



Eastbourne Community Network June 2018 meeting, Archery Youth Centre

“Working differently with Children and Young People around mental health and wellbeing” Outcomes Report

The Eastbourne Community Network event, held on **6th June 2018**, was one of four quarterly meetings of the Network. **Eastbourne Community Network** is a meeting for voluntary and community groups, public sector partners, local private sector and anyone else working and volunteering in the local community. The Network meetings are organised in partnership by 3VA (Voluntary Action in Eastbourne, Lewes District and Wealden) and the Locality Link Worker for Eastbourne, Julie Tremlin.

This was one of our thematic meetings dedicated to Children and Young People’s Mental Health and Wellbeing. The event focused on exploring the services children and young people can access and how we can work together across sectors and organisations to increase the range of support available. We wanted to consider what services will look like in the future and how, by taking a strength based collaborative approach, we can develop new ways of working.

24 people attended, of whom 17 were new to the Network. There was a strong representation from both voluntary and public sector organisations and projects working with young people. It soon became apparent and striking that for many in the room this was a very rare opportunity to meet others working in the same area with this age group, understand what each other do and how this can help the children and young people that each organisation supports. Our speed networking session was once again in high demand, attendees literally didn’t want to stop networking, with kept scribbling down what everyone was doing and continued to exchange information and contact details.

What has this network meeting helped people with? As in previous meetings, people said that networking with other voluntary groups was really valuable . This was followed by understanding how you can connect with other people and groups, and learning about sharing resources with other organisations. The day left us all feeling surprised at how unconnected the Children and Young People sector feels, so it’s not surprising that people appreciated the opportunity to network and learn about other organisations.



MINI TALKS

Groups in the community tell us that they want the local community networks to be an opportunity to make connections, as well as to learn and access information. As a result we regularly have one or two mini talks at the meeting. In June, we had two excellent presentations from Atiya Gourlay, Equality and Participation Manager at Children's Services, East Sussex County Council and Vicky Ashby, Youth Services Project Manager at Sussex Partnership NHS Foundation Trust.

Atiya discussed what early intervention services for families, children and young people are currently available and what's being under review. She has used examples from continuum of need diagram to help us understand how services for Children & Young People in East Sussex fit together.

As a follow-up 3VA has immediately shared the consultation survey on Early Help review via the [Network's online group on Facebook](#) and we have received feedback that there has been a number of surveys returned after that.



Vicky Ashby presented particularly useful and insightful evidence about the level of mental ill health among young people in England and East Sussex, and showcased i-Rock, an award winning project based in Hastings, which will be coming to Eastbourne. i-Rock is a place where young people aged 14-25 can seek support for matters such as mental health, wellbeing, housing, employment and education. It's a non-judgmental, drop in center with number of organisations available in one place. In 18months the service in Hastings has seen nearly 400 young people, many of whom said that they would not have accessed other services had i-Rock not been there for them.

This was a great opportunity for the local groups to ask Vicky more questions, find ways to influence, before the service is set up locally. To get to know the project in few minutes watch the video

<https://www.youtube.com/watch?v=whuw3cGvGuY&feature=youtu.be>

Both presentations are shared on 3VA website – in the ECN section -

<https://www.3va.org.uk/resources>

GROWING OUR CONNECTIONS

Growing our connections is a practical exercise we do at each network meeting in order to concentrate discussions not only on just what connections were taking place, but also on how people are and could connect. We capture the information on connection cards, which are stuck on the wall in the second half of the event so that everyone can see who is doing what and can get inspired to connect even more.

Participants were asked to complete “Wish You Were Here” postcards to organisations they felt would benefit from attending future meetings and collaborating with organisations in the room.

Just a few of the ideas, from the June meeting, that describe how people are connecting:

- Local charity providing food growing and gardening based activity for a group of disabled young people
- Charities arranging meeting with key public sector staff to link up across teams
- 3 charities working together on an engagement event to increase young people’s participation
- Establishing sign posting / referral processes between a few charities and specific youth public sector staff
- ESCC and a local gardening group working on improving the space outside the Youth Centre



THE VISION FOR CHILDREN AND YOUNG PEOPLE’S MENTAL HEALTH AND WELLBEING

This table captures the most commonly shared ideas. We used Appreciative Inquiry to explore what those attending felt, what services could look like and best suit the needs of young people in Eastbourne. There were several proposals, and these are ones which each discussion group decided to highlight.

All information captured in the ‘Ideal case scenario’ (The Dream) section came from the discussion on the day. The other columns are based on what’s been said on the day and the post-event discussions between ECN organisers – Miriam Wilkinson, 3VA and Julie Tremlin, Locality Link Worker. Some of this discussions was also informed by our involvement with the Your Town Young Peoples Event.

View electronic version to access lots of links and resources.

The ideal case scenario (“The Dream”)	What’s happening already	What’s the challenge	Possible Solutions
<p>More involvement with young people and families in diverse communities and multicultural connections.</p>	<p>For example: LGBT Young People group in Devonshire West – Heart Touching Photography.</p> <p>Bourne Out group (the group focuses on adults but may have good connections).</p>	<p>BME and multicultural groups are /can be hard to reach.</p> <p>Engaging these groups with topics which can be quite sensitive and being aware of cultural differences.</p> <p>Engaging without stigmatizing.</p>	<p>Diverse and multicultural communities might get engaged, if there is one big event about activities for children and young people in the town.</p> <p>When connections are forged developing a stronger link and empowering these groups to feed into consultations and service needs/requirements.</p> <p>Some schools are working with specific groups could we work with schools to engage these groups?</p> <p>Feedback from ECN can be provided to Cultural Involvement Group (<i>want to know more about the group, contact Miriam Wilkinson at 3VA</i>).</p>

<p>Thriving spaces for young people (incl youth centres), with young people managing assets/ projects themselves to create more ownership. Help young people gain skills and like their local areas.</p>	<p>There is a number of young people's groups and centres in the town, visiting these to see how they are operating would provide an insight, ie;</p> <ul style="list-style-type: none"> • Who is leading • How are YP's supported/ engaged in leading • Sustainability of groups <p>Your Town Project has just started in Eastbourne, where young people from 7 schools in the town are developing projects they would deliver in their areas.</p>		<p>* Your Town project is developing small projects and initiatives lead by young people. Some suggestions discussed include young people taking on an area, an event or building. We will continue working with the YP and their schools as they develop the priority projects in the Autumn.</p> <p>Want to know more about Your Town, or think you can help young people develop projects, get in touch.</p> <p>* Could be discussed further at a workshop or potential YP event.</p>
<p>Well-developed services for early intervention</p>	<p>There is a number of services; early intervention now often delivered within voluntary sector.</p>	<p>Funding for intervention is being often cut. There is limited, if any, funding for universal services, with resources being directed to complex cases.</p> <p>Lack of early intervention is likely to contribute to more young people and families needing intervention.</p>	<p>During the process of consultation for reconfigured Early Help services there is an opportunity for all to be involved and consider how the services work in a different way within the constraints of budgets and alongside community groups.</p> <p>How could the voluntary and community sector be involved in this dialogue?</p>
<p>Strong communities who support younger people, with key role for</p>	<p>Some positive examples among Scouts, Guides, Woodcraft Folk groups.</p>	<p>Involving parents within more communities to be actively involved.</p>	<p>Feedback could be fed into: - good neighbour schemes – if they are more developed in the town.</p>

neighbours, wider local community and professionals.			- community locations/centres/hubs
Single point of access to services for young people, where young people have to tell their story only once.	Development of I-Rock service in Eastbourne. i-Rock can offer advice and support on emotional and mental wellbeing, jobs, education and housing.	Finding the best location for these services which are easily accessible to young people. Encouraging all to co-develop and collaborate.	*Co-developing and collaborating across the different services to develop a model of good practice for children and young people. mental health in Eastbourne. *Taking good practice and rolling out into other services. Inviting team behind i-Rock in Eastbourne to come to a future ECN meeting and share their recipe for success and lessons learnt.
Training available for people working in voluntary and community organisations (not specifically around mental health) on identifying and addressing mental health needs	Some training already available through a range of community orientated providers: Mental Health First Aid (3VA) ESCC & partners 'Children Workforce Training' Making every contact count E-Learning MIND publications Royal College of Psychiatry publications Sussex Downs College Courses	Local, accessible, low cost but high quality training for those working and volunteering in the community.	3VA working with LLW and ESCC on providing training co-run by young people with lived experience of mental health. We will endeavor to include it in 3VA 2018-19 training calendar.
Somewhere for organisations working with Ch&YP to come together	Some local structures still exist, i.e. Eastbourne Youth Partnership.	Gaining an insight of -groups -organisations -meetings in the field of Ch&YP.	3VA, ESCC and LLW are now working on a potential large, annual event all about Children and Young People in Eastbourne. We are looking at resources we can commit to this and where to find further funding. We will be looking for other partners to come on board.

		Ever changing landscape due to funding and reconfiguring.	
Strong support for families and parents so they build their confidence, are empowered and skilled to support their children.	Triple P Service which provides local parenting support. Children Centres offering.	On-going, universal support needed to prevent cases going into crisis. Engaging Health Visitors and School Nurses who already have a high workload.	Linking up with Children Centres, sharing findings from the ECN meeting and engaging directly in any future meetings/ events. ECN and individual organisations engaging with Parent Support Advisers and Family Support Workers, but need to look at what we can offer them in return for their involvement.
Good understanding of need in the town – utilising data we have.	Public Health report shared. Training on ESiF (East Sussex in Figures) available in 3VA training programme. https://www.3va.org.uk/training-calendar/month	Raising awareness of the actual aspects of need.	Opportunity to look at how ESiF might be more user friendly. How and why people will want/use data. Promoting the data and opportunity to look at who holds what data, and how are we using it.
Good knowledge of what's out there both for professionals and young people and their families	ESCIS (East Sussex Community Information Services) – lists hundreds of Children and Young people groups in Eastbourne.	Organisations in both sectors are forgetting to use ESCIS. Organisations are not putting their information on ESCIS – It's FREE!	*LLW are providing training on ESCIS, which is being offered to ASC and Health staff first then will be offered wider. Contact Julie Tremlin for more information. *LLW will offer training to key staff in Children Services through the Eastbourne Youth Partnership meeting. *3VA continues to promote ESCIS through e-newsletter and social media

Sharing learning from successful projects and initiatives in other parts of UK and overseas.			Could be something to include, if we can organize a dedicated YP an event.
Range of extra curriculum activities for young people, in diverse areas of town, available free or low cost.	<p>ESCIS is a good place to start, to see what's already available in the town.</p> <p>Devonshire West Big Local provided small funding to a few local projects and activities for Ch & YP to grow provision of free or low cost services– please see their website for more details:</p> <p>https://devonshirewestbiglocal.org.uk/community-grants/</p>	Being accessible geographically, physically and financially.	
Start-up funding supporting new ideas	<p>There are funders available.</p> <p>3VA offers funding advice through 1 to 1 appointments and range of training and can carry out funding searches for specific projects.</p>		3VA is running a community event alongside the next ECN meeting, on the 18 th Sept, promoting a range of micro and small grants available locally.
Services in the community known to local schools and teachers and young people encouraged to access.	Schools have some knowledge and a significant amount of information is sent to them but needs to get to the right person.	<p>*Often schools suffer from information overload, or have too many individual groups trying to contact them.</p> <p>*Different ways (using technology) for young</p>	3VA is considering potential for a pilot work with one of Eastbourne schools to test how we could easily get information to the teachers and pupils about what's happening locally, what activities outside of the school YP can take part in and what support services exist for YP who may need it.

		people to access this information. *The capacity for organisations to work with schools.	3VA is looking at writing an Essential Guide on engaging with schools, in partnership with ESCC Children Services and Eastbourne Schools Partnership. This would include how to understand the curriculum and what are the top priorities; what are the best times to approach schools, how and who to best convey the message about your project/ service.
Community and services who recognise and use skills young people have, for example many young people know and able to do more digitally than adults.	Your Town event with young people in June included focused table and discussion on digital skills.		
Young people being able to access peer support			Young people involved in shaping a new type of peer support, if what is in place isn't working. Using this as a way to support hard to reach groups.
Gender specific services for young people			Looking at where gender specific groups already exist, share models of good practice.
Young people involved in design and on-going running of services for them	Examples of things happening already: - I-Rock		
Services locality sensitive to reflect the local need	Using the ESiF data		
Resources and support for young people available to access on-line and using social media.	Family Information Service (FIS) available on-line and via Facebook. Free, impartial information and advice for families with children 0 – 19 (0 to 25 for young people with special needs).		Young People at Your Town event were discussing project ideas for developing apps.
Services and projects for young people working together and collaborating	Eastbourne Community Network is a great place to make connections with	When services are being reconfigured there is a pressure on time and	

	<p>services across sectors. Quarterly meetings and Facebook on-line group are a place to start discussion about joint work and collaborations.</p> <p>ESCIS lists numerous community groups working with children & young people for individual organisations to make connections/ develop joint ideas.</p>	<p>funding. Some services do not have the capacity to truly sign up to such a project.</p> <p>Having places to develop collaboration.</p>	
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Stay connected!

Continue or join the discussion and support on-line. [Eastbourne Community Network Facebook](#) aims to provide a platform for people to stay in touch between our physical, quarterly meetings. People may have not been able to come to all the meetings but want to stay in touch with others. The closed Facebook group is a safe and easy to access space to have a conversation with others working in and involved with the local communities in our town. You can exchange info, but more importantly, discuss, seek help and support each other.

Meet us in September

Our next quarterly meeting will be on **Tuesday, 18th September between 9.30 am and 1.00 pm** at Langney Village Hall, Etchingham Road, Eastbourne BN23 7DX. [BOOK NOW](#). It will be part of a day long Community Day in Langney, where 3VA will be offering training sessions, 1 to 1 surgeries, information and support on accessing Chances 4 Change Seedcorn grants, Eastbourne Borough Council Community Grants and much more.

If you have any queries about this report or the Eastbourne Community Network please email or phone Miriam Wilkinson at 3VA on Miriam.wilkinson@3va.org.uk or 01323 639 373 ext. 213.

This report and resources highlighted in the report are available on-line - <https://www.3va.org.uk/resources>

Appendix 1

Eastbourne Community Network Event – Connections

Organisations connecting	How are they connecting?
ESCC/3VA with Edible Eastbourne.	Linking Able Group with Edible Eastbourne, so they can work on community garden as team building exercise before Youth Voice Meetings
Sussex Prisoners' Families with Children's Services and Housing.	Inviting to youth homelessness operational groups
Edible Eastbourne with YMCA.	Use of outdoor space – gardening planters
iRock, Youth Mental Health (SPFT) with all youth mental health/wellbeing stakeholders in Eastbourne.	Steering group, Youth Advisory Group Venue identification co-location in the new hub, partner organisation
Police with iRock Project	Get involved hopefully with Eastbourne being set up
Police with East Sussex FACT	Referrals via email advice
AirS with One You, ESCC, 3VA, Police Officer, Cranston, EB/LDC Council, Children and Families	-
Royal Voluntary Service with RVA	Email – Access for older people/possible guide
Edible Eastbourne with Transition Eastbourne	Access to allotments
Sussex Prisoners' Families with Children's Services, defiant sports, audio active	Arranging a participant event
Defiant Sports with Children's Services and Audio Active	Sharing info and ideas
Eastbourne Access Group with Royal Voluntary Service	EAG produce accessibility guides which could be adapted to support older people
Children's Services with Sussex Prisoners' Families, Audio Active, Defiant Sports	Giving, info – Sussex
Edible Eastbourne with 3VA	Local food network and engagement
SCDA, Let's Get Working with Defiant Sports	Talking about volunteers and activities for our participants
SCDA, Let's Get Working with Audio Active	Possible activities for our participants
EHRW/YOT with YMCA	Going to be discussing use of YMCA facilities in Eastbourne
Edible Eastbourne with Children's Services	Potential gardening opportunities for Able Group at Archery Youth Centre

Community Connects, Youth Services Project Manager and One You with Laura Lea, EBC and Lewes Councils	Email – signpost to organisations for information
EBC with Southdown Housing – Community Navigator	Learning about social prescribing (and its relevance for young people), (email)
Parenting (ESCC) with East Sussex Families and Carers Team	Via email
YMCA DLG with ESCC	Will connect around support/service delivery at youth venue charities

Appendix 2

Eastbourne Community Network Event – List of Organisations Attending

Organisation	
3VA / Children's Services	One You East Sussex
Action in rural Sussex	Parenting Team ESCC
Audioactive	Royal Voluntary Service
Community Connectors, Southdown	SCDA
Cranstoun East Sussex families & Carers Team	Sussex Partnership NHS Foundation Trust
Defiant Sports	Sussex Police
East Sussex County Council	Sussex Prisoners' Families
Eastbourne Access Group	YMCA DownsLink Group
Edible Eastbourne	
ESCC	
ESCC Childrens Services	
ESCC/Housing	
Lewes and Eastbourne Councils	