



# East Hampshire and Havant Voluntary Sector Health & Wellbeing Forum

## Young People's Wellbeing Services

1-2pm

Thursday 7 December 2023



Hampshire and Isle of Wight



# Programme for today...



- Welcome and Agenda – **Angela Gill** Community First Health & Wellbeing Forum Facilitator
- **Gemma Isaj**, Wellbeing Lead, **Oarsome Chance**
- **Tim Houghton**, Chief Executive, **Community First**
- **Dawn Buck**, Deputy Director, (Patient Experience and Engagement) **Southern Health NHS Foundation Trust**
- **Emma Lance**, PCN Business Manager, **East Hants Primary Care Network**
- **Maria Murphy**, (RMN) Independent Non-Medical Prescriber, **Children and Adolescent Mental Health Services (CAHMS)**
- **Debs Adams**, Education Lead, **Simon Says Child Bereavement Support**
- **Date** of the next East Hampshire and Havant Voluntary Sector Health & Wellbeing Forum Webinar
- **Close** of the Health & Wellbeing Forum



**Gemma Isaj**

Wellbeing Lead

**Oarsome Chance**

[gemma.isaj@oarsomechance.org](mailto:gemma.isaj@oarsomechance.org)





# Oarsome Chance

Wellbeing at the heart





# Oarsome Chance

## A brief overview

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### Who are Oarsome Chance?

- Established 2016
- Based in Gosport and Havant in Hants, with beneficiaries from a wider area, including Southampton and Portsmouth
- An Alternative Education provider delivering programmes to vulnerable young people referred to us by schools and local authority due to non-attendance at school
- High needs beneficiaries facing multiple barriers to engagement, including neurodiversity and/or other risk factors
- We offer not only skills learning, but also a high level of intensive support, within a welcoming and inclusive community



# Oarsome Chance Programmes

Wellbeing at the heart

## OARSOME FOUNDATIONS

PRE-16 ALTERNATIVE PROVISION

## OARSOME PATHWAYS

POST-16 ALTERNATIVE PROVISION

ALTERNATIVE  
EDUCATION

Support  
team

OARSOME  
COMMUNITY

Wellbeing

Training  
& work  
experience

Participation

OARSOME  
ENTERPRISE

## HOLIDAY PROGRAMME

HIGH NEEDS STUDENTS

## ENRICHMENT OFFER

EXTERNAL ORGANISATIONS

## COMMUNITY ACTIVITIES

LOCAL COMMUNITY, OUTSIDE  
SCHOOL HOURS

CANVAS WORKS

BIKE WORKS

OARSOME  
CHANCE

Enabling young people to

‘FEEL SAFE  
BELONG AND  
ACHIEVE’

Oarsome Community  
Planned for 2024



# Oarsome Chance

## Cohort analysis (June 2023)

# 75%

OF OC STUDENTS ARE  
NEURODIVERSE

The majority of students have been diagnosed as neurodivergent, including for example ADHD, Autism Spectrum Disorder. 20% have two or more diagnoses.



# 69%

ONE OR MORE ADVERSE  
CHILDHOOD EXPERIENCES (ACE)

ACEs include mental and physical health issues at home, loss of family members, neglect or domestic violence. 35% have experienced 4 ACEs or more. 51% of children with up to 4 ACEs are likely to have learning / behaviour problems, compared to 3% for their peers who have none.



# 85%

LIVING IN 30%, OR LOWER,  
AREAS OF DEPRIVATION

58% of our cohort live in areas in the lowest 20% areas of deprivation and 24% in the lowest 10%. (English Indices of Deprivation (2019)).



# 80%

MORE THAN ONE RISK  
FACTOR IN THEIR LIVES

Risk factors, associated with youth offending, include being care experienced, mental ill health, drug and/or alcohol abuse or precarious housing. 55% of our cohort live with three or more risk factors in their lives..



### In addition:

- 73% are on EHCPs
- 64% with mental health needs
- 53% involved with Police and/or Youth Offending Team
- 30% are looked after children

OARSOME  
CHANCE

Enabling young people to

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BELONG AND  
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# Oarsome Chance Students

Many struggles are communicated through behaviours, some examples can be seen below:

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- Withdrawal
- Anger
- Frustration
- Difficulty in establishing trust
- Being guarded / Putting up Barriers
- Low motivation
- Low Self-esteem/self-belief
- Volatile and unpredictable mood swings
- Difficulty managing emotions
- Difficulty managing peer relationships
- Difficulty understanding safe personal boundaries
- Repeated school exclusion
- More likely to experience family conflict
- More likely to engage in criminal activity
- Challenges in the community
- Self-harm
- Mental health difficulties
- Can present with a sense of hopelessness
- Many demonstrate violence and aggression
- Stuck in cycles of self-sabotaging behaviours
- Increased risk-taking behaviours.

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Enabling young people to

**‘FEEL SAFE  
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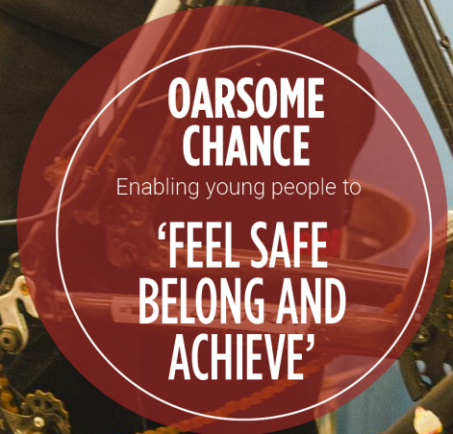




# Supporting our students

We use a student-centred, strengths-based and trauma-focused approach

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# WELLBEING

## MASLOW'S HEIRARCHY OF NEEDS

Helping children and young people:

**'FEEL SAFE  
BELONG AND  
ACHIEVE'**



### SELF ACTUALISATION

Acceptance, purpose, creatiivity

### ACHIEVE

Wide range of opportunities for students to learn skills and achieve, including qualifications, further learning and employment

### SELF ESTEEM

Confidence, achievement, status, reputation

### STRENGTHS BASED APPROACH

We focus on the unique strengths of each child, which in turn informs a range of contextual learning.

### LOVING & BELONGING

Friendship, secure attachments, meaningful relationships, meaningful connections.

### RELATIONSHIP IS KEY

We ensure opportunities for students and staff to build good working relationships, knowing needs, signs + triggers for each child.

### SAFETY & SECURITY

Housing security, economical security, safety, health, family

### WE START THE DAY WITH A 30 MIN TRANSITION PERIOD

This allows students to adjust to their surroundings. hen considering how easily their emotions can fluctuate with age, learning need and possible trauma. We will base the plan for the day on the needs in that moment.

### PHYSIOLOGICAL NEED

Food, water, air, sleep

### WE MEET BASIC NEEDS OF ALL STUDENTS

We provide breakfast, lunch and beverages. We provide equipment for all activities. We offer cost of living grants for families in need. We liaise with local agencies and organisations, where needed.

## HOW OARSOME CHANCE MEETS NEED

### 3. ACHIEVE

Once students have the feeling of safety and belonging they can then be in a place to learn. Achievement is possible once the student is in the optimum frame of mind to take on board learning in a meaningful way.

### 2. BELONG

Oarsome Chance place a big emphasis on authentic relationships. Not only assisting social development, but also helping students feel they belong.

### 1. FEEL SAFE

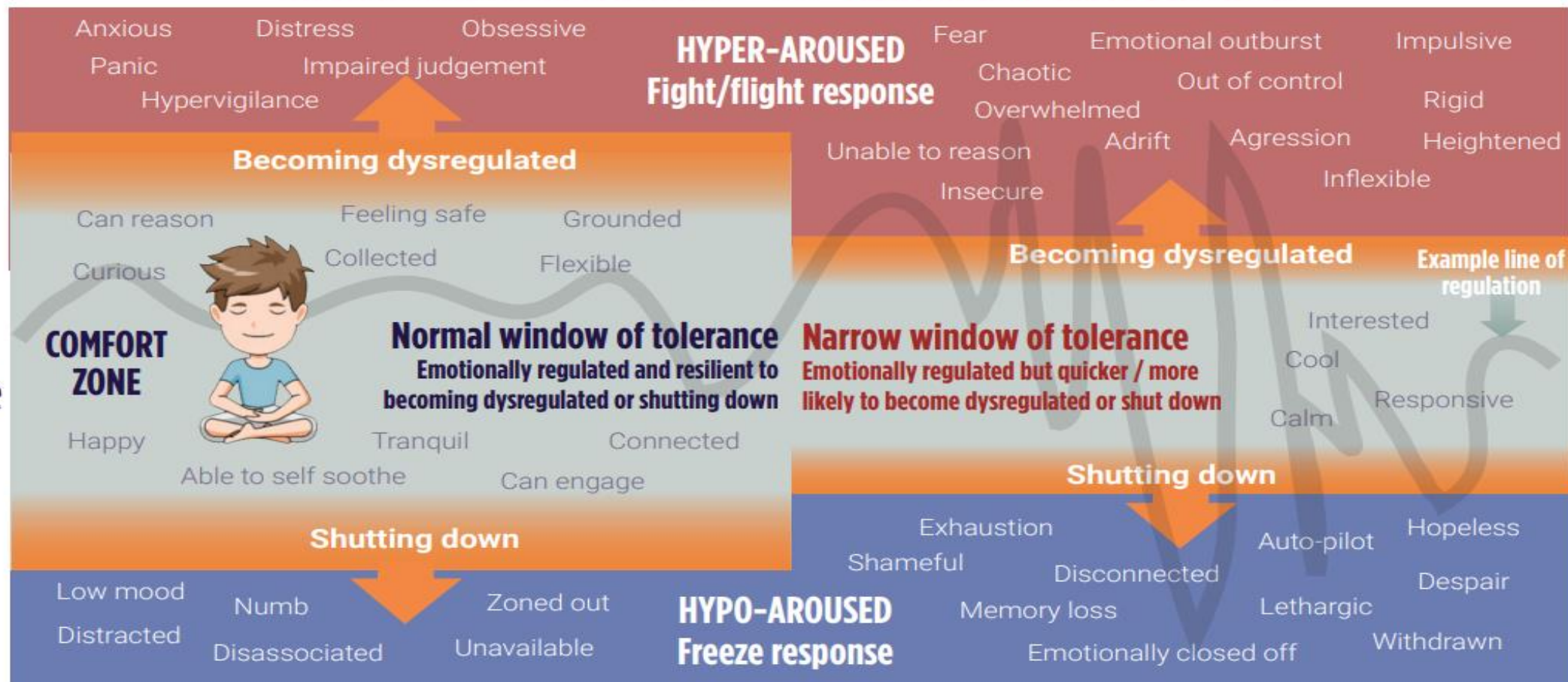
We believe our students must first feel safe before anything else.



# WELLBEING: Window of tolerance



## NORMAL WINDOW OF TOLERANCE VS. NARROW WINDOW OF TOLERANCE



Oarsome Chance aims to support individuals to widen their window of tolerance. For example, we work with flexibility to meet the individual's needs in that moment. Wherever they are in their window, be that regulated or unregulated, we aim to meet their needs accordingly

A person with a narrow window of tolerance will still be able to experience feelings of calm etc. However, it will be harder for them to remain there; they are more likely to be unstable and find it harder to return to emotional regulation.

Adapted from Dan Siegel's Window of Tolerance theory



# Some examples of what is included in the Wellbeing Programme.

- Wellbeing embedded at the core.
- Relationship-based
- Feel Safe Belong Achieve embedded throughout.
- Staff training
- Working alongside families, parents and Guardians.
- Staff wellbeing.

Whole Organisation approach.

Student focused

- 1-1 Targeted support.
- Individual support plans.
- Anger Management
- Emotional regulation
- Self-esteem and confidence.
  - Social stories / Tailored programmes.
- Regular wellbeing check ins.

Curriculum

Group interventions

- Creative Curriculum
- Life skills
- Cooking
- Healthy lifestyle
- Sports and Fitness
- Outdoor activities and varied curriculum.

- Healthy Relationships.
- Risk-taking behaviours
- External providers and educators.
- Group wellbeing strategies.

**OARSOME CHANCE**

Enabling young people to

**‘FEEL SAFE  
BELONG AND  
ACHIEVE’**

# Would you like to support Oarsome Chance?

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If you would like to support Oarsome Chance, please see some suggestions below on how you could help.

- Fundraise for us by taking on an Oarsome Challenge. Find out more via the link below.

[Support us: Oarsome Challenge - Oarsome Chance](#)

- Donate via the link below.

[Donate - Donation amount - JustGiving](#)

- Projects for students. We are always looking for new creative projects for our students to try. If you have or are aware of projects that our students may benefit from, please email

[admin@oarsomechance.org](mailto:admin@oarsomechance.org)

- If you would like to know more, please contact us and arrange to visit our sites. We would love to show you around. Come and see what Oarsome Chance is all about.

Email [admin@oarsomechance.org](mailto:admin@oarsomechance.org) Call 023 92 50 44 92

**OARSOME  
CHANCE**

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**Thank you for  
Listening**



**Tim Houghton**

Chief Executive

**Community First**

[tim.houghton@cfirst.org.uk](mailto:tim.houghton@cfirst.org.uk)



## Council for Voluntary Services Update...

### Connect for Communities

- Some information about Community Pantries can be found via the link below. There's also HAF schemes running in the run up to Christmas: [Family Information and Services Hub | Holiday Activities and Food Programme \(hants.gov.uk\)](#)

### Community Pantries:

- Anyone can become a pantry member and receive discounted food for a small weekly fee (e.g. £5 membership for £15 worth of items). The list of pantries in each district is available on the Community pantries - Hampshire webpage of the connect4communities website and you will need to contact or visit the pantry directly to sign up.  
<https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/connectforcommunities/supportforfamilies/communitypantries-overview/communitypantries>
- **HIVCA** – 4 representatives from larger organisations have been elected onto the Leadership Committee. (Confirmed thus far; Becky McGregor, **Mountbatten**; Helen Fisher, **Energise Me**; Natalie Webb, **No Limits**, Rob Kurn, **Southampton Voluntary Services**)
- **HIVCA** - representatives for work/partnerships around children and young people, and mental health are; Sally Arscott, **Solent Mind**, and Dr Kim Brown, **Nature Therapy CIC**, Clare Ansell, **Motiv8** and Natalie Webb, **No Limits**

- For those on [LinkedIn](#) (44) ICS News | November 2023 | [LinkedIn](#)
- **Healthier Together website** is a valuable resource for families [Home :: Healthier Together \(what0-18.nhs.uk\)](#) Keeping your family 'winter strong' campaign and downloadable app
- [CA Havant's 'Spotlight on Havant Cost of Living Crisis Workshop'](#) - **Wednesday 31 January, 9.15-11.30am** (Havant venue TBC) – **NB** this workshop is for the [Havant area only](#)

## East Hampshire Health & Wellbeing Partnership Update

- Physical and mental health & wellbeing
- Making use of shared estate – space available at Chase Hospital, Whitehill Bordon
- Health Inequalities – contact [tim.houghton@cfirst.org.uk](mailto:tim.houghton@cfirst.org.uk) if interested in being part of this Working Group
- Next meeting of Health & Wellbeing Partnership is **9 January 2024, 1pm** - via Teams
- **Health Bus to launch in East Hampshire** in the New Year helping residents and families access health appointments, home from hospital and attending social prescribing activities. Contact [Lynne.peters@cfirst.org.uk](mailto:Lynne.peters@cfirst.org.uk) or [tim.houghton@cfirst.org.uk](mailto:tim.houghton@cfirst.org.uk)
- **Leigh Park Community Centre** in Havant <https://www.cfirst.org.uk/wellbeing/leigh-park-community-centre/> Park Play and **new Lunch Club** launching – [heartofthepark@cfirst.org.uk](mailto:heartofthepark@cfirst.org.uk) 02392 476382
- **Clanfield Centre** in East Hampshire <https://clanfieldcentre.co.uk/> **Christmas Family Fun Day** on **Sunday 17 December 12-4pm**



## Funding News

- **Hampshire Active Health Programme** <https://www.energiseme.org/funding-support/hampshire-active-health-programme/>
- **Household Support Grant** next round opens 4 January – 26 January. E Hants £46k in remaining allocation and Havant has £81k <https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/connectforcommunities/communitygrants-overview/communitygrants>
- **Big Give Christmas Challenge** - Several organisations are signed up to the which match funds donations over a 7 day period. See <https://biggive.org/christmas-challenge/> for details of how to apply for next year
- **Meet the Funder** event with East Hampshire District Council on **31 January 2024** <https://www.easthants.gov.uk/meet-funder>
- **Funding Surgery for Groups in the Havant Area** One to one appointments with Lucy Tennant, National Lottery Funding Officer **Heart of the Park** (Leigh Park Community Centre) - room TBC **Thursday 8 February from 10am** - appointment only  
To book a space please contact [naomi.towns@cfirst.org.uk](mailto:naomi.towns@cfirst.org.uk) - bookings will be on a first come first served basis



**Dawn Buck**

Head of Patient & Public Engagement & Patient Experience  
Southern Health NHS Foundation Trust  
[Dawn.Buck@southernhealth.nhs.uk](mailto:Dawn.Buck@southernhealth.nhs.uk)



Ability of the system  
to be integrated with other systems



# Hampshire and Isle of Wight Healthcare NHS Foundation Trust

For further information:

Website: [www.fusion.hiow.nhs.uk](http://www.fusion.hiow.nhs.uk)

E-mail: [project@fusion.hiow.nhs.uk](mailto:project@fusion.hiow.nhs.uk)

E-mail: [Dawn.Buck@southernhealth.nhs.uk](mailto:Dawn.Buck@southernhealth.nhs.uk)



# East Hants PCN

Primary Care Network

Emma Lance  
PCN Manager  
[emma.lance@nhs.net](mailto:emma.lance@nhs.net)

# What is the PCN

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## PCN – Primary Care Network

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PCN is a group of GP practices working closely together - along with other healthcare staff and organisations - providing integrated services to the local population.

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East Hants PCN are made up of the following surgeries

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Badgerswood & Forest

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Pinehill

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Riverside

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The Grange

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Clanfield

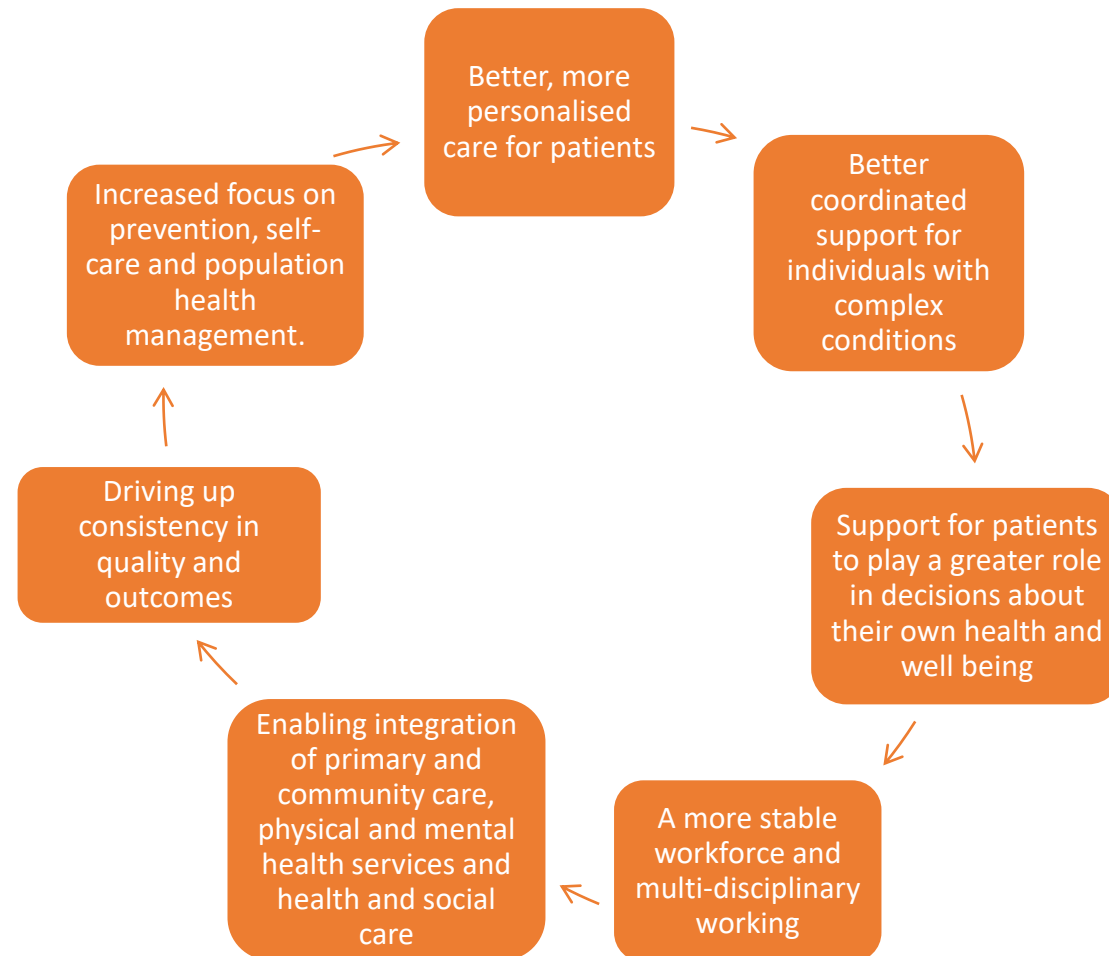
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Horndean

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Rowlands Castle

# Aims of the PCN





# What is Social Prescribing?



# What is Social Prescribing?

01

Social prescribing is a service provided by the local GP surgery and is a way in which we can help patients to link with a range of local, non-medical activities, opportunities and support that can improve their health and well being.

02

We promote people to have more choice and control over their lives.

03

We ask the question “What Matters to You?”

04

We work with anyone from the age of 11 years old upwards.

# What Matters to you?



This question can be asked in many different ways



“What are the things that are important to you at the moment?”



“What are some of the things you would you like to achieve as a result of this support?”



“When you have a good day, what are the things that make it good?”



# Reasons for referral

- Mental Health: Depression/Anxiety/Low mood
- Social Isolation
- Low Self-Esteem/self confidence
- Previous episodes of Self-Harm
- School challenges
- School refusal
- Bereavement
- Changes within the family
- Emotions and stress levels
- Friendship or social difficulties
- Body image and identity
- Health and fitness: physical inactivity, weight reduction

# Services for Young People and Referral Pathways

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- Youth Social Prescriber
- Youth Mental Health and Wellbeing Coach
- Youth Café Bordon
- Referrals via GP, Health Care Professionals, Schools or self-referral



# Youth Social Prescriber

- Working with young people aged 11 – 17 years old
- 1:1 appointments either school, GP surgery or Youth Cafe
- Providing a safe and confidential place to talk
- Creating a personalised care plan based on individual needs
- Advising and supporting referrals to other agencies e.g. counselling, CAMHs as well as school pastoral teams
- Onwards referral to PCN Youth Mental Health and Wellbeing Coach
- Supporting with health and fitness through local gym referrals
- Signposting and connecting individuals to activities, groups and services in their area to help support their physical, social and emotional wellbeing
- Help and advice for patient's parents if appropriate





# Youth Mental Health and Wellbeing Coach



TO WORK ON A 1-1 BASIS WITH YOUNG PEOPLE AGED 11-18 YEARS IDENTIFIED BY THE GP'S AND YOUTH SOCIAL PRESCRIBER. THESE SESSIONS WILL FOCUS ON TEACHING YOUNG PEOPLE SKILLS AND TECHNIQUES TO BETTER MANAGE MENTAL WELLBEING AND TO BUILD RESILIENCE AND COPING SKILLS.



\* TO SEE PATIENTS WITHIN THE AGE RANGE OF 11 – 18 YEARS AND TO UNDERTAKE ASSESSMENTS, DELIVER 1 TO 1 SESSIONS TO PATIENTS FOCUSING ON SKILLS WHICH HELP TO MANAGE FEELINGS OF ANXIETY, LOW SELF-ESTEEM AND LOW MOOD AND TO BUILD RESILIENCE.

# Youth Mental Health and Wellbeing Coach

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# Youth Café – Bordon

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- Youth Café
- St Marks Church, Bordon
- Wednesdays 14:45 – 16:45
- At least 2 members of the PCN Team – Youth HWB Coach
- Drinks and snacks provided
- Arts, crafts and games
- Opportunity for youths to speak on a 1-2-1 with a member of the team.
- Get to socialise with others.





# Our website

Links and resources for young people and their families.

<https://www.easthantspcn.co.uk/>



**Maria Murphy**

(RMN) Independent  
Non-Medical Prescriber

**Children and Adolescent Mental Health  
Services (CAHMS)**

[Maria.murphy@spft.nhs.uk](mailto:Maria.murphy@spft.nhs.uk)



# Hampshire Specialist Child and Adolescent Mental Health Service

An illustration of three people dancing. On the left, a woman with dark skin and hair in a bun, wearing a blue tank top, is dancing with her arms raised. In the center, a person wearing a red hijab and a red top is dancing. On the right, a man with dark skin is dancing. They are all wearing colorful wristbands. The background is a dark blue gradient.

## Havant & Petersfield

[www.hampshirecamhs.nhs.uk](http://www.hampshirecamhs.nhs.uk)

### Single Point Access (SPA)

Referrals Since April 2023  
approximately 6,849  
young people Countywide  
Over 1,200 for South East.

### SE I2i Team

Staff 6.4wte- 4.4wte  
with leavers  
H&P: 69 referrals into i2i  
in this area since April  
2023

### CAMHS Liaison QAH

### Hav & Pet Assessments

April 2022-March 2023  
167

April 2023 – Now 81



### Early Help

Approximately 20wte  
across South East Area  
784 open cases  
151 YP's waiting for an  
Initial Assessment  
**2 MHST teams in Havant**  
**In last Year 359 referrals**

### Community Teams

Clinical Staff approx 20 wte  
including  
1263 Open cases  
Psychiatry & Nurse  
Vacancies  
**Eating Disorders Team**  
3.5wte  
30 open complex cases



## GETTING HELP

### Early Help Service Offer

Initial Assessments  
Under 12's Workshop  
Wellbeing in Action Groups  
Overcoming your Child's Fears and Worries  
Group  
Over 12's Workshop  
DNA-V Group

New for 2024  
Trauma Workshops

## GETTING MORE HELP

### Community Team Treatment Offer

Urgent Risk Assessments  
Stabilisation Work  
CBT/ DBT/ EMDR  
Family Therapy / Creative Therapy  
Psychotherapy  
Neurodevelopmental Assessments & Treatment  
Trauma Care Groups/Decider group  
PBS (Positive Behaviour Support)  
Medication Workshop groups for ADHD  
Liaison with Italk and Adult Community Teams

Waiting times for routine treatment is long due to number of young people with increasing risk requiring more urgent allocation. These young people require more frequent contact and often increased liaison with networks .

## **GETTING MORE HELP**

### **Eating Disorders Service**

25-30 referrals each month Approximately 30 cases in the South East  
Access to dietetic, OT, Psychology and Systemic input

## **GETTING RISK SUPPORT**

**I2I Urgent Assessment & Home Treatment Service**  
**(most at risk of Hospital admission and High levels of presenting Risk)**

Crisis DBT 8 week programme & Home Treatment 29 referrals  
Full Programme DBT 1 year programme 5 referrals  
Risk & Stabilisation Clinic 35 Referrals

2 week containment and discharge planning in hospital  
(not already open to T3) and Delayed Discharge Planning  
Urgent Assessments (not known to Camhs)

On countywide weekend Hospital Urgent Immediate Crisis Assessments

# Where to go for support



Our website at [www.hampshirecamhs.nhs.uk](http://www.hampshirecamhs.nhs.uk) is a good source of information, advice, help and strategies for supporting children. It was recently recognised through a highly commended award at the national children and young people mental health positive practice awards.



PACE events help families better understand the needs and difficulties that young people can face and how to manage potential issues/concerns they have about their young person.

## **PACE Events in 2024 in East Hants**

**Friday 19<sup>th</sup> July Waterlooville: Oaklands Catholic School, Stakes Hill Rd, Waterlooville, PO7 7BW**

**Monday 7th October Havant: Trosnant Infant School, Stockheath Lane, Havant, Hampshire, PO9 3BD**



Hampshire Child and Adolescent  
Mental Health Services

# Project Fusion

Hampshire & Isle Of Wight  
Healthcare NHS  
Foundation Trust  
APRIL 2024





Child Bereavement Support

**Debs Adams**

**Education Lead**

**[debs@simonsays.org.uk](mailto:debs@simonsays.org.uk)**

**[www.simonsays.org.uk](http://www.simonsays.org.uk)**

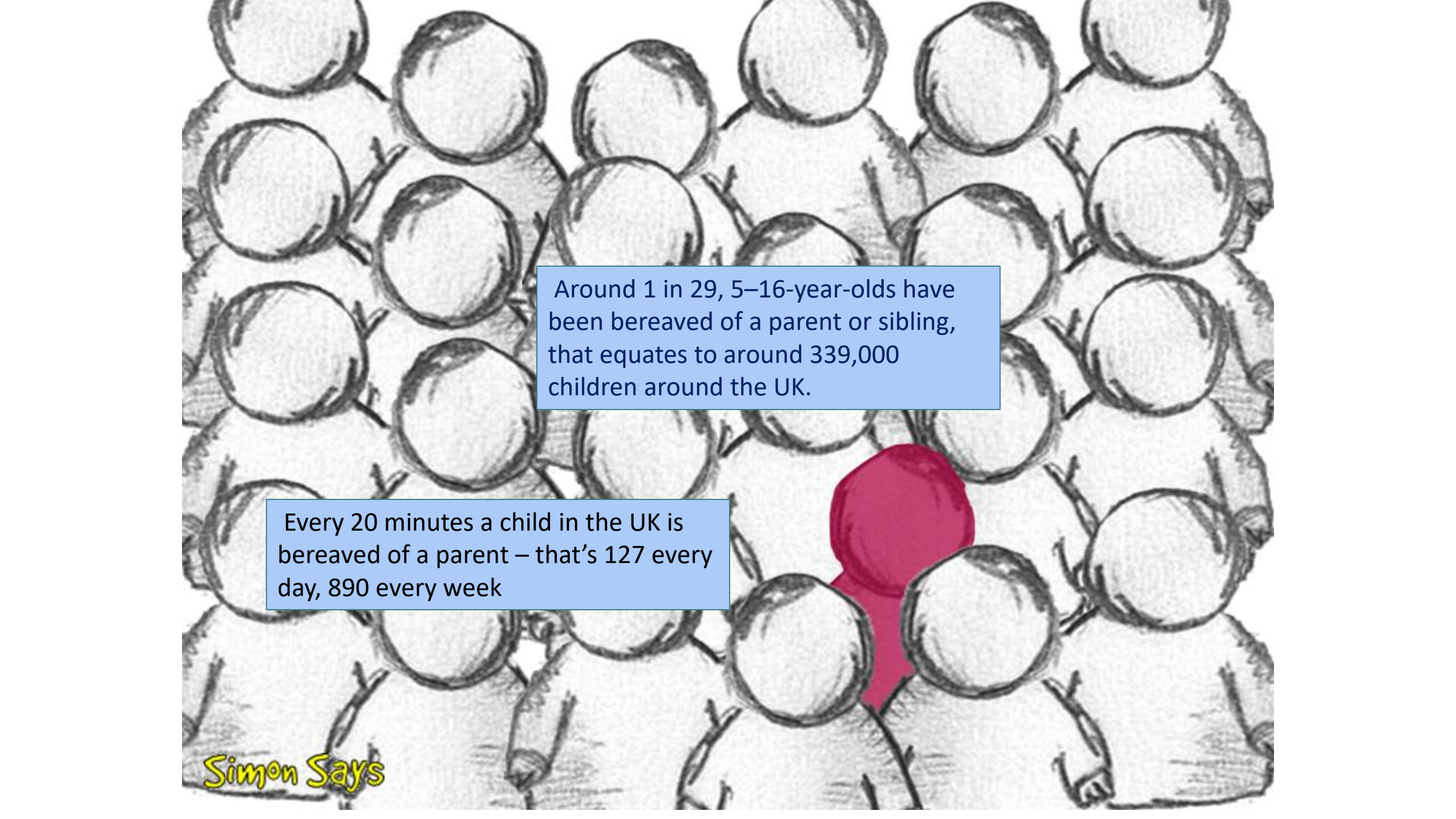


**Simon Says**

Child Bereavement Support







Around 1 in 29, 5–16-year-olds have been bereaved of a parent or sibling, that equates to around 339,000 children around the UK.

Every 20 minutes a child in the UK is bereaved of a parent – that's 127 every day, 890 every week

Approximately 1000 calls per year

Families, friends, social workers,  
teachers, other professionals

Manned by trained volunteers

We also give general bereavement  
and pre-bereavement advice on  
specific cases



# Call our support line

## 023 8064 7550



[www.simonsays.org.uk](http://www.simonsays.org.uk)



# Monthly support Groups

To register to join a group  
Family call support line  
or email  
[info@simonsays.org.uk](mailto:info@simonsays.org.uk)





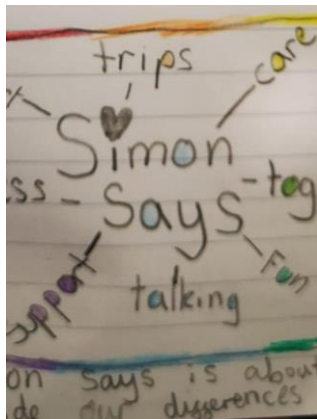
Growing  
Hope

# The Education Team

## How do we support?

### Children

- ❖ Support/Facilitate setting up a school bereavement group
- ❖ Assemblies, workshops with children where there has been a bereavement



### Professionals

- ❖ Whole staff bereavement training in workplaces
- ❖ Advise schools and workplaces on individual cases and the grieving process
- ❖ Educational Resources e.g., lesson plans, policy, curriculum planning



### Community

- ❖ Health and Wellbeing weeks
- ❖ Awareness Weeks & community events
- ❖ Death Positive libraries





# Why have conversations about Death, Loss and Grief?

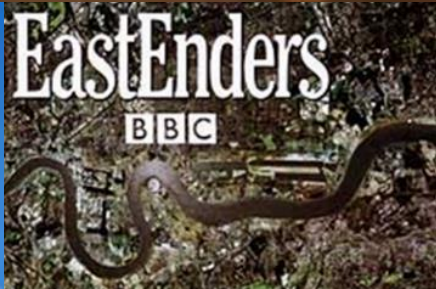
Understanding emotions

Normalise

Prepare for future

Truth

Well- being







# YOU CAN MAKE A DIFFERENCE

Volunteer with Simon Says and support bereaved children through their bereavement journey. Meet like minded people and help change a child's life by

Attending Support Groups

Supporting in schools

Fundraising

To become part of our caring community  
please contact [info@simonsays.org.uk](mailto:info@simonsays.org.uk) or apply online  
at [www.simonsays.org.uk](http://www.simonsays.org.uk)

Volunteers  
needed



# Thank You



- ❖ **Thank you** to all who have supported &/or attended today's Health & Wellbeing Forum Webinar
- ✓ The recording and PP will be saved on Community First's 'Health Forums' webpage in the coming week

**Date** of the next East Hampshire and Havant Voluntary Sector Health & Wellbeing Forum Webinar...

- Thursday **29 February 2024, 1-2pm** ('Support Services for Neurologically Diverse People')
- **Please feedback** via Chat or email - including re future Health & Wellbeing Forum theme or presenter ideas
- Health & Wellbeing related **items** will be **circulated** 4-6 weekly by Jane Bray
- **Finally**, if you or a colleague aren't a Health & Wellbeing Forum member or if you know of a local health organisation that would like to join, please ask them to email Jane:- [healthforums@cfirst.org.uk](mailto:healthforums@cfirst.org.uk)
- ❖ Have a **Happy, Healthy Winter!**

# Contact Details



## Community First

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



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



[healthforums@cfirst.org.uk](mailto:healthforums@cfirst.org.uk)



0300 500 8085



## Hampshire & IoW Integrated Care Board

Omega House, 112 Southampton Road, Eastleigh, SO50 5PB



<https://www.hantsiowhealthandcare.org.uk/icb>



[hiowicb-hsi.communications@nhs.net](mailto:hiowicb-hsi.communications@nhs.net)



0300 561 2561