

South Tees Hospitals

NHS Foundation Trust

Meeting / committee:	Board of Directors	Meeting date:	29 October 2013
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Title:	Looked After Children and Young People Leaving Care Annual Report 2013
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Purpose:	To advise the Board of arrangements in place for the trust to fulfil its statutory duties in relation to Looked After Children and Young People
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Key issues / items for consideration in the report:	<p>Looked after children and young people have significantly greater health needs than their peers. Both Middlesbrough and Redcar and Cleveland local authorities have significant number of children and young people who are looked after.</p> <p>Securing funding for health assessments for children and young people placed south of the Tees from elsewhere in the country presents a significant challenge.</p>
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Prepared by:	Gill Halls Christine Nugent Specialist Nurses Looked After Children	Presented by:	Helen Smithies Lead Nurse Safeguarding
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Recommendation:	The Board are asked to note the contents of the report
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Implications (please mark an X)	Legal X	Financial	Safety & Quality X	Strategic	Risk & Assurance
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LOOKED AFTER CHILDREN AND YOUNG PEOPLE LEAVING CARE

ANNUAL REPORT 2013

1. Purpose of Report

- 1.1 The purpose of this report is to advise the Board of arrangements in place within South Tees Hospitals NHS Foundation Trust in relation to its Looked After Children (LAC) duties, and those responsibilities specified under section 10 and section 11 of the Children Act 2004 with regard to improving the health and wellbeing of Looked After Children. The Trust provides services to looked after children in the Middlesbrough and Redcar and Cleveland Local Authority areas. Looked after children from the Hambleton and Richmondshire area are provided Review Health Assessment by Harrogate and District Foundation Trust.

2. Context / Background

- 2.1 The term 'looked after' was introduced by the Children Act 1989 (section 22) and refers to children who are subject to care orders and those who are voluntarily accommodated.
- 2.2 Young People Leaving Care are classed as 'Eligible Children' if they are aged 16 or 17 years and have been 'looked after' by the local authority for a period of thirteen weeks since the age of 14 and remain in care on and after their 16th birthday, in accordance with The Children (Leaving Care) Act 2000. Leaving care services are in place for young people up to the age of 21 years, or age 24 if remaining in education.
- 2.3 Children and young people who are looked after are amongst the most socially excluded group in England and Wales. They have profoundly increased health needs in comparison with children / young people from comparable social economic backgrounds who have not needed to be taken into care (DH, 2009, NICE 2010, 2013). These health needs arise from living in families affected by drugs, alcohol and domestic violence, poverty, poor parenting, experience of trauma, abuse and neglect, coming from highly mobile families and from missing education
- 2.4 It is crucial that relevant professionals are aware that the health needs of children and young people in care are greater than their peers. Childhood and young adulthood are critical stages in the development of behavioural patterns that will affect people's health in later years. Early intervention is therefore vital to promote health and reduce inequalities.
- 2.5 Statutory guidance requires that each child or young person should have a holistic health assessment on entering care. The first assessment must be undertaken by a registered medical practitioner in accordance with the Children Act (Miscellaneous amendment) (England) Regulations 2002. The first health assessment should result in a health plan by the time of the first review of the child's care plan, which is four weeks after becoming looked after.

3. Looked After Children's Nursing Services

- 3.1 The Looked after children's nursing service underwent a review in 2010. The current service resource is:

Local Authority Area	Specialist Nurse LAC and Leaving Care (LAC)	Administrator
Middlesbrough	1 WTE	1WTE
Redcar and Cleveland	0.6 WTE	0.6 WTE

- 3.2 The role of the Specialist Nurse LAC is laid out in RCPCH (2012) and included roles from the DCSF 2009 document clinical lead specialist for Looked After Children and Young People Leaving Care aged 0 - 21 years, up to age 25 if remaining in education and as lead health professional for those LAC placed out of area, those not in education and care leavers.
- 3.3 In previous years the Specialist Nurses LAC were known as 'Designated Nurse LAC' however the Tees CCG and its predecessor, NHS Tees, have clarified that the Designated Role sits within commissioning services.

4. Scope of the issue

4.1 National Data

- 4.1.1 Statistical First Release data (SFR) provides information about looked after children in England for the year ending 31 March 2012 and all the figures are based on data from the SSDA903 return collected each spring from local authorities.
- 4.1.2 As of 31 March 2012 there were 67,050 looked after children nationally which is an increase of 2% on the previous year, and an increase of 13% compared to 2008. The number of LAC is now higher than at any point since 1997.
- 4.1.3 This data refers to children who have been looked after continuously for one year. It is of note however that around one third more will have experienced an episode of care during this period. Addressing the health needs of these children remains a challenge and a significant resource issue. Maintaining up to date information on health assessments, dental appointments and immunisations is an ongoing challenge as the cohort of children is constantly changing, moving in and out of care

4.2 Local Data

4.2.1 As of June 2013

	Middlesbrough	Redcar and Cleveland
Looked After Children	395	186
Young People Leaving Care (16 – 21 years)	99	68

- 4.2.2 Between April 2012 to end March 2013, Looked After Children under Middlesbrough Local Authority has shown an increase of 1.2% above statistical neighbours and the national average. Redcar and Cleveland has had a 12.4% increase.
- 4.2.3 This information is vital in informing future Joint Strategic Needs Assessments and Children and Young Peoples Strategy / Plans.
- 4.2.4 The success of an authority in addressing health needs of a looked after children is measured by government thorough completed health assessments, dental care and immunisation status.

	Middlesbrough	Redcar & Cleveland	Stockton	Hartlepool	England
Number of LAC who have been looked after continuously for at least 12 months in 2012	220	115	200	115	46,590
Review Health Assessments performed	200	110	175	105	40,200
Registered with a Dentist / Dental health Check	215	105	165	105	38,720
Up-to-date Immunisations	210	95	185	110	38,720

Note: This does not include figures for care leavers, as their health assessments are not statutory.

5. Health Assessments

- 5.1 National strategies and guidance inform local strategies and key service outcomes for health, including the following:
- 5.2 The first health assessment is carried out at Community Child Health by a paediatrician. The nature of the health assessment differs from other medical appointments, in order to ensure that all the health needs of the child / young person are addressed. It is essential that previous health information is collated from a variety of sources including information from hospital medical notes, A & E information, Child Health computer system, general practitioner records and Personal Child Health Record book. Health assessment also includes medical history taking, a medical and developmental assessment, health promotion as appropriate, and a health plan which clearly sets out the objectives, actions, timescales and responsibilities arising from the health assessment.

- 5.3 The Specialist Nurses manage and co-ordinate the LAC Nursing Services for their respective local authority areas and coordinate review health assessments and ongoing health input, including those LAC placed out of area.

	Middlesbrough	Redcar & Cleveland	Total
Initial Health Assessments	239	129	368
Review Health Assessments for children placed in area	200	110	310
Review health assessment for children from out of area placed in our area	51	33	84
Review health assessment for children from our area placed out of area	172	69	241

5.4 Physical health

5.4.1 Immunisations.

5.4.1.a The LAC Nursing service identifies gaps in immunisation statuses and plans them into the child and young person's Personal Health Plan (PHP). The Specialist Nurses search for missing information, cross reference immunisations and share information with GPs, School Health, Social Workers and the paediatric service. This ensures these services have the same correct information.

5.4.1.b Where immunisations are outstanding these are organised through referral to GP services and inviting to extra sessions within schools. Also, Redcar and Cleveland Specialist Nurse provides immunisations for individuals due to the large geographical and rural areas the service covers.

5.4.1.c As of 31 March 2013 the percentage of LAC with a complete immunisation status is shown in the table below. However, it should be noted that these figures should also be interpreted with the understanding that due to the perpetually changing cohort and the spacing required between doses of vaccine. It is not always possible for full immunisation to be achieved.

5.4.2 Oral and Dietary Health.

5.4.2.a The health assessment continues to cover registration with a dentist and monitoring the treatment provided, focusing on prevention. LAC Nurses ensure each child is registered with a dentist and encourage regular attendance. They also advise on oral health promotion and healthy diet. The Specialist Nurses are available throughout the year for one to one work and group sessions in regard to oral and dietary advice and support.

	Immunisation status	Dental health Check
Middlesbrough	97.7%	97.7%
Redcar and Cleveland	82.6%	91.3%
England	83.1%	83.1 %

6. Service user involvement

- 6.1 The need for consultation with Looked after Children and Young People Leaving Care is ongoing and essential to service development and to promote a positive experience of health services. It is also a major focal point when services are inspected. This includes involvement with the 'Children in Care Councils' delivering the local authority pledge. 'Pledge', (Appendix 1a and 1b) other children and young people's groups, designing service leaflets, Health Passports / Summary and recently consultation regarding sexual health services for young people. In addition, feedback slips have also been introduced for use at the Review Health Assessment which will be reviewed over the coming year for effectiveness.

7. Networking

- 7.1 North East Regional Designated / Specialist Nurses and Coordinators for LAC currently provide reciprocal care for children placed out of area, promoting communication and cooperation. Nationally there are increasing numbers of health providers charging for health services for Looked After Children placed in their areas from other areas. However, there are now nationally set tariffs for LAC Health Assessments which will become mandatory from March 2014.

8. Training

- 8.1 Training on the needs of looked after children and the responsibilities of the organisation to those children, is a key role for the Specialist Nurses for LAC.
- 8.2 In addition, the Trust is commissioned to provide training to, Foster Carers, potential Adopters, and the local authority on health issues. Training is provided on a one: one basis or through group activities.

9. Care leavers

- 9.1 The Specialist Nurses are both active within their respective Leaving Care Teams, offering health assessments and delivering health promotion. They are also available to provide health advice to the support workers working with the young people.
- 9.2 In Middlesbrough the Specialist Nurse is based within the Leaving Care Team to provide easy access for care leavers and social workers, and in Redcar and Cleveland the Specialist Nurse provides a comprehensive sexual health service for LAC.

10. Inspections

- 10.1 Both Middlesbrough and Redcar and Cleveland have been subject to Ofsted / CQC inspections within the last two years. The findings and action plans from these inspections were reported to the board at the time. There are no outstanding actions at this time.

11. Future Developments

11.1 The Specialist Nurses LAC are currently working closely with the CCG Designated Nurse for Looked After Children benchmarking the service against national and local requirements. From this an action plan will be devised which will be monitored by the Safeguarding Children and Looked After Children Governance Group.

12. Conclusion

The Community Child Health and LAC Nursing Service have well-established systems in place to meet its service user's needs. In the near future, these processes will have to adapt to meet the needs of changing service specifications and expectations of commissioning organisations. Irrespective of these change, the key outcomes are that looked after children and care leavers are provided with guidance and support that promotes healthy living, provides age appropriate health promotion and information to the carer, child, young person and the team working around the child.

13. Recommendation

The Board is asked to note the contents of this report.

Gill Halls
Specialist Nurse for Looked After Children
Redcar and Cleveland

Christine Nugent
Specialist Nurse for Looked After Children
Middlesbrough

July 2013

Reference

Children Act 1989

Children Act 2004

Children (Leaving Care) Act 2000

Children Act (Miscellaneous amendment) (England) Regulations 2002

Department of Health 2009. *Promoting the Health & Well-being of Looked After Children*
Department of Health London

National Institute for Health and Clinical Excellence 2010 *PH28 Looked After Children and Young People*. London

National Institute for Health and Clinical Excellence 2013 *Health and Wellbeing of Looked After Children and Young People*. London

Royal College of Paediatrics and Child Health 2012 *Looked After Children Knowledge Skills and Competencies of Health Care Staff*. www.rcpch.ac.uk

Appendix 1A

redcar + cleveland borough council's pledge to children in care

Values: Our Pledge to you, We will...

- listen to you, be honest and take notice of what you want as a person.
- make sure you understand why decisions are made about you and who makes them. (designated responsibility.)

To make sure you get the best service, We will...

- give you a designated Social Worker and tell you who you can contact when they are not available.
- involve you in developing and reviewing how well we are delivering our services to you.
- give you the chance to meet with Corporate Parents, the people responsible for your care.
- make sure that adults such as Carers and workers get the right training to understand the issues that affect Children in Care.
- give you information and support on how to sort out any problems
- talk to you about when you can visit your family. We will give you a good reason if you can't.
- talk about good things that you have done in your review.
- Make sure you meet with an IRO before your review
- make sure that everyone works together for you.

To help you be healthy, We will...

- give you opportunities to join health groups and be involved in healthy activities.
- make sure you have the right information and advice to keep you healthy.

To make sure you are safe, We will...

- do our very best to keep you safe
- give you clear, consistent boundaries which are agreed by you, your carer and your social worker
- make sure that our workers give you and your carer information, advice and guidance on how to keep you safe.
- help you to make the right choices to keep you safe

To get the best from your education, We will...

- make sure that the time spent with your designated teacher is not in lesson time.
- provide transport to and from school if you are placed far away. There will be a plan in place if buses, trains or taxis are cancelled.
- ensure every placement has a computer and access to the internet.
- help you to access to the courses you want to study.

To make sure you are involved in positive activities, We will...

- make sure you know what activities are available and can join them if you want
- help you to stay in contact with your friends where possible
- give you the chance to meet other children and young people in care, if you want to

To help you achieve economic well being – and leave care successfully We will...

- give you a set amount of pocket money so you know how much you are getting and make sure you can afford to use public transport.
- make sure that when you move from one service to another or leave our Care that there is a plan in place that suits you
- not force you to move out or leave care just because you are old enough
- help and encourage you to find work even if you are studying
- offer you incentives to stay in education, training or employment
- offer you opportunities to learn about managing money



Appendix 1B

- We will support you if you feel that you are being treated unfairly.
- We will support individuals and groups to deal with bullying, wherever it happens.
 - We will make sure you have the chance to talk to someone who can help and give you their contact number.
 - We will give you the chance to learn how to deal with bullying.
 - We will take action to do something about the people who bully.
- We will explain what words mean and things that you do not understand.
- We will keep things confidential unless action is needed to keep people safe.

If you have any questions about the Pledge, please talk to your Social Worker, Carer or Independent Reviewing Officer.

Useful contacts:
 National Youth Advocacy Service (NYAS)
 Freephone: 0800 616101
 Text: 0777 333 4555
 E-mail: help@nyas.net

Complaints Officer
 Tel: 01642 728416
 E-mail: voiceyourviews@middlesbrough.gov.uk
 Text: 07624 802273

Agreed by children, young people and key adults on June 4th 2009

This Pledge will be used to:

- make sure we listen to you and take your views seriously.
- help us work with you to make a Care Plan that says how we will look after you.

Created with help from
 Amanda, Anthony, Carol-Ann, Danny and Stephanie

THE PLEDGE:

WE PROMISE THAT:

- We will try very hard to make sure that you live with people who care about you and care for you.
 - We will make sure you feel welcome and we will explain the 'house rules'.
 - We will make sure you have a chance to talk to someone about where you live.
 - We will try to make sure you feel safe, have private space and time for you.
 - We will provide support and guidance with money.
 - We will support you to take part in activities that you enjoy.
 - We will try to make sure you have a holiday.
- We will help you to keep in touch with your family.
- We will help you to make friends and build relationships.
 - We will make sure you have the chance to meet other children and young people that we look after.
 - We will make sure you can visit your friends and that they can visit you.

- We will believe in you and support you to do well in education, training and employment.
- We will encourage you to think about your dreams and achieve your ambitions.
- We will make sure that there is a way to make things happen for you.
 - We will make sure you have a say about who comes to your review.
 - We will make sure you have a chance to influence decisions about any issues that matter to you.
- We will make sure you can talk to the adults who make decisions that affect you.
 - We will make sure you have someone who will listen, and that you can talk to about how we look after you.
 - We will make sure you can talk to someone independent.
 - We will try not to make assumptions about you.
 - We will explain how and why decisions are made.
 - We will make sure you know what to do if you are unhappy about something, and will support you if you want to make a complaint.

