

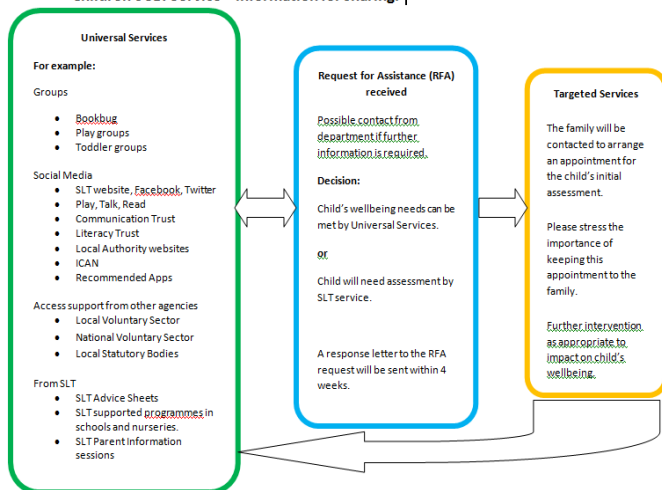
PERTH & KINROSS GETTING IT RIGHT NEWSLETTER

APRIL 2016

ISSUE TWO

TAYSIDE CHILDREN & YOUNG PEOPLE'S SPEECH AND LANGUAGE THERAPY

Children's SLT Service – information for sharing. |



meet the 5 key ambitions that are set out within the **Ready to Act** plan.

Participation and engagement
Early intervention and prevention
Partnership and integration
Access
Leadership for quality improvement

The Changes: The focus on wellbeing and impact is referred to in our new Request for Assistance (RFA) form. The **impact questions** allow us to gain information from parents and others involved with the child about the impact of the child's communication issues

intervention and prevention through universal services and access to **targeted services** for children who require specific SLT in put for a period of time before being supported once again within universal services.

To help support this shift of emphasis we have recently developed and still developing our **social media** presence, as we build on our foundations we would very much value your comments on what is useful, what you might like to see more of and what we could perhaps leave out. So please feel free to access face book and twitter and our website

There are some new developments in Children and Young Peoples Speech & Language Therapy Services we would like you to know about. The **reason for the changes to our service** is that we have looked at the **Children & Young People (Scotland) Act 2014** and how we as a Speech & Language Therapy Service can respond to the Act to support C&YP and families to achieve meaningful well-being outcomes in line with GIRFEC. We are also mindful of **Ready to Act** which is a transformational plan for C&YP requiring support from Child Health Allied Health Professions (AHPs).

Child Health AHPs across Tayside are working hard to ensure our services are transforming to

rather than focussing on a diagnosis. The questions we have based our RFA form on were devised, tested and agreed as part of a national AHP project in Scotland last year. Following on from **local tests of change** we have added a few additional questions we and our partners have found helpful.

We will use the information provided on the RFA form as part of our clinical decision making process about the way in which we can support the child to **promote well being**.

We will continue to promote and focus on working in **partnership** to support those closest to the child. We will support children through focusing on early

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Tayside Children and Young People's Speech and Language Therapy Service

COOL2TALK—NEW 121 ONLINE CHAT SERVICE LAUNCHED

A new early intervention service for young people has been launched on the cool2talk website.

The **121 on-line chat service** gives young people the opportunity to chat online with a counsellor for up to 50 minutes.

The 121 service works on a **waiting room** basis. This means it is a first come first served system and only allows for 2 young people to have a **50 minute session with a counsellor on a Monday and Wednesday between 5pm and 7pm**.

This new service may be able to help with a **wide range of issues**, including friendships, bullying, self esteem, abuse, anxiety, stress, depression, eating difficulties, loneliness, relationship problems, bereavement, self-esteem, sexual orientation, sexual abuse, discrimination, and many more. It is an early intervention service and **young people can refer themselves** through the cool2talk website

www.cool2talk.org. Young people are also referred through answers given on the main site. Professionals are also able to promote through schools and other services.

The online counsellor endeavors to create a **supportive, non-judgmental environment** in which young people will be given time and space to understand and gain insight into their situation. This process can foster growth and lead to positive change in their life.

The 121 service is not a standalone service, and has been developed as an **early intervention**, not for those requiring referral to CAHMS. It is not a substitute for seeking ongoing support from a counsellor, but a safe place to chat through issues and gain confidence to move to the next stage. Not all issues can be resolved through online counseling and young people will be advised to consider face-to-face counsel-

ling or some other form of support when and where this is deemed appropriate.

We hope that all professionals who work with young people will take the opportunity to have a look at the 121 service so they are able to encourage young people to use the service. This will hopefully demystify what it involves and encourage more young people to use it.

For **posters and cards** for cool2talk/121 or if you would like someone to come and **promote** the service please contact Allison.stewart@nhs.net



ACTIVE BEGINNINGS PROJECT

Funding was granted to Live Active Leisure from the Early Years Collaborative Fund in May 2015 for LAL to develop a project with local partners to increase physical activity levels with the focus on Early Years and vulnerable families who have children from birth to 2 years.

The Active Beginnings project aimed to: *Improve the health and wellbeing of the priority groups/individuals by providing local physical activity programmes. Improve parents confidence to access local opportunities*

The Wellbeing Early Years coordinator has worked in partnership with the following agencies to engage with families that would benefit from some additional support in attending our sessions: Gowans Family Centre Parenting & Family Learning Workers Adult & Family Learning Workers

Family Support Workers
Health Visitors
Letham Primary School Nursery Head-teacher

A "Splashtots" session was set up at Perth Leisure Pool with referrals from Gowans and COPEC and this is an introduction to water for both parents and children, with the children achieving a certificate and goody bag at the end of each block.

Stay & Play sessions are also running at Rattray Community Connect and Crieff Community Campus for children from 12 months to 2 years. The sessions involve stories and songs, free play with the parent's participation, and parachute games with a cup of tea to finish.

We also run a session with The Strongstarts at Letham primary which focusses on Gross

Motor Skills and parental engagement. In total 30 families have benefited from our activities.

Outcomes

*Parents have reported wellbeing benefits as a result of being involved
Our parents are more confident in accessing our LAL venues and 18 compass memberships have been issued to support ongoing use.*

Parents have increased social opportunities and wider social networks since joining our physical activity programmes.

For more information please contact:

Claire Simpson
Wellbeing Early Years
Coordinator
Tel. 01738 454649
Email: cjsimp-son@liveactive.co.uk



PKAVS YOUNG CARERS INFORMATION AVAILABLE ON CARERS HUB

PKAVS Carers Hub recently launched their new multi-agency website in November at the carer's conference.

We have recently developed specific information for young carers which can be found at www.pkavscarershub.org.uk.

You will find information particularly for young carers including what a young carer is, some of the difficulties they face and how to get support. There is also information for professionals, parents and teachers to help identify and support young carers in their caring role.

This is a multi-agency website and news and events for young carers across Perth and Kinross can be promoted here.

For more information please visit www.pkavscarershub.org.uk, if you would like to include your service on our website please contact Stephanie Raeburn on 01738 567076 or email Stephanie.Raeburn@pkavs.org.uk.



PKAVS
Enhancing Lives,
Connecting Communities

**Young Carers
Consultation Event**

**Wednesday 27th April
6pm - 8pm**

**National Christian Outreach
Centre, Riggs Road, Perth,
PH1 1PR**

PKAVS Young Carers Service would like to invite you to their annual consultation event. We would like to get feedback from young carers, their families and professionals about the service. This event will also allow us to reflect on the last year as well as share information about changes and developments within the service.

Please confirm your attendance to this event - details below

Open to young carers, parents, families and professionals who are in contact with young carers—teachers, social workers, community link, NHS staff etc.

For more information please contact Billy Morrison.
Tel: 01738 567076, Email: billy.morrison@pkavs.org.uk

CAIR SCOTLAND SERVICE

In Perth & Kinross we provide drug & alcohol interventions and 1:2:1 support for individuals who use substances including NPS (Legal Highs). We work closely with TSMS, CAMHS and P&K Drug & Alcohol Service.

We work in a holistic fashion providing individualised programmes to promote Community Recovery. Referrals are accepted from all sources and we use both nationally and internationally rec-

ognised assessment tools.

Children & Young Peoples' Service Aged 10-24:

1:2:1 support
Motivational Interviewing
Brief Interventions
Education
Drop in provision for young people at our premises
Thursdays 4-7pm

Contact Kirstie Howell, Team Manager, 01738 451594, kirstie.howell@cairscotland.org.uk

Adult Services Tayside Aged 16+:

1:2:1 support
Group support including SMART Recovery
Peer mentor/volunteering opportunities

Contact Richard Lister, Development Worker, 01738 451594, richard.lister@cairscotland.org.uk



“ CAIR Scotland exists to promote healthy lifestyles and positive change by reducing risk behaviours and associated harm ”



We just had our 9th local learning session!

It's been more than three years since the launch of the Early Years Collaborative and our first local learning session (February 2013). We used local learning session 9 to review our progress locally, summarising our journey over the last 3 years, highlighting bright spots and looking ahead to future activity. More than 40 practitioners from across our local early years sector joined us for the event and it was fantastic to see lots of new faces.

What happened at the session?

We heard some brilliant inputs from a variety of local improvement projects including:

Working with expectant mothers to **reducing smoking during pregnancy** (helping reduce potential harm to unborn babies);

Improving our permanency planning process to result in shorter waiting times for adoption (helping children to reach positive destinations sooner);

Using the **Solihull approach** with vulnerable parents in Kinloch Rannoch (helping to build parent confidence and a network of supportive relationships in the community); and

Social eating with a small group of children at Letham nursery (providing good role models and giving out little responsibilities to encourage positive social behaviour).

During discussions practitioners spoke about the different improvement activity they had been involved in over the last three years. We added their comments to three thematic posters which you can access on our [webpages](#).



We also heard about some of the local improvement activity that is currently underway, including: **Closing the Communication Gap** (working with more than 70 nursery staff to teach simple interventions that can be used in daily work with children); **Raising Attainment & Achievement in Reading** work across St Johns LMG (supporting practitioners to take forward their own literacy projects in the classroom) and our Welfare Rights Teams work with education and maternity care to reduce poverty (including their breakthrough work with Perth UHI and a local primary school).

Themed learning sessions

Due to the success of our themed learning sessions in 2015 we plan to hold more throughout 2016. Themed learning sessions focus on a particular subject (such as *Treasure Pouches* or *Engaging Parents*) and are an excellent way to support the scaling of improvement activity that is shown to be successful. Sessions we plan to host this year include **Early Communication & Literacy**, **Reducing Poverty** and **Engaging Parents**. Are there other topics you would like to see covered by the sessions? Email us with your ideas.

Additional info:

Remember you can access useful information and resources on our webpages: www.pkc.gov.uk/EYResources
If you have any questions or would like to join our mailing list please email us: EYCollaborative@pkc.gov.uk

Do you have an article for this newsletter?

Editor: Miss Joanne Southern, Tel: 07793 746525 Email: j.southern@nhs.net

The Perth & Kinross Getting it Right newsletter is a multi-agency publication produced and edited by Perth & Kinross Community Health Partnership. Editions of this newsletter are published in:-

February (Article deadline 1st January)

April (Article deadline 1st March)

June (Article deadline 1st May)

August (Article deadline 1st July)

October (Article deadline 1st September)

December (Article deadline 1st November)

Scotland's Mental Health First Aid: Young People Training

An evidence-based learning course for adults; to provide initial support in a crisis and non-crisis situation

About Scotland's Mental Health First Aid: Young People Training

Do you work or care for a young person aged between 11-17 years old?

Would you recognise if they were in mental distress? Would you know how to approach them and how to provide initial support?

There are many reasons why people who live or work with young people need training in mental health first aid. Participants will gain an increased knowledge and awareness of mental health issues, as well as improved confidence in:-

*** being able to detect problems early

*** helping to reduce stigma around mental health issues

*** helping young people to recognise problems

*** providing guidance and immediate assistance to a young person in crisis.



Scotland's mental health first aid: young people

Course criteria

***Applicants must work in the Perth & Kinross area

*** Applications should work / volunteer / engage with young people aged 11-17 on a regular basis

***Line Management permission is required to ensure commitment to complete the course

*** This course is currently not available to members of the public / parents / carers

*** This course is not appropriate for Guidance staff and is more relevant to class-based teachers



Training Dates 2016

Thursday 12th May 2016 - Strathearn Community Campus, Crieff

Tuesday 7th June 2016 - Loch Leven Community Campus, Kinross

Tuesday 12th July 2016 - Perth Royal Infirmary, Perth

Tuesday 6th September 2016 - Perth Royal Infirmary, Perth

Thursday 10th November - Perth Royal Infirmary, Perth

Thursday 10th November - Breadalbane Academy, Aberfeldy

Tuesday 6th December 2016 - venue TBC

To Apply

If you would like to apply for one of the courses available above, please email the following details to j.southern@nhs.net

Name:
Designation:
Business Name & Address:
Email:
Tel:
Line Manager Name:
Line Manager Email:
Preferred course date:

Course Aims

This course does not train you to become a counsellor or mental health professional. It is designed to teach you to better understand mental health and how it affects young people, as well as to learn mental health first aid skills, such as:

* how to recognise the signs of mental health problems or distress
* how to ask about mental distress
* how to provide initial support
* how to guide a person towards appropriate professional help

The course structure is flexible and is delivered through a blended learning approach - 7 hours of face to face training with self study modules before and after. Participants will receive a certificate of completion and a copy of the SMHFA:YP manual.

It is essential when applying for mental health first aid that people complete the full programme of discussions, activities and skills training in this 14-hour course. The contents of individual parts of the training course alone will not enable a participant to become a competent mental health first aider.

MATERNAL & INFANT NUTRITION TRAINING PROGRAMME DATES 2016

Maternal & Infant Nutrition 2 Day Training

Thursday 5th & Friday 6th May 2016

Tuesday 9th & Wednesday 10th August 2016

Wednesday 16th & Thursday 17th November 2016

Infant Feeding 1 Day Training

6th April 2016

6th September 2016

All will be held in the Seminar Room at Kings Cross, Dundee 9am-5pm approx To reserve a place please email veron-ica.patullo@nhs.net

Do you have autism?

Are you age 16 or over?

Do you live in the Perth & Kinross region?

Number 3 are launching a new service in Blairgowrie.

From 1st April 2016 we will be open on the first Friday of every month.

Where: Jessie Street Adult Resource Centre
Time: 6pm to 8pm.

Come along for as long or as little time as you like. Meet other adults with autism, have some fun and learn new skills.

There will also be the opportunity to ask for support and advice on a range of issues such as benefits, housing, employment or anything that is bothering you.

For more information contact Jill Murdoch Tel: 01738 449327 Email: jill.murdoch@aiscotland.org.uk Website: www.perthhoss.org.uk

number3 One Stop Shop

AutismInitiatives