




## Pleasing Ofsted results for children's services in North Yorkshire

The 2008 Annual Performance Assessment (APA) carried out by Ofsted has awarded North Yorkshire children's services three 'outstanding' grades and four 'good' grades, classifying them as 'good' overall.

Although the APA is an evaluation of the County Council's children and young people's service, there is such a strong focus on partnership working that the judgement is a reflection of services across the strategic partnership and highlights the excellent progress being made.

The 2008 APA found that, in North Yorkshire, outcomes under Be Healthy, Stay Safe and Make a Positive Contribution are 'good'. Outcomes under Enjoy and Achieve, Economic Well-Being and Capacity to Improve are 'outstanding'. This is an improvement from 2007, with outcomes under Economic Well-Being being upgraded from 'good' to 'outstanding'.

The table below shows North Yorkshire's improvement trend since the 2006 Joint Area Review (JAR):

	2006 JAR	2007 APA	2008 APA
Be Healthy	3	3	3
Stay Safe	2	3	3
Enjoy and Achieve	4	4	4
Make a Positive Contribution	3	3	3
Achieve Economic Well-Being	3	3	4
Capacity to Improve	3	4	4
Overall Effectiveness	3	3	3

(4=outstanding/excellent, 3=good, 2=satisfactory, 1=inadequate)

Ofsted rated only nine (out of 150) authorities as 'outstanding' for overall effectiveness, and these were all small and predominantly urban authorities, mostly London boroughs. No county councils or other rural authorities were rated as 'outstanding'.

Whereas North Yorkshire improved its performance in 2008, three out of five authorities nationwide failed to improve, and many had deteriorated. North Yorkshire now ranks joint second amongst county councils (an improvement from fourth in 2007), second in the Yorkshire and Humber region, and first amongst its children's services statistical neighbours.

This excellent APA result recognises the commitment and hard work of everyone involved in providing services for children and young people in the County - something we can all be rightly proud of. We do of course need to ensure that standards are maintained and improved in the future.

The 2008 APA was the last evaluation of children's services in its current form. From April, the APA will be replaced by new inspection arrangements called the Comprehensive Area Assessment.

A detailed comparative analysis of the 2008 APA results is available from David O'Brien, North Yorkshire County Council's Performance and Outcomes Manager, e-mail: [david.f.o'brien@northyorks.gov.uk](mailto:david.f.o'brien@northyorks.gov.uk)

# 'Hubs' provide exciting development for County's youth

North Yorkshire County Council's Integrated Youth Support (IYS) provides information, advice, guidance and targeted support to young people through a range of activities and one to one support. A key development within IYS has been the establishment of 'hubs' (dedicated buildings) across the County, providing a one-stop shop for young people. Each of the hubs has its own individual name and identity, developed with the young people who go there, as well as through multi-agency support.

'Ourspace' in Eastfield, Scarborough is an example of one of the hubs and Dave Flinton, the hub's co-ordinator, explains: "The first phase of the building development was completed in May last year. While we have made a great start, we still have lots to do but it is an exciting time and all the team supporting the hub want to make a real difference to the lives of young people. We have confidential interview rooms, an activity room with kitchen, and a hot desk area for visiting partners. The second phase will see an IT suite, music area, a group work and meeting room, and an additional interview room - we are already running out of space!

"A range of partners are delivering services to young people in the community from the hub, for example careers advice and job search through Connexions, sexual health advice, counselling, activities through 4Youth, and also family and young people's support through the Youth Justice Service. Ourspace is adjacent to George Pindar Community Sports College and our partnership working with the school's student support is greatly valued: we have started a 'common room' facility for young people at lunchtimes and we hope to develop this further."

As the hub co-ordinator, Dave's role is wide ranging and he is responsible for involving young people in Ourspace, making sure they have a say and their needs are being met. As a young person's advisor he can offer help and advice to young people on a range of issues such as setting up bank accounts, help with education, employment and housing, etc.

If anyone would like to visit Ourspace or learn more about this IYS hub development, please contact Dave on 0845 034 9576 or e-mail [ourspace@northyorks.gov.uk](mailto:ourspace@northyorks.gov.uk)

## The Family Links Nurturing Programme

Family Links is a registered charity promoting emotional well-being, and nurturing and relationship skills in families, schools and communities. Its aim is to help everyone - children, young people and adults alike - to get the best out of school and family life. Family Links works with, and trains, staff in many statutory and voluntary organisations across the UK to deliver the Nurturing Programme.

Available for children and young people in schools and for parents in the community, the programme supports positive behaviour in children and looks deeper into exploring the emotional needs behind their behaviour. It provides simple, effective tools to help people understand and manage feelings and behaviour. It is also about valuing parents and carers and the difficult job of raising children.

The four building blocks of the nurturing programme are:

- self awareness and self esteem
- empathy
- positive discipline
- appropriate expectations.

Central Ryedale Children's Centre in Norton began a ten week course in the programme last month. The two hour sessions are delivered by the centre's parent support advisors, a crèche is provided and the timing



fits in with families who have school aged children. At present there are seven families attending the course and although it is early days, feedback has been very positive.

In the future, the centre will be looking at ways of developing access to the programme such as different venues, areas and groups, for example fathers and teenage parents.

For more information on the nurturing programme, visit [www.familylinks.org.uk](http://www.familylinks.org.uk) or contact Tina Smith, Ryedale Children's Centre Manager, on 01609 533115.

# Local audit into children's services

As a children's workforce, we are committed to making sure that every child and young person in North Yorkshire receives what he or she needs to be healthy; to stay safe; to enjoy and achieve; to make a positive contribution; to achieve economic well-being; and thereby fulfil his or her potential.

In order to review and measure how well we are working together in partnership to make this commitment a reality, we are taking the opportunity to use a nationally developed audit tool. The review will look across all sectors and professions to identify what needs to be done for us to achieve our aspiration to be world-class.

The One Children's Workforce tool involves using a choice of tests to assess how the partnership is doing against the One Children's Workforce framework - the 'rainbow' (right).

During the first three months of this year, children, young people, their families and

carers, and the workforce, are being asked to take part in this review by completing questionnaires, attending focus groups and keeping diaries to share their views and experiences.

If you would like to take part and have not been contacted yet, or you would like further information, please contact the Children and Young People's Workforce Development office on 01609 533205 or e-mail [katie.ellis@northyorks.gov.uk](mailto:katie.ellis@northyorks.gov.uk)

**Getting over the rainbow...**



# 'Seatbelt Sheriff' aims to reduce number of young road accident victims

Youngsters are being targeted in the latest initiatives from the York and North Yorkshire Road Safety Partnership, '95 Alive', whose aim is to reduce the number of people killed or injured on the County's roads.

The 'Seatbelt Sheriff' campaign began in January and is being aimed at over 23,000 children between the ages of 7 and 11 across North Yorkshire, to encourage them to 'buckle up' when travelling in cars.

Despite it becoming the law for adults and children to wear seatbelts as far back as 1983, statistics from the Department of Transport show that a lot of people still do not wear a seatbelt.

The children will be invited to be sworn in as deputies and will receive a 'Warrant of Office', a seatbelt safety leaflet, pencil and seatbelt cover.

For more information, contact Charles Friskney, road safety project officer, at [roadsafety@northyorks.gov.uk](mailto:roadsafety@northyorks.gov.uk)

In another road safety initiative, two theatre companies have been involved in a series of theatre workshops in North Yorkshire schools with their productions 'Are we there yet?', aimed at 7-11 year olds, and 'Pills, Thrills and Automobiles', targeting pupils aged 15-18+.

So far, over 20 primary schools and 16 secondary schools have seen the productions, with another 100 primary schools being targeted over the coming months.



If you would like to contribute to this newsletter, please e-mail Barbara Shirt, Communications Officer, Children and Young People's Service, North Yorkshire County Council at [barbara.shirt@northyorks.gov.uk](mailto:barbara.shirt@northyorks.gov.uk)

# Make a 'Change4Life'



People across North Yorkshire and York are being encouraged to sign up to the 'Change4Life' campaign - a national movement launched by the Government in January. Its aim is to help parents understand the health risks of their children being overweight and support them in changing behaviours around diet and activity.

This new initiative, supported by the Department of Health, brings together health and education professionals, industry and the third sector, with the shared aim of improving children's diets and levels of activity, so reducing the threat to their future health and happiness.

With the focus on long term prevention, the initial stages of the campaign will target families with young children aged 0-11. The main messages of the campaign are 'eat well, move more, live longer'.

This campaign will be one of the ways in which NHS North Yorkshire and York will achieve the ambitious goals set out in its comprehensive Healthy Weight, Active Lives strategy (see page 7).

*'If we carry on as we are, 90% of today's children could be overweight or obese by 2050. Changes have to be made now if we are to stem the rising tide of obesity.'* (Help stop childhood obesity, Change4Life, NHS)

## How can practitioners get involved?

If you work with children and young people and their families, here's how you can get involved with this national campaign:

- Register as part of the organisation using the simple three step process detailed below.
- Once you have done this you will be eligible to use the 'assets' (these include the Change4Life logo, and free campaign leaflets, posters and stickers. The aim is to align healthy activities to the Change4Life programme by using the logo on any literature you produce and using the campaign's leaflets, posters and stickers to advertise your breastfeeding cafes, toddler activity groups, walking groups, etc. This will help build public awareness of the campaign and relate your activities to those which will help them and their families lead a healthier lifestyle.

- To share good practice and new ideas, please let us know of any activities you are planning or currently run so that we can add them to the Change4Life web page in the 'Staying Healthy' section of the PCT's website. For more information, visit [www.nyypct.nhs.uk/stayinghealthy](http://www.nyypct.nhs.uk/stayinghealthy)
- Send your ideas and initiatives for inclusion on the website to [jacqui.fox@nyypct.nhs.uk](mailto:jacqui.fox@nyypct.nhs.uk)

## How can I access the Change4Life 'assets'?

The process is simple:

1. Call the Change4Life local supporter helpline on 0300 123 3434.
2. Register as part of the workforce.
3. Receive an e-mail containing a link to the Change4Life 'assets' in the new and protected location on the NHS website.

For more information visit [www.nhs.uk/Change4Life/Pages/default.aspx](http://www.nhs.uk/Change4Life/Pages/default.aspx) or contact [philippa.press@nyypct.nhs.uk](mailto:philippa.press@nyypct.nhs.uk)



Pictured with Chloe Potts are celebrity chef, Jamie Oliver and Pr...

# Chloe's recipe for success wows TV chef Jamie



North Yorkshire student, Chloe Potts, won the admiration of celebrity chef, Jamie Oliver and cookery guru, Pru Leith, when she took first place in the English secondary schools section of the 'Active Kids Get Cooking Challenge 2008'.

Chloe, a year 8 pupil at Malton School, travelled to London last year to take part in the final stages of the competition which is open to all schools in the UK. She impressed judges, Jamie and Pru, with her healthy meal using local and regional products. Having sampled her dish of Oakcliff pheasant with Ampleforth cider, Jamie told Chloe: "I'd pay for that in a restaurant. It's so simple but delicious. Come back in three years and I will give you a job."

Chloe also took the overall UK secondary schools title from 11,000 entries, winning £500 for the school and a goody bag which included signed books from Jamie.

Malton School are actively engaged with the North Yorkshire Healthy Schools programme and this is only one of a range of healthy eating projects within the school which will support their validation for Healthy School status this year.

75% of North Yorkshire's schools have now achieved National Healthy School status.



Jamie Oliver, chair of the School Food Trust

## Fitter, healthier and happier children -



### launch of the national MEND project in North Yorkshire.

National statistics give a clear indication that the number of overweight children all over the country is growing. Being an overweight child could bring a lifetime of health issues, not to mention having to deal with the emotional aspects. Overweight children often grow into overweight adults. Dieting is not the key; healthy eating and exercise is the answer and that's what MEND (Mind, Exercise, Nutrition...Do it) is all about.

Thanks to a partnership arrangement between the County Council's Adult Learning Service and the North Yorkshire and York PCT, the MEND project is being offered to parents and children (aged 7 to 11 years) in Ryedale whose weight is above the healthy range for their age and height. It is totally free to parents and children, who sign up to a range of fun filled sessions, and delivered by specially trained staff. Sessions usually run for two hours after school, with a maximum of 20 sessions. Certificates are issued on completion.

National reports prove MEND has worked successfully in more urban areas but this is the first project to be rolled out into rural areas. The first course started in Norton in January, and will be followed by two other courses in the Pickering area later in the spring term. Enrolments are being taken now.

If you are a parent or carer of an overweight child and you want to help them become fitter, healthier and happier, call Kath Allardice on 01609 533922 or the Adult Learning Office on 0845 300 6681. Full details can be found on the MEND website at [www.mendprogramme.org](http://www.mendprogramme.org)

# Working together to help young people succeed



In the last issue of Changing Times, we reported on the Government's 14-19 reforms and the changes underway to improve learning, training and skills for 14-19 year olds.

With a deadline of 2013 for all young people to continue learning or training when they are 17, there will be changes to the arrangements for planning, funding and monitoring provision and these changes are referred to as the 'Machinery of Government'. The changes to

legislation are being taken forward in the Children, Skills and Learning Bill.

Under the changes, Local Authorities (LAs) will become responsible for commissioning learning and training provision for all 16-19 year olds and young adults with learning difficulties and disabilities. LAs will work collaboratively with providers locally and with one another sub-regionally, to achieve the balance of provision required.

## Young 'firefighters' gain skills for LIFE

North Yorkshire Fire & Rescue Service (NYFRS) run a programme of courses aimed at young people to address the consequences of anti-social behaviour, raise self esteem and improve communication skills and teamwork.

The LIFE (Local Intervention Fire Education) course gives students the chance to learn fire fighting, first aid and social skills through practical and classroom sessions.

The latest of these courses was held at Skipton Fire Station in January, where twelve youngsters, aged 11-15 and referred from local schools, took part.

The course culminated in a passing out ceremony where the students had the opportunity to showcase their newly acquired skills by taking part in an exercise. Over 40 family, friends and partner agencies joined a senior officer from the fire service to watch the ceremony.

Mark Upton, Community Action Officer for NYFRS, said: "We run a programme of LIFE courses throughout the year and I am always impressed by the hard work and dedication of the young people who take part."

Ed Balls, Secretary of State for Children, Schools and Families, met representatives from NYFRS and young people taking part in a LIFE course when he was in Harrogate for the Youth Justice Board convention in November last year.



LIFE course students carry out an exercise during January's passing out ceremony at Skipton Fire Station





NHS North Yorkshire and York has launched a new strategy, **Healthy Weight, Active Lives**, which aims to reverse the rising tide of overweight and obesity in our local population.

The strategy, which has been developed with partner organisations, sets out a clear direction for actions to enable people to achieve and maintain a healthy weight and an active life.

The strategy contains details of the local targets, the causes and health risks of overweight and obesity, local data, main priority group to be targeted, interventions and local leadership. The strategy can be viewed on the NHS North Yorkshire and York website: [www.nypct.nhs.uk/StayingHealthy/HealthyWeight](http://www.nypct.nhs.uk/StayingHealthy/HealthyWeight)

The main priority group for North Yorkshire is children under 11 and their families. Interventions are based on the five themes set out in the government's strategies: children - healthy growth and healthy weight; promoting healthier food choices; building physical activity into our lives; creating incentives for better health; and personalised advice and support for overweight and obese individuals.

## What happens next?

To oversee the implementation of the strategy, a multi-agency North Yorkshire Strategic Implementation Group will be established by March 2009, reporting to the Children and Young People's Strategic Partnership Board and the Healthier Communities Thematic Partnership (who in turn report to the strategic partnership). Effective partnership working between a

wide range of organisations will be essential to achieving the goals of the strategy, including the following:

- As many mothers as possible breastfeeding for up to six months.
- All children growing up with a healthy weight by eating well, i.e. eating at least five portions of fruit and vegetables a day.
- All children enjoying being active.
- More eligible families signing up to the Healthy Start scheme [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)
- More people, more active, more often.
- Appropriate support and services available for overweight and obese individuals.
- Appropriate training available for both health and non-health professionals to sensitively raise the issue of weight with those who are overweight or obese.

For further information, please contact [janet.flanagan@nypct.nhs.uk](mailto:janet.flanagan@nypct.nhs.uk)

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*If current trends continue, about one-third of adults and one-fifth of children aged 2-10 years will be obese by 2010 and 60% of adult men, 50% of adult women and about 25% of all children under 16 could be obese by 2050 (Butland B. et al [2007]. Foresight tackling obesity: Future choices - project report 2nd edition).*

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# North Yorkshire Youth Justice Service



A captive audience listen to Paul Carlile, a leading trainer in the field of restorative practice.

Almost 100 members of the youth offending team (YOT) received training in the key elements of 'restorative practice' at their annual conference in York in December. The concept has its roots in restorative criminal justice, bringing together both victims and young people who have committed offences, in order to mediate and explore how everyone has been affected by the crime and how to repair the harm done to victims.

The YOT is to be re-named the Youth Justice Service to reflect the increased scope of their work, which will now cover preventative work. Visit [www.ny-yjs.org.uk](http://www.ny-yjs.org.uk) for more information.

## New beginnings for childcare training



Activ8 Learning is the new name for the York and North Yorkshire Playwork Assessment Centre, a non-profit making charity, delivering quality NVQ training and assessment in the childcare and playwork sector.

The organisation is also celebrating the launch of their new mobile training unit, the SMART bus, which will be targeting the rural areas of the county to provide opportunities for life long learning. In many cases they deliver training in local village halls, community centres and local business venues.

If you are an owner, manager or member of staff in a childcare establishment, you can gain a nationally recognised qualification that meets the standards required by Ofsted. Courses are flexible and tailored to individual needs.

For more information, visit Activ8 Learning's website at [www.activ8learning.co.uk](http://www.activ8learning.co.uk), telephone 01904 499237 or e-mail [training@yny-pac.co.uk](mailto:training@yny-pac.co.uk)

### Who are the partners?

North Yorkshire County Council, North Yorkshire schools, North Yorkshire and York PCT, district and borough councils, North Yorkshire Police, Connexions, Youth Justice Service, North Yorkshire Probation Service, Learning and Skills Council, Early Years Development and Childcare Partnership, North Yorkshire Fire & Rescue Service and the voluntary and community sector.

### How do I get copies?

The newsletter is e-mailed to partner organisations and is available via North Yorkshire County Council's website. You can also call Barbara Shirt on (01609) 532014 or e-mail [barbara.shirt@northyorks.gov.uk](mailto:barbara.shirt@northyorks.gov.uk)

If you would like this information in another language or format such as Braille, large print or audio, please ask us.

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