

Update on recommendations from 2017/18 - Healthier, Happier Children and Young People

Develop a local programme to support the emotional health and wellbeing of children and young people (particularly those at highest risk) by:

- 1. Working collaboratively with local partners, community organisations and schools to identify joint plans and approaches to maximise available resources for children, young people and their families.**

Collaborative work has been undertaken with local partners, community organisations and schools to improve outcomes for children, young people and their families. This has included supporting voluntary and community organisations with external funding bids, with investment of over £750,000 received into the Borough to benefit children and young people.

Children and young people's emotional wellbeing promotion and building resilience are core to the delivery of these projects. For example, specific activities to support looked after children through Comics Youth CIC and continued work with Knowsley Youth Mutual are essential to improving the health outcomes of children and young people.

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- 2. Supporting Knowsley schools to adopt a whole school approach to promoting resilience and social and emotional learning and improve the life chances of their pupils.**

All schools have been given the opportunity to complete a Whole School approach to Emotional Wellbeing in Knowsley. The Whole School Framework for Emotional Wellbeing and Mental Health, developed by the National Children's Bureau and recognised and supported by charities such as the Anna Freud Centre, Young Minds, Heads Together and Time to Change has been used. Schools continue to implement the framework and are working towards achieving the associated wellbeing award this year.

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3. Providing appropriate support to workforce development, training and education to improve local skills and increase good emotional wellbeing and resilience in children and young people.

Knowsley Council's Workforce development team are providing parents with the skills to support good emotional wellbeing and resilience in children and young people. This has been a focus of the Emotional Wellbeing Programme in Knowsley.

Nationally recognised Emotional First Aid training has been rolled out to staff in primary schools, early years settings, and youth workers. Eighteen courses have been delivered with over 180 people trained.

Evaluation was very positive with training proven to be extremely valuable demonstrating improvements in knowledge, understanding of emotional wellbeing and confidence in holding wellbeing conversations with children and / young people.

Continued practical application and learning gained from participants should be embedded into practice and be sustainable.

An enhanced programme of parenting support with the Family Learning Service was commissioned. This started in September 2017 and ended in March 2019. The project aimed to improve the emotional wellbeing of children around primary to secondary school transition

Overall, the programme has been positive, with the learning being embedded into practice to enable longer term sustainability.

