

**HWSC – DP 1  
CYMORTH DEVELOPMENT PROPOSAL PROFORMA**

**PRIORITY AREA OF WORK: HEALTH IMPROVEMENT FRAMEWORK**

**MAIN CORE GROUP (proposing): (3) Health, Wellbeing and Social Care**

**LINKS TO OTHER CORE GROUPS:**

- 1- Nurturing families & communities**
- 2- Purposeful Learning**
- 4- Culture, leisure and play**
- 7- Child Poverty**

**Background**

The Health Improvement Framework would aim to promote and improve the health and well-being of children and young people within the context of a Healthy City. Specifically, the service would provide a coordinated approach to evidence-based interventions which would include training for practitioners, policy development for children and young peoples settings and advice to address the following health problems :-

- 1a. Obesity and over-weight (Critical High A2)
- 1b. Breastfeeding (Significant Medium 3B)
- 2. Smoking amongst young people (Critical High A1)
- 3. Unplanned teenage pregnancy and Sexually Transmitted Infections (Critical High A1)
- 4. Alcohol use amongst young people (Critical High A1)
- 5. Cardiff Network of Healthy Schools (Critical Medium B3)

The Health Improvement Framework includes some work which would be a continuation of existing Cymorth funded work :-

- To address unplanned teenage pregnancy and STI's amongst young people currently funded by Cymorth, as it forms a major component of the Youth Health project.

The Health Improvement Framework includes some new work which is to be developed to address health problems for which there are presently no targeted interventions:-

- Support for young people to quit smoking.
- Action to address alcohol use amongst young people.

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### Description of work to be supported

#### 1. Interventions that address overweight and obesity amongst children and young people to include :-

##### 1a. Obesity/overweight programmes

- 4 MEND programmes.

Provide a community-based overweight and obesity group intervention programme for children and families.

- A dietetic led weight management programme.

To address prevention and management of obesity in children and young people, where children do not fall into the age range for MEND or cannot access the MEND programme e.g. children with special needs.

To include:

Train the trainer approach to develop the nutrition knowledge and skills of care support staff and parents to ensure nutrition advice which adheres to current guidelines and appropriate methods of education. Utilise quality assured, standardised OCN accredited nutrition training for staff and provide appropriate framework for supervision of those receiving the training.

##### 1b. Breastfeeding Coordinator

The Breastfeeding Co-ordinator would :-

- facilitate training of new mothers to act as peer supporters to other mothers, setting up local breastfeeding groups in easily accessible venues. This scheme is supported by the Welsh Assembly Government, and a new OCN training resource has been developed. It is envisaged that the Co-ordinator would work closely with Cardiff Council to identify community venues where breastfeeding groups might meet.
- provide breastfeeding training for practitioners to enable them to support mothers in line with current breastfeeding guidance. This element of the work would be funded from Flying Start.

#### 2. Interventions that address smoking amongst young people to include :-

- Smoking cessation training for practitioners
- Stop Smoking Support for young people

#### 3. Interventions that address unplanned teenage pregnancy, STI's and promote positive relationships to include :-

- Sex and Relationships Education
- Training for practitioners (Promoting Positive Relationships, Sexual Health Contraception, Condom-Card Scheme)
- Condom-Card Scheme
- SRE and support targeted at high risk groups

#### 4. Interventions that address alcohol use amongst young people to include:-

- Effective alcohol education (based upon a harm reduction approach and skills development)
- Training for practitioners to address alcohol issues
- Targeted work addresses the most vulnerable young people (LAC, NEET)

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**5. The Healthy Schools Cardiff Network is an intervention which addresses all aspects of the health of children and young people, including those outlined above within the school setting. Funding is requested to support this intervention post 2011.**

The service is based upon a partnership between a number of organisations, who would lead on different aspects of the service as follows :-

- 1a. Obesity and over-weight and optimising the nutritional health of children and young people, including vulnerable groups - Community Dietetics Service (Cardiff and Vale NHS Trust)
- 1b. Breastfeeding (Cardiff and Vale NHS Trust)
- 2& 3& 4. Smoking and Young People, Sexual health, alcohol -Cardiff Local Public Health Team, Public Health Wales
- 5. Healthy Schools Cardiff Network- Cardiff Schools and Lifelong Learning Service

Strong links with the voluntary sector and Communities First would also be essential to ensure that the service benefits those in greatest need.

The service would focus predominantly on practitioners that work with children and young people in school and informal settings (youth and community centers, via voluntary organizations and hostels).

The service would also work with mothers to encourage preconception and antenatal care and breastfeeding.

Some aspects of the service may focus upon direct delivery to children and young people.

The service would target interventions at Communities First areas and disadvantaged neighbourhoods.

**LINK TO PRIORITIES:  
LINK TO PRIORITIES:**

Core aim 1

Priority 2: Every child aged 0-7 and their families are supported to enable good health and wellbeing in the early years.

2.1 Establishment of a comprehensive Breastfeeding Strategy for Cardiff.

STRONG

Core aim 3

Priority 5. All children and young people have access to a range of local services that promote health and prevent ill-health

STRONG

5.2 - Develop an Obesity strategy as part of Cardiff's aspiration to attain World Health Organisation Healthy City status.

2.1 Establishment of a comprehensive Breastfeeding Strategy for Cardiff

2.5 Implement the Cardiff Food and Health Action

STRONG

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<p>Plan</p> <p>5.4 Implement the Cardiff Free Tobacco Action Plan</p> <p>5.5 Implement the Young Peoples Sexual Health Action Plan</p> <p>5.1 Implement the Cardiff Network of Healthy Schools Scheme</p> <p>Core aim 4</p> <p>Priority 11- Increase opportunities and reduce barriers to enable children and young people to participate in a wide range of sport, leisure and cultural activities and achieve their aspirations</p> <p>11.1 Increase the range and quality of physical activity provision in Cardiff through implementing an agreed Physical Activity Strategy 2008 – 2011</p> <p>Core aim 7 The development and implementation of an anti-poverty strategy for Cardiff (specifically addressing the 2020 child poverty and health targets)</p>	<p>STRONG</p> <p>STRONG</p> <p>STRONG</p> <p>MEDIUM</p> <p>MEDIUM</p> <p>STRONG</p>
<p><b>LINK TO CYMORTH THEMES</b> (Please indicate all activity and process themes that apply):</p>	
<p><b>ACTIVITY THEMES:</b></p> <ol style="list-style-type: none"> <li>1. <b><u>Family Support</u></b> *</li> <li>2. <b><u>Health improvement</u></b> *</li> <li>3. <b><u>Play, leisure and enrichment</u></b>*</li> <li>4. <b>Empowerment, participation and active citizenship</b></li> <li>5. <b>Training, mentoring and information</b></li> </ol>	<p><b>PROCESS THEMES:</b></p> <ol style="list-style-type: none"> <li>1. <b><u>Disadvantaged neighbourhoods</u></b>*</li> <li>2. <b><u>Partnership working</u></b>*</li> <li>3. <b><u>User involvement</u></b>*</li> <li>4. <b><u>Adding value to mainstream</u></b>*</li> <li>5. <b><u>Early preventative intervention</u></b>*</li> <li>6. <b><u>Delivery from integrated centres and networks</u></b>*</li> <li>7. <b><u>Inclusion</u></b>*</li> <li>8. <b><u>Evidence based practice</u></b>*</li> </ol>
<p><b>HOW HAS THE NEED FOR THIS WORK BEEN IDENTIFIED?</b> (e.g. reference to CYP Plan / Delivery Plan / key strategy / new research)</p> <ul style="list-style-type: none"> <li>• Children &amp; Young Peoples delivery plan</li> <li>• Cardiff Healthy Weight, Healthy City Strategy 2008-11 Draft</li> <li>• Children and Young Peoples Plan Needs Assessment</li> <li>• Preliminary findings from the Young Peoples Substance Misuse Needs Assessment</li> </ul> <p>In addition, Health Improvement for Children and Young People is a key component of Cardiff application to the World Health Organisation for Healthy City status.</p>	
<p><b>MAIN PROPOSED OUTCOMES FOR CHILDREN AND YOUNG PEOPLE:</b></p>	

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<p><b>How would these be measured? Which outcomes in the CYP Plan do these link with?</b></p> <p>The precise detail is yet to be determined. The overall outcome will aim to reduce child health inequalities, but the exact outcomes will depend upon precisely which interventions are implemented under each component of the project and as yet this is to be agreed with partners.</p>	
<p><b>WOULD THE WORK BE TIME-LIMITED OR ON-GOING?</b></p> <p><b>If the work is time-limited, please give estimated date of completion</b></p>	<p>The Health Improvement Framework would need to be flexible to respond to changing priorities resulting from changes to WAG funding streams.</p>
<p><b>OTHER SOURCES OF FUNDING AND RESOURCES</b></p> <p><b>Could there be added value from links with other sources of funding, projects or programmes?</b></p> <p><b>If 'yes', please give brief details</b></p> <p><b>Is this other funding secure?</b></p> <p><b>Would other programmes be at risk if Cymorth funding were not agreed for this area of work?</b></p> <p><b>Comment</b></p>	<p>YES. The Children and Young Peoples Health Improvement Service would enhance and extend existing provision mainstream services relating to :-          Healthy Snack Award          the MEND programme (current WAG funding is limited which means that programme can not meet existing demand)          Healthy Schools Cardiff Network (current funding from WAG will taper in 2011).          The ASSIST Smoking prevention programme is currently funded by WAG but there is a gap in provision with regards to support for young people to quit smoking.          There is possible support for elements of the Breastfeeding Strategy from Council Health Challenge Cardiff funding.</p> <p>Sexual health – The Condom-Card Scheme, SRE training is currently funded by Cymorth, as part of the Youth Health Project.</p> <p>YES- The Young Peoples Sexual Health work (Youth health project) would be at risk.</p> <p>The Children and Young Peoples Health Improvement Service would work flexibly according to locally identified need and mesh with existing Health Improvement services/projects. For example the Cardiff Healthy Schools Network is currently funded to an appropriate level by WAG, however, this funded will be tapered in 2011 and it is anticipated that in order to support all schools in Cardiff Cymorth funding will be required from 2011 onwards.</p> <p>It is anticipated that the service would link closely with the Safer Capital funded projects</p>

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	including the Young Peoples Substance Misuse education & Advice Service, as well as the Emotional & Mental Health Projects funded by Cymorth.
<p><b>IS CYMORTH FUNDING CURRENTLY BEING USED TO FUND (A) SIMILAR TYPE/S OF PROVISION?</b> Please indicate if</p> <ul style="list-style-type: none"> <li>• a project is considered to be delivering the right service to the right target group and is recommended to be put 'on hold' if necessary</li> <li>• 'TUPE' arrangements might be needed if similar provision were to be commissioned from another provider</li> </ul>	<p><b>YES</b></p> <p>NAME OF PROJECT: _____ HOLD? _____ TUPE?</p> <p>Youth health project – focuses mainly upon sexual health, but also coordinates multi-agency work across the wider health improvement agenda.</p>
<p><b>CONSULTATION</b> <b>Has there been consultation with service users about this proposal?</b></p> <p><b>Please note agencies/providers who have been consulted</b></p> <p><b>Please note any significant issues/indications of support</b></p>	<p>YES- with regards to specific interventions within the framework, rather than the proposal as a whole.</p> <p>Cardiff and Vale Community Dietetics Service Cardiff and Vale Health Visitor lead Cardiff Healthy Schools Network/PSE lead Core aim 4 group and Culture, Leisure and Parks Safer Capital Substance Misuse.</p> <p>All of the above have either indicated support for the health improvement framework proposal or directly contributed towards its development. Commissioning lead raised the issue of the need to include alcohol within the framework</p>
<p><b>RISK ASSESSMENT</b> <b>Level of risk to CYP and families if this work is not delivered (taking into consideration likelihood &amp; consequences):</b></p> <p><b>Overall importance to delivery of</b></p>	<p>High</p> <p>Critical</p>

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<b>priorities:</b>	
<b>RECOMMENDATION:</b>	