

Cabinet (Performance Management) Panel

Report title	HeadStart Wolverhampton	
Decision designation	AMBER	
Cabinet member with lead responsibility	Councillor Val Gibson Children and Young People	
Key decision	No	
In forward plan	No	
Wards affected	All	
Accountable director	Linda Sanders	
Originating service	HeadStart Wolverhampton	
Accountable employee(s)	Kevin Pace	HeadStart Programme Manager
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Report to be/has been considered by	People Leadership Team	19 October 2015

Recommendation(s) for action or decision:

The Cabinet (Performance Management) Panel is recommended to:

Note the progress at stage two and the progress towards the stage three application bid.

1.0 Purpose

- 1.1 To update the Panel on the progress with HeadStart Wolverhampton and the timeline of activities in order to present Wolverhampton's bid to Big Lottery for additional funding of up to £10 million in 2016.

2.0 Background

- 2.1 City of Wolverhampton Council is one of twelve HeadStart partnerships across the UK who were successful in securing £500,000 from Big Lottery in July 2014 to run a series of test and learn pilot programmes to test new ways of supporting children and young people aged 10-14 and their families to promote positive mental well-being and resilience building. Since then, an additional £406,000 of funding has been provided to Wolverhampton by Big Lottery to extend the phase two pilot stage to 31 July 2016 and build capacity within the Wolverhampton partnership in order to successfully secure up to £10 million for Phase three from July 2016 to July 2021. Big Lottery have also since extended the age range to 10-16.
- 2.2 Big Lottery's commitment to the mental well-being of young people is timely, and supported by a number of national reports and initiatives, including *Future in Mind*. Mental illness is the largest disease burden and the largest cause of disability within the UK. It frequently starts before adulthood and 75% of adults with a lifetime mental illness first developed symptoms before 18. There are significant personal, social and economic costs (the latter estimated as £105 million per annum for England alone).
- 2.3 Public Health England report that in the average class of thirty 15 year olds, three could have a clinically diagnosable mental illness, ten are likely to have witnessed their parents separate could have experienced the death of a parent, seven are likely to have been bullied and six may be self-harming. The Macquarie Youth Index report that 41% of 16-25 years have reported having felt suicidal, and suicide is the largest killer of young people in the UK.
- 2.4 The overarching aim of HeadStart Wolverhampton during its Phase two (and extension) delivery has been to test ways in which the traditional tiers one and two of Child and Adolescent Mental health Services (CAMHS) can be extended and adapted through innovative methods to raise the profile of mental well-being, break the stigma of mental health amongst young people, parents and communities, educate and up skill young people with coping strategies, and provide access to early support when and where it is required. In seeking to prevent mental illness, promote wellbeing and strengthen resilience, the impact and prevalence of underlying issues and key risk factors such as child poverty, poor parenting, poor physical health, bullying, poor parental mental health, unemployment, teenage pregnancy and substance misuse, can be reduced.

3.0 Progress, options, discussion, etc.

3.1 The current Phase two delivery period has a number of different work streams at different stages of their life cycle. 16 schools are HeadStart pilot schools, including primary, secondary, and Special schools, PRUs and an alternative provider. It is intended that the number of pilot schools will be increased by up to ten new schools by the end of the academic year, not least to meet demand from Headteachers for support with mental health and resilience, but also to increase the learning and prepare for the 2016/17 academic year.

3.2 Two specific resilience programmes are being delivered in schools:
The Pennsylvania Resilience Programme
SUMO (Stop - Understand - Move - On).

The delivery of these programmes is through a train the teacher approach, and some schools are delivering the programmes through weekly sessions, others through specific resilience days and others through specific intervention work with small groups of pupils. Since September, HeadStart has increased its staff available to support schools, including through direct delivery of two new programmes for this academic year:

- 'HeadsUP' - a foundation programme to introduce the pupils to resilience and mental well-being, and
- 'HEROs' - a new peer support programme based on the SUMO techniques.

3.3 The evaluation of HeadStart nationally is being led by Big Lottery's contractors including the Anna Freud Centre and Manchester University. This includes a national survey and an in-depth study of a programme.

3.4 Locally, HeadStart Wolverhampton's evaluation framework is being led by the University of Wolverhampton and includes a range of different evaluation foci designed to measure whether young people have been able to make a change in their behaviour and approaches to challenges, build wider and more positive social networks, and access a wider range of support when required.

3.5 The first report, which will be published by the university on the 23 October 2015, is a qualitative evaluation of the Pennsylvania Resilience Programme and SUMO delivery during the period January – September 2015, and is highly encouraging and contains some clear evidence of young people using their new coping strategies and social and emotional skills to modify their behaviour and improve their relationships within school and with friends and siblings. Examples of quotes from school staff featuring in the report are:

"From our point of view SUMO took pop psychology, common sense and worldly wisdom and squished into a format that is accessible to kids. It provides a vocabulary that they can access across the school."

“So in a situation where it would take ten minutes to discuss with a child what they have done wrong and steps forward and how they are going to remedy this... we say do you think you need to ‘Change your Tee-shirt’.....”

“... children are starting to sort their own problems...they come in and say we had a problem but we’ve sorted now.”

“... our children are taking more responsibility for their actions and their life.”

“For children where SUMO has had a great impact I would share a case of a young lady in Year Five.... Academically she has always been a bit lower in ability, but has really come out of her shell, due to the responsibility and being in the role of ‘Peer Support’... she probably won’t recognise this in herself. She has newfound confidence and her efforts in her work have improved. She’s been given that chance and had some responsibility. This has had a massive impact on her.”

- 3.6 As well as the school programmes, 15 HeadStart projects have been on-going since earlier this year, mostly being delivered through voluntary and community groups, working with:
- Young people in communities and ‘Place To Go’ settings,
 - Disengaged young people
 - Parents to raise awareness of mental health introduce them to SUMO.
- 3.7 34 different organisations originally submitted a total of 37 project applications (totalling £600,000) in response to the invitation from HeadStart Wolverhampton to contribute to these activities named in our Stage 2 bid. A ‘Dragons Den’ process involving 45 young people from primary, secondary and sixth forms, and a panel of partners represented on the Partnership Board, whittled these applications down to the 15 projects which were funded to the tune of £155,600.
- 3.8 These projects are mostly in the final stages of delivery (by 31 December 2015) and the evaluation and learning process is being undertaken by HeadStart staff and Stephen Dodd from Youth Organisations Wolverhampton, who is also a member of the HeadStart Partnership Board. An interim report is being presented to the Partnership Board on the 23 October 2015, and will report a total of 711 individuals have benefitted from these projects to date, with a good spread of age and postcode areas with greatest numbers from Bilston (WV14), Pendeford WV6 and Wednesfield (WV11).

Examples of case studies featured in the report include:

“X no longer self-harms. She has recognised when she is at most at risk of being vulnerable to harming herself and has developed a change in routine and behaviour at these times to minimise the risk. So far, it is working.”

“Y was being bullied in school... and this impacted on how he saw himself. By exploring his positive qualities, he was able to ignore and rebuff comments from those that made fun of him and is no longer being bullied due to his more confident outlook.”

“Z stated she had learnt some new skills to help her son deal with his stress levels and outbursts, she stated she can now see the warning signs and is now able to help him from getting too stressed.”

- 3.9 The local evaluation framework and reporting timelines for all projects have been designed so that they support the preparation of HeadStart Wolverhampton’s bid to Big Lottery for Phase three funding up to £10m. The submission date for this is 26 February 2016.
- 3.10 After a period of uncertainty as to the procedure and demands from Big Lottery to successfully negotiate this bidding process, partnerships have had greater clarity since the Big Lottery’s conference in the summer, including Communication of a new ‘confidence’ test in key areas including strategy, leadership, sustainability, engagement and outcomes.
- 3.11 Big Lottery have also appointed a new Support & Development contractor to work with partnerships in preparing their Stage three bids and Wolverhampton has been allocated Andrew Laird of Mutual Ventures. Andrew will lead a series of workshops with the HeadStart Executive Group, service director and programme manager.
- 3.12 The preparation for HeadStart Wolverhampton’s Phase three bid began in September and is supported by a comprehensive project plan. In addition to the local evaluation framework reporting for Phase three, a number of specific work streams are supporting the preparation of the bid, including:-
- A Headteachers Task & Finish Group
 - An Employability, Skills and Guidance Task and Finish Group
 - A Digital Technology and E-Safety Task & Finish Group
 - Focus groups of clinicians and other specific stakeholders
 - The CAMHS Transformation Strategy
 - A comprehensive needs analysis being led by the Public Health team
 - A comprehensive consultation exercise of professionals and young people
 - Desk top research analysis by the programme manager and the University of Wolverhampton and Lancaster University
- 3.13 An outline draft and thinking behind the Phase three proposals will be shared with colleagues from Young Minds and Boing Boing (Brighton University) (who form another support and development arm of Big Lottery in early November and will provide some early feedback and expert input.

4.0 Financial implications

- 4.1 The current HeadStart funding of £906,000 covers the period until 31 July 2016. Additional funding of up to £10 million for the period 2016 to 2021 is dependent on the successful navigation of Big Lottery’s Phase three bidding process. Big Lottery’s current

timeline is that bids have to be submitted by 26 February 2016, with interviews and presentations to England Committee during late April to early May 2016, and a decision by the end of May 2016.

[GS/12112015/Y]

5.0 Legal implications

5.1 The activities described in this report meet the requirements of the terms and conditions of the Big Lottery grant.

[RB/11112015/T]

6.0 Equalities implications

6.1 The HeadStart equality analysis shows that there are no adverse impacts, and that HeadStart could assist in eliminating discrimination, advancing equality and fostering good relations amongst people belonging to a protected characteristic.

6.2 The procurement process for HeadStart projects included an equalities assessment by members of the council's Equalities Team. This panel was overseen by Stephen Dodd from Youth Organisations Wolverhampton, deputy chair of Wolverhampton Safeguarding Children Board and a member of the HeadStart Partnership Board.

6.3 HeadStart Wolverhampton has an Equalities Group of council professionals, including members of the Equalities Team, and this group acts as a critical friend to the Programme Manager and the HeadStart Partnership Board.

7.0 Environmental implications

6.1 There are no environmental implications arising from the recommendations of this report

7.0 Human resources implications

7.1 HeadStart staff and contractors are all subject to contracts and agreements which do not place any liability on the council beyond the current Phase two end date of 31 July 2016.

8.0 Corporate landlord implications

8.1 HeadStart currently occupies a council premise at Shaw Road. Occupation is shared with council teams who use one room as a corporate training room. Appropriate notice of future occupation intentions will be provided from May 2016 when the Big Lottery have made decisions about funding.

9.0 Schedule of background papers

9.1 None