

# Voice of the children and young people influencing change in Sefton



## Southport School Street & School Neighbourhood Pilot

Sefton Council worked with Sustrans, a UK-based wheeling and cycling charity, young people, and residents on a pilot project to improve the journey to school experience and encourage independent and healthy travel. This pilot project includes 3 Southport high schools; Birkdale High School, Greenbank High School, and Stanley High School.

The Big Street Survey gave pupils the opportunity for pupils to explore their journey to school and consider any of the problems they face on their way.

After discussing the results of the Big Street Surveys a Manifesto for each school was created and presented to parents and residents who were largely supportive of the ideas.

The next steps of the pilot include moving towards implementation of the two school streets at Birkdale High School and Greenbank High School along with work to look at wider issues which prevent independent healthy travel to school. The Stanley High School preferred design will be considered by students, parents, staff, and local people once more before progressing into a detailed design scheme and implementation.

# Young Persons Survey



The Sefton Pledge is our promise to Cared for and Care Experienced young people in Sefton. The 10 promises are what children and young people said they wanted from the people who look after them whilst they are in our care.

We carry out an annual survey to children and young people for feedback on how the Council is performing against the promises outlined in the pledge. There are two surveys – one for 5-9 yrs. and another for 10+ yrs.

The results were shared with cared for children and young people in the participation newsletter. The results were also presented to the Corporate Parenting Board identifying several areas for improvement:

## Children and Young People told us...

“

Some young people do not know how to get an Independent Advocate.

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Young people do not attend their Cared For Reviews.

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Young people do not know the name of their Independent Reviewing Officer (IRO).

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“

Young people do not know what a care plan is and do not have a copy of their care plan.

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### What we have done..

Sefton Council has invited the National Youth Advocacy Service to team meetings, training sessions with staff and market place events so they are able to tell Children and young people about the advocacy services in Sefton.

### What we have done..

A group of staff and young people are working on ways they can encourage young people to attend their reviews.

### What we have done..

Information about care plans and who the IRO's are has been sent out to young people.

### What we have done..

The Children's Guide is being updated and includes information on care plans.

'Child friendly' care plan is now available to download and give to children and young people.



# Cared For and Care Experienced Councils

Members of our Cared-For and Care-Experienced Councils work with the Sefton Youth service team at the Council to support the improvement & development of services for all our children and young people. Our Youth Ambassadors are a group of cared for young people aged 11-15yrs. Our Making a Difference group is for Cared for and Care Experienced young People aged 16+.



The groups help Officers to improve services for children and young people by sharing their own experiences of being cared for. The groups meet regularly with managers and members of the Corporate Parenting Board to ensure their views are recognised at a senior level and have also met with the Commissioner and Chair of the Improvement Board.

## Children and Young People told us...



There was limited information for children and young people about what support they can expect when being cared for.



### What we have done..

Sefton Council worked alongside young people to create children's guides with information for children and young people.



There should be a place where young people can go for all the information, they need so they do not need to rely on staff to bring paper copies of information which can get misplaced or lost when they move home.



### What we have done..

Participation Officers and Communications Officers from Sefton Council worked with young people to develop a webpage specifically for children and young people which we continue to work on to ensure information is easily accessible, up to date and relevant.



There needs to be more clarity around post graduate funding, travel and clothing allowances and independent living support.



### What we have done..

Young people working alongside managers to review and update current finance policies as well as designing a new finance policy for young people ages 16+.

# SEND Local Offer website refresh

The SEND Sefton Partnership received feedback from the SEND parent/carer survey that the SEND Local Offer was difficult to follow.



Sefton Council worked with a group of young people and a group of parents/carers to discuss how to improve the Local Offer website.

All changes were co-produced with young people and parents and carers. The SEND Local Offer website has been refreshed to improve access and the look and feel. The Local Offer homepage was also completely redesigned following user testing and feedback. Recite Me software was also added to the Local Offer website which has improved accessibility.

The Young Person's group really enjoyed working together to drive the improvement to the look and feel of the local offer website. The young people made new friends and they learnt new skills, they learnt how to complete research, website testing and they learnt how the local offer website works.

The group continue to meet on a weekly basis and has expanded and agreed on the name of The Young Person's Get Talking Group. The young people are going to produce a video that will telling people about their involvement and their thoughts about the website before and after the improvements.

## Feedback from young people:

"I have seen the new local offer website it's fab and I am proud of everyone who worked so hard".

"We worked well as a team, to share our ideas, and research for the website. We learnt a lot of new things and gave feedback about the changes we had made".

"We think the refreshed website is easier to use and looks a lot clearer than the old one".

## Feedback from Parent and Carers

"I love it, it bright and fresh and looks easy to manage, the previous one was very daunting and clinical, this is definitely user friendly. The colours are bright but not in your face and I love the beach background. And I think the icons are perfect with just the ages on it".

"We really liked it. Clear and easy to navigate from what we can see".



# Youth Voice - Sefton Youth Team

## Mini Hope Hack – Merseyside Violence Reduction Partnership Funded

**What we did:** Hope Collective aims to bring partner agencies together to create real change for young people and communities.

Three interactive sessions took place with young people. Topics discussed included Poverty & Inequality, Racism & Division, Mental & Physical Wellbeing, Youth Work and Community safety.

Young people told us what they felt the issues were in the subject matter, what they know about the subject matter and what they felt the solutions could be.

**Outcomes:** Young people were able to share the feedback at a regional event in March 2023.



## Christmas celebrations for families affected by the cost-of-living crisis

After asking young people what they wanted for their Christmas party, events were held at two community and youth centres to provide Christmas dinner with all the trimmings, party games, disco, and a special guest appearance from Father Christmas and his reindeers! Over

40 of families attended the events where they were also able to receive support from the Council, local businesses and charities and were signposted to other partner agencies.

At one of the events, Liverpool Football Club Women's Manager Matt Beard paid a visit and played Quiz master on the night and offered free tickets to an upcoming home game against Tottenham Hotspur and Matt wants to come back to SPACE to find out more about what we do there.

**Outcomes:** Some parents reported that they would not be able to afford to take their family to an event like this if they had to pay.

### Feedback from the events:

“Thanks, it's been boss!”

“We're like one big, massive family”.

“Excellent! Fabulous place for children to come!”

“Amazing work and effort. Thoroughly enjoyed it. Brilliant”



# Public Health

In 2019 Sefton's Public Health Team carried out consultation and engagement to seek the views of families and young people regarding the Healthy Child Programme, commissioned by Public Health and delivered by Mersey Care NHS Foundation Trust.

The 0-19 Healthy Child Programme incorporates delivery of the School Nursing Service, Health Visitor Service and Nursery Nurses, who help to address the health and wellbeing needs of our children and young people, alongside delivering other services such as health checks and immunisations.

The aim was to receive feedback from families and young people and use this information to make improvements to the service, ensuring that it meets the changing needs of those accessing it.

Consultation and engagement was carried out to gather views on the School Nursing and Health Visitor Services, including questions on the about awareness of the services, and asking for feedback on its strengths and what could be done better.

This was done in 2 ways:

- through an online questionnaire available both to families and partners working with children and young people.
- through group-based consultation and engagement with young people, delivered by Sefton's Young Advisors.

What feedback we received	What improvements were made by Merseycare
<p>Families would like:</p>	
<p>A named professional and to understand the service they can expect to receive.</p> <p>Greater access to Health Visitors.</p> <p>Children Transitioning from Year 6 would like advice and support around transition, including bullying and relationships with family and peers.</p> <p>Greater visibility and closer relationships with professionals working in School and community settings, i.e. parents evenings, and drop ins.</p>	<p>Each child aged 0-5 has a named Health Visitor, with a linked Health Visitor for all GP Surgeries, Nursery Nurse for nurseries and School Nurse attached to each School.</p> <p>There is a robust hand over from Health Visitors to School Nurses for children with additional needs to support transition within the 0-19 service.</p> <p>There is individual and cohort support identified via Year 6, 9 and 11 health forms, which includes questions relating to bullying, relationships and transition. Based on the answers and themes, follow up is offered via one to one or group sessions e.g. worries sessions tailored to needs of the children in each school, and signposting on to partner agencies. Health Plan advice is also given on completion of the Health Form.</p> <p>School Nurses attend new parents evenings for children starting in reception, in addition to assemblies and parents evenings for wider year groups.</p> <p>Confidential drop ins are available at all high schools on a weekly basis and all primary schools on a monthly basis.</p> <p>The team attend local market/ networking events to promote the service and improve visibility, such as the Sefton Crucial Crew event and SEND Local offer live event.</p>

## Feedback from Young People

Young People would like:	
<p>Advice and support to help them manage sexual relationships, including expectations, consent, peer pressure and sexual exploitation.</p> <p>Help to maintain a healthy weight.</p> <p>Help and support around emotional health and wellbeing, often affected by social pressures including relationships, social media.</p> <p>Increased promotion of the School Nursing offer and improved visibility from the School Nurse.</p> <p>Support around substances, including tobacco and e-cigarettes.</p> <p>Alternative means of access to be offered for teenagers and online or telephone support for parents and teens and helping clients to build long lasting positive connections with their community and their peers.</p>	<p>School nurses are working in collaboration with Sefton's Sexual Health Service to deliver sexual health promotion sessions.</p> <p>The School Health service supports healthy weight of children by offering 1-1 support or signposting on to support, such as Active Sefton.</p> <p>A one-to-one package of care can be developed to support emotional health of young people.</p> <p>Schools are encouraged by the Service to engage with the Mental Health in Schools Team.</p> <p>Information packs have been developed to support exam stress.</p> <p>School Nurse posters and leaflets are now displayed in all schools with contact details.</p> <p>Support is available via school-based drop ins. For those who prefer or are Electively Home Educated/NEET, this can also be accessed via Chat Health or the single phone number for the service.</p> <p>Digital resource packs for the Chat Health Service are provided to all schools.</p> <p>There has been introduction of the 'CHAT Health' text messaging service where children can access advice and support and follow up can be arranged with a named school nurse if the child or young person would find this beneficial.</p> <p>Health Questionnaires were produced in consultation with parents and young people.</p>





## Southport Marine Lake Events Centre

In November 2022, Sefton Council, and consultants from the MLEC project team including G&T property consultants, architects AFL, AECOM, CBRE and IPW venue consultants, hosted an engagement session with students from Southport College and two local high schools, Stanley High School and Meols Cop High. There were around 30 pupils at the event. The session involved a presentation from the team on the importance of the construction industry, an overview of the MLEC project, the consultants involved and their roles. The students were then split into groups for a 'break-out activity' to look at local sites and discuss their ideas for projects, what consultants they would need, what local interferences there might be etc. This was followed by a short Q&A session and pupils from the High schools were invited to have a tour of the Southport College facilities.

### What's next?

The construction contractor, Kier, are planning to use the immersive room at the Eco-Centre Building to show local children about careers in construction. They will be working with school children in Sefton to design the site hoardings and will meet with the Meols Cop careers team and Southport College's head of construction, to assist their apprentice schemes and career discussions.

MLEC project team members (including Kier, Sefton Council and G&T consultants) will be attending Meols Cop High School to spend the day conducting Mock Interviews for Year 11 students.

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## Annual Youth Conference March 2022

Two online youth conferences were held using Zoom; one for Secondary school and college pupils held on 29th March, and one for primary school pupils on 30th March 2022. A multi-agency working group organised the events, and included members of the Sefton Special Educational Needs and Inclusion Service (SENIS team), Transitions team, Strategic Support team, Edge Hill University, Alder Hey Children's Hospital, Mersey Care, Career Connect, and the Head teacher from Merefield. Students from the schools Get Talking were also consulted regarding the organisation of the conference.

The secondary and college pupils' conference focused on the 4 Preparation for Adulthood themes - Employment/Education, Independent Living, Friends, Relationships and Community and Good Health. The Primary conference focused on the Sefton Children and Young People's plan themes of Happy, Healthy, Achieving and Heard, and was attended by 11 Sefton Primary schools.

**Feedback:** The children and young people said that they enjoyed the conferences. Session leaders said all the participants were able to engage and give their opinions. Those organisers who have attended both in person and on-line events commented that the in-person conferences are much more enjoyable and the buzz around the room is inspiring. Young people told us that they would prefer the conferences to be in person next year, as they would like to meet up with pupils from other schools. Therefore the conference next year will be a face to face/in-person event.