



STREETGAMES
CONFERENCE

2021

THE POWER OF PLACE

**STRONGER COMMUNITIES AND BRIGHTER FUTURES
THROUGH DOORSTEP SPORT**



Online conference with
interactive workshops



Live over two weeks from
21st June till 2nd July 2021



A range of available time-
slots to suit your schedule



Youth social prescribing – a primary care perspective

Dr Daisy Robinson

GP, College Surgery, Cullompton
Social Prescribing Lead, Culm Valley Primary
Care Network



Starting where we
are



Informal
conversations



Flexible & creative
resources



Place-based
approach to
wellbeing



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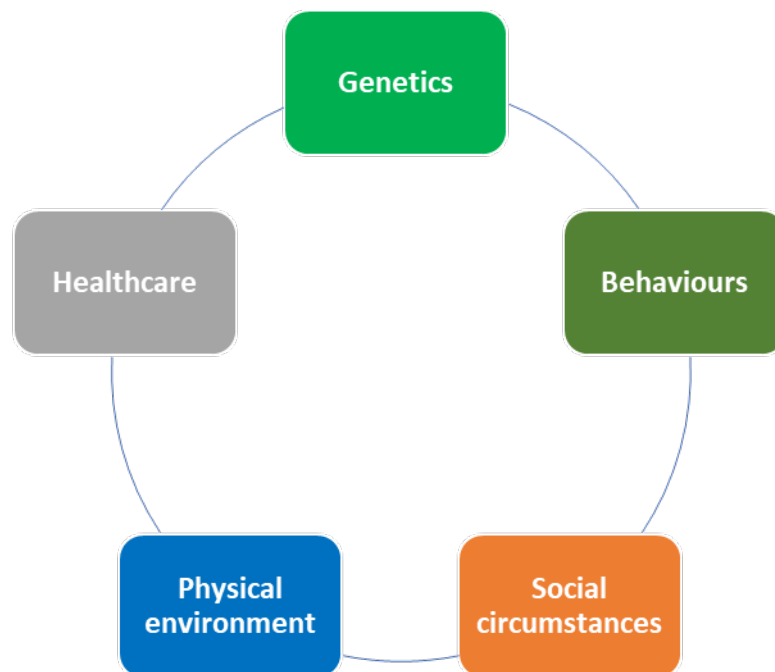
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Royal College of
General Practitioners



Royal College of
General Practitioners





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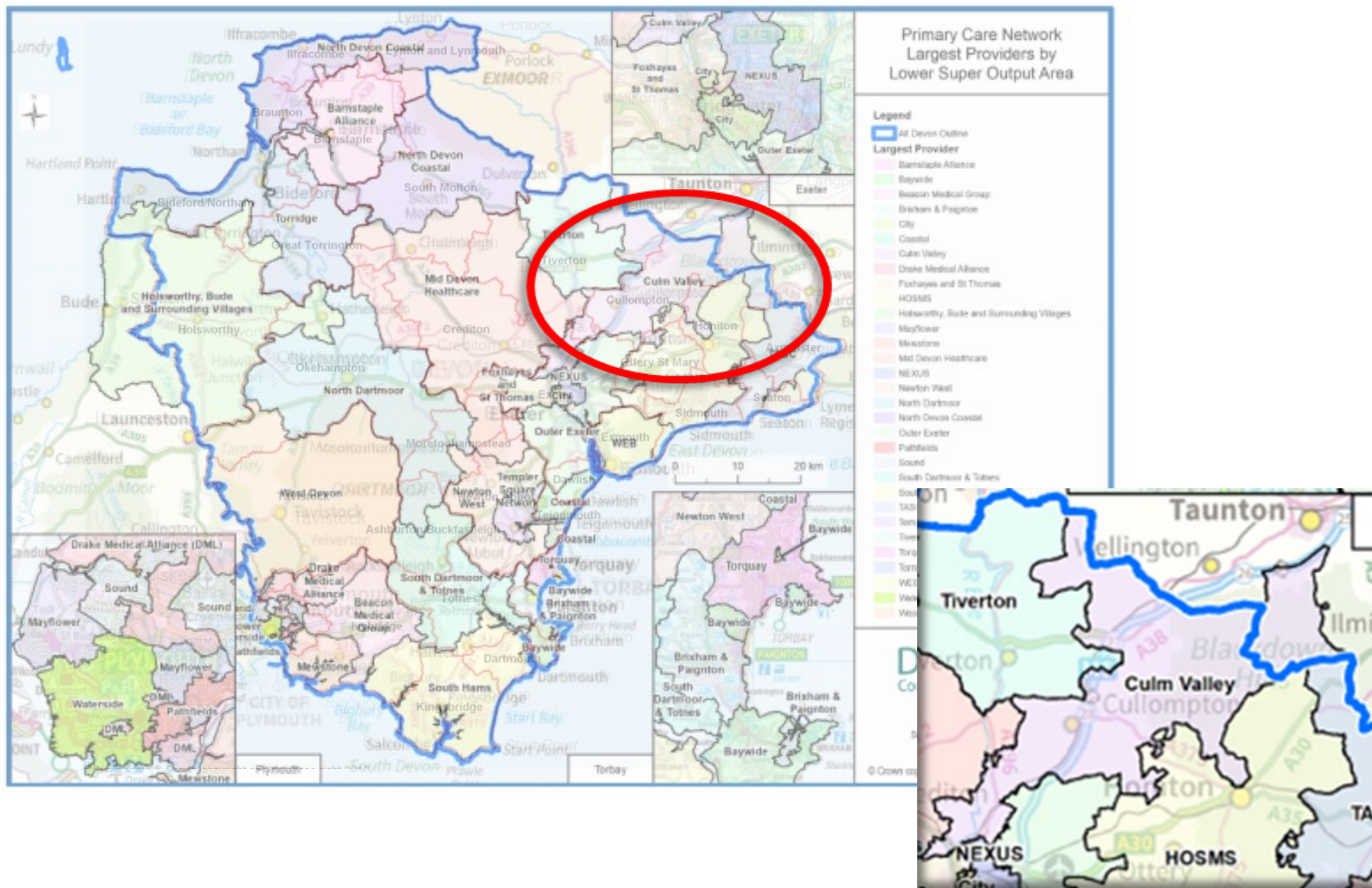
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Royal College of
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Early adopters.....

Health and Wellbeing Co-ordinator/Health Facilitator
Employed

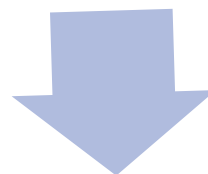


Launch of Community LiFE
Hub

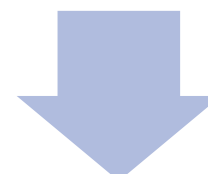


2019

2008



2013



2015

Project with University of
Westminster evaluating the role of
a Health Facilitator in supporting
patients with diabetes and pre-
diabetes



Primary Care Networks – Funding for Social Prescribing
Link Workers

Context

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



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FUTURES THROUGH DOORSTEP SPORT

Welcome

The Institute for Social Prescribing



A pop-up Institute



College Surgery
Partnership

South West
Academic Health
Science Network





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)*



Children and young people

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 7th October

1-2 pm, Doctors Day Room

Culm Valley Integrated Centre for Health

Please RSVP to daisy.robinson@nhs.net





Who are the Culm Valley Youth Forum?





1st 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 ξ~' activities
- A **Youth Café in Cullompton** -CYP and volunte 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



The future?

***A real opportunity to bring the community
together to create the UK's first 'Future
Friendly Town'***

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





The future?

*A rec
to*

munity

COVID-19

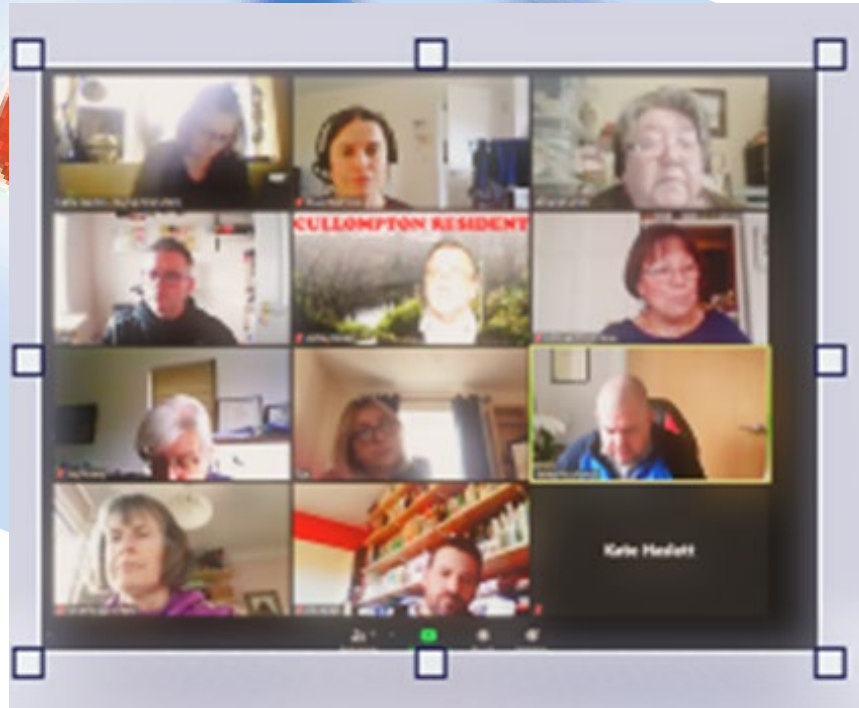
A graphic tilted at an angle, featuring the text "COVID-19" in large, bold, red letters. The background is light blue with several blue, spiky virus-like particles scattered around the text.



The future?

*A rec
to*

munity



How do we work?

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





Communities, Creativity, Connections

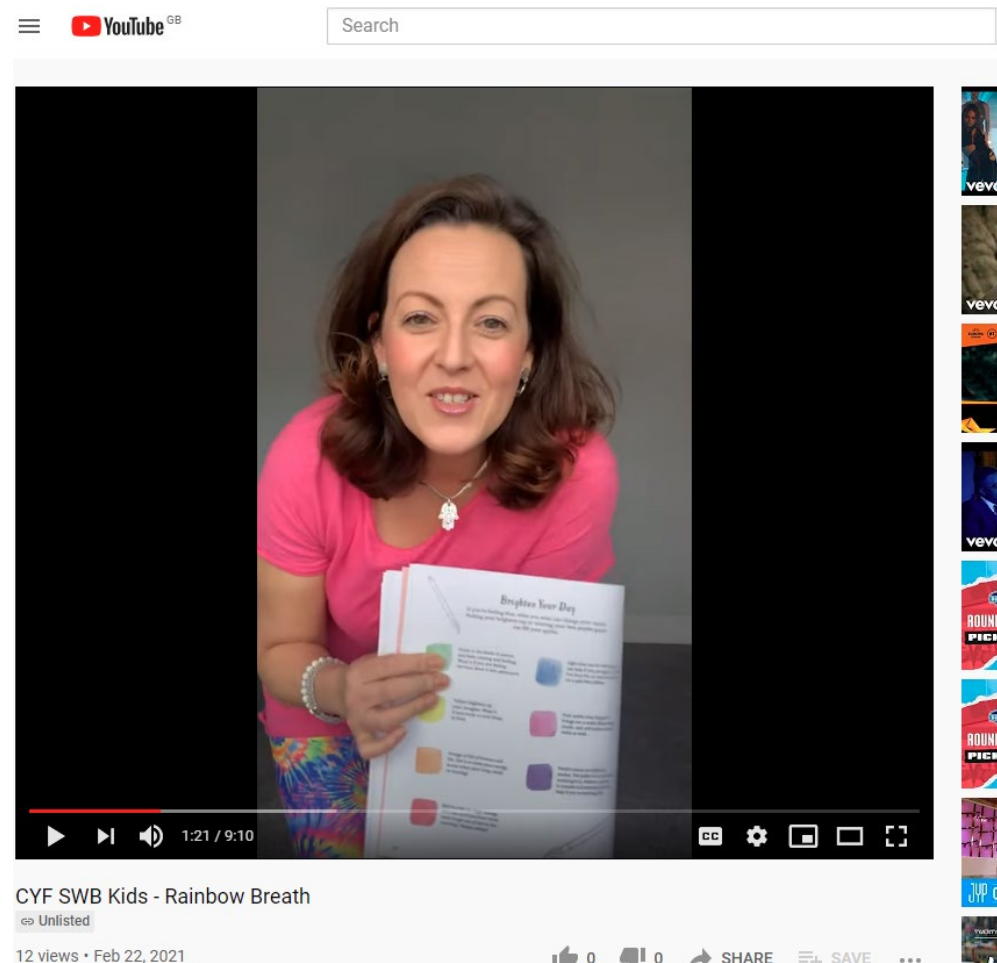
The Community of Cullompton is delighted to launch...

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.



Voluntary Action in Mid Devon



New online resource



Culm Valley Youth Forum - Children & Families Wellbeing Resources
A place to share anything that might be of interest to Children & Young People's wellbeing in Cullompton, Blackdown & Silvertown

- 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.
- 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
- CEDA Online Parenting Courses**
Low cost courses to support parents to manage challenging and aggressive behaviours at home.
- Toolkit for Families in Isolation**
This free toolkit offers advice, activities and resources to help you support family's wellbeing throughout a period of self-isolation.
- Devon Family Resource**
- Bounce Brighter Futures Foundation**
Mid Devon charity aiming to improve resilience of children, parents and wider school community. Helpful Resources are available for home including Activities, Relaxation Understanding your Child
- 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 their family relationships. We have a particular interest in families, couples, individuals who are experiencing Autism

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



...co-created with young people & the community

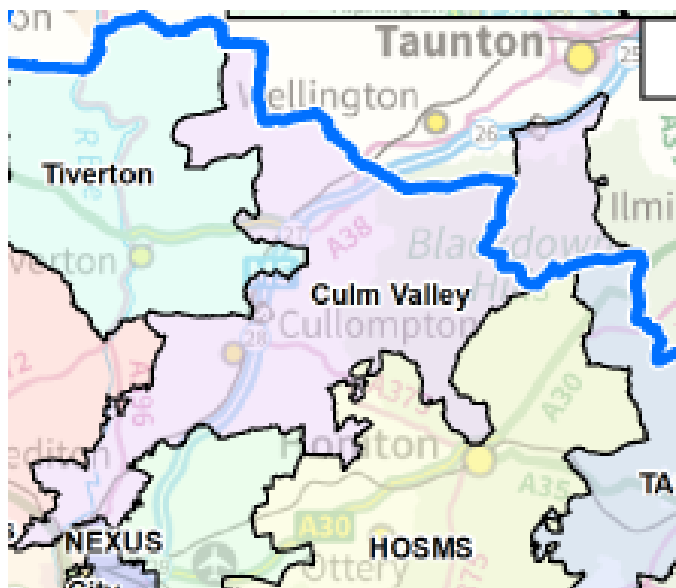
The screenshot shows a Padlet board with a blue header. The title is 'Culm Valley Youth Forum - Young Peoples Wellbeing Resources' and the subtitle is 'Where to find help, support & connections if you live in Culmington, Bradninch, Silverton, Hemyock, and surrounding villages.' The board is organized into a grid of six tiles:

- Young Devon:** Wellbeing support for young people: contact our counsellors through wellbeingenquiries@youngdevon.org
- 'Understanding your brain':** Online course for teenagers only...
Includes an NHS logo and a graphic with the text: 'Understanding your brain (for teenagers only!)'. It lists questions like 'Have you noticed changes in your behaviour?', 'Do you sleep more than you used to?', and 'Want to know why teenagers are more open-minded?'. It also mentions 'Your brain is changing! Find out more!' and 'Visit www.inourplace.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
Includes a graphic with the text: 'SPEAK OUT IF YOU OR SOMEONE YOU KNOW NEEDS MENTAL HEALTH SUPPORT.'
- Wellbeing:** Our counselling services are nationally-respected... young devon
- Y-Smart:** Drug & Alcohol service for under 18s
Includes a graphic of a green cannabis leaf.
- DYS Space Digital Youth Offer:** Find Help / #IAMWHOLE You can access information and resources whole

At the bottom right, there is a black box with white text: 'Digital Youth Work Scroll down to see more! Social distancing space*'

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

Culm Valley Primary Care Network



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

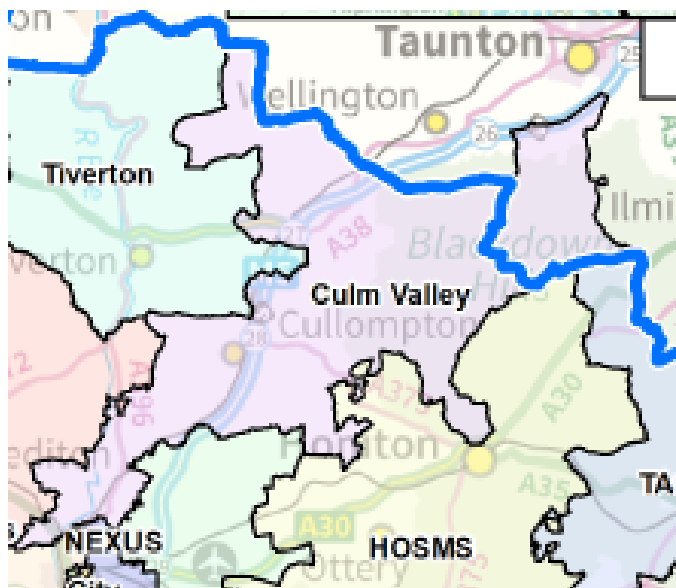


REG CHARITY 1013514



The Friends of Wyndham House Surgery

Culm Valley Primary Care Network



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



[Home](#) [Blog](#) [Get Involved](#) [Our work](#) [Contact](#) [Health & Wellbeing Videos](#) [Youth Link Worker](#) [Yoga in Schools](#)



Youth Link Worker

A new 1-1 service connecting 11-18 yr olds with local support & activities to improve wellbeing

Culm Valley Primary Care Network (a network of local GP practices) has partnered with Space CC and Young Devon to set up the first Youth Link Worker Service in Devon. Their role is to connect young people (aged 11-18) into a broad range of services and interventions in the local area, working 1-1 and engaging with community activities and local support to improve confidence, resilience and wellbeing.

Culm Valley Youth Link Worker Scheme

- Provide young people with 1-2-1 wellbeing support
- 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
- Young people referred for clinical support are able to access the service alongside other specialist services



Every young person (aged 11-18) in Exeter now has the option of getting a social prescription from their local GP.

What is a social prescription? A referral to the Community Connector programme!

The Community Connector programme provides young people with 1-2-1 wellbeing support.

Each young person referred is introduced to a Community Connector; a person to 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.

Young people referred for clinical support are able to access a Community Connector alongside other specialist services.



Culm Valley Youth Link Workers

- Initial offer – 6 1-1 sessions & review
 - Can see alongside other services.
 - Signposting & Connecting
- Data collection
 - Referral reason, activities, wellbeing scores
 - Quarterly review & adjustment
- Linked to Culm Valley Youth Forum networks to build awareness, understand need & local support and build capacity for activities



Young Persons Link Worker service request form

To refer a young person to the Culm Valley Young Person Link Workers please complete our short service request form and email it back to us at culmvalleyyypsp@nhs.net

One of our Link Workers will then contact the young person and discuss the options 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:
Age:	Date of referral:	
Young person's Contact details		Yong Person Address:
Phone number:		
Email:		



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?

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



Add response

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?***





Harnessing Internal & External Drivers

How will I think or feel after today?

- *More aware of importance of working together*
- *Reconnected with individuals & organisations*
- *Excited about the future*
- *Momentum is growing*
- *Creating a positive narrative*

How can we ensure success?

- *Partnerships*
- *Connecting enthusiastic people*
- *Provide space*
- *Involve young people*
- *Consistency and gaining trust*
- *Communicating and linking current work*



What are we doing?

Youth Volunteer
Case Studies



'Cooking in the
Community'-
Virtual classes
for families



Culm Valley Youth Forum

Community
Wellbeing
Videos with
Town Council



Children's Health
& Wellbeing
Videos with St
Andrew's Primary
School

Partnership with Active
Devon - Evaluating
Impact



Regular meetings, peer
support, building trust

Future Ideas & Blue Sky Thinking



- **Community Projects**

- Arts & Wellbeing –Youth Arts Competition
- Youth Volunteering Opportunities (16-25)
- ***Participation fund*** to support inclusion

- **Emerging from Lockdown...**

- Breakfast Wellbeing Events for school staff
- Yoga classes for primary/secondary teachers
- Active Devon Sports outreach/satellite clubs
- Drama club



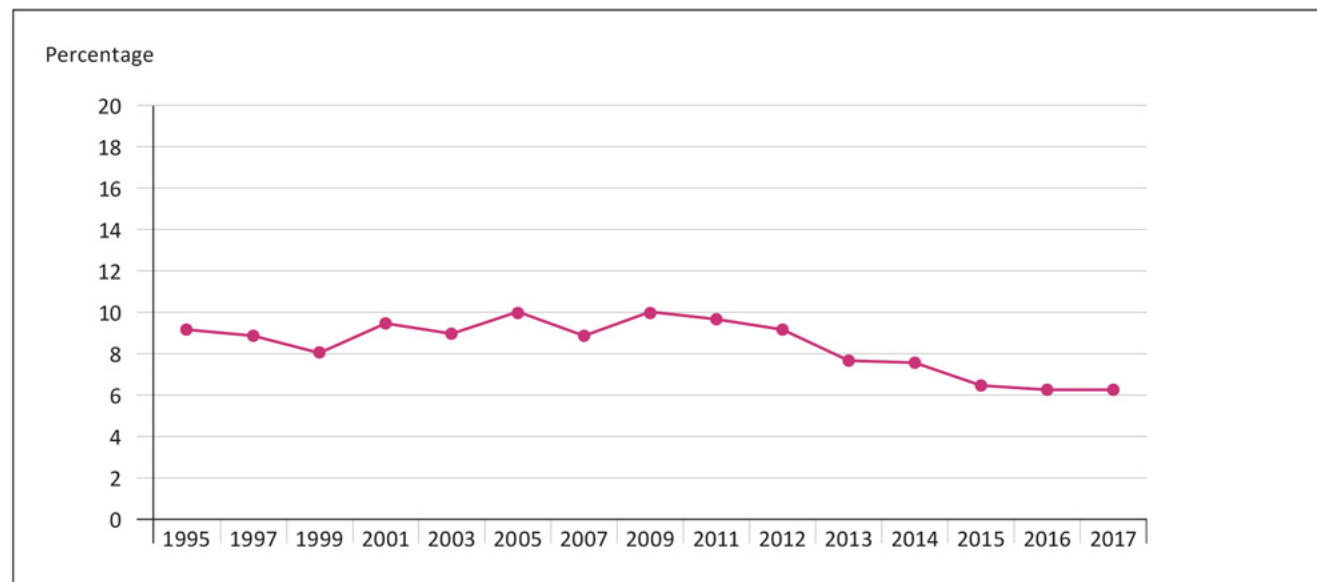


Years 7-11

c.800 pupils on roll (& growing)

EHCP	4.5%
SEN	14%
Early Help/TAF	8.1%
Pupil Premium	25%
NEET (post 16)	4.5%

Chart 3.17: 16-18 year olds not in education, training or employment (NEET) in England, 1995-2017



Source: Department for Education (2018). Participation in Education, Training and Employment by 16-18 year olds in England: End 2017



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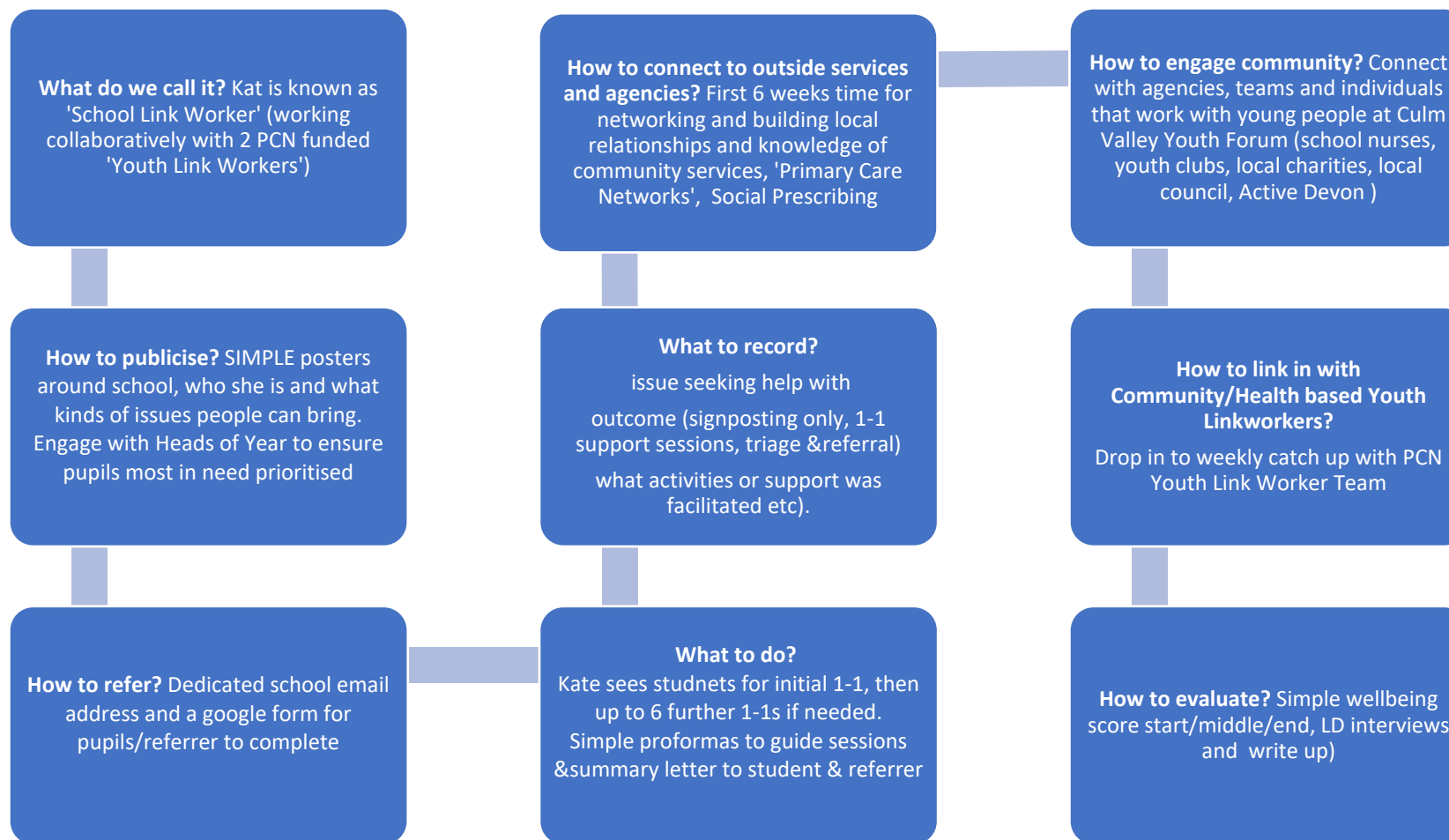
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Piloting a School-based Link Worker

Cullompton Community College and Culm Valley Primary
Care Network





Support Us

See below for some of the ways you can support young people in your area.



Share knowledge & information

Young people told us they wanted easy to find information.

We have partnered with
Help@Hand Community Info to



Work experience & volunteer placements

Many young people told us they would like more chances to volunteer in their local community. Could your

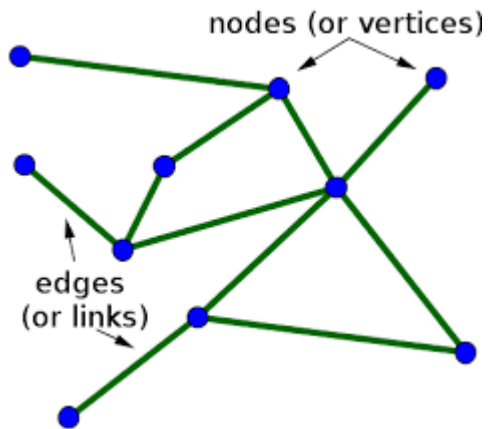


Partner with Us

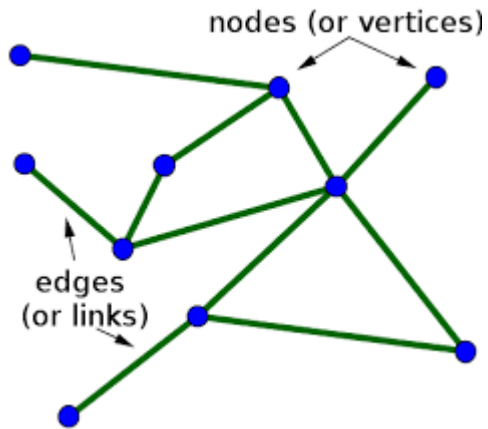
We are always looking for new ideas, enthusiasm and perspectives. Do you have an idea for a projec

 [Let's Chat](#)

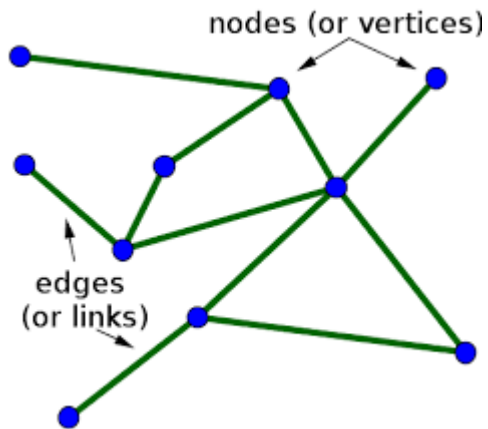
What works well?



What works well?



What works well?





What doesn't?



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What doesn't?



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What doesn't?





Starting where we are



Informal conversations



Flexible & creative resources



Place-based approach to wellbeing



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Thank you