

East Hampshire and Havant Health & Wellbeing Forum

Making a Difference – Young People's Support Services

1.00-2.00pm
Tuesday 7 June 2022



Programme for today...



Making a Difference – Young People’s Support Services

- **Welcome and Introductions – Angela Gill** (Community First Facilitator)
- **Tim Houghton**, Chief Executive Community First
- **Kirsty Robertson**, Head of Operations, Motiv8south
- **Aimi Armitage**, Senior Transformation Manager, Children’s Commissioning Collaborative, NHS Hampshire & Isle of Wight Integrated Care System
- **Dr Hannah Morgan**, Clinical Director for Hayling Island and Emsworth PCN
- **Vicki Booth**, Children and Young People’s Mental Health Commissioning Manager, Children’s Commissioning Collaborative, NHS Hampshire & Isle of Wight Integrated Care System
- **Date of 2022** East Hampshire and Havant Health & Wellbeing F2F Forum
- **Close** of the Health & Wellbeing Forum



Tim Houghton

Chief Executive, Community First

Community & Voluntary Sector Update

tim.houghton@cfirst.org.uk



Community First - CVS Update



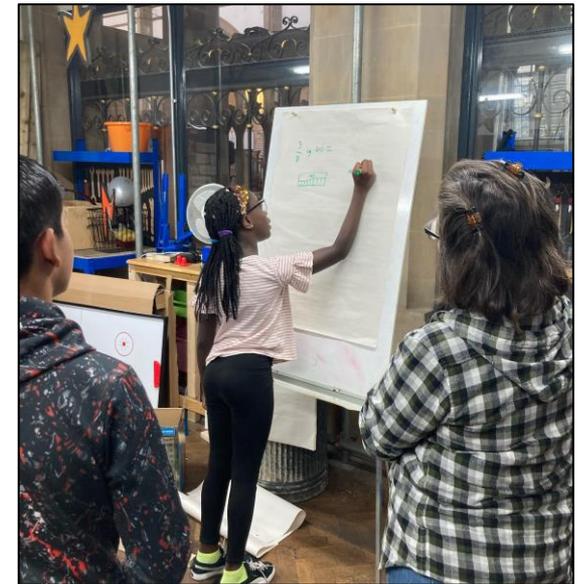
- **Digital Champions**
- **Tackling health inequalities**
- **Thriving Communities Social Prescribing training and support** <https://www.crawleycommunityaction.org/thriving-communities-south-east-region/> **and to sign up** <https://www.surveymonkey.co.uk/r/WP73VV7>
- **East Hants Health & Wellbeing Partnership priorities**
- **Connect 4 Communities Household Support Community grants** <https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/connectforcommunities/community-grants-overview/communitygrants>
- **Clanfield Centre** <https://clanfieldcentre.co.uk/> **and Heart of the Park** <https://www.cfirfirst.org.uk/leigh-park-community-centre/>
- **HCC Passenger Transport consultation** <https://www.hants.gov.uk/passenger-transport-consultation> **Closes 24th July**
- <https://www.kingsfund.org.uk/audio-video/how-does-nhs-in-england-work>



Motiv8



Local charity established in 1998



Kirsty Robertson – Motiv8 Head of Operations

Kirsty.Robertson@motiv8south.org.uk

Vision

To create safer communities where young people feel inspired and empowered to reach their potential

Mission

Motiv8 supports young people and their families in the community, building trusting relationships to help equip them with the skills, resilience and opportunities to thrive



Our Values

Trusted Relationships

We work with openness, honesty and integrity, building relationships through being compassionate, approachable, flexible, and reliable.

Quality

We strive to do our very best, working with professionalism and are committed to continually looking at ways we can improve.

Collaborative

We actively work together with the community, young people, families, and our partners to achieve the very best outcomes.

Empowering

We believe in supporting communities and individuals to realise their abilities and potential, doing with and not to.

Committed

We never give up, when things are difficult we look for solutions, we drive ourselves and others to reach for their dreams and goals.



Where we work



Gosport and Fareham



Portsmouth



Havant



Where we work – Havant

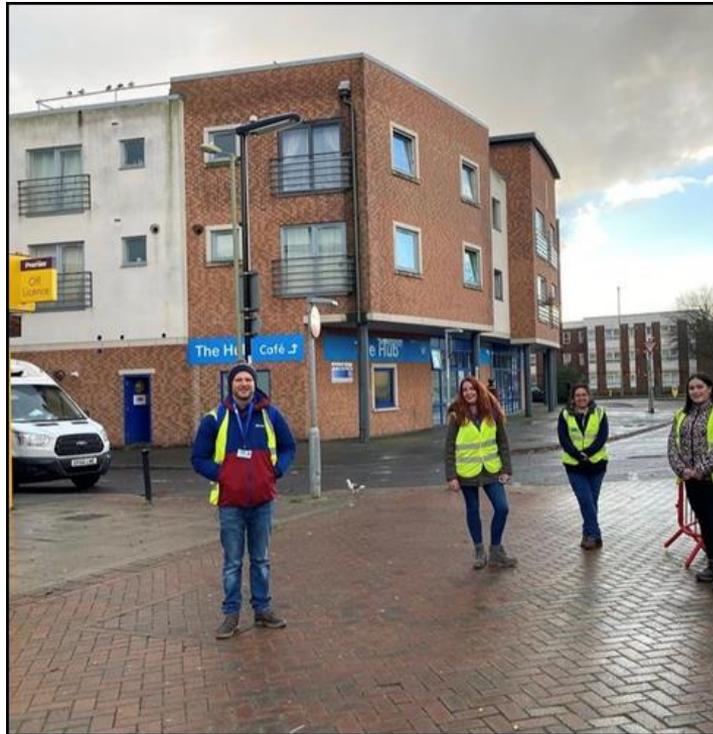
Havant

FREE Havant Sessions

DAY	ACTIVITY	PLACE	DESCRIPTION
Monday 5-7pm	Youth drop in 10-17 year olds	Havant Rugby Club PO9 3EJ	Games, sports, meeting friends, arts and crafts, try something new.
Tuesday 2.30-5pm (May-Oct)	Woodland fun 10-17 year olds	Stanton Country Park PO9 5HS	Den building, rope swing, stream crossing challenge, hang out in hammocks, explore nature.
Tuesday 4.30-6.30pm	Lighthouse Project 10-13 year olds	Motiv8 - The Hub Park Parade PO9 5AA	Games, mindfulness, arts and crafts, cooking peer support workshops and well-being workshops.
Wednesday 5.30-7.30pm	Lighthouse Project 13-16 year olds	Motiv8 - The Hub Park Parade PO9 5AA	Games, mindfulness, arts and crafts, cooking peer support and well-being workshops.
Thursday 3.30-5.30pm	Youth drop-in 10-17 year olds	Front Lawn Community Hub PO9 5AM	Games, meeting friends, arts and crafts, events, try something new, challenge yourself.
Thursday 5.30-7.30pm	Lighthouse Project 16-18 year olds	Motiv8 - The Hub Park Parade PO9 5AA	Games, mindfulness, arts and crafts, cooking, peer support and well-being support.
Friday 3.30-4.30pm	Relationships & sexual health drop in 13+ year olds	Motiv8 - The Hub Park Parade PO9 5AA	Advice and free condoms available

The Hub
Park Parade
Leigh Park
PO9 5AA

02392 470434 | Motiv8 South - Havant Team
www.motiv8.org.uk | @MBhavant
havantevents@motiv8south.org.uk

Our office and activity room is based in Park Parade, Leigh Park. 1:1 support covers Havant Borough with delivery out of various community venues.

Our Approach

1. Weekly individual mentoring for young people and whole family support.
2. Targeted group work for young people such as; alternative Education, crime diversion programmes and emotional health and wellbeing etc.
3. Community provision such as open access youth hubs, detached provision and employment support



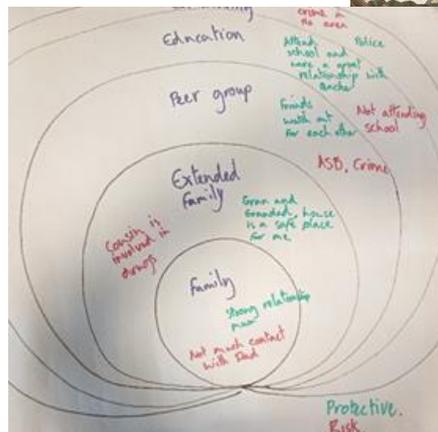
Our Approach – Individual and Family Support Havant

1. Weekly individual mentoring, referral based service
2. Family Support, referral based service



Our Approach – Targeted Group Provision Havant

1. STEPS – Alternative Education programmes
2. DIVERT
3. TRAP
4. LIGHTHOUSE
5. WELLMEADOW
6. LGBT+



Our Approach – Community and Enterprise Havant

1. Youth Hubs

- MONDAY Youth Hub – Rugby Club (10-17)
- TUESDAY Youth Hub – Wellmeadow (10-17) & Lighthouse (Yr groups 6-8)
- WEDNESDAY LGBT+ & Lighthouse (Yr groups 9-11)
- THURSDAY Youth Hub - FRONT Lawn and Lighthouse (College/6th form)
- FRIDAY Sexual Health Drop in (13+)

2. Youth Social Action – Help for Havant Homeless

3. Holiday, Activity and Food Provision

4. Detached & Outreach e.g. McDonalds



Our Approach – Health and Wellbeing

1. Referrals
2. Health and Wellbeing programmes that young people can access instantly
3. Open access provision including wellbeing in nature
4. Lighthouse
5. Wellbeing Flower
6. Wellbeing Plans



Strategic Aim 1 – Grow our Impact

Bringing about lasting change for Young People, Families and the Community

We will do this through:

- ✓ **Being embedded in local communities with a trusted long-term presence**
- ✓ **Having an increased focus on prevention and early help**
- ✓ **Delivering safe, high quality and flexible provision**



Strategic Aim 2 – Increase Opportunities

For young people, families and communities to thrive

We will do this through:

- ✓ **Having a distinctive service offer which is person-centred, holistic and accessible**
- ✓ **Strengthen collaboration and partnerships to provide services that are innovative, dynamic and responsive.**
- ✓ **Enhance and strengthen our support for young people to engage in education, training and employment**



Strategic Aim 3 - Build resilience and sustainability

To be here for the future and increase social impact

We will do this through:

- ✓ Embedding a robust, sustainable and mixed funding model
- ✓ Harnessing digital technologies to work smarter, make best use of resources and improve outcomes
- ✓ Capturing the impact of our services and demonstrate the value of our work
- ✓ Board of trustees to ensure the effectiveness of the organisation, in line with its mission, aims and strategic objectives.



Thank you for listening



Aimi Armitage

Senior Transformation Manager, Children's
Commissioning Collaborative

NHS Hampshire & Isle of Wight Integrated Care System

CCG Update

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Dr Hannah Morgan

Clinical Director for Hayling Island and Emsworth PCN

NHS Hampshire, Southampton & Isle of Wight CCG

PCN Update

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Vicki Booth

Children and Young People's Mental Health
Commissioning Manager,
Children's Commissioning Collaborative

NHS Hampshire, Southampton & Isle of Wight CCG

vicki.booth4@nhs.net





Hampshire and Isle of Wight



Children and Young People's Mental Health

Vicki Booth



The Challenge

“One in six children aged five to 16 were identified as having a probable mental health problem”





System Vision

For all children to be happy, resilient, safe, able to reach their potential, and experience good emotional wellbeing and mental health, both now and in the future

Ensuring the right support is offered at the earliest opportunity by the right person and in the right place





Hampshire Local Transformation Plan

Hampshire Children and Young People’s Mental Health and Emotional Wellbeing Local Transformation Plan (LTP)

2021/22

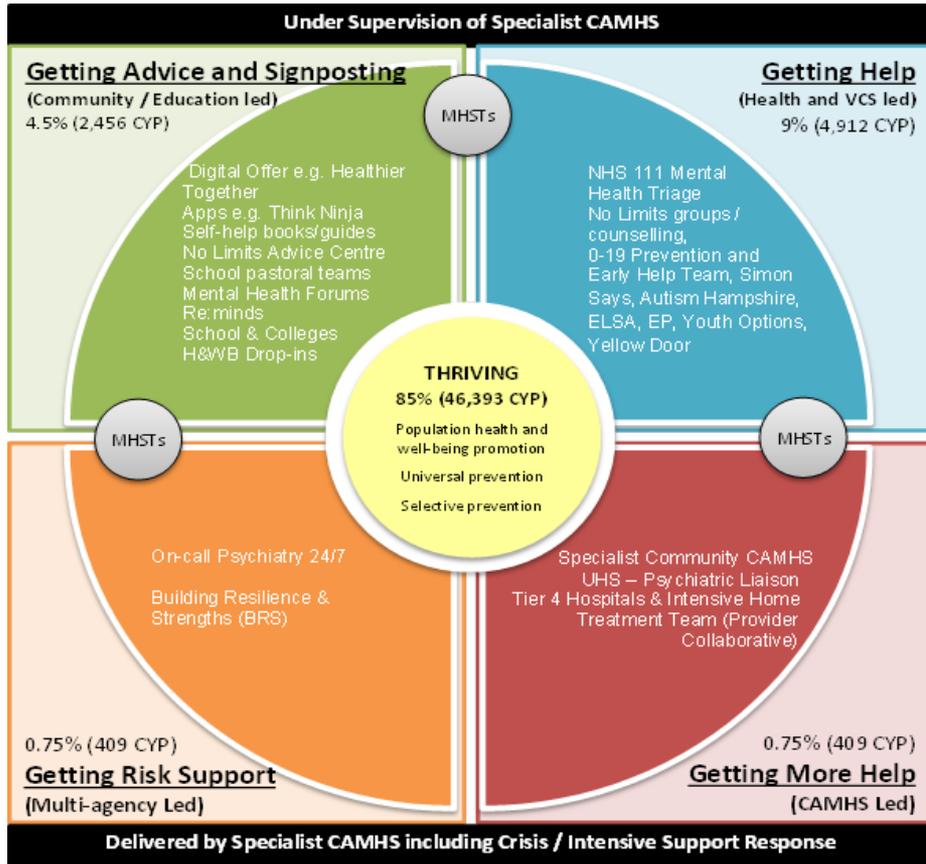
September 2021

<https://www.hampshiresouthamptonandisleofwightccg.nhs.uk/aboutus/strategies-and-plans/911-hants-ltp-children-and-young-people-2021/file>



Our Approach

The I-Thrive Framework and its Principles that we will embed are outlined below.



MHSTs = Mental Health Support Teams in Schools & Colleges

Principles	Description
1. Common Language	Common conceptual framework (five needs-based groupings: Thriving, Getting Advice, Getting Help, Getting More Help, Getting Risk Support)
2. Needs-Led	Approach based on meeting need, not diagnosis or severity.
3. Shared Decision Making	Voice of children, young people and families is central. Shared decision-making
4. Proactive Prevention & Promotion	Enabling the whole community in supporting mental health and wellbeing.
5. Partnership Working	Effective cross-sector working, with shared responsibility, accountability, & mutual respect based on the 5 needs-based groupings.
6. Outcome-Informed	Clarity and transparency from outset about CYPs goals, measurement of progress and action plans, with explicit discussions if goals not achieved.
7. Reducing Stigma	Ensuring mental health and wellbeing is everyone's business including all target groups
8. Accessibility	Advice, help and risk support available in a timely way for the child, young person or family, where they are and in their community.

Thrive Framework further information: <https://www.annafreud.org/mental-health-professionals/thrive-framework/>



- Hampshire CAMHS investments
- Kooth.com service
- Expansion of Adult (Improved Access to Psychological Therapies) IAPT service
- Procurement and mobilisation of new Counselling service including a digital MH service
- Grant Programme



Parental Support

- Empower parents to be able to have conversations with their CYP
- Development of Parental education
- Improve self-help and supported self-management information via Healthier Together
- Engage and empower parents and carers to be an integral part of their child's wellbeing



ICS Challenges

- Impact of the post pandemic surge in demand
- Creation of ICS
- Financial constraints
- Digital Poverty
- Cost of living increase
- Workforce



Insight / Contribution

- https://jamboard.google.com/d/1zEp0IYxGGK8dwgfH_GXMh5BaoSLqF6mmY1o53Q7ISGw/viewer
- Left hand side toolbar
- Click on sticky note
- Type
- Save
- Completely anonymous





- ✓ **Thank you** to all who have supported &/or attended today's HWB Forum
- ✓ The recording will be saved on CF's WB webpage by Thursday 16 June
- ✓ **Date of next East Hampshire and Havant (F2F) HWB Forum...**
 - **Thursday 29 September (F2F & Networking 12-2pm – venue TBC)**
- **Please feedback** via Chat or email - including re **future HF theme/ideas**
- **Health & Wellbeing related items will be circulated monthly by Jackie**
- ✓ **Finally**, if you aren't a Health & Wellbeing Forum member or know of a local health organisation that would like to join, please email:-
Jackie.hartless@cfirst.org.uk Thank you & have a **Happy, Healthy Summer!**

Contact Details...



Community First Leigh Park Community Centre, Dunsbury
Way, Havant, PO9 5BG



<https://www.cfirst.org.uk>



Jackie.hartless@cfirst.org.uk



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