

Derby City Health Offer for Care Experienced Young People
V 1.0
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Young people who have experienced care will face a number of challenges in relation to their physical, emotional, psychological and mental health, and one of the aims of the Leaving Care Service is to ensure we support young people to improve their holistic health outcomes. We aim to do this through a tiered approach alongside our partner agencies and organisations to ensure young people are supported to access an appropriate tier of health intervention to address needs at the earliest possible point before they significantly impact on young people's day-to-day lives.

Our approach recognises the complex trauma children and young people have faced throughout their journeys but try to ensure that a preventative approach is taken wherever possible and young people are empowered and given advice to make informed choices around their health throughout their lives. We aim for young people to take control of their lives and do not become reliant upon statutory services but ensure that where acute and significant need is identified, we have referral mechanisms and young people understand where they can go for help.

With this in mind, we have collaborated to develop the health offer (below) for children and young people based on a tiered and proportionate approach and using the views of young people on the array of services available across Derby and Derbyshire both in house and from partner organisations.

Young people have access to health information through the local offer for our care experienced young people which can be accessed through every young person's Pathway Plan via a QR code. This ensures young people have access to a range of information to access services around the clock where needed and can do so through their electronic devices rather than being reliant on Personal Advisors and nine to five services.

This offer is reviewed annually to ensure that links and key information remains up to date and any new services are integrated into the offer, and we ensure we discuss this with our care experienced forums to ensure young people's voice informs and understands this ongoing piece of work.

All work with our care experienced young people will be underpinned by the National Framework for Children's Social care which is framed by a set of enablers and outcomes to be achieved:

Enablers to facilitate effective support for children, young people, and families and are foundational to good practice

- Multi-agency working is prioritised and effective
- Leaders drive conditions for effective practice
- The workforce is equipped and effective

The outcomes described in the National Framework are what children's social care should achieve for the children, young people, and families they support. They reflect the core purpose of children's social care. There are 4 outcomes:


- Outcome 1: children, young people and families stay together and get the help they need
- Outcome 2: children and young people are supported by their family network
- Outcome 3: children and young people are safe in and outside of their homes
- Outcome 4: children in care and care leavers have stable, loving homes

To help care experienced young people have stability in their transition into adulthood, we recognise managing health is a key ingredient and the below offer which will be reflected in the Care Leavers Local Offer is a way of ensuring children and young people have access to a range of preventative, diversionary and acute services which they can be supported to access both whilst supported by Leaving Care and beyond to ensure they are equipped to have stability throughout their lives.

Emotional wellbeing				
Area of Support	Provider	Frequency	Impact	Update
Communication allowance	Leaving Care Service	Monthly paid directly to care experienced young person	Enables care experienced young person to maintain contact with family, friends and professionals and reduced impact of loneliness	BAU
Leisure & activity allowance (physical and emotional/mental wellbeing)	Leaving Care Service	Monthly paid directly to care experienced young person	Allows young people an outlet and positive time in their free time that helps manage wellbeing	BAU
Access to Plus One scheme and Derby Theatre	Derby Theatre	PAs make referrals as and when required	Allows positive relationships and outlets for young people	BAU
Access to Creative Mentoring	Derby Theatre	PAs make referrals as and when required	Allows positive relationships and outlets for young people	BAU
Referrals to Local Area Coordination <u>Local Area Coordinators - Derby City Council</u>	Derby City Council	PAs make referrals as and when required	Promotes links to local communities for young people to address loneliness and promote connectivity	Invite Manager to Team Meeting INC access for YP living in Staying Close


Access to activities that can increase connectivity and promote well-being	Derby Youth Alliance https://www.communityactionderby.org.uk/projects/children-young-people/the-derby-youth-alliance	As and when needed	Early health and well-being for YP	To be shared with team
Access to groups, peers, activities for new parents	Derby Family Hubs https://www.derby.gov.uk/community-and-living/family-hub-childcare/family-hub/	As and when needed	Support for new parents as a source of emotional and social support	To be shared with team
Access To Services				
Health Passports	LAC Health Team	Provided to young person prior to 18 th birthday	Young person has information on their health history and that of their family	BAU
Support to register with GP	PAs support with this and keyworkers for accommodation	All YP need to be registered with universal health services on access to LCS if not already in place	YP have access to universal services when needed	BAU
Support to register with Dentist	https://www.nhs.uk/service-search/find-a-dentist	All young people need to be registered with dental health services	YP have access to universal services when needed	BAU

Support to access sexual health services	<p>ACORN fast pass available for Care Experienced Young People</p> <p>Website: https://www.yoursexualhealthmatters.org.uk/</p> <p>PAs support with this and keyworkers for accommodation</p>	Where young people report or there are concerns with regard to sexual health	For young people where needs arise	<p>Need to develop connection with the service.</p> <p>Information provided in pathway plans</p> <p>Add to care leavers offer/and or website</p>
Support to attend health appointments	PAs support with this and keyworkers for accommodation	Where we worry that young people are not accessing health care	YP who have barriers to accessing health services are supported to do this	BAU
Support to access drug and alcohol misuse services	<p>Aquarius</p> <p>https://aquarius.org.uk/our-services/adult-services/derby/</p>	Where we worry that young people are misusing substances	Prevention of deterioration due to misuse of substances	<p>Information provided in pathway plans.</p> <p>Add to care leavers offer/and or website</p>
Access to support for Non-urgent health needs	Designated Nurse for Looked After Children & Trauma Navigator	As and when needed	Can avoid escalation, meet need at lowest possible point	The embedded flow chart outlines how young people/ PA's can access direct support for Non urgent health needs from Designated Nurse for

				Looked After Children & Trauma Navigator  Non urgent health need for CL.docx
Mental Health				
Free online counselling to support mental health and wellbeing, without the need for a referral	Kooth Home - Kooth	As and when needed	Can avoid escalation, meet need at lowest possible point	
Referrals to community and health mental health teams	PA do this where need is identified	As and when needed	PA supports YP to make self-referrals	Information provided in pathway plans for where YP can go to for help and advice
Counselling support/Talking Therapy	Support to make referral to Trent PTS https://www.trentpts.co.uk/ PA do this where need is identified	As and when needed	Can promote nonclinical support to improve emotional and mental health	Information provided in pathway plans where YP can go to for help and advice

<p>Support to make referrals to Talking Mental Health</p> <p>Talking Mental Health Derbyshire: Derbyshire Healthcare NHS Foundation Trust (derbyshirehealthcare.nhs.uk)</p>	<p>PA do this where need is identified</p>	<p>As and when needed</p>	<p>Can promote nonclinical support to improve emotional and mental health</p>	<p>Information provided in pathway plans where YP can go to for help and advice</p>
<p>Safe Havens – for adults with immediate mental health needs – run in Derby and Chesterfield every evening from 4.30pm to 12.30am.</p> <p>Safe Haven - Derby Life Links Supporting Mental Health in Derby (derbycitylifelinks.org.uk)</p> <p>Self-referral – on 03300083722 or Drop-in to the service at 309 Burton Road</p>	<p>Derbyshire Health Care</p>	<p>As and when needed</p>	<p>Can support YP at times of acute stress that does not require emergency response</p>	<p>Information on the venues to be provided to PAs to share with YP</p> <p>To be added to PP and offer, website</p>

<p>Referrals through clinical services –</p> <p>Refer through GP or by calling Mental Health Helpline on 0800 0280077</p> <p>Open to anybody 18 years or above</p>				
<p>Mental health helpline and support service is available 24 hours a day, seven days a week for residents of Derby and Derbyshire. Call 0800 028 0077</p> <p>Telephone support for Derbyshire people experiencing anxiety or distress</p>	<p>Derbyshire Health Care</p>	<p>As per information provided</p>	<p>Ensures YP have advice and help across the week and can access from their own homes</p>	<p>Information on the venues to be provided to PAs to share with YP</p> <p>To be added to PP and Local Offer</p>

derbyshirehealthcareft.nhs.uk				
Additional Needs				
Access to Key Workers for those referred to Dynamic Support Pathway	<p>Affinity Trust</p> <p>https://www.affinitytrust.org/</p>  <p>Affinity Trust Keyworking Leaflet.pc</p>	As and when needed in line with eligibility criteria	Can support YP where there are needs associated with LD/ASC	Information shared with team