention. The pandemic has made this even more urgent. The Children and Young People's Commissioner for Scotland's Children's Rights Impact Assessment on the response to COVID-19 in Scotland states that "The COVID-19 pandemic poses serious and particular risks to the rights of children who experience domestic abuse. The restrictions imposed to stop the spread of the virus have significant consequences for rights to protection, provision, prevention and education and participation.

They make it harder to report abuse, to seek help and for courts and service providers to respond effectively.

Children's rights and human rights

The rights and participation agenda will also contribute strongly to this priority, and East Lothian has strong experience of using innovative methods to explore children's views and understanding of their rights (see section 3 above). Moving on from this work, East Lothian will use the learning from the programme to ensure children and young people's voices and experience are integrated into service planning, policy and practice. The Scottish Government has committed to full incorporation of UNCRC to ensure children's rights are respected and protected in the law in Scotland and public authorities are legally required to respect and protect children's rights in all the work that they do. The new law will apply to all children and young people under the age of 18. It will mean that public authorities must take steps to respect children's rights in their decisions and actions and that children and young people will have to be involved and listened to in decisions about their own lives and communities.

Ensuring children and young people grow up with a strong understanding of their entitlement to have their voices heard, their views taken into account and their human rights respected, are effective protective factors against prejudice, abuse and inequality in childhood and beyond into adulthood. Public services, especially universal services and the third sector have a central role to play in promoting a rights-based approach and informing and educating children from early years upwards.

Participation

An important factor in our success will be having constructive challenge built in to this work from the outset. Participation of children, young people and families will be central to our approach.

Participation runs like a golden thread through UNCRC, GIRFEC and the ICR recommendations. We cannot achieve our aspiration of putting children, young people and families at the heart of our work, or take a meaningful, human rights -based approach, without participation.

Taking our inspiration from *Voice Against Violence* and *Everyday Heroes*, highly effective participation projects which worked with young people who had experienced domestic abuse and violence against women, we will use the ethics of participation developed by Dr Claire Houghton of Edinburgh University to ensure that our engagement with children and young people is safe, respectful and inclusive.

Tackling childhood obesity

In 2018, the Scottish Government pledged to halve childhood obesity by 2030. This was in recognition of the serious public health issue and the impact of children staying obese into adulthood and likelihood of experiencing diabetes and cardiovascular diseases at an earlier age. In September, the latest [Scottish Health Survey](#) report was published, detailing obesity prevalence across all age groups, prior to the COVID-19 pandemic. In 2019 in Scotland:



Since the pledge was made, data indicates that not only has progress on childhood obesity prevalence halted, but inequalities in this area have got progressively worse with a widening gap in childhood obesity prevalence amongst those living in the least and most deprived areas of society. In 2018, prevalence of overweight or obesity in children was 24% in the least deprived areas and 31% in the most deprived areas: a difference of 7%. In 2019, prevalence was 23% in the least deprived areas, compared to 35% in the most deprived areas: a difference of 12%.

In March, Scotland entered a state of national lockdown. By 20th March all schools in Scotland closed, with children only returning to full time face-to-face learning mid-August. During that time, children's lives were impacted dramatically. Not only were schools impacted, but the coronavirus measures also impacted children's physical activity, sports classes and other activities, with research from [Public Health Scotland](#) reporting that 5 in 10 children did less physical activity, and only 2 in 10 did more. With obesity found to be a [risk factor](#) in the severity of COVID-19, and links identified between obesity and poorer outcomes in younger people, the need to improve the health of Scotland's population has never been more urgent.

In East Lothian, 2017/18 data indicates that over one fifth of children (21.9%) in the county who were seen as part of Primary 1 screening were at risk of being overweight or obese, which is just marginally better than the Lothian figure of 22.5% and the national figure of 22.4%. Within this priority work stream, the CSP will develop and test a multi-agency approach to reducing childhood obesity in pre-school and very young children.

Overcoming barriers to improving educational attainment

We recognise the challenge in achieving and sustaining improvements in reducing educational inequalities and closing the poverty related attainment gap for children living in our most deprived communities. While this is an agreed core priority for the education service, we will identify opportunities for a multi-agency partnership approach in one locality.

Strengthening vocational education

The importance of education in improving the life chances of children and young people is currently more evident than ever before. COVID-19 has given us an exciting opportunity to look again at our offer to young people in the county and consider how we can match it more closely to their needs and aspirations.

We know that school is not a good fit for all of our young people and that not all will wish to continue on an academic path. For those young people, college can provide the opportunity to develop the skills which will enable them to move out of entry level, low skilled jobs into careers with higher pay, providing long term financial stability, as well as the dignity of employment in an area which matches their interests and capabilities.

1. Further develop our work to embed children's rights and participation with children, young people and carers.
2. Reduce the inequality gap in children's health and educational attainment.

3. Develop a workforce for reducing inequalities for children and young people and for embedding children's rights and participation.
4. Focus our spend on early intervention and prevention.

Please see appendix 1 for details of the implementation plans.

8. Resourcing & commissioning

The Coalition of Care and Support Providers worked with third sector children's services partners in East Lothian to support the development of stronger collaboration between the sector and statutory partners, with a particular emphasis on commissioning through the Children's Services Planning process. A further piece of work will develop a draft Commissioning Strategy that will sit under the CSP and be governed by the Partnership.

1. All relevant funding and resources are allocated to our priorities.
2. All relevant partners adopt these priorities as the focus for intervention, adopting a co-production approach with service users which recognises both their rights and strengths.
3. Collaboration rather than competition underpins our partnership approach. ALL partners (including those responsible for funding) practice and prioritise this approach when developing interventions.
4. The third sector are recognised as key early intervention/prevention services and early intervention funding and investment supports this role.
5. Funding decisions align with identified priorities, recognising the inherent rights (through UNCRC/GIRFEC Wellbeing Indicators) of children and young people.
6. A consistent, evidence-based evaluation process will be applied to all funded initiatives and projects, with a clear line of sight to Children's Services Plan priorities and anticipated outcomes.
7. We adopt the 'best interest' approach (for the child or group of children we are focussed on) when having difficult conversations. This will inform decision making.
8. We emphasis 'what works' rather than historically funded/self-interest initiatives and approaches.

The following principles were agreed:

9. Equipping our workforce to deliver the priorities

Workforce development is a critical ingredient of the East Lothian Children and Young People's Services Plan. There is a need for strong leadership and a culture which focuses on learning and not blame and promotes reflective, evidence-based practice. We know that it is relationships, alongside our robust policies and procedures, that help to keep our children and young people safe - relationships with our children, young people and parents, relationships within each team/service, inter-agency relationships and relationships with the wider community. We must maximise opportunities to learn and develop together to embed common values and language and outcome focused practice.

The plan also sets out the need for all agencies to gain a comprehensive knowledge and understanding in relation to:

Trauma Informed Practice

We will ensure our staff are trained to enable them to deliver **trauma informed services** by following the NHS NES trauma informed practice model. This means that:

- People affected by trauma, their families and supporters are aware of what services they can receive at different points in their recovery journey.
- Workers will have the knowledge and skills required to successfully deliver quality, evidence-based trauma informed or trauma specific services to people affected by traumatic events (depending on their role).
- Staff will have the necessary knowledge and skills to meet the needs of people affected by trauma, their families, carers and supporters.

Getting It Right for Every Child

- All agencies will have an understanding of Education's refreshed Child's Planning Framework and their role within this when multi-agency support is being considered for any child or young person and will be expected to have this embedded in their work.
- In particular, all staff including those in Education require to have a refresh of their responsibilities for GIRFEC with key staff receiving training on the use of the framework to enable the assessment and planning of children and young people in order to support their development, wellbeing and barriers to learning.

Signs of Safety

All agencies will have an understanding of how Children's Services (SW) uses this approach to assess, analyse and plan with children, young people at their parents/ carers to reduce risk and promote safety.

- **This will help** to ensure a consistent approach which promotes honest and respectful discussions around concerns and worries where there is a shared understanding of the purpose, goals and what needs to change.
- There will be a culture of critical thinking and reflective practice at all levels.
- All plans for children / young people will focus on their everyday lived experience and embed the principles of SMART planning.

Safe and Together

All agencies have a common understanding of the Safe and Together practice model which aims to improve how systems and practitioners respond to the issue of domestic abuse.

Nurture

All services around the child/young person will gain insight into the interventions which focus on supporting their social, emotional and learning needs in order to reduce or remove barriers to learning.

Mental Health

We will develop a workforce training offer for children and young people's mental health and wellbeing using multi-agency training approaches. This will ensure:

- improved consistency of workforce development.
- a shared understanding of mental health and wellbeing and a common language across the county.
- a tiered approach to mental health training.
- all staff have access to appropriate knowledge, understanding and skills relevant to their role.
- The CYP workforce is more competent and confident in supporting CYP's mental health and wellbeing.

We also recognise, in relation to COVID-19, as Dr Linda de Caestecker, Director of Public Health, NHS Greater Glasgow and Clyde notes in her foreword to *Ending Childhood Adversity: a public health approach* (June 2020) that "Supporting the mental health and recovery of our workforce in a trauma-informed way will be important during and following this pandemic.

10. Collaborative leadership & governance arrangements

Shared leadership will be vital to this Plan's success. An ambitious, transformational plan for change requires a strong agreed vision and a

commitment to look beyond service boundaries in order to deliver. Communication is also key, and a communications strategy will be developed aimed at children and young people, families, communities and staff, explaining how we will change our services to deliver better outcomes, so everyone is clear what they can expect from us and what their contribution will be. The Children's Strategic Partnership is leading by example in developing shared leadership and partnership approaches together across the delivery of the Plan.

We will build the Care Inspectorate's core elements of effective leadership into taking this work forward:

www.careinspectorate.com

Reporting and governance arrangements

The Children's Strategic Partnership will be responsible for the ongoing development and delivery of the plan.

In addition, the CSP will have five supporting and reporting groups:

Three priority work streams.

The corporate parenting board.

The GIRFEC oversight group.

Each of these groups will report to the CSP prior to its meetings. Project management tools will be used to identify risks and track progress.

East Lothian Children's Strategic Partnership



Children's
Social Work

East Lothian
Health & Social Care Partnership



Volunteer
Centre East
Lothian

Education

Elected
Members



East Lothian Partnership Structures

Governance Group = Council, NHS, Police, Fire, Scottish Enterprise, Third Sector, Higher Education. Approves processes, ensures delivery, resolves issues

ELP Forum = including representation of the 6 Area Partnerships, resourcing partners, other Partners. Brings together partners and community bodies to collaborate on improving outcome for local people

Strategic Partnerships, Planning & Delivery Groups and Area Partnerships

Partnerships = a range of multi-agency groups, each responsible for delivering relevant aspects of East Lothian Plan and Locality Plans



Just the start...

Our Education and Children's Services Plan lays out where we want to get to for children and young people in East Lothian and what we need to do to get there. It is, however, just the start of the work which will be required to make our vision a day to day reality, and bring the transformational change that we need. We can, we will and we must do better for our children and young people. The Children's Strategic Partnership is fully committed to doing so and to achieving an East Lothian where children and young people's mental health and wellbeing is improved, where families and parents are resilient and able to cope better with life's challenges, where inequalities are reduced and life feels fairer. Services will feel seamless to those using them, interventions will take place earlier and therefore be at a lower scale. Staff will feel confident and empowered to respond where difficulties start to emerge. And children, young people and families in East Lothian will be able to participate in the implementation of this Plan and hold us to account on our delivery of it.

APPENDIX 1

Priority 1: Improving children’s mental health and wellbeing

Good mental health and wellbeing is fundamental to thriving in life. It is the essence of who we are and how we experience the world. Mental health and wellbeing is of central importance to the development, attainment, social and emotional health and positive destinations for children and young people. From birth to 25 years a young person’s life is made up of relationship building, challenges, transitions, and experiences that shape and make the adult they become. Mental health and wellbeing spans across a number of linked areas. This includes promoting good mental health and wellbeing - a focus on keeping children and young people well, able to flourish in their daily lives and to make and maintain relationships and decisions that are positive for them.

East Lothian advocates a holistic approach to good mental health and wellbeing. This aspiration requires the fully committed partnership approach, which recognises that improving mental health and wellbeing is everyone’s business. This priority brings together knowledge and learning from across a wide variety of services and stakeholders to outline what East Lothian sees as its priorities to ensure children and young people’s mental health and wellbeing remains a key focus. The scope and scale of this work must take into consideration national and local priorities for ensuring the mental health and wellbeing needs of people living in East Lothian are met.

The Children’s Strategic Partnership recognises the importance of pooled resources and an asset-based approach to mental health and wellbeing to promote self-care and self-management support, where it is correct to do so, building community capacity and resilience aiming for wellbeing in which the goal is parity between mental and physical health. In understanding child and young people’s mental health it is crucial to see their context and family situation, as well as their wider social community. The approach makes clear the importance of a focus on the determinants of poor mental health and wellbeing and to addressing stigma, discrimination and all inequalities. The prevention of poor mental health means equipping children and young people, and the adults around them, with skills and tools that can support them when there are challenges and when they are experiencing life events which could interfere with their mental health. Early intervention and prevention is a prerequisite to improving the mental health and wellbeing of all. Having the right resources and pathways to support young people is crucial and being able to develop this on a local level is also important. Care and support as well as treatment for children and young people who develop mental ill health or conditions which impact on their mental health is again a key priority moving forward.

Aims - What will we do?	Actions - How will we do this?	Outcomes - What change will we achieve?	Indicators - How will we know?
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<p>Develop a workforce training and development offer to support children and young people’s mental health and wellbeing.</p>	<p>Develop a tiered framework outlining the offer of mental health training across East Lothian to improve the consistency of workforce development.</p> <p>Engage with key organisations to gain a clear understanding of staff roles, the challenges in regard to capacity and capability of the future workforce, and the skills, knowledge and confidence needed across the workforce.</p> <p>Review mental health awareness and suicide prevention training currently available, identify and address gaps, and develop a strategic approach to delivery using a multi-agency approach.</p> <p>Promote awareness of Trauma-Informed practice. Utilise CAMHS support for clinical supervision and peer coaching to build capacity and increase the delivering of evidence based support and interventions.</p>	<p>Improved consistency of workforce development across all agencies and services working with children and young people (CYP).</p> <p>Increased awareness and understanding of mental health and wellbeing issues for CYP.</p> <p>Improved capacity and confidence in staff to support CYP with mental health and wellbeing concerns.</p> <p>Improved understanding of traumatic events and experiences and the different ways that people can be affected by them.</p> <p>A shared understanding of mental health and wellbeing and a shared language across the county.</p>	<p>Increase in numbers of staff accessing the identified training for their role.</p> <p>Improvement in number of appropriate referrals to mental health supports.</p> <p>Increase in staff confidence in supporting CYP mental health and wellbeing.</p> <p>Feedback from National Trauma Training programme.</p> <p>Evidence of joint working across agencies and services to support CYP mental health and wellbeing.</p>
<p>Develop a focus on early intervention and preventative support and services to promote children and young people’s mental health and wellbeing.</p>	<p>Develop a multi-agency Mental Health and Wellbeing single point of access to a range of evidence based supports and interventions to deliver “ask once, get help fast”.</p> <p>Develop and extend the range of mental health and wellbeing supports and interventions on offer to support children, young people and their families by working in partnership with key services, external mental health organisations and third sector partners.</p> <p>Through data identify any gaps in provision and supports, giving specific consideration to those who are known to have poorer mental health outcomes or struggle to access</p>	<p>Comprehensive offer of evidence based interventions to improve the mental health and wellbeing of CYP.</p> <p>Increase in multi-agency working that is proactive and allows services to intervene early.</p> <p>Increased access to supports from a range of services.</p> <p>Increased capacity to deliver targeted interventions.</p>	<p>Increased numbers of CYP accessing targeted interventions.</p> <p>Reduction in referrals to statutory services.</p> <p>Reduction in rejected referrals to statutory services.</p> <p>Improved mental health and wellbeing of CYP referred to the single point of access.</p>

	<p>services (e.g. Young Carers, care experienced, LGBT+, BME, CYP with LD and ASD).</p> <p>Implement the school counselling service for CYP age 10-18 years.</p> <p>Improve school based capacity to support the mental health and wellbeing of CYP through the Wellbeing Academy project.</p> <p>Implement and support the delivery of the Building Resilience programme in all primary schools promoting and making links to the growing confidence programme. Provide a named CAMHS practitioner for all schools.</p> <p>Develop and coordinate a peer support programme 'listening ears' within each secondary school to encourage young people to share their experiences to help and support each other.</p>	<p>Increased whole school approaches to supporting mental health and wellbeing.</p> <p>CYP will have access to greater support from a range of services beyond mental health with a view to improve and maintain self-care, self-esteem, build resilience reinforcing their whole wellbeing.</p>	<p>Improvement in whole school outcomes of mental health and wellbeing as evidence in school reviews and Education Scotland inspections.</p>
<p>Develop community based support and services which support children and young people's mental health and wellbeing.</p>	<p>Increase mental health and wellbeing supports and interventions in community settings that are easily accessible and appropriate to needs.</p> <p>Develop clear, accessible points of contact and access to community services that strengthen partnerships with CAMHS.</p> <p>Provision of support for families and carers whenever a child or young person is receiving support from CAMHS. Maximise community assets and opportunities to drive key messages about mental health and wellbeing.</p> <p>Harness the contribution of the community and voluntary sectors to bring in additional resources.</p> <p>Maximise opportunities for outdoor play.</p>	<p>Increased confidence in parents and young people to support mental health and wellbeing concerns.</p> <p>Reduced social isolation of children, young people and families.</p> <p>Greater awareness of mental wellbeing supports and reduced stigma.</p> <p>Improved partnership working to support CYP mental health and wellbeing.</p>	<p>Increased numbers of CYP accessing targeted community-based interventions.</p> <p>Reduction in referrals to statutory services.</p> <p>Reduction in rejected referrals to statutory services.</p>

Enable the participation of children, young people and parents/carers in co-production of our supports and services.	Develop a student ambassador programme that focuses on children and young people being at the heart of our mental health and wellbeing services. Establish a forum in each area partnership that allows the voice of the child, young person and family to be heard and actioned.	Improved engagement of CYP and families in designing and promoting services and supports.	

Priority 2: Supporting parents, carers and families to be more resilient

We are going to improve family and parenting support in East Lothian so that families get more support earlier, reducing the need for specialist services further downstream

How will we do this? We will:

- Develop a workforce for parenting and family resilience
- Focus our spend on early intervention and prevention
- Develop community parenting and family support services by empowering children, young people, families and communities as assets
- Enable the participation of children, young people and parents/carers in the development of our services

We have a solid base of universal parenting support provided by a range of services and partners. Through the Support from the Start network there is a good spread of lower level targeted interventions aimed at “amber” families. We have staff across the county trained to deliver evidence-based parenting programmes. We also have a Parental Engagement Strategy supported by a range of commitments.

Our offer to families is:

- We will ensure that we have people with the right skills supporting families at as early a point as possible and that we offer training opportunities across the workforce in a range of interventions from universal to targeted.
- We want to provide support which can make a difference to parents and carers whether they need a little information and support, or have long term needs, from pre-birth through to adulthood.

- We will ensure that we offer a broad range of preventive and early intervention approaches from universal to targeted intensive support and commit to intervention at the earliest opportunity to support positive changes in their child's and family's life.
- We will ensure that where additional support and services are required, these are flexible and accessible to suit the needs of families and acknowledge that for some families this support may be life-long.
- We will promote perinatal infant mental health and test out a new way of working with women who may be more vulnerable during pregnancy.
- We will test out a different way of working with families upstream in a way which will avoid statutory interventions downstream by adopting a locality-based multi-agency approach through the innovative Our Families Project in Musselburgh East. The Project will provide support to families and also ensure that families have their incomes maximised and adults are supported on their journey along the Strategic Skills Pipeline. This links to our priority of reducing inequality.
- We will also deliver the targeted evidence-based parenting programmes Incredible Years and Triple P, in addition to supporting the roll out of the Solihull parenting resource which has been available online to all parents funded by the Scottish Government during COVID.
- The East Lothian Parental Engagement Strategy aims to ensure that all parents and carers are encouraged and supported to engage as partners in their children's learning, and to become involved in the life of the school. The strategy also ensures that it can continue to build on good practice and create further opportunities for our parents and schools to work together. Its publication follows consultation with and collaboration between parents, head teachers, early learning and childcare colleagues, and key education officers. The strategy is reviewed annually in line with legislation.
- The core aims of the strategy are to ensure that parents and carers:
 - Are made to feel welcome and included
 - Are engaged with their children's learning
 - Are communicated with in a variety of ways
 - Are able to contribute to Family Learning opportunities
 - Are able to access support
 - Are encouraged to participate in Parent Council meetings and Forums

We recognise the value of working in partnership and the commitment made to ensure parents and young people are given the opportunity to influence and shape education policy and to be included in the life and the work of their child's school. We believe that fostering positive partnerships between parents and schools is absolutely key to securing the best outcomes for our children and young people, and this strategy demonstrates the Council's commitment to helping all parents and carers to be engaged at a level that is right for them."

Link to full document

https://www.eastlothian.gov.uk/downloads/file/23219/parental_engagement_strategy_-_full_document

Link to summary document

Aims - What will we do?	Actions - How will we do this?	Outcomes - What change will we achieve?	Indicators - How will we know?
<p>1. Develop a workforce that is equipped and skilled to build parenting and family resilience.</p>	<p>Ensure that we have people with the right skills supporting families at as early a point as possible.</p> <p>Look at how we utilise our existing family support workforce and move towards ensuring early help and support is available.</p> <p>Promote awareness of Trauma informed practice.</p> <p>Ensure the delivery of training opportunities across the workforce in a range of interventions from universal to targeted.</p> <p>Training in the Solihull Approach is made available to a wider range of practitioners to ensure this approach underpins our work with families.</p>	<p>Practitioners will use existing skills in early help and support.</p> <p>A tiered offer of family support will be developed.</p> <p>Increased understanding of traumatic events and experiences and the different ways that people can be affected by them.</p> <p>Improved consistency of workforce development.</p> <p>Greater understanding of the importance of early attachment.</p>	<p>Reduction in referrals to statutory services.</p> <p>A range of family support options will be available.</p> <p>Numbers of practitioners reported to have completed training. Increased staff confidence.</p> <p>Numbers of staff trained in different interventions Numbers of staff reported to deliver evidence based programmes.</p> <p>Numbers of staff trained in the approach.</p>

<p>2.Redirect our resources and focus our spend on early intervention and prevention</p>	<p>Develop perinatal mental health supports and services specifically Grow Together at Olivebank CFC and A Good Start Programme in Tranent, Prestonpans and Musselburgh.</p> <p>Testing a new way of multi-agency working on a locality basis through the Our Families Project in Musselburgh East.</p> <p>Review our approach to how we manage and fund family support as a Children Service’s Partnership by developing a commissioning strategy or framework which is aligned to the Shared Principles Paper produced in collaboration with our third sector partners.</p>	<p>Parents will be able to provide more nurturing parenting patterns which will help to address inter-generational trauma and support the development of resilience in children.</p> <p>Families will be able to access early help and support re money advice, employability, and child and family wellbeing support within their own communities.</p> <p>A Commissioning Strategy is in place and there are no gaps in provisions nor areas of duplication.</p>	<p>Fewer unborn/ babies subject to child protection measures or statutory care.</p> <p>Reduced stress and more secure attachment patterns between parent and child.</p> <p>Increased school attendance Increase in number of adults progressing along the Strategic Skills Pipeline. Families have income maximised. Reduction in referrals to Children’s Services.</p> <p>The right services and supports are available where they are most needed.</p>
<p>3- Develop community parenting and family support services by empowering children, young people, families and communities as assets</p>	<p>Test using a Family Group Decision Making process to capture children, young people, families and communities voices and ensure they resonate throughout the design, development and delivery of services. This will be tested in Our Families Project.</p>	<p>The service will be relevant and take full account of the existing assets within families and the community.</p>	<p>Children, young people, families and communities will report that they feel the service is more relevant to their needs. Existing assets are utilised effectively.</p>

	<p>Explore different ways of engaging with children, young people, families and their communities.</p> <p>Review our current provision across the county, identifying gaps and areas of duplication and ensure that funding is co-ordinated and based on need.</p> <p>Map existing services, resources and provision currently in place to support parents and families.</p> <p>Ensure that there are effective links and connections between existing service, local area and third sector locality plans.</p> <p>Ensure that support is accessible, appropriate, timely and effective for families via statutory and third sector partners and can be positively evaluated.</p>	<p>Tools and strategies are identified and utilised to effectively engage with children, young people, families and communities.</p> <p>We will know what is available and where to support parents and families.</p> <p>We will be able to direct services and resources to families and communities with the greatest identified needs.</p> <p>There will be no gaps in resource provision and no duplication within specific areas.</p> <p>Parenting Pathways are available and updated for each cluster and for across East Lothian.</p> <p>Parents are signposted at the earliest stage to the relevant community support or parenting programme.</p> <p>Parenting programmes and groups will be readily available.</p>	<p>Evidence gathered both quantitative and qualitative.</p> <p>Lead Officer will maintain an up to date mapping of resources and activities.</p> <p>Mapping positively reflects identified needs.</p> <p>Families will be able to access appropriate resources and services.</p> <p>Number of parenting programmes delivered.</p> <p>Evaluations gathered and centrally collated.</p>
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	<p>Ensure that a menu of evidenced based parenting supports and programmes both universal and targeted is readily accessible.</p> <p>Organisations capture and share information on family support that can be monitored.</p>	<p>Parents will be able to access appropriate evidence-based programmes, Incredible Years or Triple P.</p> <p>Information gathered through evaluations will be collated centrally by the Lead Officer.</p>	<p>Information gathered from evaluation of funded interventions and programmes.</p> <p>We will know that interventions and programmes which are funded and delivered are making a difference.</p>
<p>4- Enable the participation of children, young people and parents/carers in the development of our services</p>	<p>Test using a Family Group Decision Making process to capture children, young people, families and communities voices and ensure they resonate throughout the design, development and delivery of services. This will be tested in Our Families Project.</p> <p>Engage with the Champs Board to explore ways of gathering the views of young people.</p> <p>Use existing networks like Support from the Start, Area Partnerships and third sector partners to enable participation at a local level.</p>	<p>The service will be relevant and take full account of the existing assets within families and the community.</p>	<p>Engagement events, minutes of meetings and collaborative plans.</p>

Priority 3. Reducing inequalities for children and young people

Given the impact of the pandemic on officer capacity during 2020, this priority and supporting work streams will be developed and refined further during the early part of 2021. The implementation plan will be drawn from the areas set out in section 7 (Our priorities) and where relevant, link with existing work underway within services to ensure a multi-agency approach to improving children's outcomes.

APPENDIX 2

Core data set

Theme	Performance Indicator	SMART Target	Latest Validated Data
Mental Health	Percentage of CAMHS referrals seen within 18 weeks for first treatment Median Wait - generic services	Scot Gov target (2019) - 90% of children to receive treatment within 18 weeks of referrals to CAMHS	2019/20 Scotland - % East Lothian 41.9% Lothian 41%
Mental Health	Reduction in no. of rejected referrals to CAMHS (reduced inappropriate referrals)	National Benchmark: ≤20% of referrals rejected	2019/20 Scotland - % East Lothian 36.1% Lothian 28.5%
Total Child Population	Drop off in breastfeeding (babies who have ever been breastfed that have stopped by 6-8 weeks)	Scot Gov target - 10% reduction in drop off rate by 6-8 week review by 2025 (broken down into 2% drop off per year)	2018/19 Scotland 33.6 % East Lothian % Lothian 25.9%
Total Child Population	Percentage of eligible children receiving a 6-8 week review Based on the UP data, for children born in 2019/2020	Public Health Scot target - 100% of eligible cohort to be offered the 6-8 review within the appropriate timescales	2019/20 Scotland - % East Lothian 100% Lothian 92%
Total Child Population	Percentage of eligible children receiving a 13-15 month review	Public Health Scotland target -100% of eligible cohort to be offered the 13-15 month screening review within the appropriate timescales	2018/19 Scotland 71.2% East Lothian 89.5% Lothian 90.8%
Total Child Population	Percentage of 27-30 month children receiving a developmental and wellbeing review	Public Health Scotland target - 100 % of the eligible cohort to be offered the 13-15 month screening review within the appropriate timescales	2018/19 Scotland 91.2% East Lothian 86.6 % Lothian 88.9%
Total Child Population	Percentage of pre-school & school age children where a child health assessment was completed within 56 days of the child being registered on a caseload.	Excellence in Care target - 100% of children will have child health assessment within the target time.	New 2020 data field to report from 2021
Total Child Population	Percentage of overweight & obese children in Primary 1 screening % at risk of being overweight or obese - BMI≥85th (lower limit of 95% confidence interval)	WHO/SG target 2018 - 50% reduction in childhood obesity by 2030	2017/18 Scotland 22.4% East Lothian 21.9% Lothian 22.5%

Total Child Population	% of Children who have had their MMR2 & preschool boosters	Health Scotland target - 95% of children to have had their MMR 2 and pre-school booster each year	<i>2019/20</i> Scotland 94.6% East Lothian 93.9% Lothian 93.8%
Vulnerable Child	Percentage of Looked After Children offered a comprehensive health assessment	100% of children up to age of 18 years of age to be offered LAC health assessment	New 2020 data field to report from 2021
Vulnerable Child	Percentage of looked after children's health assessments completed within 4 weeks of referral being received CEL16	100% of children where consent has been obtained should have a LAC health assessment undertaken within 4 weeks	<i>2019/20</i> Scotland - % East Lothian 92.5% Lothian 88.8%

APPENDIX 3

Children's Services planning in East Lothian

Children's services planning is mainstreamed in all of these areas:

East Lothian Plan/ Local Outcome Improvement Plan - [The East Lothian Plan](#)

Health & Social Care strategic plan – [East Lothian integrated joint board strategic plan](#)

EMPPC business plan - [East Lothian and Midlothian public protection committee annual report 2019](#)

Child Poverty Action Report - [Child poverty action report 2019](#)

Local Housing strategy - [Local Housing strategy 2018-23](#)

Local Development Plan - [Local development plan 2019](#)

Corporate parenting plan - [East Lothian Corporate parenting plan 2017-2020](#)

National Improvement Framework - [2019 national improvement framework and improvement plan](#)

Early Learning and Child Care - [Early learning and childcare](#)

Self-directed support - [Self directed support information](#)

Carer strategy - [Carer strategy 2018-2021](#)

Fairer Scotland Duty- [Mainstreaming the equality duty](#)

NHS Child Health Plan

Community Learning & Development

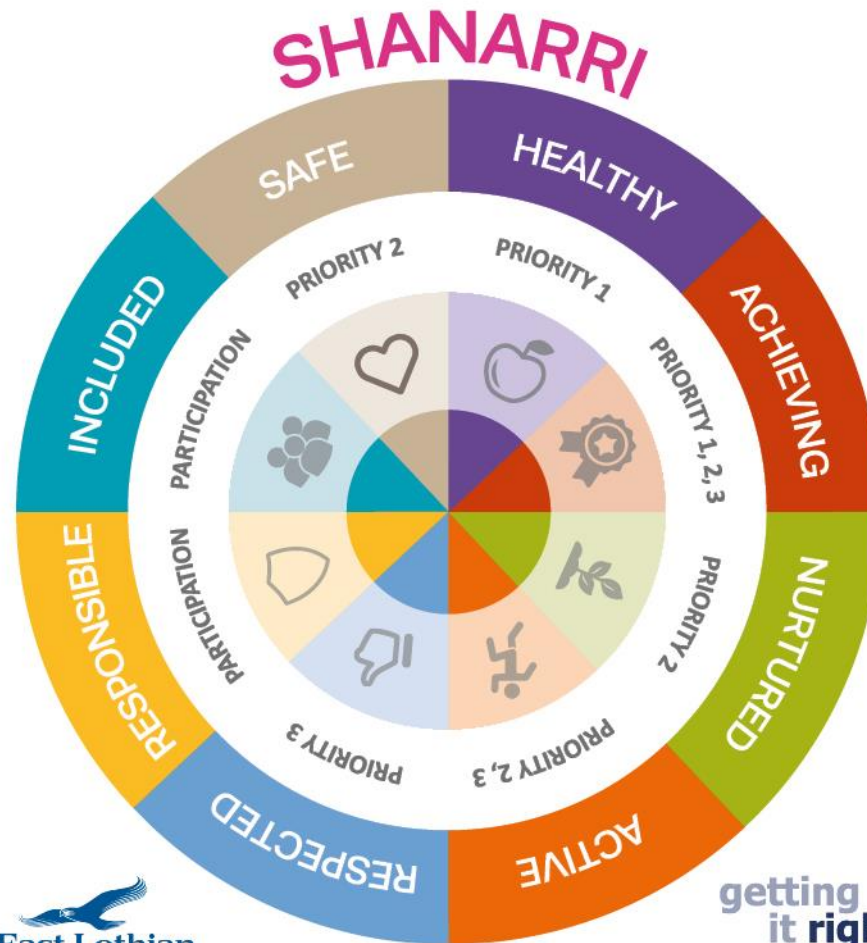
Equally Safe Delivery Plan

Youth Justice and Community Justice

Mid and East Lothian strategic plan

APPENDIX 4

How our Plan links with the GIRFEC Wellbeing indicators



How our Plan links with the UNCRC guiding principles:

Being non-discriminatory *Priority 3*

Right to life, survival and development *Priority 1,2*

Doing what is in the best interests of the child *Priority 1,2,3*

Meaningfully engaging children and young people *Participation*

Article 12: Children have the right to a say in all matters affecting them. *Participation*

How our Plan links with the Scottish Government's National Performance Framework:

Children & young people – we grow up loved, safe and respected so that we realise our full potential *Priority 2*

Poverty – we tackle poverty by sharing opportunities, wealth and power more equally *Priority 3*

Health – we are healthy and active *Priority 2*

Human rights – we respect, protect and fulfil human rights and live free from discrimination *Priority 3*

Education – we are well-educated, skilled and able to contribute to society *Priority 1,2,3*



Versions of this leaflet can be supplied in Braille, large print, audiotape or in your own language. Please phone Customer Services if you require assistance on 01620 827199



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