

Corporate Parenting

Annual Update

April 2019

Bethan T James

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1. Corporate Parenting

Carmarthenshire County Council has a Corporate Parenting responsibility for every child who is *looked after* by the Council and for our young people who have experienced care until they are 25 years old. As Corporate Parents the council has the highest of aspirations for the children and young people we care for. We recognise that they are amongst the most vulnerable children in our society and therefore require us to work together to ensure that they become capable future citizens.

Our aspirations for looked after children and care leavers are outlined in our Corporate Parenting Strategy, *'If this were my child'*. The delivery of the strategy is overseen by a Corporate Parenting Panel consisting of:

- Cllr Glynog Davies- Chair/ Lead for Corporate Parenting
- Cllr Amanda Fox
- Cllr Bill Thomas
- Cllr Edward G Thomas
- Cllr Gareth John
- Cllr Gwyneth Thomas
- Cllr Jeanette Gilasbey
- Cllr Kim Broom
- Cllr Mansel Charles
- Gareth Morgans – Director
- Stefan Smith – Head of Service
- Jonathan Morgan
- Richard Stradling
- Bethan T James- Service Manager

Service Managers, Health Colleagues, Young People and other professionals attend panel when discussing or presenting specific items.

The agenda ensures that members have oversight of housing, education, care and social inclusion issues and are able to make judgements as to how well the authority is meeting the needs of this vulnerable group of children and young people.

The Carmarthenshire Corporate Parenting Strategy outlines the authority's key aspirations for looked after children and care leavers and clearly sets out the actions intended to achieve this. It provides a framework for all Carmarthenshire County Council Officers, Managers and Councillors in order to support them in making a real difference to the lives of looked after children and young people in leaving care services.

The Corporate Parenting Team under the service management of Bethan T James supports the Council in meeting its Corporate Parenting duties, providing training, oversight and advice to all departments.

Every child needs a good parent who looks out for them, speaks out on their behalf, is aspirational for them and is responsive to their needs. For children in care in

Carmarthenshire we believe this is a statutory role *for all departments* across the Council. Welsh Government guidance on how authorities can be effective corporate parents for care experienced young people is available on their website in the following publications, 'If this were my child: a Councillors Guide' and 'Raising the ambitions and educational attainment of children who are looked after'.

The Children's Commissioner has also published guidance on improving long term outcomes for care experienced young people in the document 'Hidden Ambitions' and Estyn have published a range of strategies for schools.

Improving educational outcomes for looked after children is one of Welsh Government's priorities. In November 2017 Huw Irranca-Davies, Minister for Children and Social Care, stated:

'It is clear there is consensus among Members from all parties that looked-after children should have the same start in life and opportunities as all children. We clearly state this as our vision and our commitment to looked-after children in the programme for government 'Taking Wales Forward' and the national strategy 'Prosperity for All'.

Welsh Government have also established a Task and Finish Group to oversee the development of revised corporate parenting guidance to update "If this were my child". The intention is for revised guidance to clarify and expand the duties of corporate parents. Guidance is being developed by the charity "Voices from Care" and is intended for issue by end of May 2019.

The current Carmarthenshire Corporate Parenting Strategy is under review. In line with proposed development within Welsh Government and best practice examples from Who Cares Scotland Carmarthenshire County Council will be embedding a *Covenant* for care experienced children and young people. Councillors, Directors, Heads of Services and Partner agencies will be asked to make an active offer or promise and this will be captured within the new strategy and monitored by the corporate parenting panel.

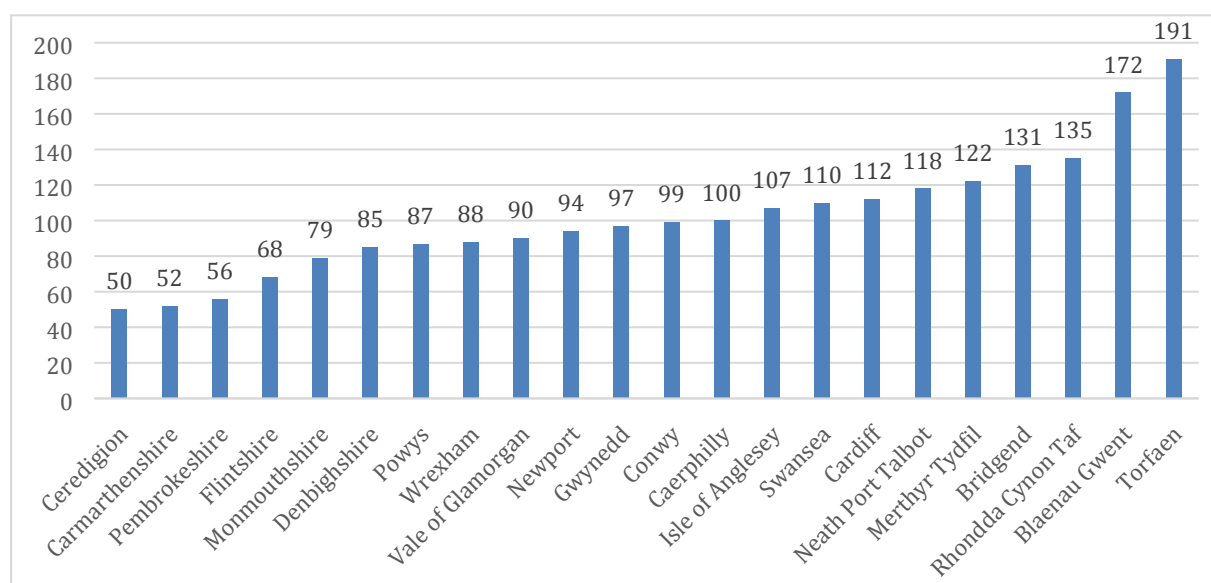
2. National Data

National statistical data indicates that Carmarthenshire averaged 195 looked after children during 2018 who were under the age of 16. This is a relative low percentage of the childhood population when compared to other authorities in Wales and has been on a downward trend since 2012 when Carmarthenshire numbers were at their highest.

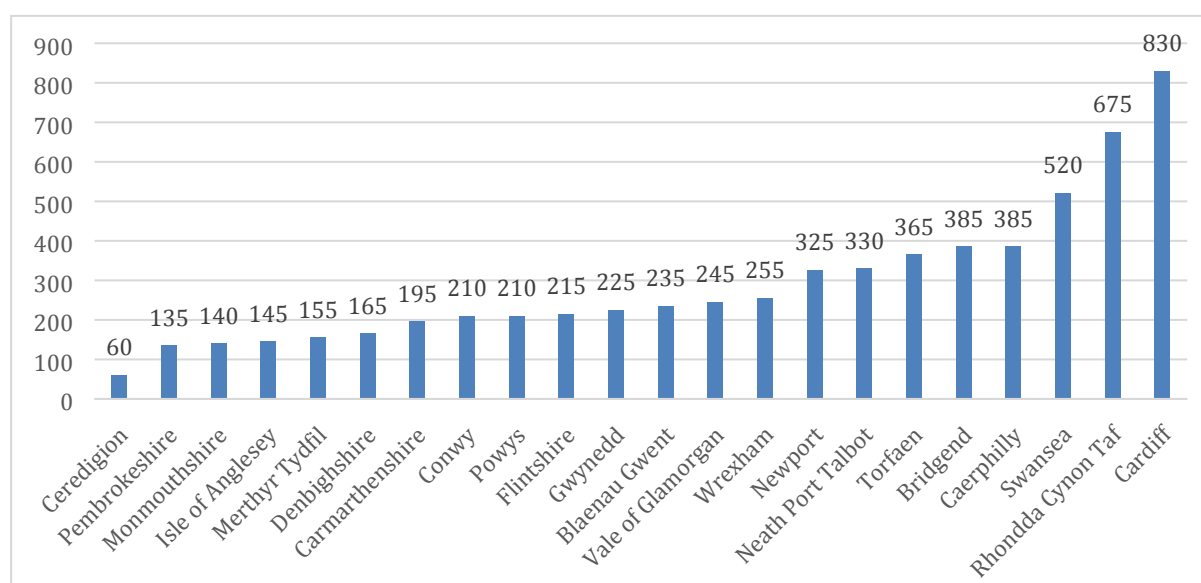
Across Wales the number of children subject to care proceedings has increased over recent years with the majority entering care due to abuse or neglect. National data also indicates that, compared with their peers, looked after children generally have poorer outcomes in relation to their education and mental health with many experiencing isolation and continued vulnerability whilst in care.

In Carmarthenshire we have the second lowest number of looked after children per 10,000 population with 52 children per 10,000 population being in the care of the local authority.

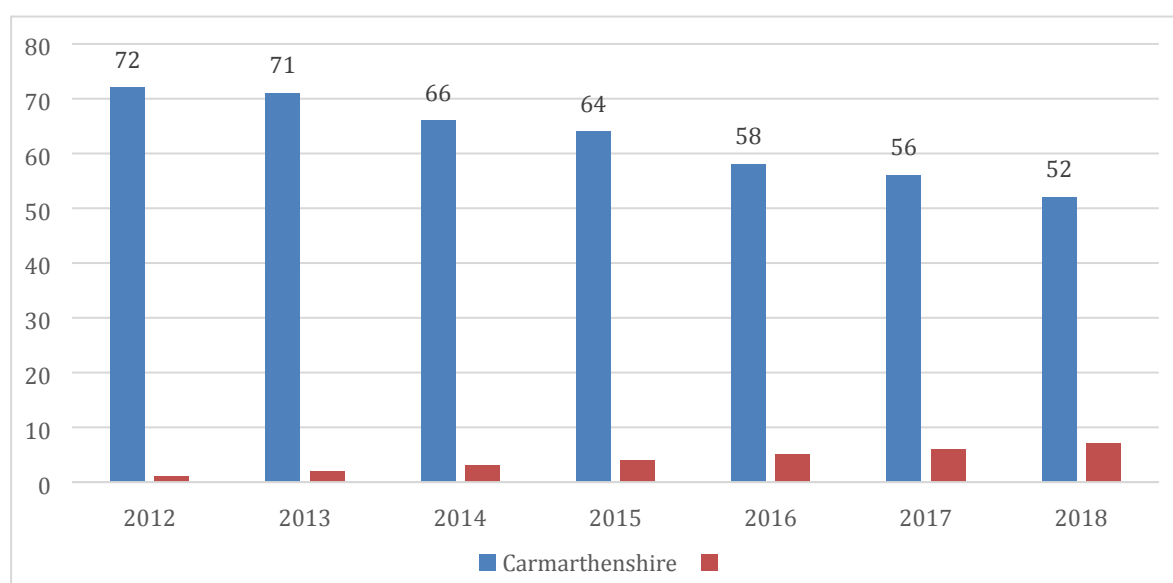
Children looked after at 31 March 2018 per 10,000 population aged under 18 by local authority



Children looked after at 31 March 2018 by local authority



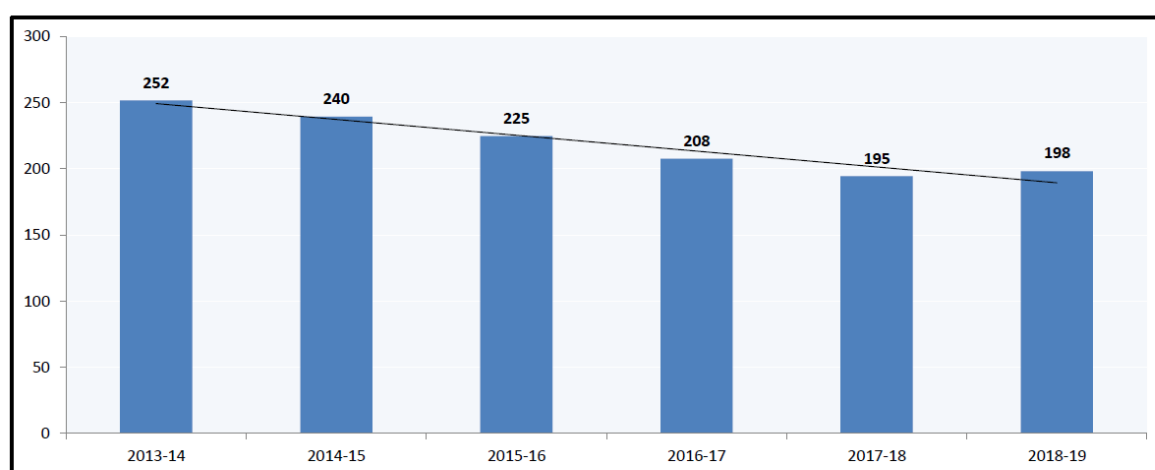
Children looked after at 31 March 2018 per 10,000 population aged under 18



The number of children looked after by Carmarthenshire has continued to fall since 2012: with 52 children in care per 10,000 of the population in 2018 compared to 72 in 2012.

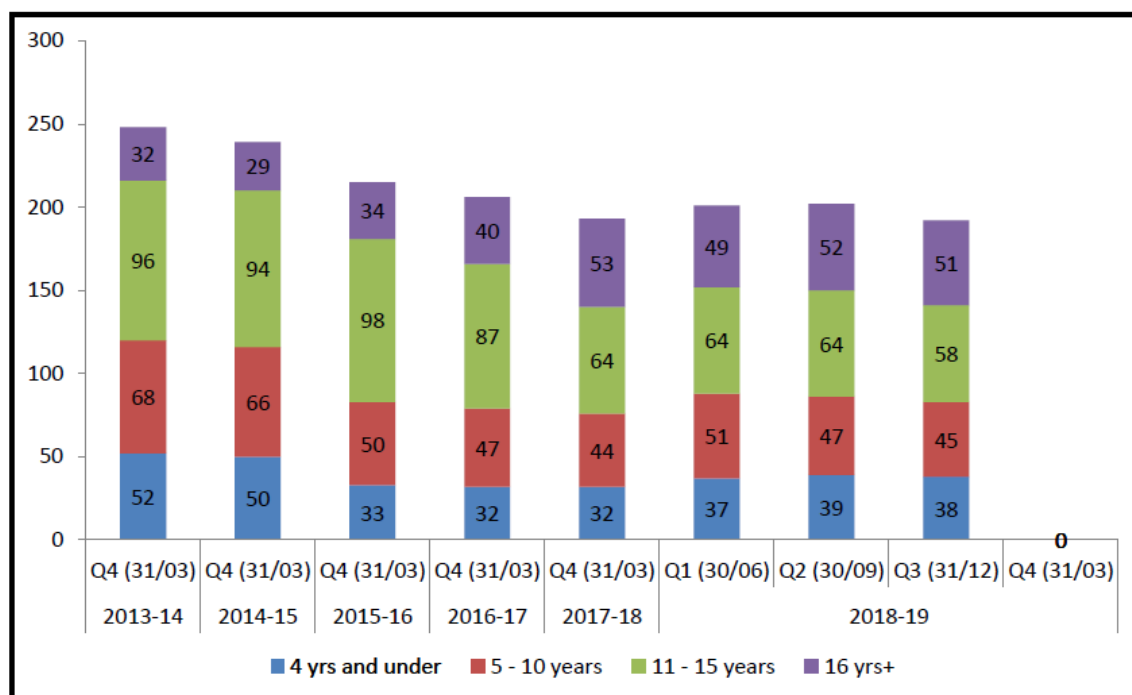
3. Carmarthenshire Looked After Children and Care Leavers

Carmarthenshire currently has 198 looked after children under the age of 18. This is a slight increase from 2018 but the general trend is decreasing from 268 in 2012/13.



Of the 198 looked after children 51 are over 16 years of age, 58 are ages 11 to 15, 45 are age 5 to 10 and 38 are under 4 years of age. You will note from the data that the number of children under the age of 4 years of age in care continues to be lower than levels pre 2013. It is felt that this is due to the continued investment in early access to prevention services, family support, team around the family and the Flying Start and Families First initiatives.

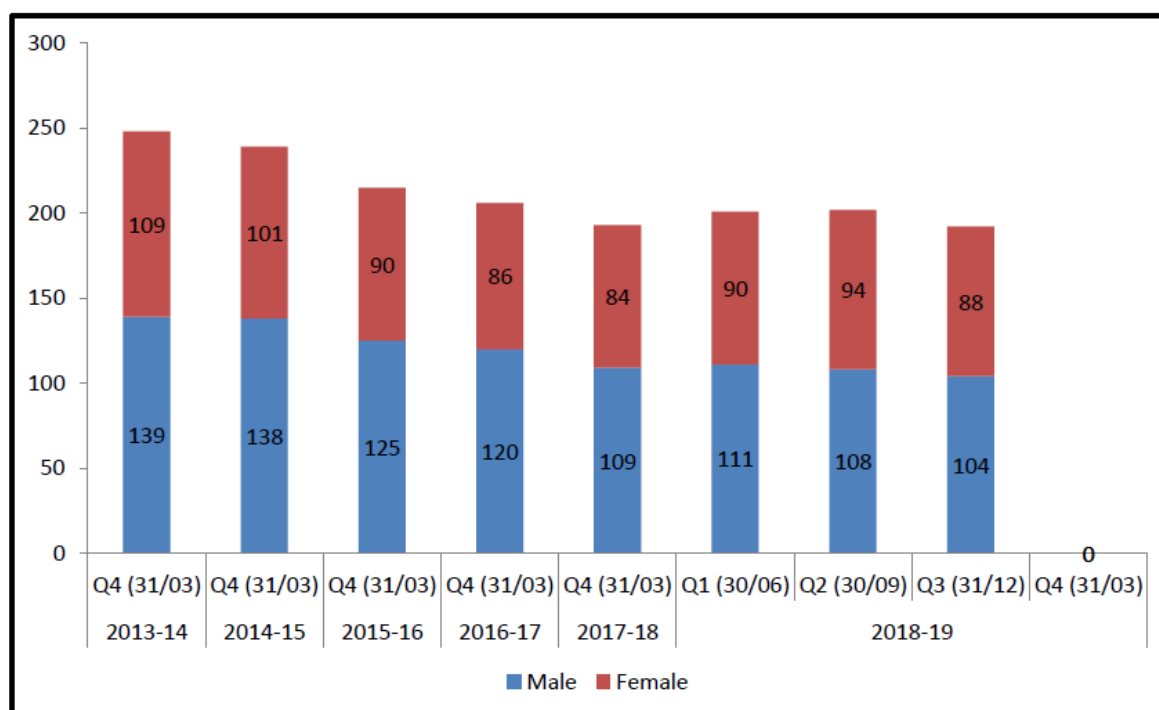
Total No. of Looked after Children by Age Group 2013-2019



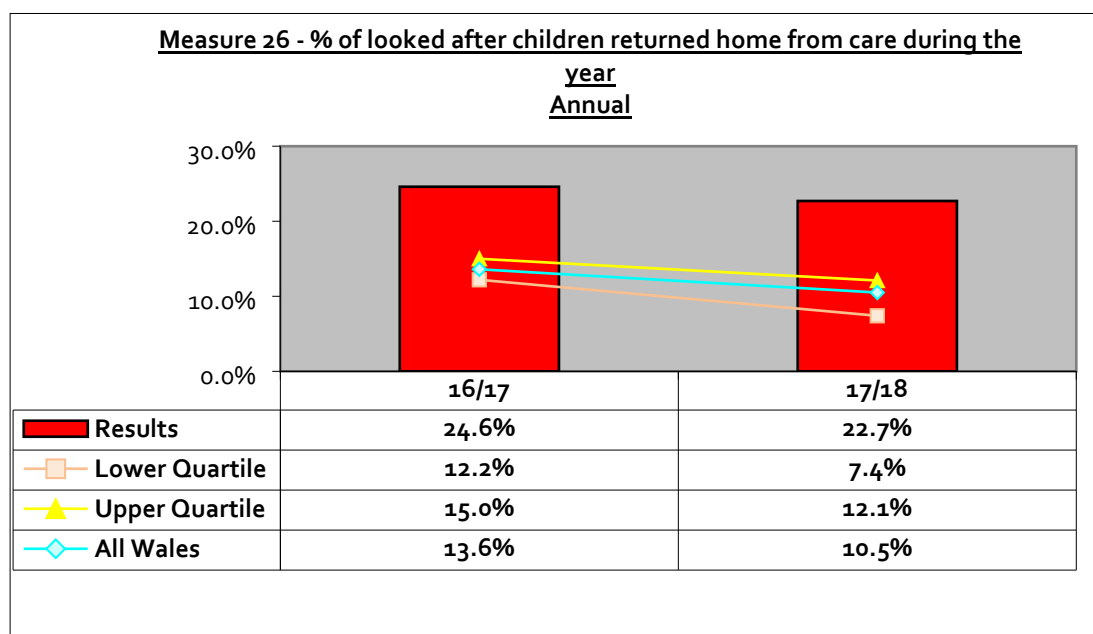
As of December 2018 there were 104 males and 88 females in the care of the local authority. Carmarthenshire is typical of the pattern across Wales of more males being in care than females. This gender distribution has been relatively stable across Wales since 2003 with numbers of girls slightly increasing year on year since 2013.

Within Wales more males are born than females but generally there has been little research into why more males than females enter the care system.

Total No. of Looked after Children by Gender 2013-2019

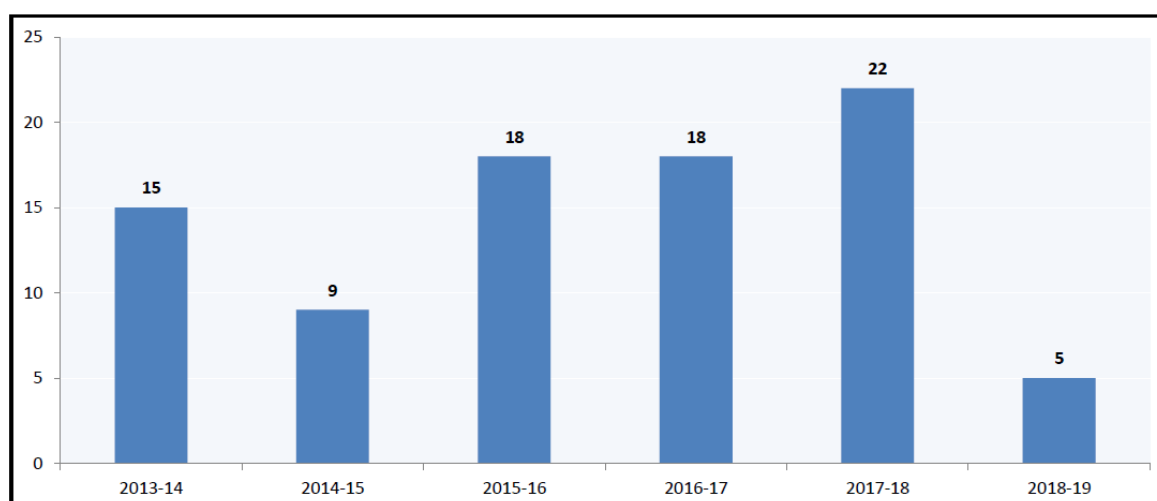


In line with the Social Services and Wellbeing Act Wales (2014) Children's Services endeavour for children to be returned home from care whenever it is safe to do so. In 2017/18 22.7% of looked after children returned home with support in Carmarthenshire. This was 12.2% more than the all Wales average.



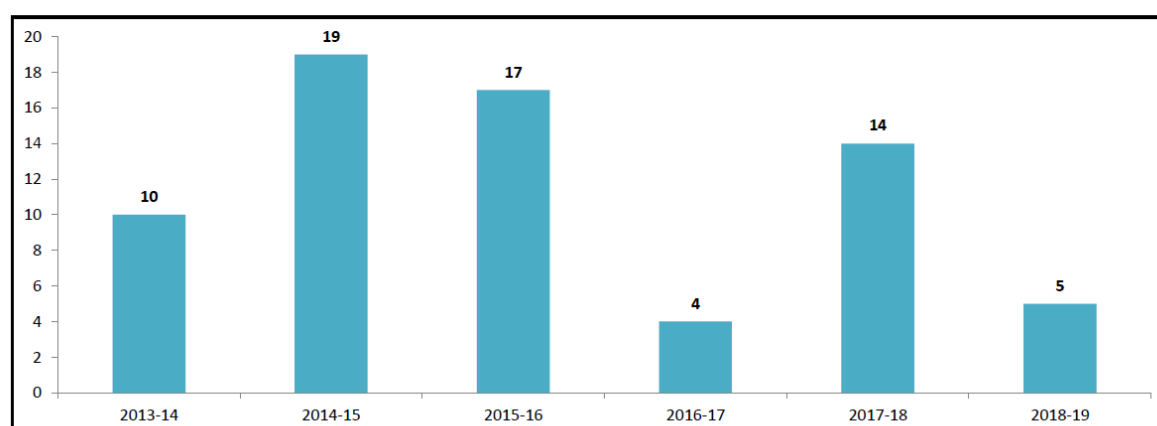
When there is no prospect of a safe return home for a child then the three options for children are long term foster care, special guardianship or adoption. Foster carers or family/kinship carers can apply for a special guardianship order when they feel they can offer a lifelong home to a child. In 2017/18 22 looked after children achieved stability through special guardianship orders.

Total Number of Special Guardianship Orders (2013-2019)



Younger children under the age of 7 will usually be prioritised for adoptive parents. It is best practice to look for 'forever families' through adoption for children where there is no possibility of a return home to parents or wider family members. Last year 14 looked after children were placed for adoption.

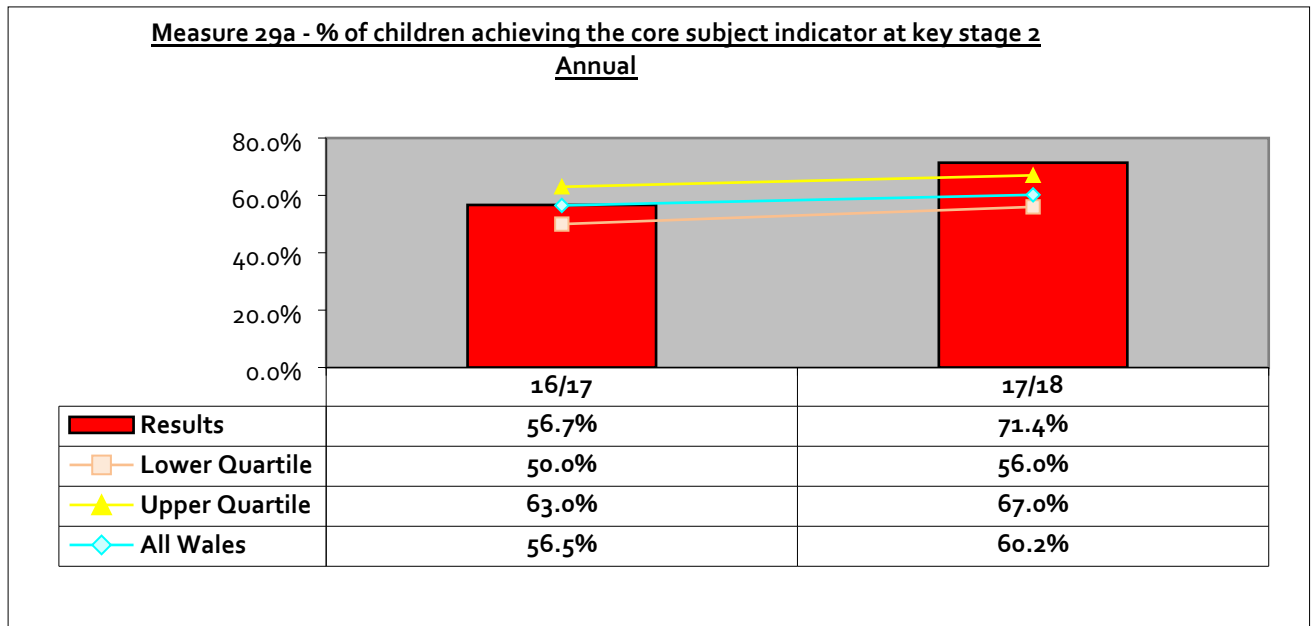
Total Number of Looked After Children Placed for Adoption (in the year) 2013-2019



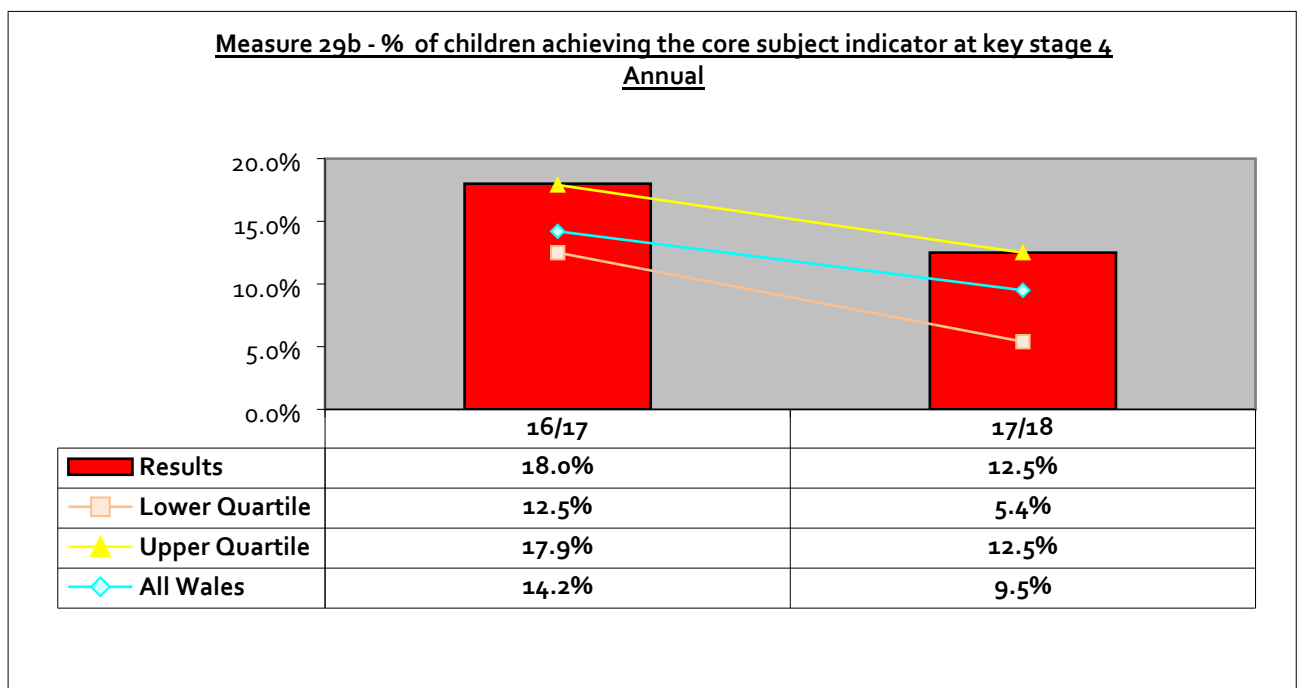
4. Educational Attainment

The educational attainment of looked after children in Carmarthenshire has been consistently above the all Wales average for a number of years. In 2018 Welsh Government indicated that Carmarthenshire achieved the best educational outcomes for looked after children and care leavers in Wales.

71.4% of looked after children achieved the core subject indicator at key stage 2. This was 11.2% more than the all Wales average.



12.5% of looked after pupils achieved the core subject indicators at Key Stage 4. This was 3% above the all Wales average.



The local authority has, over the years, explored multiple ways to support and improve the educational attainment of looked after children. Currently pupils are offered a range of educational resources, additional tuition, enrichment activities and mentoring. In the last 3-4 years Carmarthenshire has utilised its pupil development grant for looked after children to support and train school staff in:

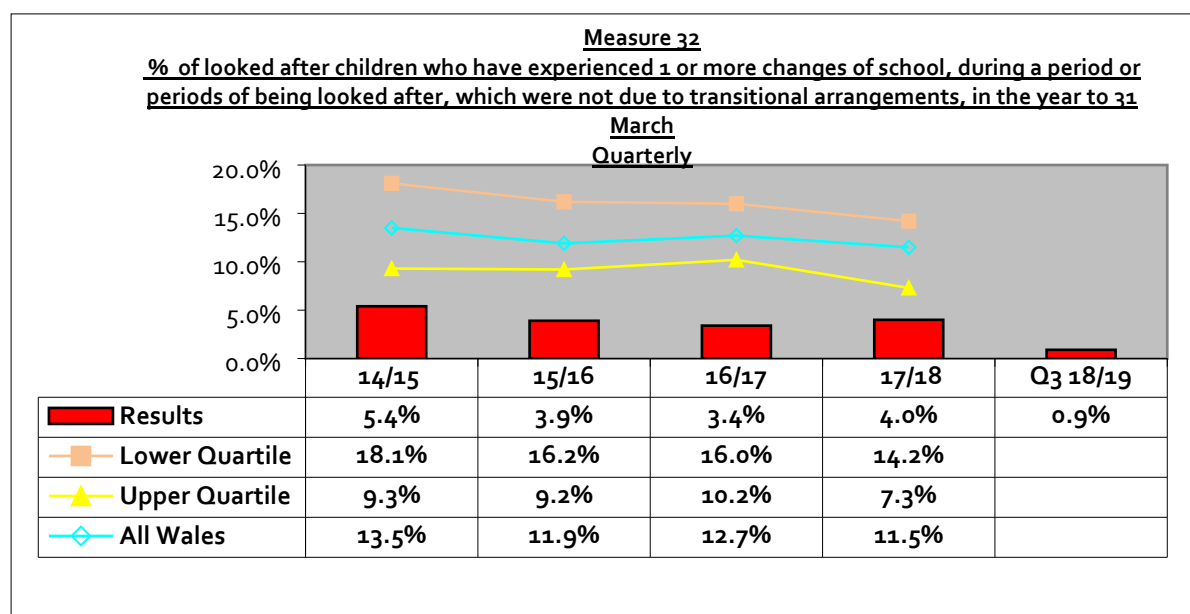
- Trauma Informed Practice
- Attachment Aware Principles
- Emotion Coaching
- Relational Play

It appears that training schools to meet the emotional wellbeing needs of looked after children has had a major impact on looked after pupil attainment.

Currently 73 schools in Carmarthenshire have looked after pupils. Staff within all 73 schools have accessed training in understanding the impact of trauma, abuse and neglect on learning. 54 schools have accessed whole school training. A total of 1,689 school staff have accessed a range of related training in applying attachment aware principles within the classroom including emotion coaching and relational play.

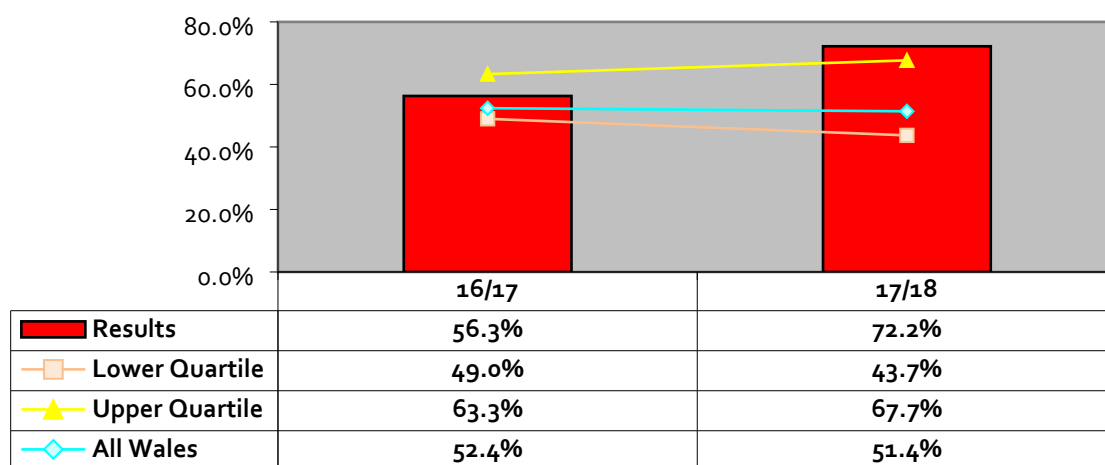
In addition to receiving training 289 staff have received 1:1 support in the classroom to implement positive interventions for children who are experiencing behaviours that challenge. This level of intensive support has been warmly received by schools and initial data monitoring appears to demonstrate that it is having a significant impact on improving outcomes for looked after children.

School stability is also an important factor in improving attainment. Looked after children experience significantly fewer school moves than anywhere else in Wales.



The improvements are sustainable for care leavers. Across Wales 48.6% of children who are looked after were not engaged in education, training or employment (NEET) on their 19th birthday. However, in Carmarthenshire only 28% of care leavers are NEET. This is best outcome for care leavers in Wales.

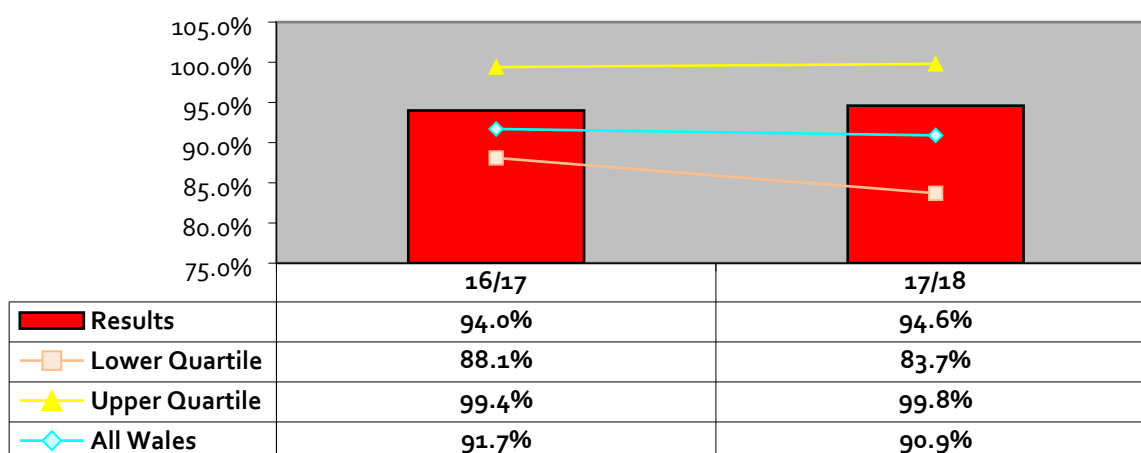
Measure 34a - % of all care leavers who are in education, training or employment at 12 months after leaving care
Annual



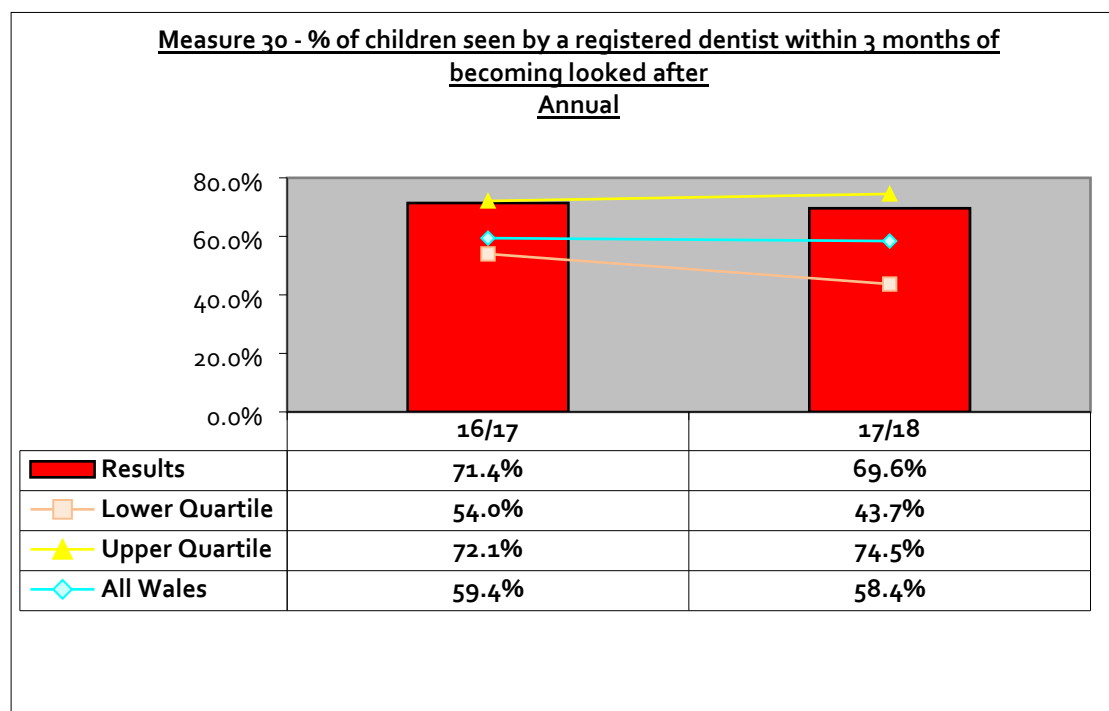
5. Health

There are positive joint working arrangements with Hwyl Dda Health Board and the Designated Lead for Looked after Children attends a range of panels and planning meetings for looked after children. School Nurses are trained in meeting the health and wellbeing needs of looked after children and the Lead for School Nurses is also an Attachment Champion. Generally looked after children in Carmarthenshire are healthy. 94.6% of children are registers with a GP within 10 days of becoming looked after.

Measure 31 - % of children looked after at 31 March who were registered with a GP within 10 working days of the start of their placement
Annual



Dental health is also promoted for looked after children and every effort is made to register looked after children with a Dentist within 3 months of becoming looked after. 69.6% of looked after children were registered with a Dentist within the time scale, which is higher than the all Wales average.



Hwyel Dda provide Specialist Mental Health Services for children in need of specialist mental health support. In 2018 26 looked after children were referred to specialist CAMH Services. Of those referred 7 were in receipt of a service.

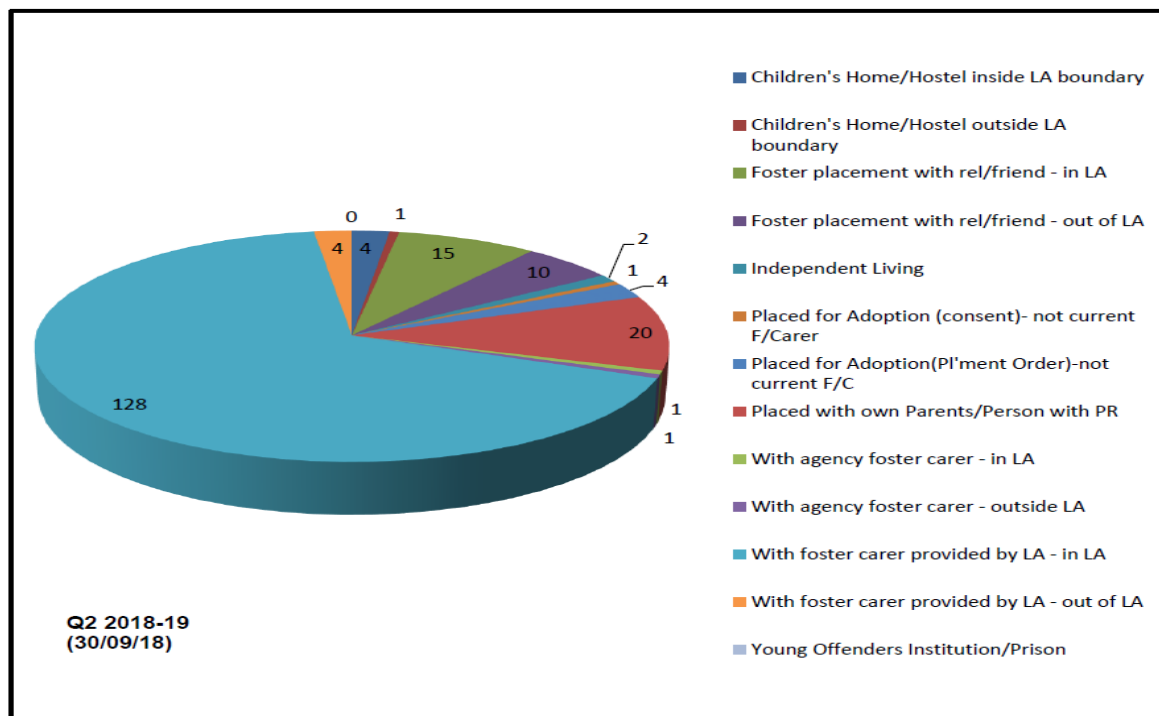
The Department for Education and Children's Services provide staff to support the wellbeing of looked after children. There are 2 specialist Educational Psychologists who support the Child Care Teams along with a Therapeutic Social Worker and a Therapeutic Worker. The team provides a range of positive wellbeing and therapeutic services for children as well as support, advice and training for foster carers and adoptive carers.

6. Accommodation and Housing

Wherever possible looked after children remain within Carmarthenshire with foster carers. In 2018 most looked after children under the age of 18 resided with foster carers. At the end of December 2018 147 children lived with foster carers within the county boundary. 20 children resided with their own parents, family or parental friends. 5 children were in residential homes and 1 child was in secure accommodation. There are only 2 children were living with foster carers provided by independent agencies.

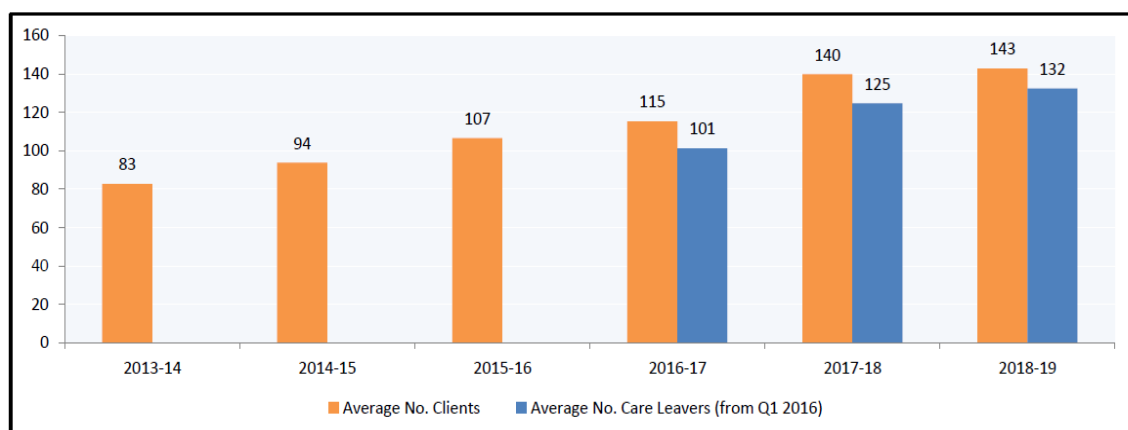
A new website has been launched to recruit foster carers and while there is still a need to recruit more foster carers to meet demand there is increased placement stability for looked after children in Carmarthenshire. Last year 8.8% of our children

experiencing 3 or more foster placement moves which was below the all Wales average of 9.6%. Children's Services have put in a range of measures to address this and initial data indicates that this is improving.



The local authority has a responsibility to continue to provide support for care experienced young people up to the age of 25. Under the Welsh Government's 'When I am Ready' (WIR) initiative young people can remain with foster carers over the age of 18. Currently 27 young people over the age of 16 reside with foster carers.

Average No. of Clients / Care Leavers (over the year) allocated to Personal Advisors 2013-2019



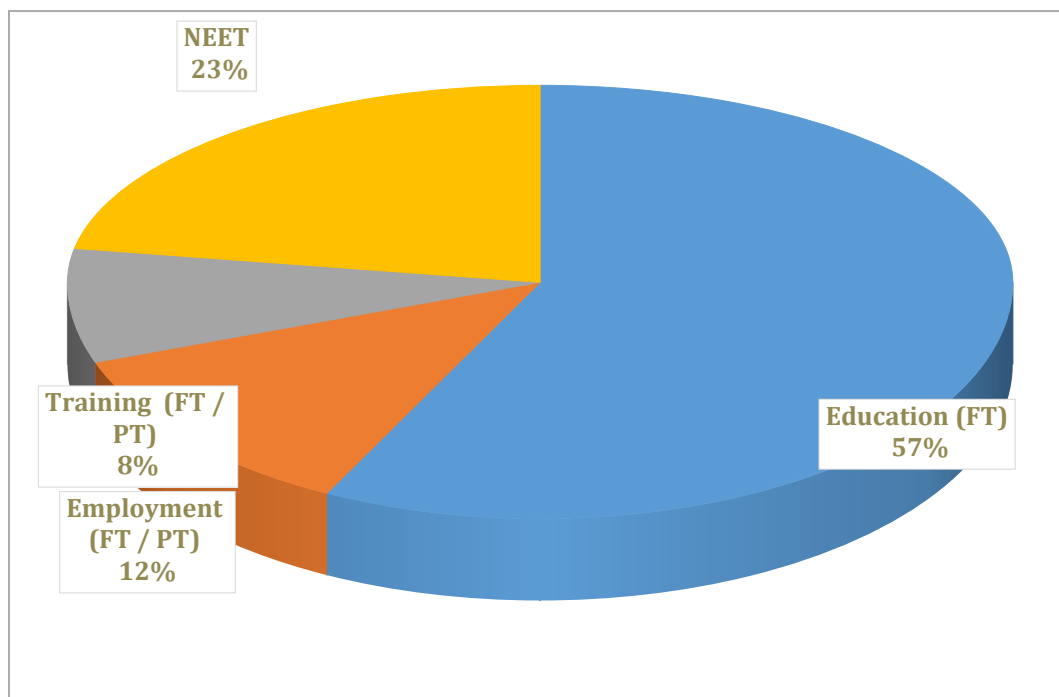
The number of care leavers experiencing homelessness in Carmarthenshire in 2018 was 8.9%. While this is below the all Wales average of 9.4% as corporate parents we work very hard to ensure that all care experienced young people are in appropriate accommodation and our aim is for no child that we have corporate parenting responsibility for is homeless.

At the end of 2018 most care leavers were living with foster carers or in supported lodgings. 19 had a council tenancy. 7 had a private tenancy. 3 were in temporary accommodation and 12 were living in supported accommodation.

In 2018 the Children's Commissioner proposed that local authorities adopt the St Basils Accommodation Framework for Care Leavers which ensures that all care experienced young people have appropriate accommodation and support options. The Housing Department are in the process of developing and embedding this model as part of their corporate parenting commitment.

7. Post 16 Employment, Education and Training

In December 2018 Carmarthenshire Care Leavers (16-25) were engaged in the following activities:



Currently 12 care experienced young people are in University and the local authority offers traineeships, paid work placements and volunteering experiences for care leavers who are at risk of NEET or just trying to identify their preferred area of work. As part of the corporate parenting strategy for 2019-2022 each Department in the

council will be asked to make an active commitment of supporting care leavers to gain work experience or employment within the council.

7- The Voice of Young People

There is an active consultation group for care experienced children called ECHOES which is run jointly with Voices from Care (national charity) and Children's Services. They meet monthly and are busy developing the 2019 Corporate Parenting Strategy. They have been part of Welsh Government Consultation Group at the Senedd and the NSPCC consultation on wellbeing. The Echoes group regularly contribute to local and national participation events.

Last year young people told us they wanted to communicate with us in a different way. As part of the IT transformation programme a Care Leaver has developed a secure communication system that will function on children and young people's phones. This should be launched later in April 2019.

4 of our young people have completed a leadership course with Challenge Wales. The challenge involves being part of a yachting crew out of Cardiff Bay. They are planning an overnight trip this year.

A group of young people volunteer at the Botanic Garden and engage in planting and clearing areas. They have achieved community volunteering awards.

Young people tell us that generally they are happy with the quality of care and support they receive from social workers, teachers and foster carers. Where improvements were highlighted young people indicated that:

- They would like more housing options.
- They would like more wellbeing support at school but not to be singled out as different.
- They would like to keep in touch with their foster carers post 18.
- They would like to communicate with staff using mobile phones.
- They would like more work placement opportunities.
- They would like more help in understanding why they are in care.
- They would like more information about what services are available to help them.
- They would like more help preparing for parenthood.
- They would like their LAC reviews to be less formal.

The wishes and feelings of young people are regularly captured by their social workers, leaving care workers and through the Echoes consultation group.

9- Summary

In summary the main points of this annual update are:

- Carmarthenshire has the second lowest number of looked after children per 10,000 population in Wales.

- Educational outcomes for looked after children and care leavers in Carmarthenshire are the best in Wales.
- School placement moves for looked after children are consistently low.
- Care experienced young people not engaged in education, employment or training (NEET) is lowest in Wales.
- 12 young people are currently in University.
- Training and support for schools in relation to Attachment Informed Practice appears to be having a positive impact on behaviour and learning.
- A small % of care leavers experience homelessness.
- The number of looked after children experiencing foster placement moves is lower than the all Wales average.

10-Corporate Parenting Priorities 2019-2022

- A wellbeing strategy for children looked after is in place.
- A 16-25 Housing policy will be complete by September 2019.
- Carmarthenshire will continue to contribute to the Welsh Government Corporate Parenting Review and will work to implement its recommendations.
- Carmarthenshire's Corporate Parenting Strategy has been reviewed and a draft strategy co-created with young people. The new strategy will be in place by July 2019.
- A new secure communication system developed for mobile phones will be piloted in May 2019 with the aim of implementation September 2019.
- The local authority will continue to provide training and support for schools to meet the wellbeing needs of looked after children through Attachment Informed Practice.

11. Health and Wellbeing Strategy for Care Experienced Children and Young People

Across Carmarthenshire County Council we are committed to actively supporting the wellbeing of care experienced children and care leavers in line with implementing our corporate parenting responsibilities. Supporting children's wellbeing is a collaborative requirement to work together to improve the physical, emotional, economic, social, environmental and cultural wellbeing of our children. Our vision and commitment is embedded in our corporate parenting strategy.

Our approach to wellbeing is holistic and strength based. Assessment and planning is informed by person centred, relationship based, trauma informed and attachment aware principles. In order to support the psychological wellbeing of looked after children we provide a high level of support and training for our adopters, foster carers, school staff and social workers that promote and support relational models of engagement across home and school.

We acknowledge Part 6:49 of the Code of Practice and understand that to secure permanence of placement and develop good self-esteem children must be supported to both maintain and build meaningful relationships with key adults:

'Care and Support planning MUST identify adults who can provide emotional support and a long term trusting relationship which will provide continuing support.' Part 6:49

Wherever possible children entering care should be encouraged to maintain supportive, positive relationships with appropriate extended family members of their choice. When in a school setting a key adult within the setting should be identified by the child and that adult should be trained and supported to meet the child's wellbeing needs. Foster Carers and Adopters should be provided with the appropriate training and support to facilitate an attachment focused relationship with the child or young person.

Our approach to meeting the wellbeing needs of care experienced children and young people is informed by: person centred, relational, trauma informed and attachment aware practice.

Person Centred

Person Centred strategies identify and act upon what is important to a child or young person and what is important for a child or young person. It is a process for continual listening and learning, focusing on what are important to a child or young person now and in the future.

Relationship Based

Relationship based principles are supported between children and social workers, foster carers, adopters, teaching staff and peers. This is a purposeful and methodical process of individualised support and engagement that encourages coaching, mentoring, self-reflection and shared learning.

Trauma Informed Practice

Trauma-informed practices are effective and can benefit staff and the children they support through promoting safe relationships and environments. Trauma informed practice includes a belief in resilience and in the ability of individuals, organizations, and communities to heal and promote recovery from early trauma.

PACE stands for Playfulness, Acceptance, Curiosity and Empathy. **PACE** is a way of thinking, feeling, communicating and behaving that aims to encourage children who have experienced trauma to feel safe.

Attachment Aware

A child's poor early attachment experiences with their main significant adult can hinder a child's emotional and psychological development. Children with poor early attachment experiences are more likely to demonstrate emotional deregulation and require an active programme of emotion coaching.

Supporting Emotional Wellbeing

Adults can support emotional wellbeing through promoting positive emotional experiences, developing healthy relationships, supporting children to be happy in the moment and by encouraging personal growth. **The authority provide a range of training to support adults to develop and sustain healthy relationships with children.**

Positive Emotional Experiences- Our children should be given the opportunity to experience happiness, kindness, love, satisfaction, pleasure and joy. They need to have positive emotional responses from the adults supporting them that help identify their strengths and positive attributes. Adults also need to acknowledge children's anger, sadness, anxiety and frustration and ensure that children are given a safe space to explore these emotions in a nurturing, safe environment with a kind adult.

Emotion coaching helps children to become more aware of their emotions and to manage their own feelings particularly during instances of distress and deregulation. It entails validating children's emotions, setting limits where appropriate and problem-solving with the child to develop more effective behavioural strategies.

Relationships- Relationships and social connections are one of the most important aspects of life. Humans are social animals that thrive on connection, love, intimacy, and a strong emotional and physical interaction with other humans. Teachers, social workers and foster carers should encourage healthy supportive relationships for children with themselves and with the children's peers.

Relational play and Theraplay promotes healthy relationship development, develops impulse control and improves attention and empathy. Adults provide a high level of structure and direction for the child, helping them learn to follow the lead of adults, to feel safe in relationships, and to relinquish control in ways that are healthy and anxiety-reducing.

Mindfulness- Children need something in their lives that entirely absorbs them in the present moment creating a positive immersion into a thought, task or activity. This type of satisfying engagement is important to stretch intelligence, practice skills, and develop emotional capabilities. There is also evidence that mindfulness reduces stress and increases personal awareness and empathy.

Mindfulness trains us to understand and direct our attention with greater awareness and skill. This may improve the capacity of children to concentrate and be less distracted, as well as their working memory and ability to plan.

Personal Growth- Having goals and ambition in life can help personal growth and achievement and give a sense of accomplishment. Children need to experience success in order to feel confident to overcome failure. Adults should provide opportunities for children to succeed. Initially incremental, small, realistic goals should be set in order to train the brain to engage in more complex, longer term aspirational goals. This is best achieved within a caring, nurturing child:adult relationship.

Growth mindset in children can be supported and developed to lead to increased motivation and achievement. Neuroscientific discoveries have shown us that we can increase our neural growth by the actions we take, such as using good strategies, asking questions, practicing, and following good nutrition and sleep habits.

The Care and Support Plan

When a child becomes looked after their social worker will produce a care and support plan (CASP) which will outline how the child's health and wellbeing needs will be met. The school will produce a personal education plan (PEP) which will highlight how these needs will be met at school; along with how the school will support the child's specific educational needs and promote inclusion.

Schools will carry out a **GL Emotional Literacy Assessment** (www.gl-assessment.co.uk) for all children new to care. The assessment will identify a wellbeing programme of work that can be completed at home and school and this information will feed into the CASP as part of the LAC Review. This will be reviewed annually.

If the plan for a child is for adoption then foster carers and potential adopters will be provided with attachment informed support and training.

Physical Wellbeing within the CASP

Hywel Dda Health Board work in partnership with the Local Authorities to ensure that children in care are provided with good health care, and that arrangements are in place to monitor the child's health care in accordance with the child's health plan. In order to do this, the Health Board provide an annual health assessment for children and young people who are looked after aged 5-18 years. The assessments for children under 5 years of age are undertaken on a six monthly basis, and where the health needs dictate this should be more frequent for all children.

The health plan is developed from the assessment of the child's health need and forms the **health element** of the care and support plan. It must include:

- The child's health history, including as far as practicable, the family health history
- An assessment of the child's state of health, including physical, emotional and mental health
- The effect of health and health history on the child's development
- Current arrangements for medical and dental care, and any planned changes
- Arrangements for routine checks of their health, including dental health
- Arrangements for treatment and monitoring of identified physical, emotional or mental health and dental care needs
- Arrangements for preventative measures such as immunisations
- Screening for defects of vision or hearing
- Advice and guidance on promoting health and effective personal care

The health plan should specify those actions to be taken, and services provided to meet the health needs identified in the health assessment, the person or agency responsible for each action or provision of each service, the likely timescales, and the intended outcomes.

The outcome of the statutory health assessments will be recorded in the child's records and communicated to the child's GP to ensure that the child's health records are up to date. A copy of the health assessment will be sent to the GP by the LAC Health Team.

The PEP, HA plan and CASP will be reviewed in line with statutory guidance but at least every 6 months. The views and assessments of schools, foster carers and social workers will inform the child's CASP and PEP and these key adults will have an active role to play in supporting and reviewing the child's health and wellbeing.

Psychological Wellbeing

Research tells us that children need to make a secure attachment with a significant adult and have consistent and warm **relationships** throughout childhood for good psychological health. A secure child will develop an internal model of themselves as lovable and of others as reliable and trustworthy which is a crucial base for developing self-esteem and emotional resilience.

In order to support psychological wellbeing we also actively promote **placement stability** through providing a high level of support and training for all adults supported children in care. The local authority will always strive for a stable family placement and continuity of school placement. The promotion of relational models of engagement across home and school also significantly contributes to psychological wellbeing.

The wellbeing of children and young people is regularly reviewed both at the LAC review and during team 'pod' discussions. When there are concerns for the psychological wellbeing needs of children the Educational Psychologist will consider a range of wellbeing or therapeutic interventions as part of the care and support plan. Consideration is given to range of professional in-house services:

- **Counselling,**
- **Theraplay,**

- **DDP,**
- **Family therapy**
- **TiSHHB (service for Sexually Harmful Behaviours)**

A range of staff across Schools and Children's Services are trained in lighter therapeutic wellbeing interventions of:

- **Emotion Coaching**
- **Mindfulness**
- **Relational Play**
- **Lego Therapy**
- **Person Centred Practices**
- **Drawing and Talking**

Life Journey Work

Once children become looked after their social workers will commence **Life Journey Work**. The objective of life journey work is to create a secure base for the looked-after child to explore their past, present and future. Life Journey Work commences on becoming looked after but continues to evolve and grow throughout the life of the child.

All adults who have a positive relationship with the child will be encouraged to meaningfully contribute to life journey work by helping to: collect memories, saving experiences, sharing positive thoughts, keeping mementos and saving photos or letters.

The wellbeing pathway for care experienced children and young people

Child becomes looked after

Actions for School	Actions for Social Worker	Actions for Foster Carer	Timescale
<p>3.5 to 7/8 years</p> <ul style="list-style-type: none"> -One Page Profile -ChaTT -IDP -Personal and Social Skills Assessment -Foundation Phase Personal and Social Development, Well-being and Cultural Diversity Skills assessment -Relationships circle – Person Centred Tool -From age 7 GL Emotional Literacy Screen - Friendship mapping <p>8 years plus</p> <ul style="list-style-type: none"> -Above plus GL Emotional Literacy Assessment <p>May also wish to include if available...</p> <ul style="list-style-type: none"> Boxall Profile SALT report Ed Psych advice BSOT Pastoral support plan Motional assessment and work plan 	<p>3.5 plus</p> <ul style="list-style-type: none"> -3 houses- worries, dreams, good things -Wishes and Feelings -Words and Pictures -Who is important to me -What's important to me 	<p>3.5 plus</p> <ul style="list-style-type: none"> -Good day -Bad day -What's important to me -What's working/ not working <p>8 years plus</p> <p>The above plus</p> <ul style="list-style-type: none"> -GL Assessment - Parental Questionnaire 	<p>20 working days</p>
<p style="text-align: center;">First LAC Review/ PEP INFORMATION SHARING</p> <p style="text-align: center;">Gain a holistic, strength based view of the child and agree priorities</p> <p style="text-align: center;">Agree an Action Plan: What, Who by When</p> <p style="text-align: center;">Wellbeing to be integral</p> <p style="text-align: center;">Identify desired outcomes for 3 month and 6 month review</p> <p style="text-align: center;">Consider interventions wellbeing interventions: talking and drawing, ELSA, relational play, mindfulness and emotion coaching.</p> <p style="text-align: center;">Action Plan embedded in PEP, CASP, IDP</p>			

<p>Consider- How positive information is shared across agencies to build a rich, full understanding of the strengths of the child and how the work can contribute to Life Journey Work.</p> <p>How adults can contribute to Life Journey Work- letters, pictures, knowledge, likes, dislikes.</p> <p>How the information 'follows' the child if they move area, schools or families.</p>
<p>REPEAT at future reviews</p>
<p>What happens if more support is needed?</p> <p>Case is reviewed with the Social Worker and Child Psychologist at 'POD'.</p> <p>Consideration is given to in-house services: counselling, theraplay, DDP, family therapy, TISSHB, Trauma Informed Practice, Relational Play, Emotion Coaching, additional Life Journey Work</p> <p>Or a referral to Specialist CAMHS</p>

Physical Wellbeing

When a child becomes looked after they will have a health assessment. This is usually carried out by the School Nurse who can sustain a supportive relationship with the child whilst in school. The assessment will be repeated annually. The health assessment may make a number of recommendations that will be included in the CASP and may need to be also included in the PEP. It is important to find activities that fully engage our children.

Engagement in physical and social activities are important for healthy personal growth and wellbeing.

Eating a healthy, balanced diet and taking regular exercise is an important contributor to wellbeing. Looked after children and young people are offered free access to swimming with their foster carers at leisure centres in Carmarthenshire and they should be supported to participate in school sports clubs and after school activities as well as having access to safe physical activities in the home. Young people aged 16 and over are also provided with free gym membership at Carmarthenshire Leisure Centres and the uptake of this should be encouraged.

To support children and young people's health the local authority will ensure that looked after children and young people:

- Receive support to maintain and improve their health and well-being (both physical and emotional);
- Be provided with information, support and advice to make informed healthy lifestyle choices;
- Have access to good healthy food and drinks;
- Have the opportunity to be involved in physical activities, regular exercise and play;
- Be encouraged to have a social life;
- Be encouraged to keep regular and agreed bed times to get enough rest and sleep;

- Receive help to find the answers to questions they have about being in care;
- Be offered counselling, if and when needed;
- Live in a smoke free environment;
- Be registered with a Doctor, Dentist and Optician and have regular check ups;
- Be given sufficient information to allow them to make informed decision, about having medical examinations and treatment;
- Receive health and sex education and information

Dental Health

The Dental Team, Public Health Wales produced 'Improving the Dental Care Pathway for Looked After Children in Wales' and a Hywel Dda University Health Board Dental Care Pathway has been developed in collaboration with Community Dental Services. The HDUHB Dental Care Pathway recommends that a standardised dental section is included within the Health Assessments of all children in care in HDUHB. The objectives of the questions included in the dental section are to:

- Understand the impact of poor dental health, if any, on the child.
- Establish the preventive and dental care need of the child; and
- Formulate an Action Plan to work towards maintaining and improving the dental health of the child.
- Monitor and review progress against Action Plan on dental health.

Improved dental recording within the health assessment should also result in a dental action plan discussion with the child and/or person with the parental responsibility and foster parent/link worker.

It has been agreed that the Community Dental Services (CDS) in Wales will be the main dental care provider for children in care. This is already the arrangement in most health boards in Wales unless foster parents or children choose to access dental care from the General Dental Services (GDS).

- All children new to care will receive a dental assessment within 3 months of becoming looked after from the Community Dental services.
- Toothbrush packs are given out at each health assessment and these have been provided by CDS.
- Agreement has been given by the CDS that the community dental practices will see care leavers post 18 years of age if they are not registered with an NHS dentist in the area. Part of the pathway plan is to ensure that around their 17th birthday that the young person registers for an NHS dentist.
- The dental department will inform the LAC Health Team of all appointment non attendances.
- The LAC Health Team will inform the dental department of Care Status and placement movements.

- HDUHB Dental Service will provide an annual report of the dental activity for LAC within HDUHB.

Sexual Health

The Sexual Health pathway facilitates a proactive and child centred approach based on identified need. It allows the young person to have the right to make an informed choice regarding their sexual health needs and gives all health professionals involved in their care the skills to give and reinforce consistent and accurate sexual health advice.

Sexual Health Pathway

- If sexual health need is identified then a referral is made to the sexual health service with the young person's agreement
- The referrals are assessed by a nurse responsible for vulnerable groups within the sexual health service
- A mutually agreed appointment is offered within the agreed clinic via the referring professional
- Sexual healthcare needs are addressed in one visit by one healthcare professional
- If the young person fails to attend then they will be contacted again via the referring health professional
- If appointment is urgent the referring health professional can contact the service directly identifying that the young person is care experienced.

Health Visitors/School Nurses

The Health Visitor and School Health Nurse are responsible for the delivery of the universal Healthy Child Wales programme and are often pivotal in the early identification and assessment of children and families and this allows them to build on their existing relationships with the children, families and foster carers to support their need as it arises.

Each Comprehensive School in the Hywel Dda University Health Board area has a named School Nurse who provides regular Drop-In sessions for the pupils. This ethos of service delivery ensures that this is a less stigmatising format as looked after children have expressed views that they do not want to be treated any differently than their peer group.

School nurses have been provided with training around Understanding Attachment and given strategies to support wellbeing. **The school nurse team leader is an attachment aware champion.**

The HDUHB Health Youth service – Iechyd Da, facilitate a variety of courses within the STAR project specifically designed for children and young people, which explores

positive and respectful relationships. These courses discuss safety, trust and respect in relationships and provide the children and young people with a toolkit of knowledge and resources that are designed to prevent them entering a domestically abusive relationship or, if they are in an abusive relationship, the knowledge on how to leave that relationship safely and gain support. The course is aimed at 14 years plus and also covers sexual consent, sexting, child sexual exploitation and pornography.

Training for Adults

The local authority provide a range of training for Foster Carers, Social Workers and Teachers as well as support on how to implement and apply these approaches:

- Mindfulness dotB
- Emotion Coaching
- Trauma Informed Practice
- Parenting with PACE
- Lego Therapy
- Relational Play.

Core Training is available for all School Staff as part of Phase 1 of the Behaviour Transformation Agenda

- Mindfulness for staff wellbeing
- DotB and PawsB (Mindfulness in Schools Programme)
- Trauma Informed Practice (Trauma informed Schools)
- Emotion Coaching
- Relational Play
- Restorative Practice

Useful Websites

Trauma Informed Practice for Schools

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

GL Emotional Literacy Assessment

<https://www.gl-assessment.co.uk/products/emotional-literacy/>

ACE Aware Wales

<https://www.aceawarewales.com/about/>

[Restorative Practice](https://restorativewales.org.uk/)

<https://restorativewales.org.uk/>

[Life Journey Toolkit](http://www.afacymru.org/index.php/en)

<http://www.afacymru.org/index.php/en>

[Attachment Aware Schools](#)

<https://www.bathspa.ac.uk/schools/education/research/attachment-aware-schools/>

Mindfulness in Schools

<https://mindfulwales.org/mindfulness-in-schools/>

Kate Cairns Training- Emotion Coaching

<https://kca.training/?info=main>

Dyadic Developmental Psychotherapy

<https://ddpnetwork.org/about-ddp/dyadic-developmental-psychotherapy/>

The Wellbeing of Future Generations

<https://gov.wales/docs/dsjlg/publications/150623-guide-to-the-fg-act-en.pdf>

[The Wellbeing Curriculum in Wales](#)

<https://beta.gov.wales/new-school-curriculum-overview>