

Integrated Children's Services Plan

Annual Report

April 2023 – March 2024



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Introduction

Key stakeholders including the Education Service, East Dunbartonshire Health and Social Care Partnership, third sector colleagues and our communities - including parents and carers, and children and young people - have supported the development of the Integrated Children's Services Plan Annual Report for 2023-2024.

The report details how our stakeholders have continued to work together to support

the achievement of our key priorities which are overseen by the East Dunbartonshire Delivering for Children and Young People's Partnership (DCYPP) and, who are committed to working together to make the lives of our children and young people safe, healthy and happy, nurtured and loved.



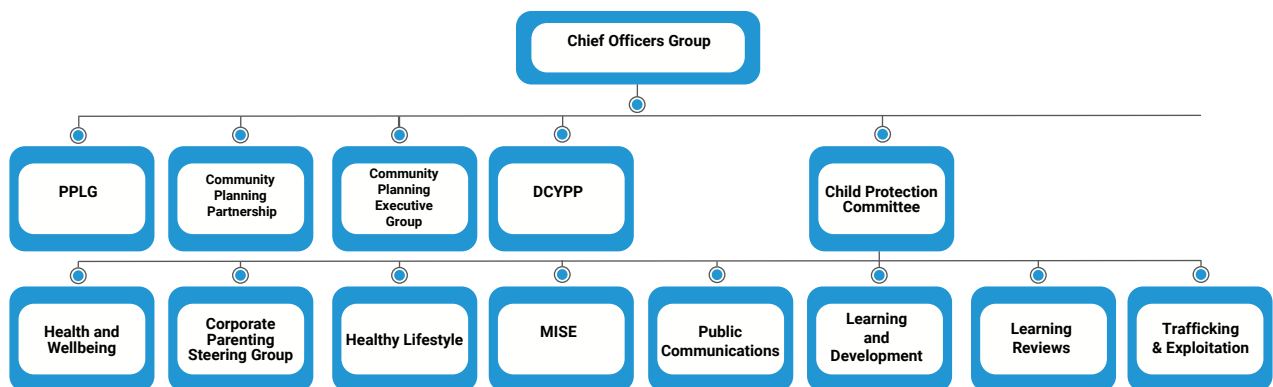
Derrick Pearce

East Dunbartonshire HSCP Chief Officer

Background

This annual report has been prepared by our DCYPP and members of staff within our Children and Families Services. We thank them all for the hard work and dedication they show continually to support all of our children, young people, families and carers.

Our guiding principles are that all our children are **SEEN, HEARD** and **HELPED**, and are effectively protected, safeguarded and supported.



Following on from the consultation process which helped to inform our Children Services Plan 2020-2023 priorities, we were keen to speak to all our stakeholders to gauge whether our priorities within Children's Services were still relevant. A consultation process commenced in October 2022 and was completed in March 2023. The consultation took a variety of formats including online surveys, questionnaires and face-to-face meetings. We consulted with children, young people, families, carers, senior management and elected members. From this consultation, we adopted our collective priorities for the East Dunbartonshire Children's Service plan for 2023-2026

Our Priorities for our 2023-2026 plan are:



Delivering The Promise and Corporate Parenting



Supporting mental and physical health



Promoting children's rights



Keeping Children Safe



Addressing the cost of living crisis and child poverty.

In 2023/24, we have been able to continue to commit to our priorities and build upon them by sharing resources and short-term budgets from all our Community Planning Partners and by working collaboratively.



Delivering The Promise and Corporate Parenting



we will
#KeepThePromise

We continue our commitment to deliver The Promise across East Dunbartonshire through collective action across all our Community Planning partners and have made significant progress.

In October 2023 we reviewed both our Promise sub group and Corporate Parenting sub group. Through a process of consultation with all members we considered whether we should amalgamate both groups and after doing so for a short period it was concluded that both groups should meet separately to ensure focus was not lost in either.

Our Promise steering group is attended by all our Community Planning partners, Who Cares? Scotland, The Promise Scotland and SCRA. They work together to lead the way in delivering our East Dunbartonshire Promise Plan and as we near the end of phase one of The Promise, we continue to make great progress on the five foundations of family, voice, care, people and scaffolding.

Promise progress is reported annually and this year we have delivered presentations detailing our key achievements. Presentations have been well received by colleagues in Oral Health and Primary Care as well as the Community Planning Partnership workforce.

Voice: A working group was established to ensure we listened to our children, young people and families to review the language and communication used within our services. Our Champs Board regularly invites Senior Leaders to meetings to speak about improvements that could be made within services. A United Nations Convention on the Rights of the Child (UNCRC) Forum led by pupils was established to ensure collaborative work to ensure rights-based work was embedded throughout all schools.

Family: Our well-established Supporting Families Team facilitate all families to have access to support and care. We have developed nurture within our Early Years Centres, Primary and Secondary Schools and have a strong focus on supporting parents through the provision of parenting programmes.

Care: We have a strong focus on advocacy to support children and young people. An analysis of advocacy services was undertaken in late 2023 across East Dunbartonshire and a group established to plan the delivery of the NHS Greater Glasgow and Clyde Advocacy Strategy.

People: We have developed a Relationships, Behaviour and Learning Policy to support children and young people's wellbeing. We continue to embed Trauma-Informed Practice in all our services and remain committed to developing our staff through consistent training.

Scaffolding: We have continued to develop our support for mental health and wellbeing for children and young people, providing the right support at the right time through collaborative approaches. Services were commissioned to work across communities and are available to children and young people who are not on a school roll, and up to the age of 26 if the young person is care experienced.

Our Education teams have made significant progress in all five foundations of The Promise. Nationally they have been working with seven other local authorities and Education Scotland to finalise the development of The Promise Award for schools. This has involved the development of a suite of training sessions and e-learning modules to support knowledge and understanding around care experience. Education colleagues have linked with Motivation, Commitment and Resilience (MCR) Pathways to support young people to build confidence, broaden their aspirations and develop new skills. To date, eight mainstream secondary schools have an assigned worker to provide mentorship, with additional volunteers from East Dunbartonshire to support - including HSCP and East Dunbartonshire Council staff. The development of a Powtoon animation which captured the voices of our 15+ Champs Board and our Positive Achievements attendees discussed the young people's experience around education.

[Powtoon - EDC Champs Board Education Powtoon- V3](#)

Ferndale Residential and Outreach Service

"Within our children's home, Ferndale, we have continued our commitment to #KeepThePromise to ensure every child feels loved, cared for, respected, accepted and listened to."

Ferndale started the Keeping the Promise Award (KTPA) in late 2023 - with support from Education colleagues - aimed at ensuring all staff were aware of the commitment to fully implement The Promise. It is a community that has embraced all the foundations of The Promise. Ferndale has continued to excel with the introduction and continuation of the award process. To date Ferndale has completed Session 1 & 2. Staff have fed back that "the modules are fantastic and very relevant to our everyday work". Sessions were tweaked to incorporate Ferndale's vision for our young people and they help staff to relate theory into practice. Items such as UNCRC, Getting It Right for Every Child (GIRFEC) Corporate Parenting, Adverse Childhood Experiences and Trauma-Informed Practice are all covered within the award. Staff found the video clips of young people (with lived experiences) sharing their journey very beneficial - helping to make a difference for children and young people coming into Ferndale in future.

Our commitment to Corporate Parenting can be evidenced through the work of the sub group and the dedication of staff across the Community Planning partners to improve outcomes for Looked After Children. Some examples of good practice are:



The House Project Annual Review

The House Project had its third annual review in August 2023 after another successful year of the project. It continues to provide a high level of support to care experienced young people. In the past year, more young people than ever - since the launch of the project - moved into their own homes with 100% tenancy sustainment. The annual review also showcased the improved outcomes for young people, including high rates of young people in education or employment. Some of the highlights from the annual review included:

- The House Project has delivered some innovative and creative group sessions. There has been a focus on wellbeing following the previous peer evaluation which included a series of events with various wellbeing approaches being introduced. Following this, funding has been sought to provide training to staff to deliver a range of therapies to support young people.
- A series of summer activities was provided for all young people in the House Project community.
- The House Project has become further embedded within local services, strengthening relationships with community organisations and enhancing opportunities for young people.
- The House Project has a new permanent base which has been developed in conjunction with the young people and is a warm and welcoming environment for them, including a games room and wellbeing space.



The Champs Board won Volunteer of the Year at the HSCP awards in March 2023

The Champs Board was relaunched in March 2022 following a break during the COVID-19 pandemic. Since the relaunch, young people have consistently met on a fortnightly basis. The Board consists of a core group of 14 young people, all with care experience. The Champs Board have invited along a range of corporate parents to attend the meetings to provide insight into the needs and experiences of care experienced young people in East Dunbartonshire. This has included Police Scotland, Scottish Fire and Rescue Service, Who Cares?, the head of Children's and Justice Services, the service manager of "We are With You" and the Rosie Project. The Champs have also presented to the Corporate Parenting Steering Group, where they shared a number of themes raised by the young people and actions for change. The difference the Champs Board has made for care experienced young people has enabled them to stay connected during the pandemic, develop supportive relationships and recover from trauma.

The team secured funding to purchase iPads and developed a virtual groupwork programme thus encouraging participation and communication. Through the team's desire to push and advocate for the care experienced community, all the young people on the House Project have received housing offers. Also through the success of the project there have been substantial savings made by reintegrating young people back into the community from high-cost external placements. The Young People's Champs Board invites key stakeholders along to their weekly meetings where they have the opportunity to ask questions and hold officers to account. Listening to the voices of our care experienced young people ensures views lead to the co-design and production of improved services.

Supporting Mental and Physical Health



We recognise that physical health and mental health are interlinked and have continued to deliver a strong partnership approach to the health and wellbeing of our children, young people, parents and carers.

SHINE

Results from the Health Behaviour in School Children (HBSC) Survey carried out in 2022 provide rich data in relation to the mental health and wellbeing needs of young people across 44 countries, including national data for Scotland.

In line with East Dunbartonshire Council's Education Service Mental Health Strategy (2021) and the Council Mental Health Policy (2022), the Education Service is committed to promoting positive mental health in all its young people by supporting educational establishments to develop an informed evaluation of the mental health needs within their school and develop a plan to support the mental health of their young people.

Alongside the Education Service Nurture Strategy (2020), school approaches will follow the Scottish Government Whole School Approach to supporting Mental Health (2021) and will include positive 'whole school approach'. They will also support staff to recognise and respond to mental health needs in their young people. These approaches currently include whole school developments such as training in nurture or trauma, the Circle programme, curricular approaches such as Promoting Alternative Thinking Strategies (PATHS) and targeted supports such as Low Impact Anxiety Management (LIAM) or Seasons for Growth.

As part of a strategic approach to promoting mental health, the Council engaged with the School Health and Wellbeing Improvement Research Network (SHINE) in session 2022-2023, with the aim of gathering information on mental health and wellbeing across all secondary schools, and Primary 6 and 7 children within primary schools. SHINE is based in the Social and Public Health Sciences Unit within the University of Glasgow. Its aim is to help transform health and wellbeing outcomes for young people in Scotland through high-quality, school-based health improvement research and data-driven innovation.

All secondary school pupils from S1 to S6 were given the opportunity to complete the SHINE mental health and wellbeing survey between January and April 2023, and all Primary 6 and 7 pupils within primary schools were also given the opportunity to complete the survey within a similar timeframe.

A total of 2,569 Primary 6 and 7 pupils and 4,185 S1 to S6 pupils took part in the survey, with response rates of 91% in primary and 52% in secondary.

How have our schools used the SHINE data?

Primary School Feedback and Implementation, August 2023 – January 2024

A survey was distributed in December 2023 to gather information on how schools have used results from the SHINE survey. A total of 15 out of 16 primary schools that responded to the survey indicated that they had accessed the SHINE data and nearly all found this data useful.

Across all schools, the data was used to inform school improvement planning in relation to health and wellbeing. Specific approaches included: topics within the health and wellbeing curriculum; targeted support including focus on body image; focused assemblies; disseminating information

to the wider school community, including parents and pupils; and reviewing within clusters to identify trends.

Secondary School Feedback and Implementation, August 2023 – January 2024

A survey was distributed in December 2023 to gather information on how schools have used results from the SHINE survey. All seven secondary schools that responded to the survey indicated that they had accessed the SHINE data and all reported that they found this data useful.

As with primary schools, feedback indicated that the data was shared with the wider school community, including parents/carers, education staff and youth development workers. It was also used to inform school planning at universal and targeted levels.

Uses included informing the health and wellbeing curriculum, as well as targeted interventions. It was also used to build partnerships with pupils through discussion on topics at year assemblies and pupil-led focus groups to gather further information.

This information was then used to inform curricular planning and particular events were held, including mental health awareness days. One secondary school has presented their work following the SHINE survey at the national SHINE Conference.

Summary results:

Primary

Overall, in primary schools, pupils rated themselves positively in terms of mental health. Findings were broadly in line with national averages. Girls were more at risk of experiencing emotional or wellbeing issues across P6 and P7. This was evidenced in lower confidence levels overall and in relation to appearance and low mood. Emotional difficulties are linked to increased risk of poorer mental health outcomes. However, overall, the data indicates a happy population at Primary 6 and 7 with some emerging concerns around girls' confidence and internalisation of emotional difficulties.

Secondary

In secondary, pupils reported good general health overall. Most secondary pupils reported that they were happy with their lives. For pupils who reported themselves as unhappy, appearance was the main factor - particularly for girls. Girls were more likely to report having lower mood than boys and, for S5 and S6, more girls reported low mood than compared with the national average.

More pupils in East Dunbartonshire reported liking school than the national average. There was a gradual increase from S2 in pupils reporting that they felt pressurised in relation to schoolwork. From S2, more girls reported feeling pressurised by schoolwork compared with boys.

A total of 16% of children who completed the survey reported that they had deliberately hurt themselves at some point. Overall, more girls reported feeling lonely 'all' or 'most of' the time than boys across all year groups.

The **East Dunbartonshire Leisure and Culture Trust** provides a wide range of services to support children and young people to be physically active, inspiring them to Play, Create and Explore. Our Active Schools Programme continued to develop the delivery of sporting opportunities to children and young people within all our schools.

In 2023/24 all our leisure centres offered discounted gym and swim membership (age restrictions applied) sessions to all children and young people, people, with all under-fives offered free swims.

New Roots is a not-for-profit community initiative in Scotland that aims to teach food growing and life skills to neurodivergent young people in our local community.

Support from the Scottish Government in the form of grant funding for both the Children and Young People's Mental Health and Wellbeing Framework and Whole Family Wellbeing Fund enabled East Dunbartonshire to provide the right support across all services at the right time.

The **DCYPP** directs and oversees the spend of both grant funds and support, and provides a strategic overview to direct the spend based on what East Dunbartonshire communities need. The DCYPP also recognises the short-term nature of this funding and during 2023/24, has continued the DCYPP has continued to support and develop sustainability where possible.

The continued development of our workforce, services and interventions, which we knew from previous reporting and evaluations was having a positive impact, were continued as they were meeting the needs of our community.

Investment in the perinatal period is essential for both families and children. Secure attachment foundations allow babies and infants to regulate, explore, learn and play. This helps to regulate emotions, adaptability and builds resilience. For parents during this time, support can help to reduce isolation, encourage bonding and attachment, offers guidance and support and can prevent mental health issues becoming severe and enduring.

We continued our commitment to supporting families during the perinatal period and following a successful bid to the Third Sector Adult Mental Health Fund, Connections were able to continue with the great work they were doing. These funds allowed Connections to continue to develop the East Dunbartonshire Bluebell Hub, delivering free perinatal support to parents and carers. The ED Bluebell Hub provides free counselling to family members living in East Dunbartonshire, both pre-natal and post-natal support until the child is three years old.

During the reporting period, 25 clients were referred to the Hub with the majority preferring distanced support. The majority of those referred were through our Health Visiting Team (84%) self-referrals (12%) and other NHS services (4%). Some 86% of those referred attended six or more sessions. Reasons for referral were multi-faceted and included many factors such as fear and anxiety, low levels of self-esteem, loss, abuse, loneliness and isolation. After the support provided by the Hub, it was found that 83% of service users stated that they had improved psychological health, improved relationships with others, and better quality of life and physical health.

Following on from a 'test of change' our Health Visiting and Speech and Language joint team's visits to families have continued successfully this year and are now fully implemented into the service.

East Dunbartonshire School Health Service continues to work in partnership with the wider team around the child/young person to support early identification and intervention, promoting health and wellbeing, and attainment for school-aged children and young people locally. As part of the Scottish Government's aims, the re-focused school nurse role delivers on supporting vulnerable children and families, emotional health and wellbeing, and risk-taking behaviours. The service has seen a significant increase in the number of referrals received under the priority pathway of emotional health and wellbeing. Many of the existing issues experienced by children and young people have been greatly impacted following the pandemic and the service has seen an increased prevalence of anxiety in children and young people.

Within the NHS Greater Glasow and Clyde school nursing service, school nurses currently utilise various agreed assessment tools to facilitate the assessment process and engage with children and young people during their assessment. Feedback has suggested that that these assessments can be lengthy and challenging for staff and children and young people.

Across NHS Greater Glasow and Clyde, school nursing teams have introduced My Health My Voice Wellbeing Bags during every assessment with any child or young person who would like to use them. The wellbeing bags were initially trialled in NHS Lanarkshire. The bags support a more interactive assessment process, positively supporting and encouraging engagement and interaction with children and young people. The items contained within the wellbeing bags are based upon the wellbeing Indicators and were chosen by children living in Scotland. The children and young people are asked during their assessment to take items out of the bag, which helps to encourage discussion with the child or young person around each indicator. Locally our school nurses have reported that the children and young people have received the wellbeing bags positively as a way to prompt conversations and discuss openly how they are thinking and feeling.

Referrals for mental health support within Education, Health and Social Work showed continued

presenting issues of anxiety and stress in our children and young people across all services. In schools we report pupils seeking support for anger issues, relationships and self-esteem. A similar picture is seen within our community services, who are reporting referrals for support for low mood and depression, suicidal thoughts, confidence and self-esteem, and issues about their own or others' substance misuse.

Nurture Pilot Core Groups and Whole School Nurture

In Session 2023-2024 central funding for the Educational Psychology role to lead on the implementation and evaluation of Nurture programmes continued, with three Educational Psychologists (EP) sharing this position. The multi-agency Nurture Steering Group, chaired by the EPs, continued to oversee the implementation and evaluation of Nurture plans at Early Years, Primary and Secondary levels.

Early Years

The Early Years nurture programme consisted of four Professional Learning Community sessions across session 2023-2024, led by two EPs with the support of the Early Years Quality Improvement Officers (QIO). Pre and post-practitioner evaluations identified that the aims of the session were met. Practitioner feedback highlighted the strengths of the programme, notably:

- The refresh of Nurture theory and application in the Early Years Centres (EYCs)
- The session on Emotion Coaching was highly valued
- The practice sharing visits increased practitioners' confidence in developing their own practice and nurture spaces
- The practice sharing visits bridged the theory and practice of nurture, demonstrating what is achievable in 'real' settings
- The presentations by other EYCs, being able to explore their resources (e.g. floor books), listen to their nurture journeys, and share ideas and practice were welcomed.

Primary

Across the 13 centrally-funded primary school there were 69 children who took part in Core Nurture Groups: 54 boys and 15 girls.

A total of 95% of the families of Core Nurture Group children engaged with Nurture Practitioners (Nurture Teachers and/or Family Learning Assistants).

In addition to Core Nurture Groups, 786 interventions were provided by the Nurture Teachers and Family Learning Assistants to children across the 13 schools. The training provided to the Nurture Practitioners across the Professional Learning Community calendar was clearly being utilised within the wellbeing interventions; 97 children took part in Lego Therapy groups, 15 children experienced Low Impact Anxiety Management (LIAM) and 61 children took part in Seasons for Growth groups.

A full evaluation report for Early Years, Primary and Secondary nurture will be available by October 2024 and will be reported within the next ICSP annual report.

Secondary

Five Professional Learning Community (PLC) sessions took place with the Secondary Wellbeing Teachers across session 2023-24. They were all well attended and practitioners who attended all reported finding them extremely useful.

Sharing practice with colleagues was the most useful aspect and they reported feeling less isolated in their roles as a result of the PLCs.

Across the year a shared questionnaire format for gathering feedback from parents was agreed and initial feedback was gathered from 44 parents across four schools. Almost all parents reported that the wellbeing base had been an important support for their child.

The practitioners have also started to work towards better consistency in the evaluation measures used with young people across schools. Next session all schools will be using the Stirling Wellbeing Scale as part of their assessments and evaluation. This will facilitate authority-level data on impact.

Our Third Sector organisations provide vital support to children, young people and families living locally. East Dunbartonshire Voluntary Action (EDVA) is part of the children's services partnership and provides a link between Third Sector organisations and statutory agencies.

EDVA ran a number of networks and in March 2023 formed a new Additional Support Needs network due to the increase in enquiries for support and the long waiting lists for diagnosis via Child and Adolescent Mental Health Services (CAMHS). The network is now known as East Dunbartonshire Information, Collaboration and Education (EDICE). This network has run seven times over this year period and has been attended by a variety of Third Sector organisations and statutory representatives. EDVA has also been involved in writing the new 'Parenting Strategy' and now works closely with Social Work to link in with our networks.

With support from EDVA, significant progress has been made across all sectors to support children, young people, and their parents and carers who are neurodivergent. Across East Dunbartonshire, DIFFERabled has created a supportive network of parents/carers and neurodivergent people of all ages, with or without a formal diagnosis. A training and information programme is free to parents/carers and neurodivergent people, and runs throughout the year. As part of the project, they regularly engage with schools and other educational establishments to offer support and knowledge to the community, with CAHMS regularly referring into this service.

Creatovators is a social enterprise company that has continued to support the local community and statutory services to support autistic children, young people, and their parents and carers using Lego therapy.

This year can report that an additional nine Education staff trained in the Creatovator Lego-based therapy. Across East Dunbartonshire, Creatovators has trained our Health Care Support Workers, Education teams, specifically Educational Psychology and Nurture Teachers, and Social Work staff to deliver Lego-based therapy. This has allowed us to take a consistent approach in supporting children and young people with autism.

Within the community, Creatovators provide "You Are Not Alone" sessions to support families who have an autistic child. These sessions run in the evening across East Dunbartonshire and are supported by our Local Area Co-ordinators. Funding provided by Whole Family Wellbeing in October 2023 allowed Creatovators to recruit a Project Co-ordinator to develop Creatovators further within the local community.

Includem works with schools and criminal justice services to identify which young people could benefit from their support. They have recently appointed a new Youth Worker in East Dunbartonshire who has benefited from the EDVA networks, sharing referral pathways and projects.

"We are excited to announce the launch of ConnectED in East Dunbartonshire. This new two-year project aims to support young people throughout the area to achieve positive outcomes. ConnectED will see Includem team members hit the streets of East Dunbartonshire to engage directly with young people in their communities and identify hotspots to help improve the skills and confidence of those who are at risk of engaging in anti-social behaviour. The project will work with other organisations and partners within the area" (Includem website).

EDVA's Choose Change Project - creating Opportunities for young people. This group is suitable for young people about to leave school or those who have already left, but are not sure what the future holds. The project helps young people looking to build self-esteem and learn new skills to help find paid employment.

LGBTQ+ Youth Scotland is the only organisation delivering specialist youth work for LGBTQ+ young people in Scotland. The Easties group run by LGBTQ+ Youth Scotland has continued to provide support to young people. During 2023/24, the East Dunbartonshire Children Services team was able to invest in LGBTQ+ awareness training for all members of staff. This was available online and was accessed through a specific code, allowing members of staff two months to complete. Staff fed back that the training increased their awareness of the correct terminology and language used within the LGBTQ+ community.

Families in Auchinairn Coming Together (FACT) continued to run many activities, including family quizzes, and initiated challenges and activities for children. FACT was very successful in running summer clubs and after school activities focusing on movement and health. They also provided support for families and peer-to-peer support for parents facing challenges caused by the cost of living crisis.

Creative Spark Theatre Arts is a community arts charity based in Kirkintilloch. They strive to use the arts to connect and empower the members of the community. They believe the arts can be used to improve confidence, self-esteem and build on essential social skills. They have a strong ethos of Be Bold, Be Brave, Be You. They encourage participants to Be Bold in the choices they make, Be Brave in doing things that scare them but have the confidence that they know they can do it and, most importantly, Be You, because there is only one of you and you are amazing.

Twechar Healthy Living and Education Centre provides a location at the heart of the community and a range of activities, including parent and toddler groups, after school groups, youth clubs and roller skating, as well as John Muir Award activities and sports. They also have a Borrow and Play programme, allowing children and families to borrow outdoor play equipment - including bikes, go-karts, and bats and balls.

Carers Link's Young Carers Project continued to provide invaluable support to young carers through a range of initiatives including;

- An evening youth group in Kirkintilloch/Milngavie, every month
- One-to-one support in school and young carer groups in some of the primary schools and high schools
- The provision of a full summer programme that consisted of day trips and residential trips away and wellbeing packs for the young carers including games, self-care items and vouchers to spend at Christmas
- Evening outings to different places such as Flip Out and Inno-flate
- The provision of grants that support young carers to access breaks or items they need at home. They also helped provide IT equipment for young carers such as laptops and iPads.

East Dunbartonshire Association for Mental Health (EDAMH) CEDAR - CEDAR stands for 'Children Experiencing Domestic Abuse Recovery' and is a therapeutic group work model inspired by, and adapted from, an innovative Canadian model for children who have experienced domestic abuse. EDAMH has continued to support children and young people this year through the use of CEDAR. The programme takes place over 12 sessions with groups for children, young people and their mothers running in parallel. The groups provide an opportunity to explore experiences, understanding and feelings, with an emphasis on providing fun and creative activities that keep children engaged and interacting with each other.

The East Dunbartonshire Compassionate Distress Response Service (CDRS) is commissioned through Glasgow Association for Mental Health and commenced in September 2021 a 'test of change'. CDRS has continued to support our young people aged 16-26 (26 if care experienced) through 2023/24. During this year, the service supported 30 young people to access mental health support. More females than males accessed support during this year. A high proportion reported distress as the presenting reason for referral, following on depression, anxiety and low self-esteem. Family issues also featured highly in the reason for support. The service continues to accept referrals from both statutory and non-statutory services. During 2023/24. GP and Primary Care providers were the highest referrers into the service. CDRS has continued to market the service

throughout the East Dunbartonshire community and beyond. CDRS was invited to attend the Communities Mental Health and Wellbeing event organised by the Scottish Government in Perth to showcase the work being delivered across East Dunbartonshire. CDRS also attended a "Meet the Services" event in East Dunbartonshire which focused on suicide prevention.

We celebrated this year that the East Dunbartonshire Compassionate Distress Response Service CDRS is now fully aligned with Distress Brief Intervention (DBI) and has become an associate member, supporting the Scottish Government's ambitions to have a distress response service in every local authority in Scotland.

The **Lifelink School Service** delivers mental health and wellbeing support across all schools in East Dunbartonshire. During the reporting period, a total of 443 pupils accessed support. The majority of pupils preferred face-to-face counselling (online is also an option). Lifelink reports that pupils within P7-S2 were more likely to access support. The presenting reasons for those being referred support involved issues surrounding anxiety and stress. Lifelink reports that after the first meetings with pupils, subsequent issues related to anger issues, family issues and self-esteem. This picture is shared by school-based mental health support and school nursing teams.

The **Lifelink Community Service** was delivered as a 'test of change' and commenced in late 2021. Noticing a gap in the availability of free counselling to support those aged 10-25 (26 if care experienced) it was set up for young people who were either home schooled or who had left school. The Lifelink Community Service supports CAMHS and they work together to ensure that any child or young person waiting for counselling on CAMHS can be referred to Lifelink, but not removed from the CAMHS waiting list. Through the reporting period, the majority of referrals came from self-referrals and were post-school young people.

We Are With You – Family Plus and Young Persons Service: Continuation of funding enabled the support provided by the We Are With You – Family Plus and Young Persons Service to continue. The Families Plus Service provides 'whole family' support to parents/carers whose family life is being affected by their own substance misuse. The service provides one-to-one and group support for the parent/carer, family support and family outings. The funding of this service comes directly from our Alcohol and Drug Partnership.

Young Persons Service offering support to young people aged 11-25 (26 if care experienced) either in person or online. The service is designed to support young people who are having issues with their own substance misuse. During the reporting period of July 2023 – March 2024, the Young Persons Service saw a total of 57 referrals to the service for young people who were looking for support. All were seeking support for their own substance misuse which was causing other issues such as social isolation and peer difficulties, suicidal thoughts, self-esteem and confidence issues, and family issues. This year, this service was funded by the Children and Young People's Mental Health and Wellbeing Framework.



Engagement with Primary Care

Whilst regular contact has been made with our Primary Care colleagues by attending GP Forums and updating our local GP newsletter, this year meetings were organised. This included representation from Education, CDRS the Lifelink service (Education and Community counselling). This collaborative approach taken to the GP Cluster Meetings allowed our Primary Care colleagues the opportunity to understand children's services better and ask questions. The full extent of the mental health and wellbeing provision across East Dunbartonshire for children and young people, and parents was represented at the meetings, starting at universal curricular level, and moving towards the provision for mild to moderate mental health and wellbeing concerns, for example Nurture Programmes and Low Impact Anxiety Management (LIAM) available across all schools in East Dunbartonshire. Presentations were provided by Lifelink and CDRS. Specialist services were also discussed and included referral mechanisms into services. The discussions that were generated at these meetings were well received by our GP colleagues, with positive feedback on the support available across the area.

Psychological Formulations-based support

East Dunbartonshire commissioned Changing Minds UK to support the East Dunbartonshire House Project team by undertaking Psychological Formulations for each young person on the project. The formulations build a shared psychologically-informed understanding of the young person and their story, outlining safety/defensive behaviours and protective factors. This intervention has enabled the team to develop therapeutic plans for young people who need support. Having the team around the young person to work with a shared understanding of the therapeutic plan provides consistency, allowing all staff to work with the young person as an individual, meeting their needs with a trauma-based approach. Young people have fed back that they feel understood and supported by the House Project staff. Changing Minds UK has assisted the team by providing reflective practice sessions. These sessions have given the team the opportunity to discuss together and allowed space to reflect on the values, boundaries and core values of the project.

Additional funding in 2023/24 also supported a new contract with Changing Minds UK to develop a similar approach to support our Team Around the Child (TAC) meetings. The new service had not started during the reporting period, however, we are pleased to announce the contract will begin in May 2024 and look forward to seeing the positive impact.

The Resource Bank

During the reporting period, funds were allocated to support the vital work delivered by our Social Work teams. Resources were purchased for direct individual work and group work with children and young people. This work allows the building of trusting relationships with children and young people, helping the teams to have a better understanding of their world. Using direct work tools encourages children to express themselves and allows their key worker to hear their views, feelings and emotions in a child-friendly way.

"Life story work is a vital part of our role and provides a sense of identity for care experienced children. It allows them to gain a better understanding of their early childhood experiences and helps them understand how early life events impact on their future." (East Dunbartonshire Social Worker).

Promoting Children's Rights



Within all our children's services, we recognise that children must be seen, heard, respected and included in the decisions that affect them, and that by doing so, we provide the opportunity for all our children to have the best start in life. Both UNCRC and GIRFEC provide a framework on which all our services are built.

Children's rights are woven through all parts of our curriculum within education at an age and stage-appropriate level. Pupils are given opportunities to exercise these rights through school forums such as pupil forums in both Primary and Secondary.

For those who feel, or are, unable to use their rights, access to independent advocacy is in place for a range of different situations within East Dunbartonshire. In 2023/2024, advocacy services available to our children and young people were all statutory services.

Our Partners in Advocacy report the following. For Children's Hearings, there was a total of 21 children between the ages of five and 18 who accessed advocacy support during 2023/24. My Rights My Say provides access to advocacy for children with additional support needs in education who are 12-15. Since 2021, a total of 12 children have been supported by My Rights My Say. NHS Greater Glasgow and Clyde provides independent advocacy for children affected by The Mental Health (Care and Treatment) (Scotland) Act for the ages of 11-18.

Mind Of My Own App

We provided funds for a second year to 'Mind of My Own' (MOMO). The app provides a simple and safe digital space which encourages children and young people to express their views and opinions of various aspects of their lives. This year, refresher training was delivered to Social Work teams and further training to new staff. Since initial investment, uptake across services was slow, but evaluated well by those who used it. Our children and young people reported they liked the simplicity, pictures and diagrams, and staff liked the ease with which they could understand the children and young people's 'voices'. During this reporting period, MOMO recorded seven Express Statements, used by children and young people with additional support needs, allowing staff to better understand the children/young person's likes, dislikes, aspirations and concerns or worries. MOMO has recorded 31 One Statements. MOMO has recorded more practitioners using MOMO than our children and young people. This year, use of the app has been slow to progress, however, there was a slight increase in use by Social Work staff at the beginning of April 2024.

Keeping Children Safe

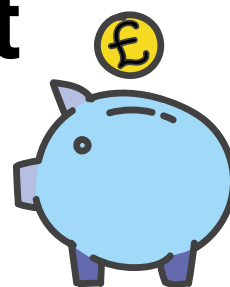


Commitment to Continuous Improvement



Our Child Protection Committee is extremely busy and we have three active sub groups: Management Information; Self Evaluation, Learning and Development; and Public Information and Communication. In addition to delivering on our core business during 2023/24 we were implementing and training on the revised Scottish Child Protection Procedures, training on the findings of our learning review and implementing the action plan from our 2022 Children At Risk Of Harm inspection.

Addressing the cost of living crisis and child poverty



Across East Dunbartonshire, significant work has taken place to address the cost of living crisis to support our children and families.

Throughout 2023/24, the East Dunbartonshire HSCP Health Improvement Team continued to manage the East Dunbartonshire Income Maximisation programme. This approach enables families with young children and those with a child with a recognised disability, to have a personal financial review with an independent (Third Sector) organisation. The aim is to maximise any benefits that they may be entitled to. The outcome is to mitigate poverty and maximise families' financial entitlements. During this period, 121 referrals were reviewed, with a financial gain of £161,000 secured for local families.

The team also developed a new digital pathway, enhancing the Income Maximisation Service. A QR code is now being advertised widely in community locations and by staff who work directly with families. This a quick and simple-to-access process for families, reducing barriers and encouraging more families to use this service by eliminating the requirement for a physical income maximisation referral.

Our local libraries signed up with the Scottish Government Breastfeeding Friendly Scheme which aims to increase access to and availability of safe premises for mothers to breastfeed their child.

In partnership with our Children's Health Team, the Health Improvement Team developed a multi-agency Emergency Feeding Pathway to support families with children under 12 months who experience food insecurity to have ongoing, reliable access to appropriate first-stage formula milk.

There is a commitment in East Dunbartonshire to provide high-quality, flexible early learning and childcare. The statutory provision of free childcare to all children aged three and four, and some children aged two, has had a significant impact on families. Children receive 1140 hours of funded early learning and childcare per year. This also includes a nutritious funded meal whilst attending their funded hours.

The Education Maintenance Allowance (EMA) encourages 16-19-year-olds from low-income families to remain in school or continue to college or university.

There are four Foodbanks which run across East Dunbartonshire. All can be accessed by direct contact or through a referral agency. Not only will the Foodbank provide food to families who are struggling financially, but it can provide help with other issues such as financial support.

Free period products have continue to be made available at more than 14 locations across East Dunbartonshire, providing our young people easy access to free products. Nationally an app allows postcodes to be entered which will search for the nearest place to access free products.

Integrated Child Services Plan Annual Report Appendix

Scottish Index of Multiple Deprivation

The Scottish Index of Multiple Deprivation (SIMD) is a tool used to help communities across the country.

The SIMD groups communities into 'data zones', with more than 6,000 across Scotland.

The term multiple deprivation does not mean poor or having very little money. Multiple deprivation measures – and takes into account – the resources that each community has, such as access to services, education and health, as well as crime figures. Each data zone is then given an SIMD 'score' – an indicator of how well communities are doing and where more support is required.

SIMD quintiles are a way of categorising Scotland based on the level of deprivation in each data zone. If an area is ranked 1, then this means they are most deprived – those rated 5 are the least deprived.

Some areas in East Dunbartonshire are ranked 1 and other areas are ranked more than 1, meaning they are less deprived.

For information about SIMD and data zones in Scotland, including East Dunbartonshire, visit the [SIMD \(Scottish Index of Multiple Deprivation\)](#) website.

Education

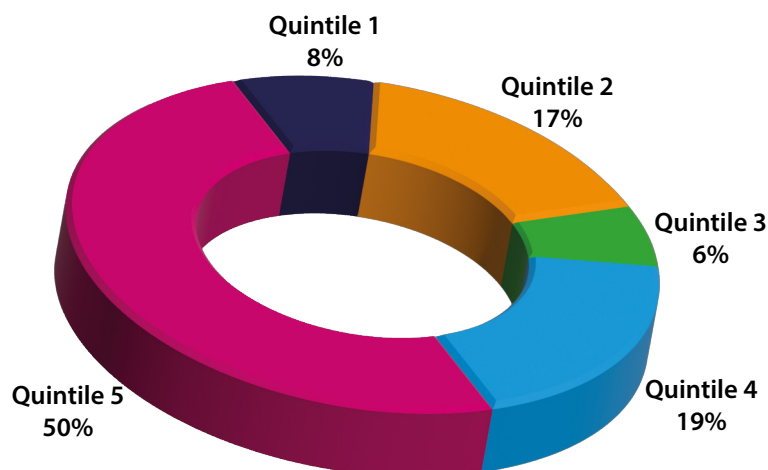
Information on attendance and absence is collected twice per year across all local authorities.

For this annual report, East Dunbartonshire data has been collated from the 2022/23 school year. The information will next be collected for the 2024/25 school year and will be reported within our next annual report.

Percentage of East Dunbartonshire Council pupils living in each SIMD quintile (September 2022)

Quintile 1 (most deprived)	8%
Quintile 2	17%
Quintile 3	6%
Quintile 4	19%
Quintile 5 (least deprived)	50%

Percentage of EDC pupils living in each SIMD Quintile (Sept 2022)



SCHOOL ATTENDANCE data per quintile – all East Dunbartonshire Council pupils

	Quintile 1	Quintile 5	All Pupils
2022/23	88.4%	94.2%	92.7%

The table above shows all school attendance comparisons in quintile 1 and quintile 5.

ATTAINMENT – all East Dunbartonshire Council pupils

The table shows that there are more children who live in quintile 5 who achieve better in both literacy and numeracy than those in quintile 1 in both primary and secondary.

			Quintile 1	Quintile 5	All Pupils
P1, P4 & P7 combined Pupils achieving age-appropriate levels	Literacy	2022/23	60%	89%	83%
	Numeracy	2022/23	72%	93%	87%
S3 Pupils Pupils achieving Level 3 or better	Literacy	2022/23	90%	98%	95%
	Numeracy	2022/23	89%	99%	97%
S3 Pupils Pupils achieving Level 4	Literacy	2022/23	64%	80%	76%
	Numeracy	2022/23	59%	88%	79%

LEAVER DESTINATIONS – all East Dunbartonshire Council pupils

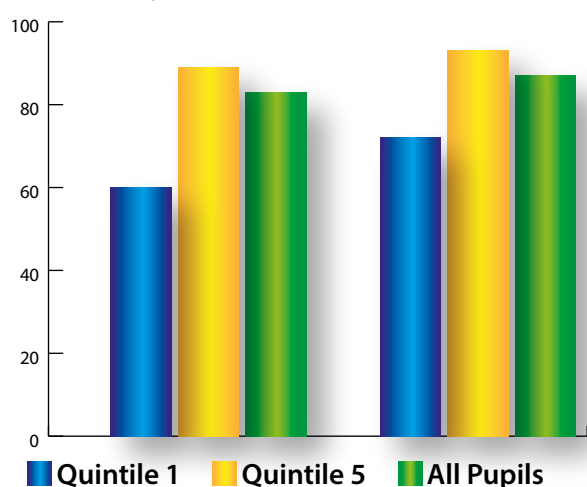
When we measure young people who leave school and who have a plan to continue to further education or work.

	Quintile 1	Quintile 5	All Pupils
2022/23	98.3%	99.2%	98.6%

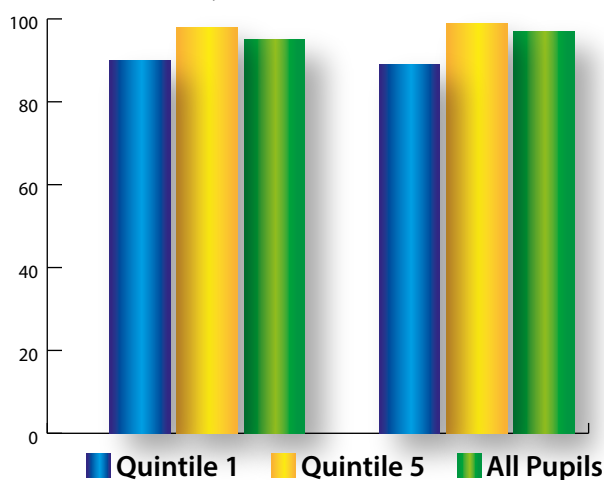
POSITIVE DESTINATIONS – East Dunbartonshire Council care experienced pupils and all East Dunbartonshire pupils

	INITIAL SURVEY			FOLLOW-UP SURVEY		
	Care experienced		All East Dunbartonshire pupils	Care experienced		All East Dunbartonshire pupils
	Number of pupils	Percentage in a positive destination		Number of pupils	Percentage in a positive destination	
2022/23	12	100.0	98.6	12	75.0	97.0

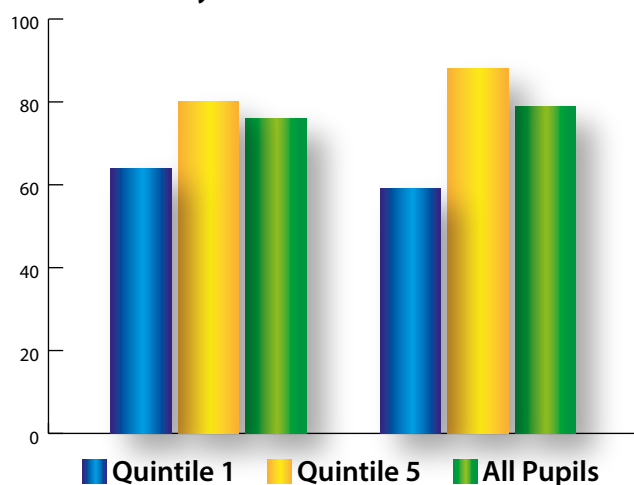
P1, P4 & P7 Pupils achieving Literacy & Numeracy by SIMD Quintile - June 2023



S3 Pupils achieving Literacy & Numeracy (Level 3+) by SIMD Quintile - June 2023

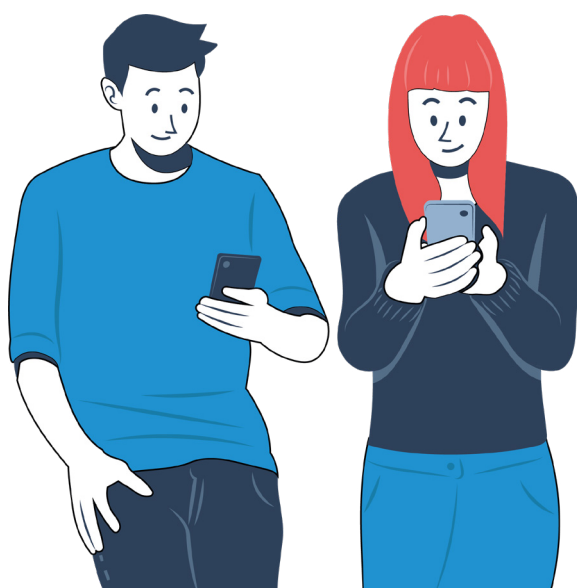


S3 Pupils achieving Literacy & Numeracy Level 4 by SIMD Quintile - June 2023



Outcomes Framework

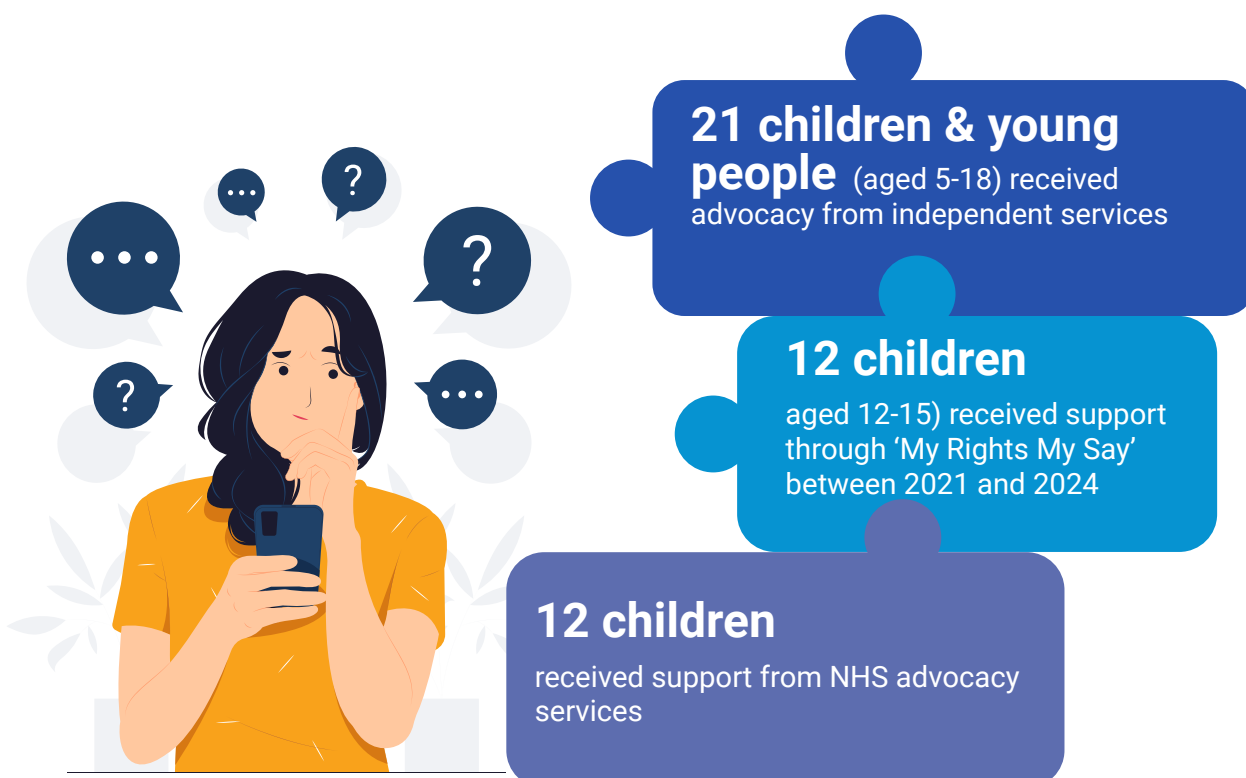
We will work together to support the principles and values of our House Project and Continuing Care, to ensure dynamic multi-agency planning for all children looked after away from home, where permanence planning has not been concluded	Balance of Care Key Performance Indicator (KPI)	At 31 March 2024, the Balance of Care was 78%
	Number of care leavers moving on to their own tenancies	10 care leavers moved onto their own tenancies during 2023/24
	Number of care experienced young people receiving Continuing Care support, Throughcare or Aftercare	35 young people in Continuing Care placements during 2023/24 100 young people accessed Throughcare and Aftercare support in 2023/24
We will develop a routine questionnaire to gather feedback on family experience of Team Around the Child (TAC) meetings, to evaluate their impact and value	Analyse data received and adapt practice as a consequence	9 reports provided by young people to their Child Protection Planning Meeting (CPPM) – this is equal to 14% of all CPPMs having a child's report at the meeting 78 young people statements completed using Mind of My Own (MOMO)
We will work across agencies to improve school attendance and exclusion rates of Looked After Children, enabling better attainment and positive destination outcomes	Compare and action supports for care experienced children regarding attainment, exclusions and positive destination statistics. Increase school attendance of Looked After Children and increase attendance at key decision-making meetings.	



100 Young People

accessed Throughcare and Aftercare support in 2023/24

We will implement 'Better Hearings' standards to ensure the voice of the child and young person is clear in the process of decision making	We will monitor the number of young people attending hearings who are receiving advocacy services	<p>During 23/24, Partners in Advocacy reported that 21 children and young people (aged 5-18) received advocacy from independent services</p> <p>12 children (aged 12-15) received support through 'My Rights My Say' between 2021 and 2024</p> <p>NHS Greater Glasgow and Clyde's Mental Health Service recorded 12 children who received support from NHS advocacy services</p>
We will implement our #KeepThePromise Plan	We will work collectively to support child development to give all children the best start in life	<p>Continue to work to develop our commitment to The Promise under the five priorities</p> <p>Annual report produced for Government</p> <p>Local action plan developed</p> <p>Steering group established to monitor key achievements and where work needs to continue</p>



We will work collectively to support child development to give all children the best start in life	Increase in exclusive breastfeeding at six-eight weeks	East Dunbartonshire reports suggest a 13% drop in exclusive breastfeeding from first feed to 6-8 weeks (full year – 2023)
	Increase uptake in child immunisation programme	<p>Immunisation rates:</p> <p>12 months (average):</p> <ul style="list-style-type: none"> • 6-in-1 97.6% • PCV 95.3% • R Virus 96.2% • Men B 97.2% <p>24 months (average):</p> <ul style="list-style-type: none"> • 6-in-1 99.4% • MMR 97.8% • HiB/MC 96.7% <p>3-5 years (average):</p> <ul style="list-style-type: none"> • 6-in-1 98% • HiB/C 99% • 4-in-1 97.3% • MMR2 97.3% <p>4-6 years (average):</p> <ul style="list-style-type: none"> • MMR1 99.2% • 4-in-1 98.7% • MMR2 98.3%
	Increase registration with dental practitioners	
	Increased proportion of children starting Primary 1 who have a 'Healthy Weight'	<p>In 2022-2023, 94.9% of children eligible for Primary 1 screening were screened:</p> <ul style="list-style-type: none"> • 10.5% were found to be at risk of being overweight (compared to 10.8% in 2021/22)
	Children reaching developmental milestones starting P1 and Ages and Stages Questionnaires (ASQ) analysis (Health For All)	<ul style="list-style-type: none"> • 1.5% underweight (2% in 2021/22) • 87.5% healthy weight (88.3% in 2021/22) • 6.9% overweight (6.6% in 2021/22) • 3.3% obese (2.6% in 2021/22)

Further enhance our tiered approaches to family wellbeing	Monitor number of families accessing perinatal mental health services, Non-Violent Resistance training and Triple P & Fearless Parenthood training	<p>25 clients were referred to the East Dunbartonshire Bluebell for support for mental health during the perinatal period</p> <p>43 education and social work staff have been trained in New Visions on Relationships (NVR)</p> <p>All report they used NVR within their day-to-day practice with families or in school settings. Nine education and social work members of staff are currently carrying out NVR interventions either with families or in care/school settings. The aim is to train staff to Level 4 so that Council colleagues can have a sustainable training programme.</p>
Continue to develop and deliver a local training plan for all staff working within Children and Young People services	<p>Continued increased numbers of staff attending multi-agency training</p> <p>‘What’s the Harm’</p> <p>Let’s Introduce Anxiety Management (LIAM)</p> <p>Substance Misuse Toolkit training</p> <p>Trauma-Informed Workforce training</p>	<p>Numbers attending have slightly increased from last year</p> <p>Multi-agency annual training calendar developed and delivered in 2023/24</p> <p>40 staff have been trained in LIAM. They have supported 301 young people in individual LIAM interventions.</p> <p>A training needs analysis was initiated in 2022 and completed in 2023, mapping out job roles across East Dunbartonshire Council and which level within the National Trauma Training Programme is associated with each.</p>



clients were referred to the East Dunbartonshire Bluebell for support for mental health during the perinatal period

Continue to respond using a needs-based approach to the wellbeing of children, young people and staff	Scottish Schools Health and Wellbeing Improvement Research Network (SHINE) health and wellbeing questionnaires for all schools, compared to the HBSC National Statistics – September 2023	Evaluation Report completed and shared with Delivering for Children and Young People Partnership (DCYPP). Nearly all secondary schools developed supports for mental health of their young people using the findings from the report. Two secondary schools presented their programmes at the SHINE National Conference (2023 and 2024).
	Youth Health Service Needs Assessment.	Completed via steering group
	Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS) Data 2023.	
	Increase the number of young people accessing the Sandyford Young Peoples Clinic	<p>Sandyford Young People's Service 2023-24 – East Dunbartonshire young people accessed different Sandyford clinics:</p> <ul style="list-style-type: none"> • Sandyford Central – 84 young people/122 appointments • Sandyford Kirkintilloch – 38 young people/57 appointments • Sandyford Clydebank – 9 young people/ 11 appointments. • Other Sandyford services (East Renfrewshire, Govanhall, Renfrewshire, West Dunbartonshire and Woodside) – 17 young people/17 appointments • Total – 133 young people*/ 207 appointments <p>* Young people might have attended more than one location</p>
<p>Increased awareness of LGBTQ professional development for staff and associated supports offered to young people in schools.</p> <p>Review LGBT Scotland Charter to meet the needs of the local community</p>	<p>Achievement of HSCP Charter Award</p> <p>Community Planning partner staff working with children and young people involved in awareness raising sessions for LGBTQ young</p>	Between 2023/24, training was commissioned from LGBTQ + Scotland for HSCP Children and Families Team staff to increase awareness of terminology. In total 25 staff members staff completed the training, with a completing rate of 88%

<p>We will extend and enhance the range of services available to children and young people aged 5-26 to support their mental health</p>	<p>Implement the Children's Mental Health and Wellbeing Framework</p> <p>Access to School and Community Counselling Services – report produced annually</p> <p>Access to Compassionate Distressed Response Service (CDRS) – develop effective multi-agency referral pathways to specialist children's services through early-intervention screening</p>	<p>Completed annually June 23-April 24 – report sent to Scottish Government</p>
<p>Collaborate to support children and young people to make informed choices regarding substance use as per the East Dunbartonshire Substance Use Prevention Action Plan 2022-25</p>	<p>SALSUS Report 2023 and resulting action plan/measures</p>	<p>Curricular work continues</p> <p>Continuation of support from 'We Are With You' Families Plus and young people's support</p>
<p>Involvement of children and young people in the design and delivery of all services across the Partnership. We will work to embed the use of an Equalities Impact Assessment to plan for meaningful improvement.</p>	<p>Evidence that the 'child's voice' is impacting on improved service design</p>	<p>Children and young people are key stakeholders in any policy design, new service or resource being developed in East Dunbartonshire. Representatives come from Education, Social Work and those with Additional Support Needs. There is an active Champions Board who support care experienced children and young people. Listening and acting on the 'child's voice' is reported through a number of ways, including the East Dunbartonshire Promise Action Plan.</p>
<p>We will provide professional learning and awareness raising through a variety of approaches to ensure all staff across services are aware of the implications of the UN Convention on Rights of a Child (UNCRC) in their own context</p>	<p>Percentage of staff surveyed who are confident that they understand the implications of the UNCRC and how to give effect to children's rights</p>	<p>Presentations delivered to children and families staff regarding UNCRC and changes to the law</p> <p>Survey to be developed in 2025</p>

Further develop an inclusive approach to communication with all children and young people, to ensure that their voices are being listened to	<p>Questionnaire through Pupil Forum Group – 'My Rights My Choices'</p> <p>TAC feedback from young people – overall qualitative next steps</p> <p>Development of Alternative Augmentative Communication within Education to enable the 'child's voice' to be heard through the use of 'talking mats'</p>	S6 pupils trained in use of talking mats – education staff feedback is that the talking mat is an excellent way of amplifying the 'child's voice' in decisions that affect them. Education Scotland to publish report, including information from S6 pupils trained in using talking mats.
We will continue our improvement journey by implementing our Children at Risk of Harm (CARH) Inspection Action Plan	The Annual Report will provide an update on the implementation of the CARH Action Plan which will also be governed by the DCYPP.	
Continue to implement 'Whole Family Wellbeing' measures to improve the attendance of children and young people facing disadvantage, enabling better attainment and achievement for them.	<p>Uptake of free Early Learning and Childcare for eligible two-year-olds</p> <p>Increase the percentage attendance of children living in Scottish Index of Multiple Deprivation (SIMD) Q1</p> <p>Increase the percentage of P1/P4/P7/S3 children living in SIMD Q1 who are achieving the expected levels of Curriculum for Excellence</p> <p>Health visiting staff support to families through 'Healthier, Wealthier Children'</p> <p>Associated measures identified in the Whole Family Wellbeing action plan for session</p> <p>Community activities for children with complex needs</p>	Within Education update above
We will work together as a Children's Services Partnership and with wider partners to improve the opportunities and post-school destinations of school leavers facing disadvantage	<p>We will increase the percentage of school leavers living in SIMD Q1 who enter a positive destination from school</p> <p>Young people with additional needs with an identified positive post school destination</p>	Within Education update above

Integrated Children's Services Plan Annual Report April 2023 – March 2024

Other formats

This document can be provided in large print, Braille or in audio format and can be translated into other community languages. Please contact the Council's Communications & Engagement Team at:

East Dunbartonshire Council, 12 Strathkelvin Place, Southbank,
Kirkintilloch G66 1TJ Tel: 0300 123 4510

本文件可按要求翻澤成中文，如有此需要，請電 0300 123 4510。

اس دستاویز کا درخواست کرنے پر (اردو) زبان میں ترجمہ کیا جاسکتا ہے۔ براہ مہربانی فون نمبر 0300 123 4510 پر رابطہ کریں۔

ਇਸ ਦਸਤਾਵੇਜ਼ ਦਾ ਮੈਗ ਕਰਨ ਤੇ ਪੰਜਾਬੀ ਵਿੱਚ ਅਨੁਵਾਦ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ। ਕਿਰਪਾ ਕਰਕੇ 0300 123 4510 ਫੋਨ ਕਰੋ।

Gabhaidh an sgriobhainn seo cur gu Gàidhlig ma tha sin a dhìth oirbh. Cuiribh fòn gu 0300 123 4510

अनुरोध करने पर यह दस्तावेज़ हिन्दी में भाषांतरित किया जा सकता है। कृपया 0300 123 4510 पर फ़ोन कीजिए।