



Cumbria Children and Young People's Plan 2021-23

Contents

Foreword	3
Introduction	4
Our Vision	4
COVID-19	5
Cumbria Context	6
One in a hundred children	7
Our Guiding Principles	10
All children and young people are happy and healthy	11
Children and young people do not experience health inequalities Children and young people enjoy positive emotional wellbeing and mental health Children maintain a healthy weight and good levels of physical activity	
All children and young people are safe	13
Children, young people and families receive coordinated support at the earliest opportunity to improve whole family outcomes and promote safety	
All children and young people are achieving	15
Raising achievement levels for all children and young people across Cumbria All children and young people have opportunities and aspirations for the future	
Key Strategic Partnerships and Agencies	17
Plan on a Page	18
Appendix	19

Foreword

Welcome to the refreshed Cumbria Children and Young People Plan 2021-23 . This is our plan for all our children and young people in Cumbria. It has been developed in partnership by the Cumbria Children & Families Partnership and is owned and endorsed by all agencies who work with children, young people and their families.

Our vision is that we want Cumbria to be a great place to grow up where children and young people lead happy and healthy lives, fulfil their potential and are protected from harm.

The plan sets out our shared aspirations and ambitions for all children, young people and families: providing the strategic direction and priorities for services, ensuring all our children reach their full potential.

The context within which we all work has been impacted by the ongoing presence of Covid-19, meaning more than ever we need to understand how children and young people's needs have changed as a result and how we must alter and adapt our approach to working with them. We will ensure that children are central to our recovery.

Local Government Reform and NHS Reforms are impacting on the way Local Government and Health services are delivered in Cumbria. This plan has been designed to make sure that services for children remain at the heart of all our plans.

The new plan retains many of the priorities and outcomes of the previous Children and Young People's Plan. This is not because we are complacent, but because we believe it has already made, and can continue to make, a real difference in the lives of children and young people. The plan sees us include 'happy' as a key outcome alongside 'healthy' to reflect the need for us to concentrate on the emotional health and wellbeing of children and young people as much as their physical health and wellbeing.

As a partnership, we know that it is crucial in times of increasing demands on services and change, that the Children & Families Partnership continues to enable and encourage partnership working. And we also know that together we can better meet the challenges we face and tackle the priority areas we have identified. We look forward to working collaboratively as we continue to make a real difference for all our children and young people in Cumbria.



John Readman

Chair of Cumbria's Children & Families Partnership on behalf of all CCFP members

Introduction, Vision and Context

Cumbria's Children and Young People's Plan 2021-2023 sets the strategic direction and intended outcomes for services for all children, young people and families in Cumbria. The plan aims to improve the lives of children and young people living in Cumbria, as well as their families.

Any references to "child" or "children" should be taken to mean any young person aged 0-19 (up to their 19th birthday), care leavers up to the age of 25 (their 25th birthday), and young people up to the age of 25 who have special educational needs and disabilities for whom the local authority continues to provide support.

The plan has been written by Cumbria's Children & Families Partnership. This is a partnership that represents all the agencies working with children and young people across the county. The Children & Families Partnership unites all partners providing services for children and young people at both a strategic and local level. Any references to "we" in this document are intended to refer to the Children & Families Partnership collectively, working in close partnership with children and their families.



Our Vision

The Children & Families Partnership sets as its overarching vision:

**“Cumbria is a great place to grow up
and all Children are happy, healthy, safe
and achieving.”**

COVID-19

COVID-19 represented an unprecedented challenge for children and young people, their families and the wider communities. The Covid-19 has impacted all of our communities and continues to do so. It has had a significant impact on the lived experience of children and young people, which includes impacts on their emotional wellbeing and mental health, the economic status of their families and disruptions to education.

In Cumbria, we have continued to provide services across the partnership, with multi-agency arrangements continuing and work with children and families being delivered using virtual methods where face-to-face contact has not been possible. Schools have worked incredibly hard, in collaboration with key partners, to ensure they were able to provide places for vulnerable children and those of key workers.

The Cumbria Recovery Strategy, has been developed and is owned by The Strategic Recovery Group for Cumbria. The delivery of this strategy will be done via existing strategic partnerships, including the Children & Families Partnership. The priorities and measures of progress within the recovery strategy and outcomes framework have been incorporated into this Cumbria Children and Young People's Plan.

Appendix 1 outlines the impacts of COVID-19 for children and young people.



Cumbria Context

Cumbria is a large county geographically with a relatively small population. This presents challenges in delivery of services, labour markets, and connectivity across the county.

Cumbria is the second largest upper tier authority in England at 6,768 sq. km, covering almost half (48.0%) of the North West region. However, with a population of 499,781 Cumbria is the second least densely populated upper tier authority in England with just 74 people per sq. km. (Source: ONS population estimates 2020.)

Over half (53%) of Cumbria's population lives in rural areas, with urban centres around the periphery of the county. (Source: ONS population estimates 2019 / ONS Rural Urban Classification 2011.)

The Office for National Statistics (ONS) reports that Cumbria is home to 101,552 0–19-year-olds, this equates to 20.4% of the county's total population and lower than the national average of 23.6%. (Source: ONS population estimates, 2020.)

Currently the county has two tiers of local government; one county council, six district councils, along with two national park authorities and 266 parish councils.

Cumbria has a total of 321 local authority-maintained schools and academies, comprised of:

- **Nursery schools – 5**
- **Primary schools – 268 (including infant, junior and primary schools)**
- **Secondary schools – 39**
- **Pupil Referral Units (PRUs) – 3**
- **Special schools – 6**

Cumbria also has 43 Children's Centres (including satellite centres).

For Health, Cumbria is part of two Integrated Care Systems (ICS) North East and North Cumbria ICS and Lancashire and South Cumbria ICS.

Employment is mainly based in the manufacturing, wholesale and retail, health and hospitality sectors.

8.1% (26 out of 321) of Cumbria's Lower Layer Super Output Areas (LSOAs) sit within the most deprived 10% of LSOAs nationally. (Source: IMD 2019 - Ministry of Housing, Communities and Local Government 2019.)

Income levels are relatively low in Cumbria with the median household income in the county being £29,434 compared to £33,820 in England. (Source: CACI Paycheck 2020)

Cumbria has 2,809 Children in Need with an open episode of need, 506 children currently subject of a Child Protection Plan (CPP), and 730 Children Looked After (CLA) with an open episode of care (31 December 2020).

As a proportion of the 0-24 age population in Cumbria, 3.1% have an Education and Health Care Plan (EHCP) – 3926 young people (January 2021).

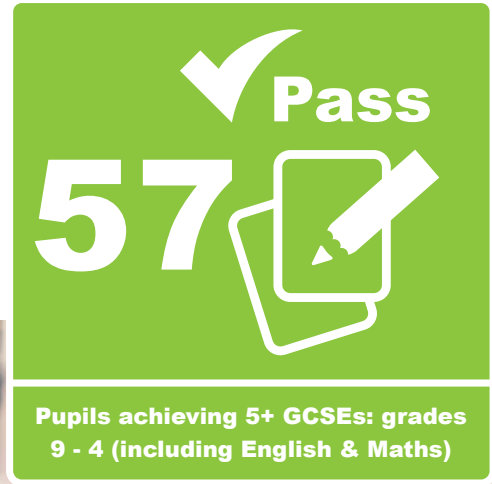
There is significant inequality in life expectancy between the most and least deprived areas in Cumbria, with life expectancy at birth being 9.5 years lower for men and 7.9 years lower for women in the most deprived areas compared to the least deprived areas. (Source: Inequality in life expectancy at birth 2016-18, Public Health England)

Cumbria has developed a Recovery Strategy to help to tackle some of the widening inequalities because of the pandemic.

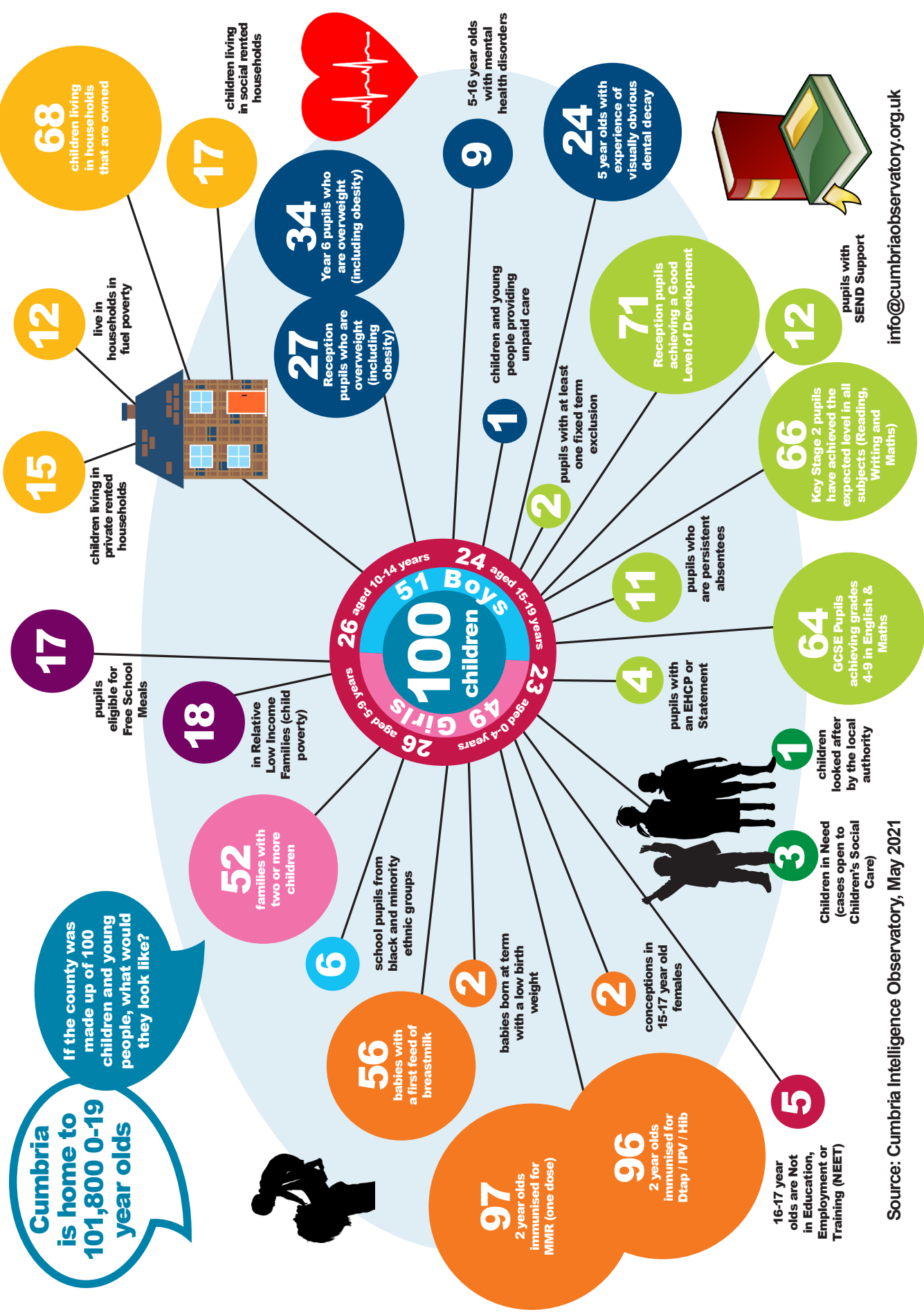
It should be noted that most of the context above does not include the impacts of Covid and equally that our ambitions for children and young people have not changed but the starting point may have been impacted. (see Appendix 1 for more details on the impacts of Covid for Children and young people)

One in a hundred children

Cumbria is home to 100,800 children and young people aged 0-19 which equates to 20.4% of the total population of the county. The images on this pages show some key figures about our children and young people and how they would look if we imagined the population was just 100.







Source: Cumbria Intelligence Observatory, May 2021

info@cumbriaobservatory.org.uk

Our Guiding Principles

We have identified the key principles below, which underpin our work with children, young people and families.

Recognising strengths

We work with children, young people and families in a way that recognises strengths and things that are working well - while never losing sight of the concerns and things we are worried about.

We keep children and young people at the heart of our work

We will seek to ensure that the voice of children, young people and families informs, guides and drives the work we do and that we understand their lived experience.

Support at the earliest opportunity

We will work to prevent problems escalating and intervene at the earliest possible stage to provide the right support to children, young people and families.

Think family and thriving communities

Where there are worries and concerns, a central consideration will be what resources and support are available within the wider family and community network which can be harnessed to build safety and wellbeing for children and young people.

Co-production and engagement

We will work in partnership with each other as agencies and children young people and families - recognising that our aspirations are more successfully achieved if we work together rather than assuming one agency or organisation can solve an issue in isolation. We want to see children, young people and families increasing involved in service design and development, and clearly informing and owning their plans.

Working in partnership

We recognise the importance of integrating services where this would be likely to improve outcomes and/or the experience of children and families. Our aspiration is to have place based integrated services and a workforce that works together in an integrated way including local approaches based around local communities working together with services in their local area to improve how their needs are met.

Inclusion

We are committed to inclusion in Cumbria. We have a comprehensive inclusion strategy that seeks to meet the needs of all our children and young people across a diverse range of needs. We recognise the barriers that can be faced by some of our children and young people. In everything we do to support and deliver this plan - inclusion is at the heart.

A photograph of two young children lying on their stomachs on a green lawn. The child on the left is a young girl with dark hair, wearing a white dress with large pink and yellow butterfly patterns. She is smiling broadly at the camera. The child on the right is another young girl, also smiling, wearing a white dress with a yellow ruffled collar and a pink top. Several colorful balloons (yellow, orange, red, teal) are scattered around them on the grass.

All Children
and Young People
**are Happy
and Healthy**

Outcome: Children and young people do not experience health inequalities

Why is it important

- Children's health is not only their fundamental right but also determines whether Cumbria is healthy and prosperous in future years. We know that in Cumbria, as in other places, health outcomes are impacted by a number of factors including; where people live, the quality of housing, opportunities to access open spaces and engage in sport and other activities, poverty and deprivation, wider environmental conditions and learning and employment opportunities. Covid has had a detrimental impact on health inequalities. Our aspiration is that wherever you live in Cumbria, and whatever your background, you are able to achieve good health and wellbeing.

Outcome: Children and young people enjoy positive emotional well-being and mental health

Why is it important

- Promoting and supporting the emotional and mental wellbeing of children and young people is identified as one of the key challenges to their wellbeing in Cumbria and recognised as such in our Cumbria Health and Wellbeing Strategy and Cumbria's Joint Public Health Strategy.
- We know that children and young people have been disproportionately adversely affected by the measures that needed to be in place to tackle the COVID pandemic.
- This is consistently the issue that matters most to children and young people in Cumbria. This year 50% of the youth population (15,846) across 73% of schools took part in the 'Make Your Mark' consultation to vote on their top ten issues. 'Mental Health' came out top overall, with 3006 votes.
- If we fail to effectively tackle adverse childhood experiences and support the emotional and mental wellbeing of our children and young people, the impact individually and collectively for society is significant. Using the Thrive model, our focus must be on effective early intervention and prevention, as well as ensuring that when support is required our provision is timely and sufficient and our practice is trauma informed.

Outcome: Children maintain a healthy weight and good levels of physical activity

Why is it important

- Not being a healthy weight can have significant health issues for individual children, their families and public health. It can have serious implications for the physical and mental health of a child, which can then follow on into adulthood. The numbers of children who continue to have an unhealthy, and potentially dangerous, weight, is a national public health concern.
- In Cumbria we have higher than national rates of reception aged children who are obese. We also have a high number of reception aged children who are overweight. By year 6 this number has increased.
- Promoting healthy choices including exercise and activity and creating an environment which makes it easier for children and young people and their families to be active regularly is central to better health.
- Supporting and enabling children and families to make healthier choices is key and we want to make it easier for lifestyles which support good health to be achievable for everyone.

All Children and Young People are Safe



Outcome: Children, young people and their families receive coordinated support at the earliest opportunity to improve whole family outcomes and promote safety

Why is it important

- We advocate the benefits of providing help early so that problems experienced by families do not escalate. Most children enjoy happy childhoods living with their parents or family members, but this is not the case for every one of them. We want all children and young people to be safe, and to feel safe. We must work relentlessly to identify the risks of harm to the welfare of our children and young people and tackle adverse childhood experiences which risk harming their life chances, including domestic abuse, mental health issues, substance misuse, youth crime, family and youth homelessness.
- We must ensure that when children are identified as being at risk of harm, services intervene at the earliest possible stage and provide a consistently good quality of intervention – which recognises and builds on the strengths and protective factors already present within the family and wider network that can be harnessed to support the management of risk.
- We are committed to a Think Family approach. This means thinking about the child, the parent and the family, with adult and children's services working together to consider the needs of the individual in the context of their relationships and their environment. It should thus provide the optimum service that makes the best of what specialist training, knowledge and support is on offer.



All Children
and Young People
are Achieving

Outcome: Raising achievement levels for all children and young people across Cumbria

Why is it important

- The vast majority of pupils in Cumbria receive a good education, in good schools, with the support of their family. We want all children and young people to make progress and achieve to the fullest of their ability at every stage of their lives, from their early years through to adulthood. We want this for them because we know that educational achievement has a strong and direct impact on improving their social mobility in life and their consequent health and wellbeing.
-

Outcome: All children and young people have opportunities and aspirations for the future

Why is it important

- Cumbria has a challenge in youth unemployment with some parts of the county having youth unemployment rates three times the national average. Our children and young people have told us that one of the things that matters to them is a curriculum for life. We need to prepare our young people to be adaptable, resourceful and raise their ambitions so that they can benefit from opportunities as they arise.
- Improving education outcomes is essential so that pupils have the necessary currency to progress to the next stage in their life journey. We must ensure that pupils have the skills for life for them to be successful in the future to get the training and/or job that they want. We must prepare our young people for life and work and help them develop the resilience to face the inevitable challenges their lives will present. We must equip our young people to learn and adapt as the world of work continues to change so that they have the right skills at the right time to help Cumbria's economy thrive. This means working closely with the whole industrial sector to develop routes into employment, align curricula to the local labour market, provide suitable work experience and support employers to create genuine opportunities for inclusive growth.

Key Strategic Partnerships and Agencies

- Cumbria County Council
- District Councils
- Cumbria Primary Headteachers' Association
- Cumbria Association of Secondary Headteachers
- North Cumbria CCG
- Morecambe Bay CCG
- North Cumbria Integrated Care
- University Hospitals of Morecambe Bay NHS Foundation Trust
- Lancashire & South Cumbria Foundation Trust
- Cumbria, Northumberland, Tyne & Ear NHS Foundation Trust
- Cumbria Police
- Office of Police Crime Commissioner
- Cumbria Probation
- Cumbria Voluntary Sector Reference Group



Cumbria Children and Families Partnership

Our Outcomes

Happy and Healthy

- Children and young people do not experience health inequalities
- Children and young people enjoy positive emotional wellbeing and mental health
- Children maintain a healthy weight and good levels of physical activity

Safe

- Children, young people and families receive coordinated support at the earliest opportunity to improve whole family outcomes and promote safety

Achieving

- Raising achievement levels for all children and young people across Cumbria
- All children and young people have opportunities and aspirations for the future

How we'll know we've made a difference

Happy and Healthy

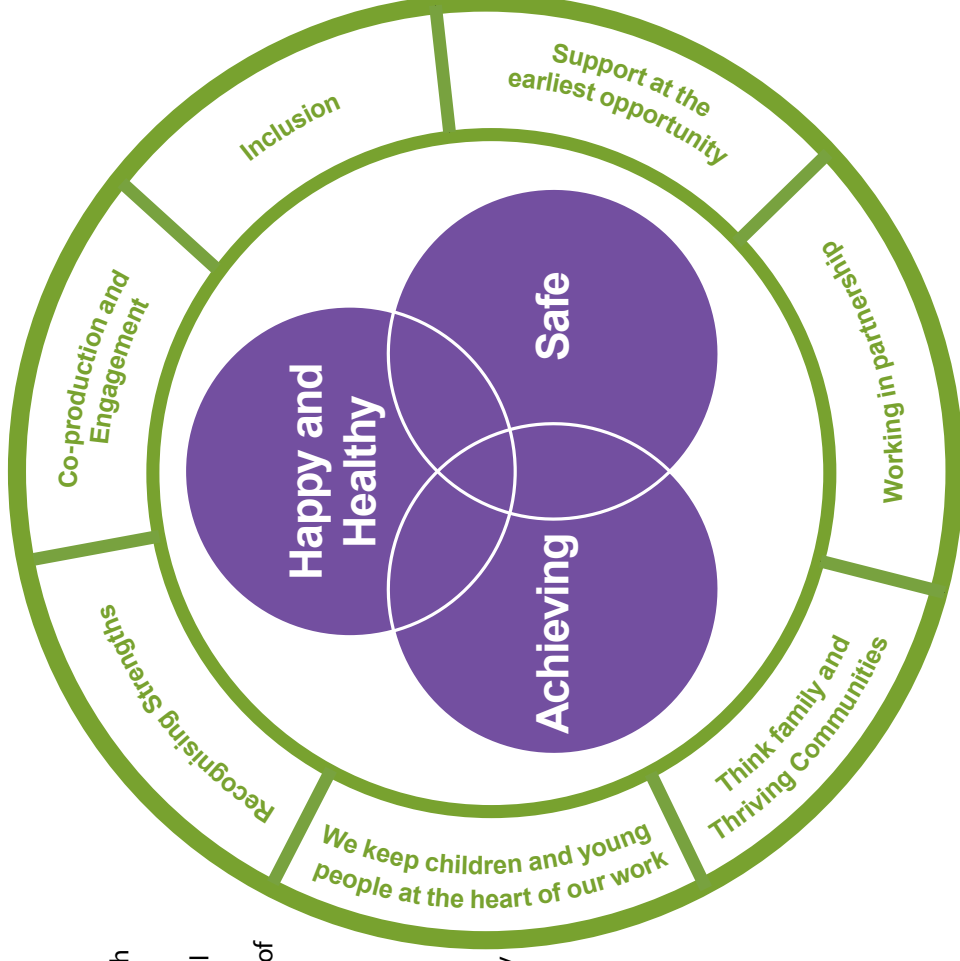
- Children and their families will be able to access help when they need it
- Children will be resilient
- More children and families making healthy choices
- More children will have a healthy weight and live active lives

Safe

- Fewer children in receipt of statutory services
- Fewer children living in poverty

Achieving

- More young people in education, employment or training
- Increase in progress 8 and attainment 8 at KS4
- More children will attend 'good' or better schools
- Reduction in the gap for disadvantaged



Our Guiding Principles

We have agreed that our overall approach to everything we do that affects children, young people, their carers and their families will be guided by the following principles:

- We keep children and young people at the heart of our work
- Support at the earliest opportunity
- Recognising strengths
- Think family and thriving communities
- Co-production and engagement
- Working in partnership
- Inclusion

Appendix 1

The impact on children and young people in Cumbria's COVID-19 **Recovery Strategy** are:

- The effects of long-Covid are likely to be greater for people in more deprived neighbourhoods because they are more likely to have pre-existing existing health problems and, if they are able to work, are more likely to do so outside the home and in manual jobs. Those who cannot work as a result of long-Covid are more likely to go into debt and those who were already unemployed may face additional challenges such as finding it harder to find employment because of poor health. This may impact children and young people as they enter the labour market.
- Domestic abuse safeguarding referrals totalled 7,871 in the 12 months from the beginning of the first national lockdown in March 2020, an increase of +4.0% compared to the previous year. For children, this may mean that they will have witnessed or been subject to more domestic abuse in their own home.
- The long-term impact on Child safeguarding is unknown and there have been expectations that as restrictions lift referrals would increase but also there have been anecdotal reports that some families struggling on low incomes (multiple low paid jobs plus benefits) found the first lockdown easier than normal life – unemployed, but benefits unconditional, no pressure from school, and able to spend time together as a family instead of always running around to meet the system demands. There have however been anecdotal reports that families have experienced added pressure of trying to home school at the same time as having to work.
- All school year groups have experienced a learning loss in reading. In primary schools these were typically between 1.7 and 2.0 months, and in Year 8 and Year 9 1.6 and 2.0 months respectively. The learning losses in mathematics were greater, in primary schools learning losses averaged just over 3 months. Pupils in schools with high levels of disadvantage have experienced higher levels of learning loss in reading than other schools, particularly in secondary (2.2 months in schools with high rates of free school meal eligibility and 1.5 months in schools with low rates of free school meal eligibility). This may mean that there will be a widening of the attainment gap between disadvantaged pupils and their peers. (Source: Department for Education, 2021)
- Many disadvantaged families face digital exclusion, in terms of connectivity and access to IT (Source: UCLan, 2020). Affordability, digital infrastructure and digital skills may all affect digital inclusion and may exacerbate some issues that rely on digital as a mitigation.
- Cumbria has poor quality connectivity of mobile and broadband services which reduces the ability of people in isolated areas to take advantage of replacement online services and online social activities. (Source: University of Cumbria, 2020a)
- Increased levels of child poverty are expected as a result of increased numbers of people accessing benefits. 2,483 new Free School Meal applications have been accepted since the beginning of the first national lockdown in March 2020 up to 28 February 2021, an increase of +36.7% (+667) compared to the previous year (Cumbria County Council).
- There were 14,052 more households on Universal Credit in November 2020 than in November 2019, including 4,339 more households with dependent children (+61%).
- Unemployment claimants totalled 13,370 in February 2021, an increase of +94% compared to February 2020. Claimants represent 4.5% of Cumbria's working age population (Office for National Statistics).
- Debt is expected to increase due to unemployment across households. Loss of overtime and shift payments (whilst on furlough) has been identified as a reason for people accessing Credit Unions and Foodbanks with a long-term implication being, they'll be carrying debt even if they go straight back into job.
- Working from home may have tipped some households into fuel poverty over the winter months (MAIC, anecdotal). The CCC helpline payments have totalled nearly £200,000 for ways to welfare and Covid-19 payments (Cumbria County Council).

