

# Children & Youth Social Prescribing Scheme in Culm Valley



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National Academy  
for Social Prescribing



How has the CYP service  
developed in  
Cullompton?



How does it work?



How does the Primary  
Care Network work with  
the voluntary sector?



Successes / barriers /  
surprises /  
recommendations

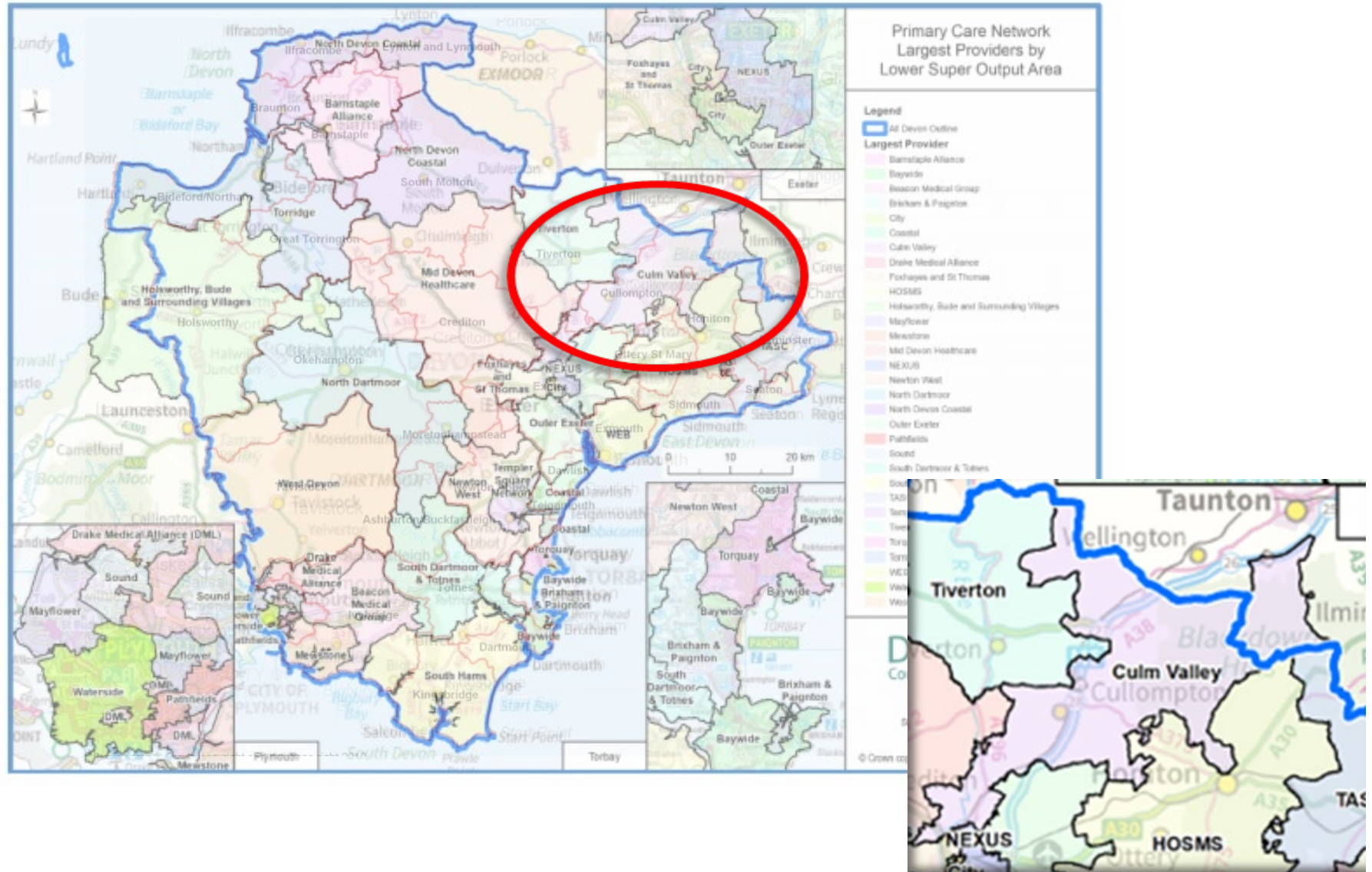


Future direction



A group of 5 GP practices within Mid-Devon who work together to deliver some patient services through employing 'Additional' Roles (including Link Workers)

The PCN footprint covers a large rural area including the towns of **Cullompton**, **Hemyock**, and **Bradninch** and a large number of villages including Silverton, Willand, Uffculme, Dunkerswell & Sampford Peverell

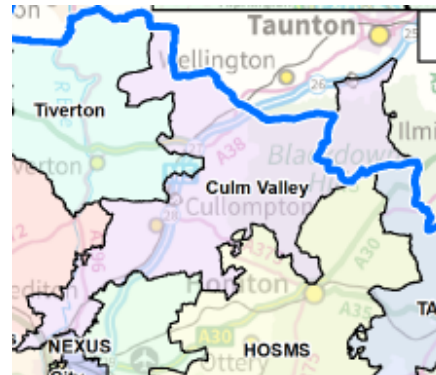


# Culm Valley Primary Care Network

- 5 GP surgeries
- 4 Patient Groups
- 3 Local Authorities
- 2 counties!

BLACKDOWN  
**Support**  
GROUP

REG CHARITY 1013514



The Friends of Wyndham House Surgery





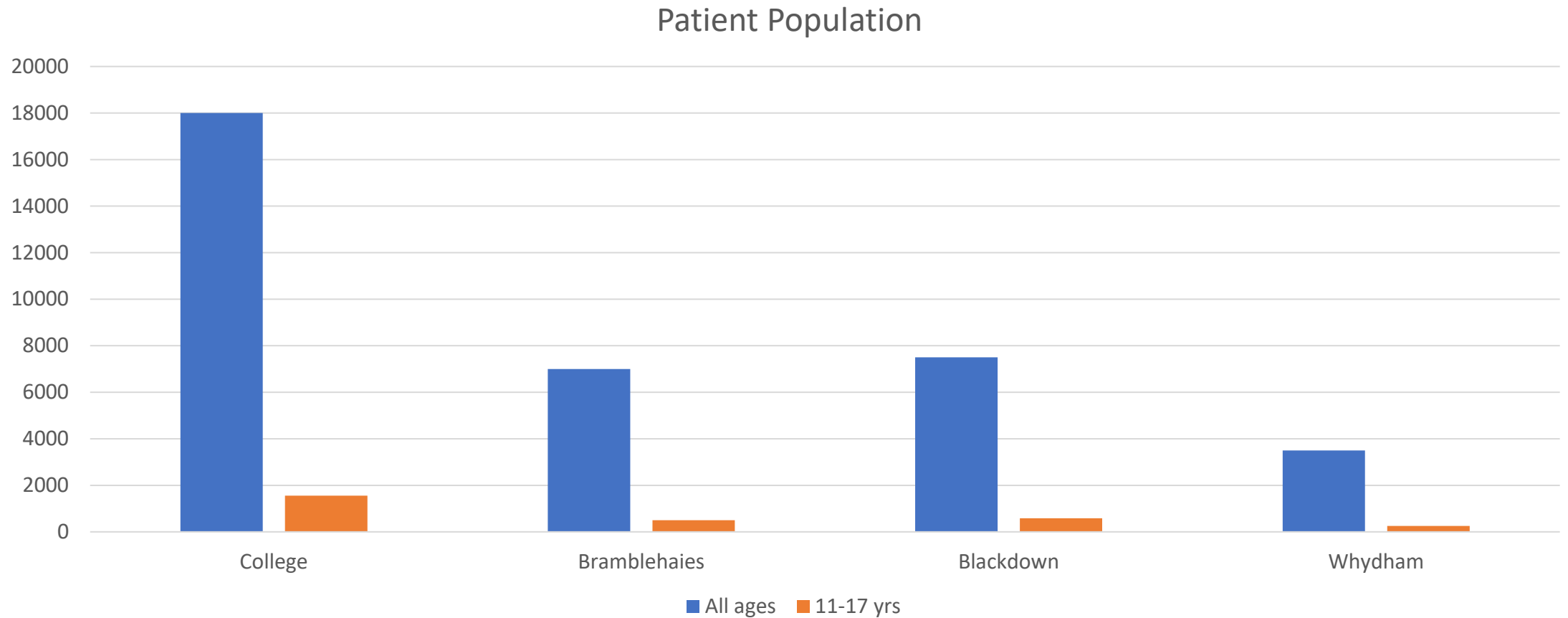
# CYP in Culm Valley

## Primary Care Network

- The population is approximately 36,000, of which 19% are between 11 and 18 (the proportion of this age group is slightly higher than the national average)
- **Education**
  - 4 secondary schools
  - 10+ primary schools
  - 3 (approx.) Ofsted registered Children's Homes
- **Youth Clubs & Youth Workers**
  - no statutory provision
  - Cullompton Town Council fund small twice weekly youth club
  - Multiple voluntary youth clubs



# Practice Population vs 11-17 yr olds (2019)



# Unmet needs in 11-18 yr olds

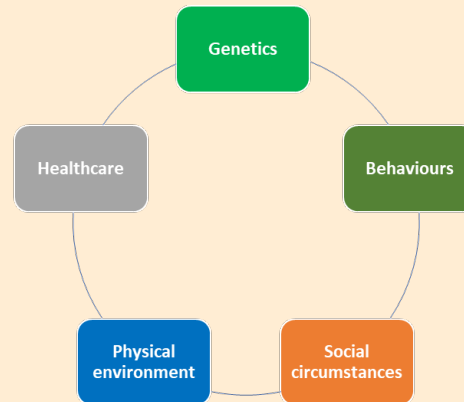
Geography – small rural town, falls between 2 large urban centres

Social Prescribing focus on 18+

High CAMHS thresholds, fragmented services & unmet need

Often came to GP in Crisis + 2 suicides

# A long and winding road!



- Where can I make the most difference?
- Who needs to be involved?
- Where do I start?



# Starting where we are...

## ***Initial informal lunchtime conversation***

- ✓ *Town council Youth Services*
- ✓ *Schools (Primary/11-16)*
- ✓ *School nurses*
- ✓ *Community police officers*
- ✓ *Local GPs, practice nurses*
- ✓ *Social Prescribers*
- ✓ *YMCA Youth Centre*
- ✓ *Young People*
- ✓ *Primary Care Network*
- ✓ *Involve (VSO Coordinator)*



Culm Valley Youth Forum

***“An open conversation between  
Community, Education & Health”***

***To explore how we can work together  
for the benefit of young people in  
Cullompton and surrounding areas***

Monday 7<sup>th</sup> October 2019

1-2 pm, Doctors Day Room

Culm Valley Integrated Centre for Health

***Please RSVP to [daisy.robinson@nhs.net](mailto:daisy.robinson@nhs.net)***





## Who wants to get involved?



# 1<sup>st</sup> Youth Forum - October 2019

## School Nurses (Public Health Team)

2 for all primaries + 2 secondaries.

Timid to Tiger sessions for parent anxiety

Live Life to the Full CBT session

CYP fears re confidentiality

## YMCA Youth Community Dev Officer

(1) 7-18 youth work; (2) 16-25 housing; (3) Early Years

Need a 'Youth Directory' of services

?A targeted advice/drop in service

## Issues....

1. Isolation / access for rural areas
2. Social Media and online dangers
3. Stigma of seeking help via 'opt in' services



## Cullompton Youth Forum

### Local Police Neighbourhood Team

Priorities - Dom Violence, County lines

Direct engagement where they are in groups and have the conversation.

Peer trust & communication vital.

Life Skills for Year 6 Mid Devon

Mid Devon Volunteer Police Cadets ages 13-17 incl 1st Aid (Tiverton)

## Cullompton Community College

Wellbeing Hub drop in service. 3 x pastoral support workers and internal coordinator.

School counsellor 6 pupils /week (50%)

'Mental Health Ambassadors'

SEN need is high—25 % SEN, 22% PP

Social Emotional + Mental Health issues & needs— 30 TAFs

Rapid expansion and more houses planned

## Questions ...

1. Are there enough out of school peer activities?
2. Are we reaching the right group(s)?
3. Where are drop-in services most accessible?

## CULLOMPTON YOUTH FORUM

2ND MEETING - MONDAY 2ND DECEMBER 2019



### INTRODUCTIONS....

Young People— 3 'Wellbeing Ambassadors' & current CCC students

Education—St Andrews Primary School, Cullompton Community College, Uffculme School

Statutory & Vol Sector—Families Connecting / MDFT, YMCA Dulverton, Cullompton Town Council Youth Services Group

Health—School Nurses, Mid Devon PHN T, GPs, Nurse Practitioner, Practice Manager (College Surgery)

### WHAT ARE OUR STRENGTHS?

- Wellbeing Wednesdays @CCC
- School Pastors valued.
- Primary age Family Craft Workshops at St Andrews
- CHAT (School Nurse advice SMS service)
- Kooth for online 1-1 support

### WHAT NEEDS DO OUR CYP HAVE?

- Wellbeing & Mental Health Support
- A quiet space
- Accessible Sexual Health services

### CHALLENGES & BARRIERS

- ⇒ Limited public transport
- ⇒ 'Stigma' of targeted / themed sessions
- ⇒ Engaging those least likely to participate?

### CYP VIEWS

#### *What do we value?*

Hayridge Library resources

Volunteering at Memory café

YMCA Youth Clubs / Friday Youth Socials

Scouts & Explorers

#### *What are our hopes for change?*

- 1) Better advertising of activities
- 2) Anonymous services/advice outside school.
- 3) Access to Wellbeing Apps
- 4) 'People you can start conversations with'
- 5) More involvement in Youth Parliament
- 6) A Quiet Space— safe and quiet to hang out,
- 7) Volunteering Opportunities – community based
- 8) Outdoor Connections—nature— based, non-competitive to allow us to talk and start conversations



# Building ideas & enthusiasm...

- **WHAT COULD WE DEVELOP FURTHER?**

- Volunteering
- Primary School parent cafes
- Youth Outreach (1-1)

- **LONG TERM GOALS & ASPIRATIONS...**

- **A 'Tapestry of Opportunities'** and 'reason to go' activities
- **A Youth Café in Cullompton** -CYP and volunteer run?

## QUICK WINS

- **'Ideas Box'** at secondary school to gather CYP views
- **'Ideas Café'** – community event to identify champions & volunteers with ideas to contribute
- **'Quiet Space'** – Drop In Clinic at GP Surgery with GP/Youth Worker & a Youth Wellbeing Library



Children and young people

# Sharing a vision....

## What will Cullompton be like in 5 yrs time?

- *“everyone feels comfortable, we have places to spend time that feel comfortable, where it is easy to talk to adults.”*
- *“everyone is more aware of how their actions affect others – less gossip / talking badly of others.”*
- *“we know how to help ourselves and where to seek help for issues and worries.”*
- *“Increased sense of self-worth and ‘resilience’”*
- *“We have work opportunities and quality of life - Cullompton is a place YP want to come back to post university or college. ”*



Children and young people





## Culm Valley Youth Forum Charter (2020)

Now we are a network of individuals, teams, organisations, guided by young people, working in partnership to improve the health & wellbeing of young people in Cullompton, Culm Valley & surrounding areas. Our aim is to:

- Empower
  - Inspire & motivate local young people to achieve their goals
  - Be the 'megaphone' to amplify young people's voices locally & across the 'system'
- Support
  - Be a virtual 'hub' for local support services for young people including careers advice, financial support & where to get help
  - Be proactive in identifying unmet need & finding solutions to 'fill the gaps'
- Connect
  - Improve access to a wider range of activities & opportunities for young people
  - Create opportunities for young people to engage with their local community, gain experience and learn new skills



# How do we work? Place

## **We meet...**

- Informal lunchtime chat has become a thriving partnership with varied membership (people/ organisations) + a common goal

## **We collaborate...**

- Space to share information, ideas, (some) resources (time/expertise/ connections/ money), and for peer support

## **We engage...**

- Informed & driven by CYP themselves, local priorities/needs, and external opportunities – Town Council YSG

Bringing health, voluntary sector, local authority, education together → unique insights into challenges & opportunities

# Projects & Joint working 2019-20



## Youth Art Competition



## Wellbeing Community Videos

3

The Community of Cullompton is delighted to launch...

# Wellbeing Wednesday

Look out for a series of free, online talks each week for you and your children.  
Focusing on your Health & Wellbeing during these restrictive and challenging times.

Cullompton Community College

simplewellbeing  
your wellbeing, made easy



College Surgery  
Partnership

aVol

Voluntary Action in Mid Devon



## Volunteer Case Studies with Patient Groups

BLACKDOWN  
Support  
GROUP

REG CHARITY 1013514

# Online resources

<https://padlet.com/daisyrobinson/CulmValleyYoungPeople>

The screenshot shows a Padlet board with a blue header. The title is 'Culm Valley Youth Forum - Young Peoples Wellbeing Resources' and the subtitle is 'Where to find help, support & connections if you live in Culmington, Bradninch, Silvertown, Hemyock, and surrounding villages.' The board contains several resource cards:

- Young Devon:** Wellbeing support for young people: contact our counsellors through [wellbeingenquiries@youngdevon.org](mailto:wellbeingenquiries@youngdevon.org)
- 'Understanding your brain':** Online course for teenagers only... NHS Online course for teenagers. 'Understanding your brain (for teenagers only!)'. Have you noticed changes in your behaviour? Do you sleep more than you used to? Want to know why teenagers are more open-minded? Your brain is changing! Find out more! Visit [www.ourplace.co.uk](http://www.ourplace.co.uk) and 'Buy course or apply code' Only £8.99! One off payment, non-expiring access.
- #IAMWHOLE campaign:** Mental Health Links for Young People. "SPEAK OUT IF YOU OR SOMEONE YOU KNOW NEEDS MENTAL HEALTH SUPPORT." Find Help / #IAMWHOLE You can access information and resources whole
- Y-Smart:** Drug & Alcohol service for under 18s. You may just want to find out more information ... ysmart
- DYS Space Digital Youth Offer:** Digital Youth Work Scroll down to see more! Social distancing space\*

The screenshot shows a Padlet board with a blue header. The title is 'Culm Valley Youth Forum - Children & Families Wellbeing Resources' and the subtitle is 'A place to share anything that might be of interest to Children & Young People's wellbeing in Culmington, Blackdown & Silvertown'. The board contains several resource cards:

- Sleep Advice Service:** Cerebra's Sleep Guide gives detailed information on how you can tackle issues to improve your family's sleep and sleep cards offer advice on dealing with specific sleep problems. Sleep Advice Service - Cerebra Our Sleep Guide gives detailed information on h... cerebra
- CEDA Online Parenting Courses:** Low cost courses to support parents to manage challenging and aggressive behaviours at home. ceda community, equality, disability action
- Bounce Brighter Futures Foundation:** Mid Devon charity aiming to improve resilience of children, parents and wider school community. Helpful Resources are available for use at home including Activities, Relaxation and Understanding your Child
- Toolkit for Families in Isolation:** This free toolkit offers advice, activities and resources to help you support your family's wellbeing throughout a period of self-isolation.
- Devon Family Advice Line - 01392 949059:** A new phone advice line for parents and carers across Devon set up by Exeter Community Initiatives (ECI). The line is open 10 – 2pm Monday to Friday and people can leave a message outside of...
- Families Connecting (Mid Devon):** A group of trained volunteers offering support to individuals who are struggling with the challenges of family life, or experiencing relationship breakdown. Our service is suitable for those who don't need counselling but could benefit from some extra support to their family relationships. We have a particular interest in families, couples and individuals who are experiencing Autism

<https://padlet.com/daisyrobinson/CulmValleyChildrenandFamilies>



## Culm Valley Youth Social Prescribing Stakeholder Event

21 April 12.00 - 14.00

Launch of the new **Youth Social Prescribing Service for Culm Valley**



- **key data** on the issues and challenges facing CYP today
- launch a **new CYP connector/SP service** for Culm Valley
- map out **current community assets, explore potential connections**, & identify gaps.
- agree and **share a pledge** for our personal and collective next steps



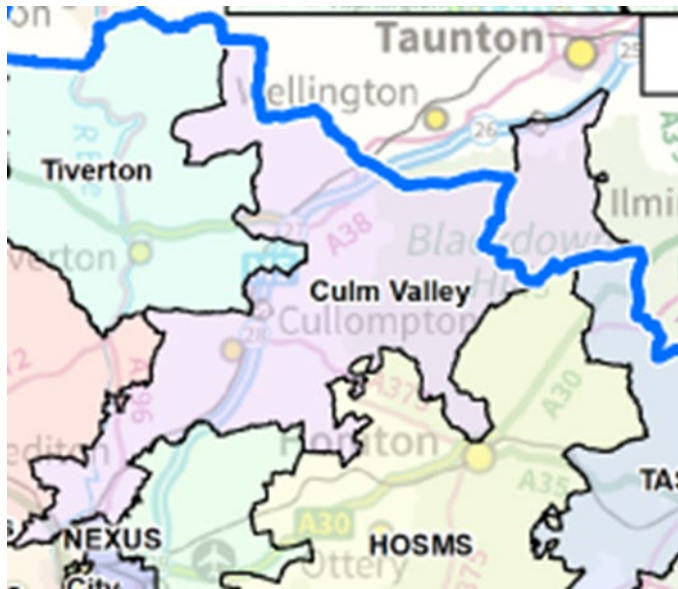
**In your opinion, what are the main issues facing children and young people in Culm Valley?**

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## Culm Valley



- **Needs and challenges**
  - Rurality and lack of infrastructure
  - Hidden deprivation (geographical, environment/housing, income)
  - Fragmented services with high thresholds
- **Covid Impacts**
  - Clubs & activities suspended/limited access
  - Mental health & Social isolation
  - Education, skills, job opportunities
  - Safeguarding / DA
  - Widening inequalities (young carers, looked after children, migrant communities)

# *Thinking circles.....*



*3 questions to consider in breakout groups....*

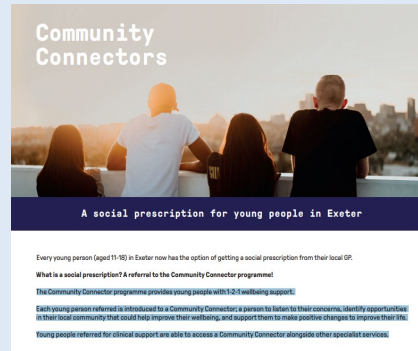
- ***What are local organisations doing now to address the needs of young people?***
- ***What could local organisations do in partnership with the Youth Social Prescribing service?***
- ***What gaps & issues are not currently being addressed locally?***



# “Culm Valley Connections & Community Solutions...”

- **What are we doing to address needs of CYP?**
  - Lots of local spaces including skate park
  - Youth Clubs funded by Town Council
- **What can we do to support CYP SP service?**
  - Volunteer opportunities e.g. gardening projects
  - Better understanding of the offer to young people
  - Would be valuable to have a young people's directory
  - Aim to create a one-stop-shop. What are the local opportunities?
  - Who is already mapping local activity – can we connect to this?
- **What are the gaps and issue not currently being addressed by services locally?**
  - Issue with narrative around young people – needs to be strengths based and focus on their potential
  - Indoor space is limited
  - Very limited opportunities/activities for CYP in some villages
  - Issues with poor housing conditions
  - Self harm – seeing limited peer support or early intervention
  - Definite local need for peer support activities locally

# April 2021 – Launch of Culm Valley Pilot Youth Link Worker Service



- A Partnership between Primary Care and VCSE
- PCN & Young Devon & Space agreed to run a **pilot SP Link Worker service for 12m from April 21**
- Primary Care Network 'Additional Roles' (Primary Care) funds **2 SPLWs each for 12 hrs a week**
- Employed and Hosted by Young Devon & Space.
- Link Workers have a monthly meeting with VCSO Supervisors and PCN SP GP lead – capacity & pathways, problem solving, horizon scanning

# Culm Valley Young People's Link Worker Scheme

**Initial offer 11-18 yr olds up to 6 1-1 sessions**

1-2-1 flexible wellbeing support

Location of their choice

Can see alongside other services.



## **Strengths based approach**

Link Workers listen to their concerns, identify opportunities in their local community that could help improve their wellbeing, and support them to make positive changes to improve their life



## **Linked to Community Development & Multi-professional working**

CYP Link Workers are linked in to Culm Valley Youth Forum network to build awareness, understand need & local support and share what young people want in their community – helps build capacity for activities



# Culm Valley Young People Link Workers

**YOUNG  
DEVON**  | **SPACE**   
A PARTNERSHIP TO SUPPORT YOUNG PEOPLE

**Are you 11-18 years old? Do you live in Culm Valley? Would you like support to improve your wellbeing? Ask your GP Practice for more information on Culm Valley Young People Link Workers.**

## **Who are Link Workers?**

A Link Worker is someone who will...

- Listen and get to know you
- Help you think about what is important to you and what you want to be different
- Support you on the steps you can take to get there

## **What does it mean for you?**

Our Link Workers will help you to...

- Join a club
- Learn new skills
- Meet new people
- Do more things that you enjoy
- Identify new things that might be right for you

## **Who are we?**

Young Devon and Space Youth Services are youth work charities, experienced in providing support to young people of all ages and backgrounds.

**We look forward to getting to know you and supporting you with whatever your needs may be.**

Once your GP has linked you to the Culm Valley Young People Link Worker programme, a Link Worker will be in touch.

**YOUNG  
DEVON**  | **SPACE**   
A PARTNERSHIP TO SUPPORT YOUNG PEOPLE

[youngdevon.org](http://youngdevon.org)  
[spaceyouthservices.org](http://spaceyouthservices.org)





## Culm Valley Link Workers



Are you 11-18 years old? Do you live in or around the Culm Valley? Would you like support to improve your wellbeing?

Ask your GP Practice, Teacher or Youth Worker for more information on the Culm Valley Youth Link Workers. Or complete a referral form and email it to:

[d-ccg.culmvalleyypsp@nhs.net](mailto:d-ccg.culmvalleyypsp@nhs.net)

### Who are the Youth Link Workers?

A Link Worker is someone who will...

- Listen and get to know you
- Help you think about what is important to you and what you want to be different
- Support you on the steps you can take to get there

### What does it mean for you?

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### Who are we?

Young Devon and Space Youth Services are youth work charities, experienced in providing support to young people of all ages and backgrounds.

We look forward to getting to know you and supporting you with whatever your needs may be.

*Please note – This service is currently available to young people aged 11-18 who are registered with a GP at College, Bramblehaies, Wyndham House or Blackdown surgeries.*



## Culm Valley Link Worker Enquiry

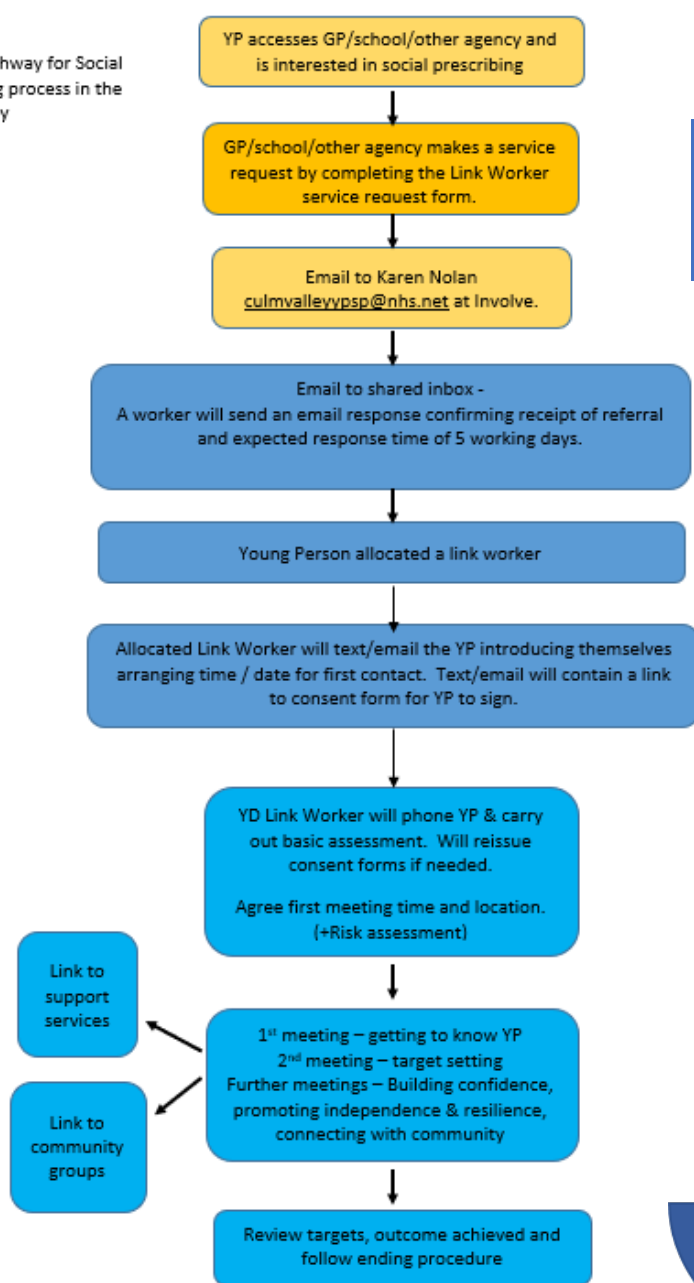


We are pleased you have got in touch with us the Culm Valley Link Workers, we're here to help. The first step is to complete our short enquiry form and email it to [dcc-g.culmvalleyypsp@nhs.net](mailto:dcc-g.culmvalleyypsp@nhs.net)

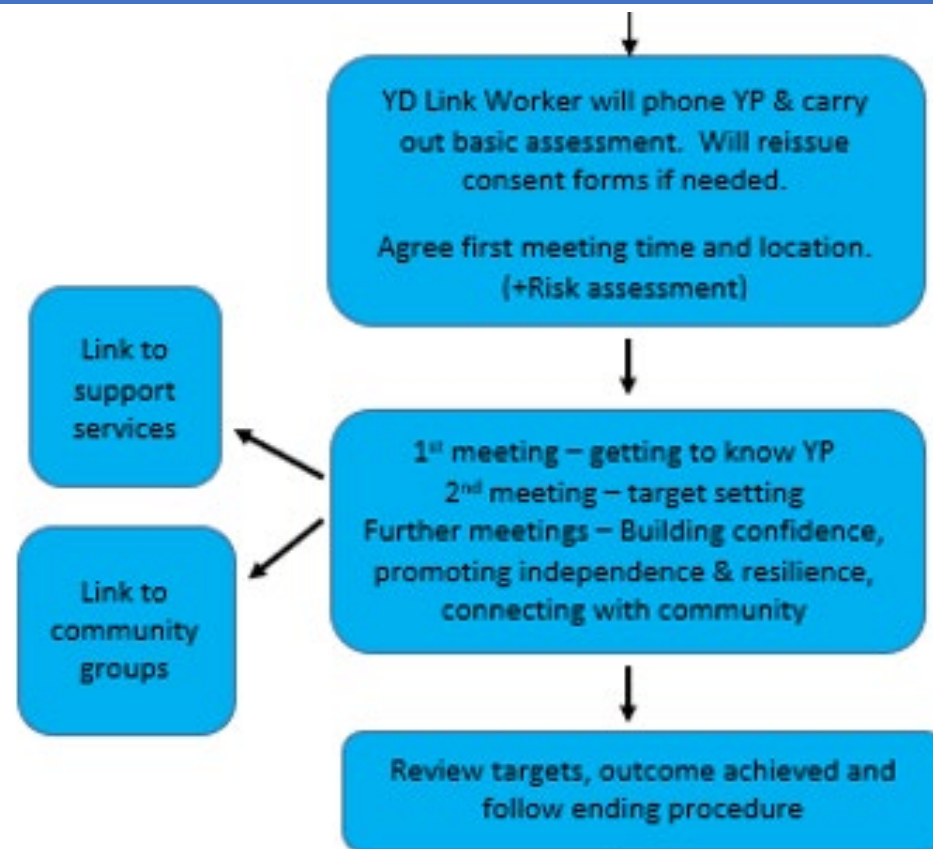
One of our Link Workers will then call you and discuss the support available.

**If you are completing this form on behalf of a young person, please ensure that you have their consent to share their information. By sending this form you are confirming that you have their consent to do so.**

Young person's name:		Gender:
DOB:	Age:	School:
Where did you hear about us?		Enquiry date:
Young person's phone (if applicable):		Address:
Referrer Name / Organisation:		
Referrer or parent/guardian's phone:		
Email:		
GP Practice:		
When is the best time to contact you? (Morning, afternoon, or evening) (Please note that the waiting time for calls after 3pm may be longer than daytime calls)		
Please tell us what the young person has stated they want support with?		
Please confirm that you give consent for Young Devon / SPACE to store and share this information for the purpose of processing your enquiry. YES [ ] No [ ]		



## Pathways, materials and local framework developed by Link Workers and VCSO team in partnership with SP Lead / PCN



Culm Valley Link Workers



## How can health work with the voluntary sector?

- A shared willingness to **test & learn** at ALL STAGES
- **Time for set up & engagement**, before it gets busy
- **Co-investment** from both NHS and VCSE
- **Trust & relationships** (clinicians, SPLWs, and their supervisors/managers) underpin design, delivery & sustainability



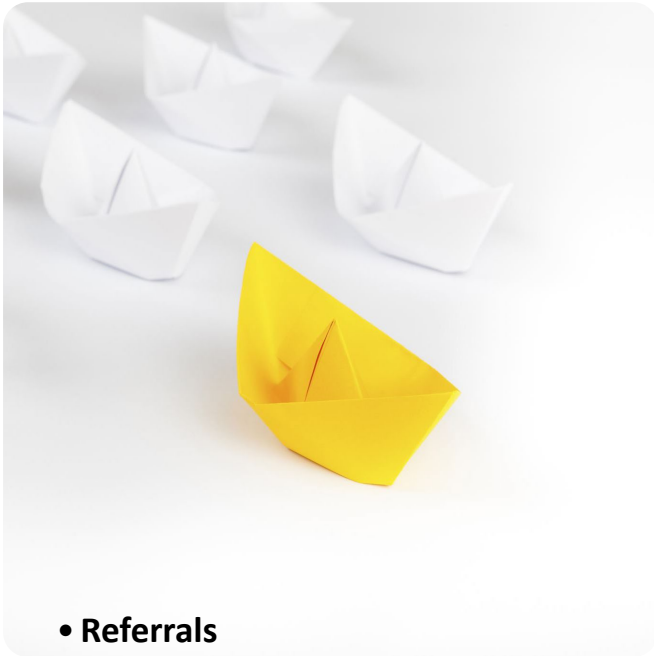


# CYP Link Worker Service - Success & Impact...

## 3m review – What's going well so far?

- **Setting up and running a new service.**
  - 2 skilled practitioners empowered to set up and run rural service.
  - Engagement with professionals, networking, attending meetings, promoting service. PLUS delivering 1-1s with young people and associated admin.
- **Using creative options to engage young people – 1-1s**
  - Meeting in Schools, GP surgeries.
  - Meeting parents.
  - Virtual working.
  - YMCA youth groups & evening sessions.
  - Meeting CYP in places they feel comfortable.
  - Building positive links with schools.
- **Feedback from Young People and Families.**
  - Young People appreciative of the service
  - Young People value the opportunity to talk and feel supported
  - Parents/carers are thankful for the service and want the support for their children.





- **Referrals**

- 53 referrals (70+ by Feb 22)

- **Ages**

- 11-12 (8)
- 13-14 (14)
- 15-16 (13)
- 17-18 (15)

- **Gender**

- 32% M 68% F

- **Meetings**

- Average 5-6 sessions
- 1/3<sup>rd</sup> F2F
- 2/3<sup>rd</sup> Telephone

## 6m review – Understanding activity and needs

### Reasons for Referral

Anxiety

Low Mood

School issue

Social Isolation

Parental/family issue

Weight loss/food issue/ED

Self Harm

SEND

Bereavement

Anger

# Setting up a CYP Social Prescribing Service?

## What are the barriers?

- **Limited funds for operational delivery** PCN Contract ONLY funds LW salary+pension+NI. £2400 /yr for the rest. 10-15% 'delivery costs' and VAT = GAP.
- **GP perceptions** – value for money, referral routes, co-investment
- **Social Prescriptions** – infrastructure & provision (if rural), funding for activities

## What are the surprises?

- **Young People want to give back**, tell their story, and help others who might benefit
- **GPs reactions** – 'I didn't realise how many people we needed to refer!'
- **Lack of an umbrella organisation** and referral management system – lean, efficient, effective, but HARD WORK

## Recommendations

- **Seek out champions** across the PCN, GPs, Nurses, Practice Managers with interest in CYP Mental Health/Work Experience for CYP/
- **Have unfunded conversations** – go where the energy and interest is.
- **Supervision for SPLW – must be funded.** Let it sit with the experts in CYP, but ask to learn , good to build local capacity in your GP teams too.



# Youth Forum - Current Projects



**FREE Teen Yoga Classes!!**  
**Tuesday's @ Cullompton Community College**  
**Yrs 7 -11 @ 5.30pm-6.15pm \*\*Starting 18th January\*\***  
Dates: 18th & 25th Jan, 1st, 8th & 15th February, 1st, 8th, 22nd, 29th March & 5th April

## Benefits of Teen Yoga

\* develops good posture, builds social confidence \* improves concentration levels \* helps release day-to-day anxieties \* improves co-ordination and balance \* improves self-confidence \* improves breathing \* improves memory retention which helps you learn \* promotes healthy sleeping patterns \* teaches the body to relax \*

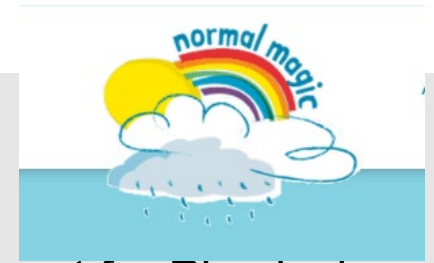
<> Booking is essential as places are limited <>

Book your classes online [www.simplewellbeing.co.uk](http://www.simplewellbeing.co.uk)



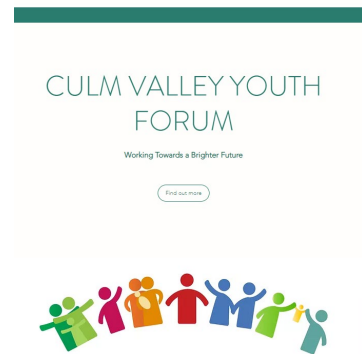
- ☐ Free Teen yoga workshops in local secondary school
- ☐ Yoga classes for pupils and staff in local primary school (using PE budget)
- ☐ Outreach sports activities using local school facilities (supported by Active Devon)
- ☐ Education & health links through GPs/Nurses delivering 'Health and Wellbeing Assemblies' in local secondary school

# Youth Forum - Future Plans

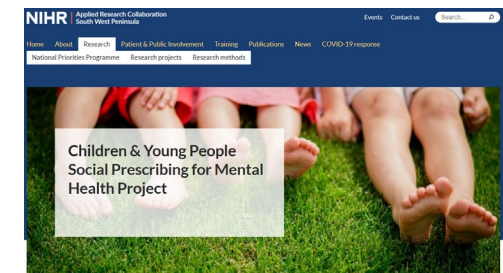


- Partnership with Active Devon to set up Movement for Physical and Mental Health Wellbeing activities in Culm Valley Wellbeing walking groups / TeenGym
- Drop in activities e.g. board game groups in the library for those who might lack confidence to join active / movement groups
- Exploring partnership with local CYP MH provider to deliver Health & Wellbeing resources workshops to all working with CYP in our area (education/health/youth work/council/volunteers)
- Facilitated peer support delivered via the HOPE model for CYP? <https://www.torbayandsouthdevon.nhs.uk/services/hope-programme/> - meetings planned for 2022
- **COMMUNITY DEVELOPMENT FOR CYP will be KEY to delivery**

**Strengthening local relationships  
and building community awareness**



**Invitation to work with  
NIHR ARC Research  
Team (advisor or site)**



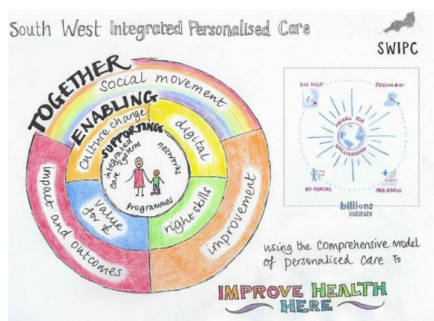
# What's Next?

Understanding  
what works -  
Research &  
Evaluation

Recommissioning  
(& Finding a  
Sustainable  
Model)

Embedding &  
Communicating  
local service &  
offers

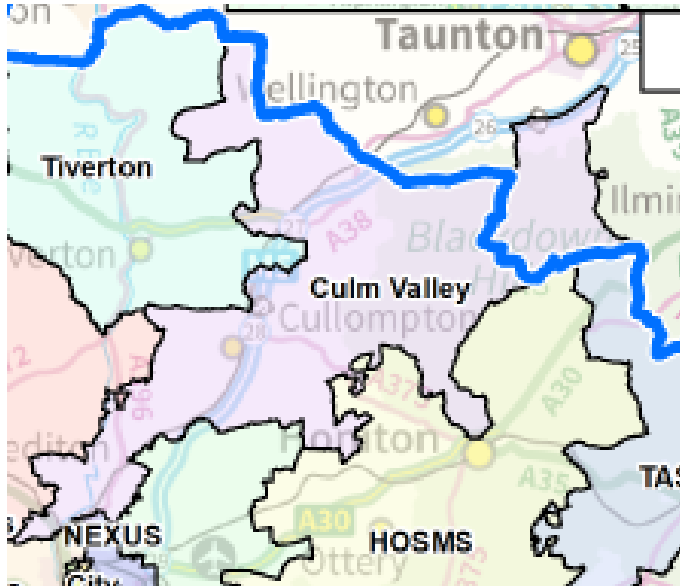
Spread & Scale in  
SW?



**Working with IPC SW CYP SP  
Collaborative & sharing the learning**

**Outline agreement to  
recommission the CYP SPLW  
service recognising need for co-  
investment**

# Culm Valley Primary Care Network 23-24



- Neighbourhood-based approach
- **Working with community, mental health, social care, pharmacy, hospital and voluntary services in the local area**
- Building relationships across health, local authority, and voluntary sectors
- **Proactively addressing health and wellbeing of local population**

- **Bramblehaies Surgery**
- **Blackdown Practice**
- **College Surgery (incl Bradninch, Uffculme, Willand)**
- **Wyndham House Surgery**
- **Sampford Peverell Surgery**



### Myron's Maxims:

- People own what they help create
- Real change happens in real work
- Those who do the work, do the change
- Connect the system to more of itself
- Start anywhere, follow everywhere
- The process you use to get to the future is the future you get.

SYSTEMS  
LEADERSHIP

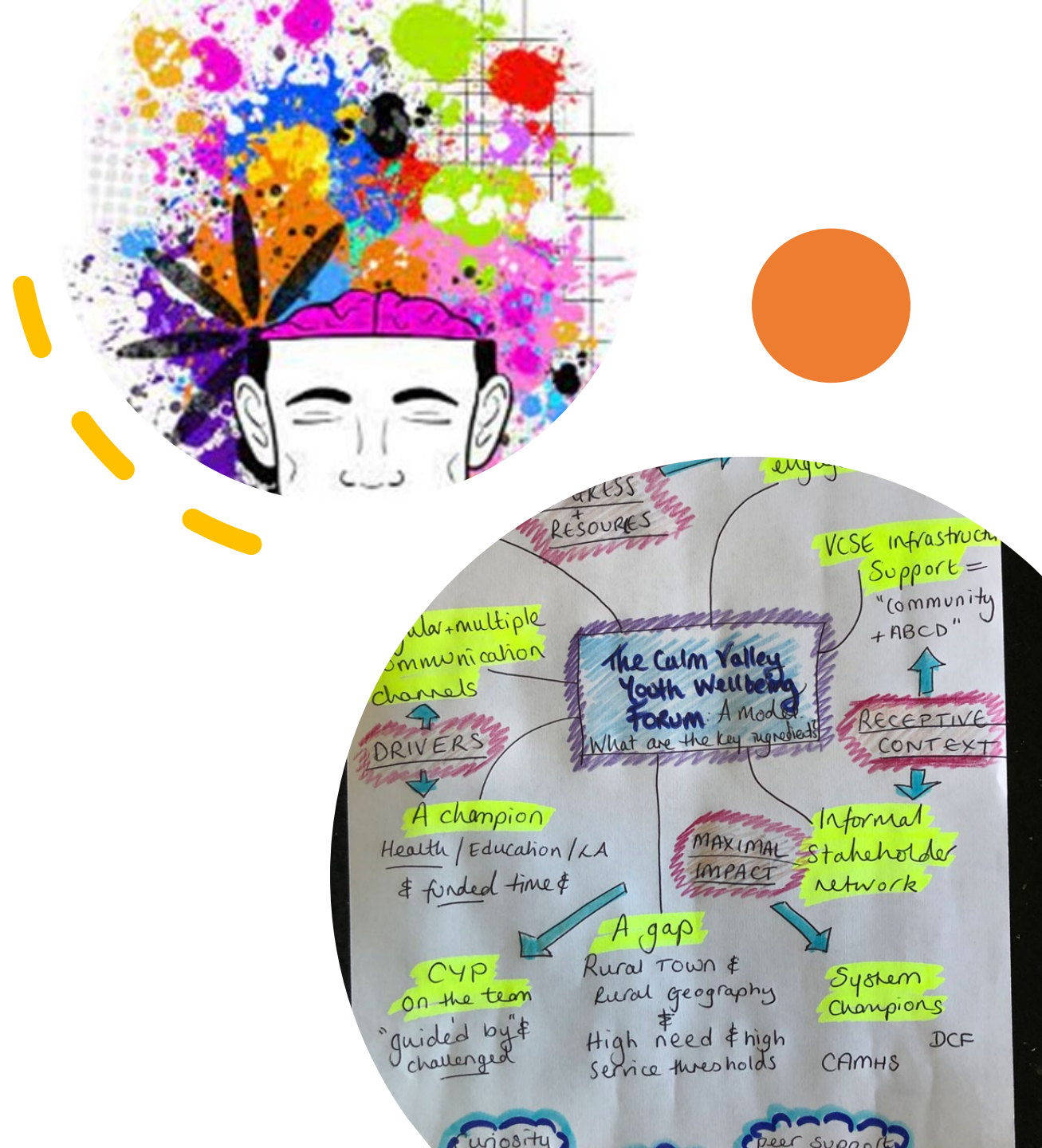


# The message

Here in Devon it's very much pockets of innovation in a complex developing ICS and the word can be hard to get out there!

Hope is to spread this story and the hard work of all the people involved, and the voices of the young people who have benefited, as widely as possible.

If we are willing to trust each other, take risks and to learn as we go (health, voluntary sector, education, local authority and the public) and to engage in conversations at neighbourhood level we can discover unexpected connections, facilitate health creation in our communities & create lasting change.







National Academy  
for Social Prescribing

**Thank you**