

# THE EMOTIONAL WELLBEING OF OUR CHILDREN & YOUNG DEOPLE MATTERS

Annual Public Health Report 2024



### YOUNG PERSON'S



Recognising that the pandemic significantly disrupted young people's lives socially and emotionally, Telford & Wrekin Council with the Young Persons Forum developed the Young Person's Year of Wellbeing (YPYoW) campaign.

Launched at the Forum's "Our Future in Mind" mental health summit in September 2023 on World Mental Health Day, the campaign encourages young people at secondary school to take positive action to improve their own wellbeing. The campaign builds upon the council's awarding winning Year of Wellbeing campaign for adults in 2022.

Everyone who signs up and makes the pledge receives a series of 12 weekly emails with bite sized tips and information on wellbeing. The campaign is based on research that new habits can embed themselves in one week. The content for the emails and other campaign communications is based around the **Five Ways to Wellbeing**, an evidence-based approach to improving people's wellbeing.

So far 260 young people have signed up to be part of the campaign, this will be promoted again, and the aim is to keep the campaign open until the end of the school year in the summer 2024.











# CONTENTS

Spotlight of	Spotlight on Young Person's Year of Wellbeing	
Acknowled	dgements	4
Foreword		5
Recomme	ndations	1
Introduction	on	8
Hearing from	om children and young people	10
Mental hea	alth in children and young people - summary of how it looks in Telford and Wrekin	12
Chapter 1	Family and friends	13
Chapter 2	Fit and healthy	17
Chapter 3	Feelings	19
Chapter 4	Future hopes and aspirations	22
Chapter 5	What are we doing	25
	in families	27
	in schools	25
	in communities	31
		33

# CONTON GENERIES

We are especially grateful and give a

### BIG THANK YOU

to all the children and young people who gave their time to complete our survey and take part in the focus groups.











This is my final Annual Public Health Report as I am retiring after ten years as the Director of Public Health for Telford & Wrekin. The focus of my work over the last 10 years has been to reduce health inequalities, particularly using community centred-approaches. It is timely then, that as I plan my retirement to spend more time with my grandchildren, that my last Annual Report focuses on the emotional health and wellbeing of children and young people. Giving every child the best start in life is the most important way of reducing health inequalities. Happy, healthy children grow, learn, develop well to become our resilient adults of the future.

Today's children and young people are our borough's greatest asset and support for children and young people is a key priority to narrowing inequalities. Positive experiences in early life are closely associated with a range of long-term outcomes - better performance at school, better social and emotional development, improved work outcomes, higher income and better life-long health. Professor Michael Marmot highlighted in his national report 'The Marmot Review 10 years on' published just before the pandemic that the 'resilience and mental wellbeing of children and young people continue to be a significant cause for concern and there are worrying indications of deteriorations and widening socioeconomic inequalities on mental wellbeing'.

"The foundations for virtually every aspect of human development - physical, intellectual and emotional are laid in early childhood"

Marmot, 2010





Since then we recognise that the impact of the pandemic on our children and young people was significant, with lockdowns causing isolation and now the cost of living crisis and other global events together clearly affecting their mental health and emotional wellbeing and their motivation and hopes for the future. It is well acknowledged, locally and nationwide, that the demand for young people's mental health services has increased dramatically.

In looking at the emotional health and wellbeing of children and young people I wanted to hear directly from them – through both focus groups and an on-line survey about how they are feeling and what is important to them. We have centred this report around what they have said.

The report celebrates some of the excellent projects and programmes in place for families, in schools and in the community which are supporting young people with building their resilience and improving emotional health. Our Youth Year of Wellbeing campaign, launched by Telford & Wrekin Young People's Forum is gaining momentum. Although we are proud of the wide range of support available for children and young people in our borough, there is more to do to develop, further evolve and publicise our local offer.

The Telford & Wrekin Best Start in Life (BSIL) strategic partnership oversees the local offer to children and young people, and has a commitment to listen to and work with children, young people and their families. Improving social, emotional and mental health is one of the top three priorities of the BSIL board. And the NHS with local authority colleagues and community partners are committed to improving access to mental health services and offering joined up integrated care and support in the community.

This report makes a series of recommendations aimed at enhancing support to ensure all our children feel valued, visible and included and emotionally well, providing them opportunities to achieve their aspirations and lead happy and fulfilling lives.

As with previous reports there is an overview of recent changes in the health outcomes in Telford and Wrekin, to understand across our communities what difference is being made. I hope you enjoy this report and find its content useful as the Council works towards better health and wellbeing for all children, young people and families in Telford and Wrekin









The Council should launch a small grants giving process, aimed at community and voluntary groups to enhance the local Youth Offer – using the contents of this young person's survey and with a focus on improving emotional wellbeing.

The ICB should, as part of the recommissioning of child and adolescent mental health services (currently BeeU service), ensure that future investment in the service adequately reflects the rising local need and demand for CYP mental health services.

The ICB with Telford & Wrekin Primary Care Networks, should expand and enhance the provision of youth social prescribing.

Building on the YYoW campaign, a toolkit of information, advice and guidance should be co-produced with CYP and widely shared and promoted, this should include support for feelings of loneliness, inequality and self-efficacy and promote the safe use of social media and gaming platforms.

Schools and education settings are encouraged to strengthen their approach to supporting young people improve their emotional wellbeing and resilience, for example through adopting the Future in Mind trauma informed toolkit to support those with adverse childhood experiences, by developing Youth Health Champion Programmes, or enhancing peer-led student support groups etc.

The Corporate Parenting Strategic Group should continue to review the care experiences of our looked after children, offering appropriate education, awareness or safeguarding activities to address challenges.

The availability and accessibility of life skills training which prepares young people for adulthood, focussing the practical things such as money management, cooking, paying bills and opening bank accounts should be reviewed.

# 

We know that for most children, Telford and Wrekin is a great place to grow up. Along with our thriving town, we have a beautiful natural environment that is the envy of many, with lots of opportunities for friends and families to meet and spend time together. Dedicated midwives, health visitors, school nurses, teachers and early years staff work with families to improve outcomes for children, and further education and apprenticeship opportunities continue to grow.

However, for some children life is more of a challenge, and often those from deprived backgrounds, disadvantaged families, affected by abuse and additional needs are more at risk of developing physical health and emotional wellbeing problems which continue and escalate as they develop into adults. Our children in care, those with special educational needs and disabilities and neurodiversity and those facing abuse and exploitation need different levels of support and involvement.

Given the significance of emotional wellbeing, the annual report this year has a focus on hearing from children and young people and their thoughts about friends and family, their feelings, views on being fit and healthy and their future hopes and dreams. We look at what we have heard, alongside national research and showcase some of the local community services and support which is making a difference and building resilience for the borough's adults to be.

# IMPACT OF THE PANDEMIC

During lockdowns the lack of faceto-face access to education, social opportunities, leisure and other services had a detrimental impact on emotional health and wellbeing.

Nationally, children's happiness has declined with young people reporting that they are less happy with their life, school, friends than ten years ago. Key findings from the Good Childhood Report in 2022 showed:

- happiness with school and schoolwork declines significantly with age of child and was lower among children in lower income households.;
- over half of parents and carers feel that the pandemic has had a negative impact on the education of their children; and
- 85% of parents and carers are concerned about the impact of the cost-of-living crisis on their household/ family over the next 12 months.



The Telford & Wrekin Health and Wellbeing Board has a clear commitment to starting well and giving all children the best start in life, and progress on this agenda is overseen by the Best Start in life Board. The NHS and Council are key partners in this, working with community organisations and our children, young people and families to improve outcomes. The NHS is expected to have a special focus on reducing inequalities, through its <a href="NHS Core20PLUS5">NHS Core20PLUS5</a> programme and improving mental health for children and young people is one of the top 5 clinical priorities for young people.

This year's report showcases important work taking place in Telford and Wrekin, celebrating some of the impressive projects and initiatives that aim to support and develop young people's emotional health and wellbeing. The case studies and stories used in this report show how our local targeted, community-based approach to improving outcomes and what we are doing is clearly aligned to recent government guidance on what makes a difference to <a href="Improve the mental health of babies, children and young people">Improve the mental health of babies, children and young people</a>.

Listening to children and young people is at the heart of this report. In February 2022 a total of 4,855 children and young people aged 11-18 across 9 secondary schools and 3 youth groups from Telford and Wrekin, took part in the **UK Youth Parliament Make Your Mark ballot** – the second highest turnout in the West Midlands region. The top issue concerning local young people was health and wellbeing and stepping on from this, as part of the Young Person's Year of Wellbeing we have undertaken a series of focus groups and a local survey this year to expand our understanding of what is important to young people.

The report makes a series of recommendations which aim to build on what we have achieved working together, to ensure support in the community is strengthened and that our offer is varied and inclusive and meets the needs of all young people so no one gets left behind.



# 

This year's report has a focus on the views of children and young people aged under 18 in Telford and Wrekin. To understand more about their thoughts and feelings on their wellbeing we: Invited a range of young people's groups and forums to take part in **focus groups** during September and October 2023, including the Young Person's Forum, the Autism Hub, looked after children/care leavers groups and Recharge, a service that supports young people affected by drug and alcohol use.



Ran a short **online survey** during November and December 2023 for 11-17 year olds. The soundbites on the four theme areas of **Friends and Family; Feelings; Fit and Healthy and Future Hopes and Dreams** are included in the chapters of this report. Although we cannot over generalise findings to all of Telford and Wrekin's children and young people, the 350 responses give insight into a range of views held and expressed by young people in Telford and Wrekin.

The voice of our local children is complemented by nationally published evidence and intelligence. The report highlights those areas that we need to focus upon to improve the emotional health and wellbeing of children. It also highlights some of the work already happening that will build resilience and support our children and young people reach their potential. This is not an exhaustive mapping piece of work and we acknowledge there is a lot of work being undertaken at grass-roots level to support this work.

What does the word 'family' mean to you?

What's your favourite thing to do with your friends?

What do you do to keep fit and healthy?

What makes you happy?

What makes you sad or worries you?

What do you want to do when you leave school/college?



Do you feel you have the right support and opportunities to succeed in your goals?

#### **Focus groups**

A total of 33 young people – ten under the age of 16 and 23 aged 16+ years, participated in the six focus groups supported by Engaging Community Solution including:









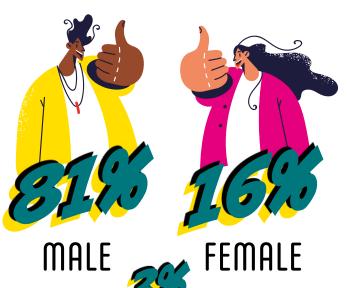












**PREFERRED NOT TO SAY** 



**Good response** across all ages 13-16 years.



**But lower response** for 17 year olds.

# CENTRE CERTIFICATION OF THE PROPERTY OF THE PR

### of Children and Young People in England 2022 Summary how it looks in Telford



In England 18% of 7-16 year olds and 22% of young people aged 17 to 24 years

have a probable mental disorder in 2022 – equates to 4,350 plus 3,680 CYP in T&W

### Hospital admissions:

For mental health conditions (under 18s) is **lower than national** 

As a result of self-harm (aged 10-24) is similar to national



# Early Help Assessments in Telford and Wrekin – presenting needs:

80% record a need around the emotional and mental health needs of the child

52% record a need related to family relationships



### Education and schooling

Secondary school rates of suspensions higher than national

Latest NEET data shows an improving rate now below national



# Friends and family - What does 'family' mean to you?

#### What the evidence shows:

Children's ongoing development impacts on their physical, social and emotional competence in adulthood. The first two years of life are particularly important for brain development, it is thought that from birth to 18 months when brain connections are made at the rate of 1 million per second. These connections are shaped by our very earliest experiences, be they positive or negative.

A stable home with a supportive family network and access to a good education enables children and young people to become resilient. All families sometimes experience difficulties, and mostly when issues are resolved early on there are no long-lasting impacts. However, those who face the adversity are often the least likely to have the resources necessary to build resilience.

Exposure to Adverse Childhood Experiences during childhood, such as neglect, abuse, bereavement or separation from parents, domestic abuse, or parental substance misuse, can significantly impair brain development having long term consequences. ACEs can be particularly damaging if children repeatedly experience several of them while growing up.

# While it may not be possible to completely mitigate all the negative impacts of ACEs, it is possible to reduce them by:

- having one loving, sensitive and responsive relationship with a caring adult;
- creating a sense of being treated fairly in your community;
- being given opportunities to use your abilities;
- ★ having friends who stand by you;
- having a positive role model;
- knowing where to get help in your community.

### What our YPYoW survey shows:

What does the word 'family' mean to you? Choose all that apply



# Chapter 1 Friends and family - What does 'family' mean to you?

# What our young people said



Understand each other even in difficult situations

People you consider to be family

People who are close friends

People who you love and love you back

**Depends on who you live with** 

Other people that you are blood related to

**Build what you consider to be family** 

**Anyone your find dear in your life** 

My friends are more my family than my actual family

Anyone that you trust very deeply

Your mum and dad are the main part of your family

**Foster carers** 

# COMMON WORDS AND PHRASES

heritage / safety / supportive / comfort / parents / siblings / uncles / aunties / stepdads / stepmums / care for you / there for you / unconditional love / forgiveness / friendship / protection / being able / sense of identity





# Friends and family - Your favourite things to do with your friends

#### What the evidence shows:

From childhood and throughout life friends can provide someone to trust, to spend time with, to learn from and give support. Some friendships formed in childhood last a lifetime, and most adults in the UK have at least one close friend.

Having supportive friends is important in protecting against the impact of ACEs. In a study only 14% of people with supportive friends reported poor childhood health, compared to 38.6% of those without such a friendship group. The same study suggests that the likelihood of protective factors being present in children's lives varies with the number of ACEs they are exposed to – while 54.9% of children with no ACEs present reported having supportive friends, only 10% of children with four or more ACEs present were able to say the same. Recent national research indicates that loneliness is experienced more often and more intensely in the 16-24 age group compared to any other age group, even though it is often assumed that older people are more likely to be lonely.

### What our YPYoW survey shows:

What's your favourite thing to do with your friends? Choose your top three





### Chapter 1 Friends and family -Your favourite things to do with your friends

# What our young people said





Use chat apps to talk to friends

Have friends online who I have become very close to

Notice differences with friends who were not in care such as they had better clothes and phone etc

Things you don't want to know about!

**Anything to get me out of the house** 

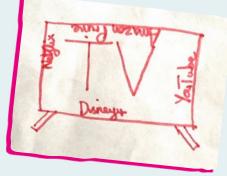
We were never allowed to have friends to our home

Anything that keeps your mind off things, keeps your mind busy

I don't have any, other than those in this group, and a few other people

It changes depending on how I feel









## Fit and healthy - What do you do to keep fit and healthy

#### What the evidence shows:

Regular participation in physical activity has immediate and long-term physical and psychological benefits.

Childhood obesity is considered to be a significant public health challenges of the 21st century.

Obese children and adolescents are more likely to become obese adults and are at increased risk of developing physical health problems and psychosocial conditions from an early age.

Tooth decay is avoidable and causes problems with pain, eating, sleeping, communication and socialising and causes a significant number of missed school days.

There is a clear association between poor sexual health, poverty and social exclusion in young people.

Though the vast majority of young people do not use alcohol and drugs, and most of those that do are not dependent, the impact to physical and emotional health, cognitive and social

development, behaviour, educational impact and overall impact on long-term life opportunities is significant to those that do. Nationally, young people entering specialist treatment services often report a range of problems in addition to alcohol and other drug use, including not being in employment education or training, having a mental health treatment need, poly-drug use and being a looked after child. The early onset of substance use, before 15 years of age is a common vulnerability in those needing specialist treatment.

### **Key national facts and figures:**

- ✓ Only 1 in 6 (17.5%) children and young people aged 5–15 years meet the recommended guidelines for physical activity.
- → Only 38% of children and young people in England report eating five portions of fruit and vegetables every day.
- Children are on average consuming more than double their maximum recommended allowance of sugar.

★ The number of young people in contact with alcohol and drug services has decreased in the past 20 years, cannabis remains the most common substance reported by those in treatment.

### What our YPYoW survey shows:



17

# Chapter 2 Fit and healthy - What do you do to keep fit and healthy

# What our young people said



Care leavers are entitled to a free leisure centre membership taking part in PE/Gym at school

**Going running on the track** 

Running around school all day

Flip Out in Stoke

Healthy eating was taught to me

I had no guidance about diet and nutrition

**Nutrition the body needs** 

Can join that are similar to the young carers group

Swimming keeps me focused

**Running helps me to destress** 









Healthy, happy children learn well, which in turn provides a platform for wider opportunities and life chances. Children learning and playing alongside their peers, supported by their families and schools forms habits through school years that set a pattern for their future. During the pandemic changes in family situations, home and social environments, disruption to education, leisure and other services affected many of the support systems young people rely. This has had negative consequences on young people's mental wellbeing.

Identifying poor mental health and providing appropriate support and treatment is essential for children and young people, as half of all mental health conditions start by the age of 14 and can continue into adulthood.

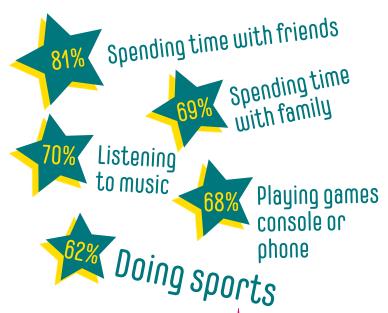
As children become teenagers, they experience physical and emotional growth and change. For many this is an exciting time in their lives, with new experiences and growing independence. However, for some young people, this time can be stressful as they manage changing and new relationships, and academic and social pressures. In later teenage years, young people are sitting exams and making important

decisions about their future. School attendance, emotional and physical health and home life can impact on exam performance. Exclusion from school potentially sets a child on a path to poorer qualifications, poorer job prospects and more limited lifetime earnings.

- ✓ In the UK the rates of probable mental disorder rose in children aged 7 to 16 years rose from 1 in 9 in 2017 to 1 in 6 in 2020.
- ★ In younger children aged 7 to 10 years, the prevalence of a probable mental disorder was nearly twice as high in boys (19.7%) as in girls (10.5%).

### What our YPYoW survey shows:

What makes you happy? Choose all that apply



### What our YPYoW survey shows:

What makes you sad or worries you?

Choose all that apply







# Chapter 3 Feelings

# What our young people said









- ...movies make me happy
- ...butterflies always make me happy
- ...My cat...guinea pigs...pets make me happy...
- ...when I am not being told off for anything



- ...watching the sunrise and sunset
- ...being involved in the youth council
- ...Recharge and Telford Mind...



# WHAT MAKES YOU SAD OR WORRIES YOU







...take it hard when my parents push me to do things or see people that I don't like

...not seeing family...

...being alone...basically I spend every day on my own

...situations you can find yourself in with family... 'family drama

...when my friends start acting up and isolate me for no reason

...anxious about going back to school after the school holidays...everyone finds school difficult at some point...school makes me sad and worried

...bullying and being picked on...being bullied constantly

...not being good enough...disappointing others...

being underestimated...sometimes it motivates you but often it makes you feel like you don't want to try because you aren't good enough.....can have a positive or negative effect...

...carbon emissions, the environment and the climate

...Friends dying and worrying about dying...

...social media...the news can make me sad...

...worry about things that are happening now, things that you can't change but you wish you could

...fake news...altered images...made up stories on social media...avoid all social media...all these images have been edited, they are so fake

...bus times cause me anxiety...I have to get the college bus, which is always crowded and gives me anxiety



## Future hopes and aspirations

#### What the evidence shows:

Education is fundamental in a young person's life. A solid, high-quality education can give a person the skills, knowledge and confidence to look forward to a future in which they can thrive, and this is a powerful driver for reducing poverty and improving health. Educational attainment is influenced by both the quality and quantity of education received, as well as factors such as socio-economic status. Being absent from school is a growing problem and is experienced more by children from vulnerable and difficult family circumstances.

Children exposed to four or more ACEs are nearly five times as likely to have high rates of absenteeism from school, compared to those not exposed to ACEs, and protective factors including increased opportunities and being treated fairly can help to mitigate this impact. Adults who were repeatedly exposed to four or more ACEs are over one and a half times more likely to have no qualifications, and nearly three times more likely to be unemployed or not

work due to long term sickness, compared to those not exposed to ACEs in childhood. Poor emotional health is one of the most significant barriers to the progress of vulnerable children, such as those in care or those with special educational needs.

### What our YPYoW survey shows:

What are your goals for when you leave school/college? Choose all that apply

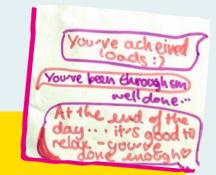


#### What our local data tells us:

- ★ Amongst secondary school pupils, the rate of suspensions (26.2) is higher than the national average (14.0).
- ★ There are gaps in educational attainment between children who are disadvantaged and those who are not. Whilst disadvantaged pupils at Key Stage 2 perform better than the national average, with 49% reaching the expected standard in reading, writing and maths (England 44%), this is lower than the 68% of non-disadvantaged pupils achieving the standard.
- Amongst primary school pupils with SEN the main primary need for is speech, language and communication needs (35.0%) followed by moderate learning difficulty (22.0%) and social, emotional and mental health (18.2%).
- For secondary school pupils the principal primary need is moderate learning difficulty (29.4%) followed by social, emotional and mental health (19.4%) and specific learning difficulty (16.4%).
- ✓ In pupils attending special schools the main primary need is moderate learning difficulty (35.1%), followed by severe learning difficulty (16.0%) and autistic spectrum disorder (15.7%).

# Chapter 4 Future hopes and aspirations - What do you want to do when you leave school/college?

# What our young people said





...it is worrying when you think about the future and don't know how to do things that you need to know to be independent, like paying bills

...I know my future, nothing worries me except if I don't get into the college I want to go to

...after I graduate from secondary school I plan to go to culinary school, so that I can open my own restaurant..

...had a dream all my life of playing for Manchester United, I know I may not be good enough, but I am going to try...

...go to university to do medicine or pharmacy...

...move to London or Birmingham...I like busy places...want to move to Australia

...a flat of my own in the future

...hope to be working soon...really looking forward to having a job

...teacher...graphic designer...photographer...

...am not sure if I want to go to college, to be honest...you don't have to choose now...you've got your whole future, you can change our mind later if you want to...

...want to go to art college...college or 6th form and then maybe university

...I'm going to work on a fair...

...try to make a difference with climate and animals... research to help reduce the impact we are having on our environment...

...study as we need the right people to make the right decisions about climate, health and care, and equality

### Chapter 4 Future hopes and aspirations -Do you feel you have the right support and opportunities to succeed in your goals?

# What our young people said

...there is more support that I am looking for but it is hard to find and I don't drive or use buses so getting there can be difficult as I walk everywhere...

...I think there is adequate support out there but it's knowing what there is...

...from secondary school schools and then colleges should start teaching us about independence...

...lots of things that you do at school can help you in the future when you are independent, but many do not...

...some subjects are not relevant to life once you leave education

...education should teach us more practical things like life skills...school and college should help you more...they should teach us about taxes and bills

...family support system, and experience in going to university affects how much support we can get from them in completing applications for university...

... 'parents who have no knowledge are less able to support or advise us than parents who do have experience...

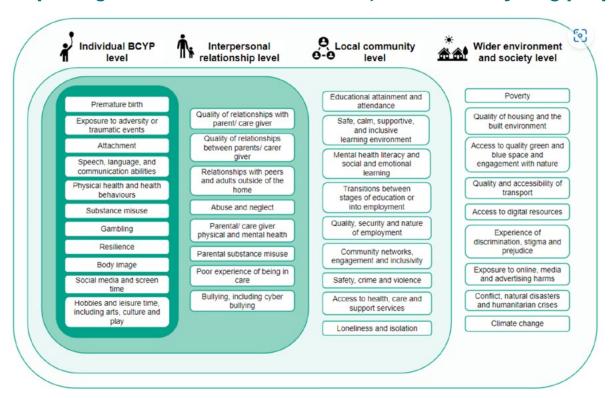
...you have to figure things out for yourself if your family can't give you advice or support...





The following chapter explores some of the ways the council is working together with partners and with children and young people and their parents - in families, in schools and other education settings, in local communities and in specialist services for children, young people and families who need extra help and support. Many of the projects and initiaitves we spotlight, strongly connect to the Department of Health and Social Care's <a href="framework of modifiable factors for improving the mental health of babies, children and young people">framework of modifiable factors for improving the mental health of babies, children and young people</a> published in January 2024.

### Improving the mental health of babies, children and young people



### What we are doing overview

Families – delivering the best start in life agenda through our new Family Hubs programme, improving support for parents for: breastfeeding, parenting, financial advice, parental relationships and perinatal mental health, HomeStart community groups and groups for Dads.

Schools and education settings – improving school readiness through the home learning environment and early years settings, training school mental health leads, developing a Schools Wellbeing Charter, offering a wide and rich range of social and emotional mental health projects and programmes in education to counteract loneliness and bullying and build resillience.

Communities – improving the offer of youth activities in the community, through a wide range of groups and supported by community organisations, safer neighbourhood focus, social prescribing approach and the online Youth Year of Wellbeing campaign.

Specialist Services – enhancing the offer for those with Special Educational Needs and Disabilities and autism, looked after children, those with alcohol and drug problems, and improving mental health services.

## What we are doing - at a glance









### **Families**

- First Start for Life Family Hubs open
- Positive Parenting Programmes
- Healthy child programme -Health Visiting and Family Nurses
- Between Us parental conflict
- Home-Start
- Sea Change Trust play therapy
- Family safeguarding
- Dandelion Parents



### Communities

- BEAM emotional wellbeing drop in service
- Make the Change competition
- Healthy Telford
- Safer & Stronger Communities
- Free Gym and Swim under 25s
- What is 10 by 10?
- Young Person's Year of Wellbeing
- Happy Healthy & Active Holidays
- Bai Lang Kickboxing



### Schools

- Healthy child programme School Nurses
- Future in Mind
- School Mental Health Leads
- Mental health support team in schools
- <u>Trauma informed primary</u> schools
- YPF Mental Health Summit 2023
- Schools emotional wellbeing toolkit
- Schools Health and Wellbeing programme
- Virtual school for children in care
- · Schools Wellbeing Charter Mark

### Specialist

- BeeU
- Recharge Telford
- Domestic Abuse Service –
   Cranston/WM Women's Aid
- St Giles Criminal Exploitation
- Holly Project CSE victims & survivors
- SEND and Alternative Provision
- Specialist Provision Hubs
- PODS Parents Opening Doors (SEND)
- Smash Life Mentoring



What we are doing with families

### **Family Hubs**

The Telford and Wrekin Family Hubs programme is well underway to deliver the best start in life agenda given the critical importance of the first 1,001 days period throughout infancy, childhood and into adulthood. There is a clear inequalities focus, with Family Hubs opening in the heart of our deprived communities to better integrate support services and offer opportunities for parents and families to meet and connect. Supporting children with additional needs and those experiencing difficult family circumstances is a priority.

Emotional and mental health in children and adults has been significantly affected by the pandemic in a range of ways. Family Hubs are developing services to enhance the quality parent–infant relationships which is crucial. Building bonds and breaking cycles infant mental health training has been offered across the children's workforce community to give staff confidence to support and safeguard parents in a trauma informed way, challenging cycles of behaviour across generations.



Right help at the right time



Reducing parental conflict is an important area of development for Family Hubs and high quality training has been rolled out to our children's workforce by renown experts and organisations, such as Amity, Tavistock Relationships and Honor Rhodes.

Working with Dads is also key area of development, and community support groups and Baby First Aid courses are being established, with further work with the Fatherhood Institute being planned.

Home Start Telford & Wrekin are expanding support groups in the community – one example is the Teenage Parent Me Time Group









## What we are doing with families



Improving Perinatal Mental Health in the community supports parents and carers with bonding and attachment, which is well known to positively impact on emotional health and wellbeing in both adults and children. Family Hubs funding is being used to enhance community services to support mum's emotional wellbeing.

Sea Change, a local charity which employs psychotherapists who have specialist training, experience and skills in work with children and families has been offering local community events in their pop up bell tent. These friendly, safe spaces are giving mums in Telford and Wrekin an opportunity to talk to specialists and each others about their thoughts and feelings.

Telford MIND are starting a trailblazing perinatal mental health social prescribing support service in early 2024.





### **Healthy Child Programme Health Visiting**

The Mums in Mind group is delivered weekly over a four week period by Health Visitors, for women after they have given birth who are struggling with low mood and/or anxieties of motherhood. The group is aimed at mothers of babies under 12 months of age. Baby Massage is a very popular activity for mums and babies at this group and it has a very positive impact on wellbeing.



### **Health Visiting Family Nurses**

Telford & Wrekin's Family Nurses offer intensive support to first time teenage parents. One resident Liv became pregnant when she was 17 years old and needed extra emotional support, she had low confidence and she didn't have anyone around her to talk to. Anne, one of the Family Nurses got in touch and supported Liv in a personalised and tailored way throughout pregnancy and the first year of her parenting journey with her daughter Williow. At first had



additional health needs and Liv was working hard to develop an affection and loving emotional relationship with Willow to she can break the cycle of abuse she faced in the past. Liv's confidence grew significantly and she started college and is completing a higher access course so she can start midwifery training in September. Anne has supported Liv to find a nursery place for Willow and to attend a teenage mums group run by Homestart in Telford. Willow is now 15 months and doing really well, full of mischief and a joy to be around and it is clear that the personcentred, individualised care Liv has received from Anne has been invaluable, giving her the confidence to be the best parent she can be and will go on to support other mums as a midwife in the future.





## What we are doing in schools

### Mental Health in Schools

Future in Mind (FiM), run by Severn Training & Schools Alliance, has been running a programme aimed at upskilling people working with schools and children and young people in understanding mental health issues for the past eight years. A wide range of partners are involved including: 64 local primary schools, seven secondary schools, all three special schools and the Virtual School. Feedback from those on the programme remains universally positive and 75 attendees benefited from the sessions offered in the past year which included:

- understanding and supporting children with grief and loss
- recognising and understanding the core emotions of sadness, happiness, fear, anger, surprise and disgust
- supporting students who self-harm and have suicidal ideation

#### Trauma-informed schools

It is well known that toxic stress directly interferes with children's capacities to learn, and behave, in school. FiM are in the process of practically adapting the famous Miss Kendra story, which teaches children about resilience and how to cope. The Miss/Mr /Mrs/Ms Kendra Toolkit is a therapeutic universal offer to address

trauma with all children. The aim of the toolkit is to support all local schools to create a safe space, with a shared language for children to share what is going on in their lives.

The pilot will run in several schools from the spring term this year and will be rolled out to all schools from September 2024.



### **School Senior Mental Health Leads**

The Department for Education funds a series of options for schools to train staff members to become Mental Health Leads. In Telford and Wrekin 80% of our eligible education settings have taken up this grant funding, which is one of the highest take up levels across the Midlands.

### **Developing Relational Practice**

An approach is being developed in schools and settings to recognise the impact of trauma on children's behaviour and this is part of the commitment to improve outcomes for Children in Care, previously Looked After and children with a social worker.

### **Attachment Research Community** (ACR)

All Telford & Wrekin Schools have access to membership of the Attachment Research Community (ARC) which aims to ensure that all schools are attachment and trauma aware by 2025. The ARC accreditation has bronze, silver and gold awards reflecting the depth of practice in the school. In February 2024 56% of Telford & Wrekin Schools had achieved accreditation, and this is expected to rise to 80% by the end of the academic year, the Virtual School offers free whole school training to all schools for ACR, further information can be found at https://the-arc.org.uk/



### What we are doing in schools

### School Nursing – Emotional Health and Wellbeing Coping Toolbox

School Nursing service
delivered a workshop in
one local school to produce
a coping toolbox of items
that help individuals to cope
during difficult times, such as exams,
anxiety and stressful situations.



### **Schools Wellbeing Charter Mark**

The Council's Educational Psychology Team are working with a pilot group of 10 local schools to implement the initiative originally developed in Sandwell. The **evidence-based** Charter Mark aims to support schools through a whole-school and holistic approach to social, emotional and mental health.

The first planning workshop held for pilot schools in November 2023 acknowledged that Telford and Wrekin education settings currently have a rich and varied response to mental health need, alongside a well-established Mental Health Lead network, with strong Continuing Professional Development. The Charter Mark will complement this by offering a framework for schools to support and promote mental health in a more consistent and reflective way through an improvement cycle.

### **Emotional Wellbeing Projects in Schools**



**Telford Priory School** worked with Magical Mind Coaching on a 12 week 'Best Version of Me' programme, using Boxercise to develop physical health and self development tools and techniques



to develop their emotional and social health, with over 85% of participants reporting improved mental health.

**Telford College –** Mental Health Movements social media page had gained more than **5,300 followers worldwide at the end of 2023,** it offers advice, raises awareness, and provides a messaging service for anyone struggling with their mental health, with guidance for support services.

Liam Francis and Caitlin Smith students from Telford College have received global interest in their social media page Mental Health Movements.

Shropshire Star article 1 January 2024

## What we are doing in communities



**Telford Mind's Children and Young People** Social Prescribing service, commissioned by the NHS, supports 11-19 year olds across South East Telford, using asset-based, 'What matters to me' approaches. The Social Prescriber and young person co-produce simple, holistic and non-medical personalised care and support plans, empowering them to take control of their own emotional health and wellbeing. The holistic and non-medical approach allows the time and safe space for young people to explore at their emotional needs and enable them to access and engage with community support. The personalised plans capture desired outcomes and actions and appropriate referrals are made to voluntary sector services, community groups and activity clubs and relevant public sector services.

The aim is for young people to leave the service with tools and exercises to help them with day-to-day challenges, and a better understanding of resources available to them as well as good mental health practice. Social prescribing is not only enabling young people to feel heard, but is empowering, helps build confidence, make connections and feel less isolated – in turn leading to young people having improved mental and physical health.

The two Children and Young People Social Prescribers have created strong links with local youth clubs, schools and school nursing teams, Family Hubs, ensuring a joined-up approach between agencies, particularly for those young people with more complex needs. This also helps when building trust in services with young people who may struggle to engage with services. There are also wider benefits of social prescribing in prevention terms, as young people are accessing community support at an earlier stage, which can impact on demand for health and social care.

#### **Social Prescribing feedback**

"I had a positive phone call from school the other day about G. I never get positive phone calls from school. They called to say that she had done a great speech on mental health during the lesson and how pleased they were. I said it will be because she is working through her own difficulties that have been affecting her mental health!"

"Since my daughter has been engaging in social prescribing, her mood and behaviour has improved so much. Even our relationship has improved since she has been having session."

"Thank you for listening to me and doing referrals on my behalf. You actually listened to me which I have not experienced before."

"My son really enjoys the sessions and values how you are helping him with his current school situation."





## What we are doing in communities

### **Developing our Youth Offer**

The **Telford and Wrekin Youth Partnership Board** has been established to adopt a
partnership approach to developing new and
strengthening our existing youth provision.

A new Youth Offer website, which is in development will be a one-stop website where residents in the borough will be able to access information about youth provision in their local community. As part of this a large scale Youth Survey will be launched in 2024 to obtain the views and hear the voices of young people within the borough, the aim is repeat this survey every two years. The feedback from this survey will used to inform and shape the development of youth activities and provision. The partnership will also lead on a needs assessment to influenc and inform the local youth strategy and work of the partnership.



### **Youth Health Champions**

SYA – All About Youth, a community organisation provides a range of local youth provision, including groups at Anstice Madeley, Brookside, Leegomery, Lightmoor and a Telford LGBTQ+ group. Their Youth Health Champions programme support students in school develop health and wellbeing projects. Newport Girls High School developed a Youth Health Champions project to combat post-COVID isolation, through a communication skills workshop and with older people Newport Cottage Care Centre and another project centred on alleviating period poverty within their school.







### **Shropshire Youth Support Trust Wellbeing Workshops**



Interactive workshops for young people aged 16+ covering a wide range of topics, including stress management, emotional intelligence, self-care, and healthy relationships. These support young people to gain valuable insights, learn practical skills, and connect with like-minded individuals in a supportive environment.

### **Safer Stronger Communities Projects**

The council's young people's <u>Make a Change</u> programme has awarded funding for community projects developed by 11-18 year olds. The winning projects:

- Haberdashers' Adams' biodiversity group green house
- Young women's self-defence class
- Park Lane Centre Woodside Youth Festival
- ♣ Dawley Christian Centre under-fives garden
- → Dawley Youth Club mental health intervention programme working
- Telford MIND to deliver workshops to young people every two weeks.

## What we are doing specialist support

### Spotlight on BeeU

BeeU is the child and adolescent mental health service (CaMHS) run by Midlands Partnership University NHS Foundation Trust for local young people. Referrals into BeeU for support have been rising over the past two years, steeply increasing further during Autumn 2023. This rising trend of demand for CaMHS is being seen across the country, but local referral levels are viewed as comparatively high. Young people have faced long waiting times for BeeU, however there has been a focussed effort on reducing waits. In 2023, nearly two thirds of young people receiving support from BeeU reported a general improvement in their emotional health, which is better than the average outcomes reported in similar services across the country.

Children in care are at increased risk of mental health issues and BeeU is focussing on meeting the needs of looked after children. Further partnership working is needed to integrate support offered through BeeU and other community-based services offered through Family Hubs.

NHS Shropshire, Telford & Wrekin are working with the BeeU service and both local authorities to re-commission the service in line with need and demand and in the context of wider

community support for emotional health and wellbeing. This will include the development of



Neurodevelopmental Pathways where young people are facing the longest waiting times for diagnosis and support.

### Mental Health Support Team in Schools

Midlands Partnership University Foundation NHS Trust BeeU service has created a Mental Health Support Team (MHST) to support schools in developing a whole-school approach to mental health. The MHST are supporting 34 Telford and Wrekin schools.

A new Mental Health in Schools governance group will meet from January 2024, providing an opportunity to share consistent communication and access to information and build a community of practice across Shropshire, Telford and Wrekin schools.



## What we are doing specialist support

### **Recharge**

Recharge Telford, a Community Interest Company (CIC) social enterprise, not-profit organisation, offers young people in Telford and Wrekin aged 12 - 21 a safe place to talk confidentially about their issues around substance use, living with a family member in addiction or other things they are using to cope that have become unmanageable and problematic.



In March 2023 Rebecca Blount, founder and manager of Recharge ran a four-week LGBTQ project for a group young people aged between 13 and 16, to reduce isolation and loneliness. The project consisted of a series of creative workshops facilitated by poet and author Beth Abbot, the group were introduced to creative writing and poetry and over 2 sessions they collectively created a poem. The group decorated decopatch papier mâché face masks, representing how they portray themselves to the world, and not how they feel on the inside. In the final session they spent a day at Woodland

Learning CIC in Oswestry doing nature activities such as foraging and cooking wild garlic, making stools, and printing with wildflowers. As the end of the project the participants were introduced to an LGBTQ youth group in Telford that meets once a month called XYZ.

I am Brave
I am brave, I am kind I am strong
I am useful, I am myself, I'm unique
I'm a very happy freak
This morning I was crying
Now I'm here and I am trying
I am proud of who I am
And I don't give a damn
I express myself through clothes
And my gayness really shows
Do not change yourself
For anyone else
I am who I am
And that's all that I am

LGBTQ Group Recharge



Send: Telford & Wrekin Local Offer www.telfordsend.org.uk



Telford & Wrekin Local Offer www.telford.gov.uk/leavingcare



Specialist Provision Hubs - helping children and young people with support needs thrive

**SEND** and alternative provision strategy

**Telford Autism Hub** 



**Telford and Wrekin Virtual School** 





### **Life Expectancy and Premature Mortality**

- **Life expectancy and healthy life** expectancy at birth and at the age of 65:
  - o was worse than the England average for both men and women during 2020-22;
  - o worsened for both men and women during 2020-22 compared to 2019-21.
- Premature mortality from causes considered preventable:
  - was worse than the England average in 2020-22,
     with overall rates increasing from 2019-21 when they
     were similar to the England average;
  - o premature deaths from preventable circulatory disease and cancer continued to be worse than the England average in 2020-22;
  - o premature mortality for preventable cancer worsened from similar in 2019-21 to worse in 2020-22;
  - o premature deaths from preventable liver disease and preventable respiratory disease continued to be similar to the England average in 2020-22.

### **Starting Well**

- Under 18 pregnancies, smoking in early pregnancy, obesity in early pregnancy and smoking in pregnancy are worse than the average for England.
- Physical health checks for newborns and infants, newborn hearing screening are all better than the England average.
- Child development:
  - o overall child development, communication skills, and personal skills at 2 to 2 ½ years remains worse than the England average;
  - children achieving a good level of development at the end of Reception is similar to the England average and better than England for those children with free school meal status.
- Healthy weight and physical activity
  - o children who are overweight or obese in both Reception and Year 6 remained worse than the England average:
  - o children and young people who are physically active has worsened from better than the England average to worse than the England average.

- Pupil absence, first-time entrants to the youth justice system and 16-17 year olds not in employment, education and training (NEET):
  - o pupil absence and first-time entrants to the youth justice system are similar to the England average;
  - o 16 and 17 year olds who are NEET that has improved to better than England.
- Vaccination coverage children:
  - in under 5s, with the exception of Flu for primary school aged children are better than the England average:
  - o HPV in 12-13 and 13-14 year-olds is worse than the England average.

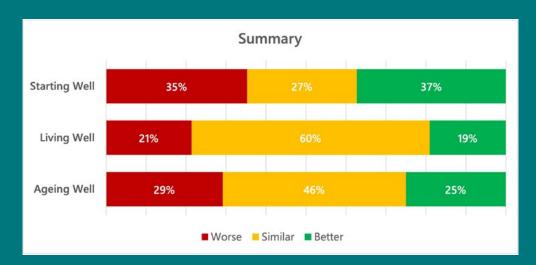
### **Living Well**

- Healthy weight and physical activity:
  - o adults classified as overweight or obese remains worse than the England average;
  - adults who were physically inactive worsened from similar to worse than England,
     whilst the proportion who were active improved from worse to similar to England.
- Smoking rates in adults remain similar to the England average.
- Treatment for alcohol and drug use:
  - successful treatment completions for non-opiate users remains similar to the England average;
  - successful completions for opiate users and alcohol treatment continue to be better than England;
  - o admission episodes for alcohol-related conditions than the England average.
- People reporting low satisfaction, low worthwhile, low happiness, and high anxiety scores in 2022/23 remained similar to the England average.
- Housing and homelessness
  - o households in temporary accommodation remained similar to the England average;
  - o households owed a duty under the Homelessness Reduction Act increased and was worse than England average.

### **Ageing Well**

- Cancer Screening
  - breast cancer screening coverage improved to better than the England average after being worse in recent years;
  - o cervical cancer screening coverage remained similar to the England average;
  - o bowel cancer screening coverage continues to be worse than England.
- Overall offer and take up of NHS Health Checks in 40–74 year-olds continues to be worse than the national average despite a better than average proportion of people receiving their offer for a health check.
- Flu vaccination coverage in people aged 65 and over has worsened.
- The estimated dementia diagnosis rate for people aged 65 and over continues to be similar to the England.

- Falls and hip fractures:
  - o emergency hospital admissions due to falls was better than the England average;
  - o hip fractures in people aged 65 and over increased and is now worse than the England average.
- Emergency hospital admissions within 30 days of discharge from hospital remained better than England in 2020/21.
- Preventable sight loss due to age related macular degeneration, and due to glaucoma remained similar to the England average in 2022/23 as did the proportion of adult social care users who have as much social contact as they would like.



Life Expectancy								
Indicator	Age	Sex	Period	Telford and Wrekin	West Midlands	England		
A01a - Healthy life expectancy at birth	All ages	Male	2018 - 20	57.6	61.9	63.1		
A01a - Healthy life expectancy at birth	All ages	Female	2018 - 20	60.3	62.6	63.9		
A01b - Life expectancy at birth	All ages	Male	2020 - 22	78.0	78.1	78.9		
A01b - Life expectancy at birth	All ages	Female	2020 - 22	82.1	82.2	82.8		
A01c - Disability free life expectancy at birth	All ages	Male	2018 - 20	59.3	61.6	62.4		
A01c - Disability free life expectancy at birth	All ages	Female	2018 - 20	59.6	59.9	60.9		
A02a - Inequality in life expectancy at birth	All ages	Male	2018 - 20	8.8	10.1	9.7		
A02a - Inequality in life expectancy at birth	All ages	Female	2018 - 20	6.4	7.9	7.9		
A01a - Healthy life expectancy at 65	65	Male	2018 - 20	8.7	10.2	10.5		
A01a - Healthy life expectancy at 65	65	Female	2018 - 20	9.5	10.9	11.3		
A01b - Life expectancy at 65	65	Male	2020 - 22	17.8	18.0	18.4		
A01b - Life expectancy at 65	65	Female	2020 - 22	20.2	20.6	20.9		
A01c - Disability-free life expectancy at 65	65	Male	2018 - 20	9.1	9.4	9.8		
A01c - Disability-free life expectancy at 65	65	Female	2018 - 20	8.4	9.2	9.9		
A02a - Inequality in life expectancy at 65	65	Male	2018 - 20	4	5.4	5.2		
A02a - Inequality in life expectancy at 65	65	Female	2018 - 20	3.3	4.9	4.8		
E03 - Under 75 mortality rate from causes considered preventable	<75 yrs	Persons	2020 - 22	188.4	186.2	170.1		
E04a - Under 75 mortality rate from all circulatory diseases	<75 yrs	Persons	2020 - 22	91.4	83.8	76.0		
E04b - Under 75 mortality rate from circulatory diseases considered preventable	<75 yrs	Persons	2020 - 22	36.8	34.0	30.1		
E05a - Under 75 mortality rate from cancer	<75 yrs	Persons	2020 - 22	142.6	128.6	123.2		
E05b - Under 75 mortality rate from cancer considered preventable	<75 yrs	Persons	2020 - 22	60.0	53.2	50.5		
E06a - Under 75 mortality rate from liver disease	<75 yrs	Persons	2020 - 22	21.9	23.7	21.1		
E06b - Under 75 mortality rate from liver disease considered preventable	<75 yrs	Persons	2020 - 22	19.1	21.5	18.7		
E07a - Under 75 mortality rate from respiratory disease	<75 yrs	Persons	2020 - 22	32.5	32.2	28.9		
E07b - Under 75 mortality rate from respiratory disease considered preventable	<75 yrs	Persons	2020 - 22	20.1	18.6	17.0		

Starting Well						
Indicator	Age	Sex	Period	Telford and Wrekin	West Midlands	England
B01b - Children in absolute low income families (under 16s)	<16 yrs	Persons	2021/22	17.8	21.4	15.3
B01b - Children in relative low income families (under 16s)	<16 yrs	Persons	2021/22	23.9	27.0	19.9
B02a - School readiness: percentage of children achieving a good level of development at the end of Reception	5 yrs	Persons	2022/23	68.0	66.0	67.2
B02a - School Readiness: percentage of children with free school meal status achieving a good level of development at the end of Reception	5 yrs	Persons	2022/23	56.6	53.4	51.6
B02b - School readiness: percentage of children achieving the expected level in the phonics screening check in Year 1	6 yrs	Persons	2022/23	80.5	78.4	78.9
B02b - School readiness: percentage of children with free school meal status achieving the expected level in the phonics screening check in Year 1	6 yrs	Persons	2022/23	68.7	68.6	66.5
B02c - School readiness: percentage of children achieving at least the expected level in communication and language skills at the end of Reception	5 yrs	Persons	2022/23	79.3	78.1	79.7
B02d - School readiness: percentage of children achieving at least the expected level of development in communication, language and literacy skills at the end of Reception	5 yrs	Persons	2022/23	69.4	67.4	68.8
B03 - Pupil absence	5-15 yrs	Persons	2021/22	7.8	7.8	7.6
B04 - First time entrants to the youth justice system	10-17 yrs	Persons	2022	109.6	115.1	148.9
B05 - 16 to 17 year olds not in education, employment or training (NEET) or whose activity is not known	16-17 yrs	Persons	2022/23	3.1	5.2	5.2
C02a - Under 18s conception rate / 1,000	<18 yrs	Female	2021	19.5	15.2	13.1
C02b - Under 16s conception rate / 1,000	<16 yrs	Female	2021		2.4	2.1
C03a - Obesity in early pregnancy	All ages	Female	2018/19	29.5	25.4	22.1
C03c - Smoking in early pregnancy	All ages	Female	2018/19	19.4	14.5	12.8
C04 - Low birth weight of term babies	>=37 weeks gestational age at birth	Persons	2021	3.1	3.0	2.8
C05a - Baby's first feed breastmilk	Newborn	Persons	2020/21	66.0	68.3	71.7
C06 - Smoking status at time of delivery	All ages	Female	2022/23	11.4	9.1	8.8
C07 - Proportion of New Birth Visits (NBVs) completed within 14 days	<14 days	Persons	2022/23	94.6	80.7	79.9
C08a - Child development: percentage of children achieving a good level of development at 2 to 2 and a half years	2-2.5 yrs	Persons	2022/23	63.2	76.3	79.2

Starting Well								
Indicator	Age	Sex	Period	Telford and Wrekin	West Midlands	England		
C08b - Child development: percentage of children achieving the expected level in communication skills at 2 to 2 and a half years	2-2.5 yrs	Persons	2022/23	72.1	83.0	85.3		
C08c - Child development: percentage of children achieving the expected level in personal social skills at 2 to 2 and a half years	2-2.5 yrs	Persons	2022/23	79.6	89.0	90.3		
C09a - Reception prevalence of overweight (including obesity)	4-5 yrs	Persons	2022/23	25.4	22.2	21.3		
C09b - Year 6 prevalence of overweight (including obesity)	10-11 yrs	Persons	2022/23	38.9	39.3	36.6		
C10 - Percentage of physically active children and young people	5-16 yrs	Persons	2022/23	39.6	43.9	47.0		
C11a - Hospital admissions caused by unintentional and deliberate injuries in children (aged 0 to 14 years)	<15 yrs	Persons	2021/22	91.1	83.7	84.3		
C11a - Hospital admissions caused by unintentional and deliberate injuries in children (aged 0 to 4 years)	0-4 yrs	Persons	2021/22	109.5	100.1	103.6		
C11b - Hospital admissions caused by unintentional and deliberate injuries in young people (aged 15 to 24 years)	15-24 yrs	Persons	2021/22	114.9	112.4	118.6		
C12 - Percentage of looked after children whose emotional wellbeing is a cause for concern	5-16 yrs	Persons	2021/22	41.0	34.0	37.0		
C24m - Newborn Hearing Screening: Coverage	<1 yr	Persons	2022/23	99.4	98.7	98.5		
C24n - Newborn and Infant Physical Examination Screening Coverage	<1 yr	Persons	2022/23	97.1	97.0	96.2		
D02a - Chlamydia detection rate per 100,000 aged 15 to 24	15-24 yrs	Persons	2022	2,118.5	1,337.2	1,680.1		
D02b - New STI diagnoses (excluding chlamydia aged under 25) per 100,000	All ages	Persons	2022	343.8	339.6	495.8		
D03a - Population vaccination coverage BCG: areas offering universal BCG only	1 yr	Persons	2021/22					
D03b - Population vaccination coverage: Hepatitis B (1 year old)	1 yr	Persons	2022/23	88.9				
D03c - Population vaccination coverage: Dtap IPV Hib (1 year old)	1 yr	Persons	2022/23	94.1	91.5	91.8		
D03d - Population vaccination coverage: MenB (1 year)	1 yr	Persons	2022/23	93.6	90.6	91.0		
D03e - Population vaccination coverage: Rotavirus (Rota) (1 year)	1 yr	Persons	2022/23	91.8	88.3	88.7		
D03f - Population vaccination coverage: PCV	1 yr	Persons	2022/23	96.4	93.2	93.7		
D03g - Population vaccination coverage: Hepatitis B (2 years old)	2 yrs	Persons	2022/23	100.0				
D03h - Population vaccination coverage: Dtap IPV Hib (2 years old)	2 yrs	Persons	2022/23	95.4	92.9	92.6		
D03i - Population vaccination coverage: MenB booster (2 years)	2 yrs	Persons	2022/23	91.2	87.1	87.6		
D03j - Population vaccination coverage: MMR for one dose (2 years old)	2 yrs	Persons	2022/23	92.2	88.9	89.3		
D03k - Population vaccination coverage: PCV booster	2 yrs	Persons	2022/23	92.1	88.3	88.5		
D03I - Population vaccination coverage: Flu (2 to 3 years old)	2-3 yrs	Persons	2022/23	37.2	39.1	43.7		

Starting Well									
Indicator	Age	Sex	Period	Telford and Wrekin	West Midlands	England			
D03m - Population vaccination coverage: Hib and MenC booster (2 years old)	2 yrs	Persons	2022/23	91.9	88.2	88.7			
D04a - Population vaccination coverage: DTaP and IPV booster (5 years)	5 yrs	Persons	2022/23	86.3	82.8	83.3			
D04b - Population vaccination coverage: MMR for one dose (5 years old)	5 yrs	Persons	2022/23	94.6	92.6	92.5			
D04c - Population vaccination coverage: MMR for two doses (5 years old)	5 yrs	Persons	2022/23	87.0	83.7	84.5			
D04d - Population vaccination coverage: Flu (primary school aged children)	4-11 yrs	Persons	2022	56.9	52.1	56.3			
D04e - Population vaccination coverage: HPV vaccination coverage for one dose (12 to 13 year old)	12-13 yrs	Male	2021/22	49.0	59.6	62.4			
D04e - Population vaccination coverage: HPV vaccination coverage for one dose (12 to 13 year old)	12-13 yrs	Female	2021/22	62.6	66.9	69.6			
D04f - Population vaccination coverage: HPV vaccination coverage for two doses (13 to 14 years old)	13-14 yrs	Male	2021/22	52.8	64.2	62.4			
D04f - Population vaccination coverage: HPV vaccination coverage for two doses (13 to 14 years old)	13-14 yrs	Female	2021/22	61.2	69.9	67.3			
E01 - Infant mortality rate	<1 yr	Persons	2020 - 22	5.5	5.8	4.0			
E02 - Percentage of 5 year olds with experience of visually obvious dentinal decay	5 yrs	Persons	2021/22	19.1	23.8	23.7			

Living Well								
Indicator	Age	Sex	Period	Telford and Wrekin	West Midlands	England		
B06a - Adults with a learning disability who live in stable and appropriate accommodation	18-64 yrs	Persons	2022/23	77.3	71.4	80.5		
B06b - Adults in contact with secondary mental health services who live in stable and appropriate accommodation	18-69 yrs	Persons	2020/21	59.0	48.0	58.0		
B08a - Gap in the employment rate between those with a physical or mental long term health condition (aged 16 to 64) and the overall employment rate	16-64 yrs	Persons	2022/23	12.7	9.9	10.4		
B08a - The percentage of the population with a physical or mental long term health condition in employment (aged 16 to 64)	16-64 yrs	Persons	2022/23	63.3	63.7	65.3		
B08b - Gap in the employment rate between those who are in receipt of long term support for a learning disability (aged 18 to 64) and the overall employment rate	18-64 yrs	Persons	2021/22	72.1	70.4	70.6		

Living Well								
Indicator	Age	Sex	Period	Telford and Wrekin	West Midlands	England		
B08b - The percentage of the population who are in receipt of long term support for a learning disability that are in paid employment (aged 18 to 64)	18-64 yrs	Persons	2021/22	2.5	3.3	4.8		
B08c - Gap in the employment rate for those who are in contact with secondary mental health services (aged 18 to 69) and on the Care Plan Approach, and the overall employment rate	18-69 yrs	Persons	2020/21	63.9	66.7	66.1		
B08c - The percentage of the population who are in contact with secondary mental health services and on the Care Plan Approach, that are in paid employment (aged 18 to 69)	18-69 yrs	Persons	2020/21	9.0	7.0	9.0		
B08d - Percentage of people in employment	16-24 yrs	Persons	2022/23	76	73.6	75.7		
B09a - Sickness absence: the percentage of employees who had at least one day off in the previous week	16+ yrs	Persons	2019 - 21	1.7	1.6	1.8		
B09b - Sickness absence: the percentage of working days lost due to sickness absence	16+ yrs	Persons	2019 - 21	0.9	0.9	1.0		
B10 - Killed and seriously injured (KSI) casualties on England's roads	All ages	Persons	2022	62.4	64.3	94.5		
B11 - Domestic abuse related incidents and crimes	16+ yrs	Persons	2022/23	27.2	35.1	30.6		
B12a - Violent crime - hospital admissions for violence (including sexual violence)	All ages	Persons	2018/19 - 20/21	27.8	37.7	41.9		
B12b - Violent crime - violence offences per 1,000 population	All ages	Persons	2021/22	41.8	42.0	34.4		
B12c - Violent crime - sexual offences per 1,000 population	All ages	Persons	2021/22	3.9	3.2	3.0		
B13c - First time offenders	10+ yrs	Persons	2022	160.8	142.4	165.8		
B14a - The rate of complaints about noise	All ages	Persons	2020/21	9.3	6.8	12.0		
B14b - The percentage of the population exposed to road, rail and air transport noise of 65dB(A) or more, during the daytime	All ages	Persons	2016	1.2	4.4	5.5		
B14c - The percentage of the population exposed to road, rail and air transport noise of 55 dB(A) or more during the night-time	All ages	Persons	2016	2.8	8.1	8.5		
B15a - Homelessness: households owed a duty under the Homelessness Reduction Act	Not applicable	Not applicable	2022/23	15.5	11.4	12.4		
B15c - Homelessness: households in temporary accommodation	Not applicable	Not applicable	2022/23	0.8	2.5	4.2		
B17 - Fuel poverty (low income, low energy efficiency methodology)	Not applicable	Not applicable	2021	14.9	18.5	13.1		
B19 - Loneliness: Percentage of adults who feel lonely often or always or some of the time	16+ yrs	Persons	2019/20	26.0	23.7	201.0		
C01 - Total prescribed LARC excluding injections rate / 1,000	All ages	Female	2022	57.4	38.2	44.1		

Living Well						
Indicator	Age	Sex	Period	Telford and Wrekin	West Midlands	England
C14b - Emergency Hospital Admissions for Intentional Self-Harm	All ages	Persons	2021/22	156.8	151.0	163.9
C15 - Percentage of adults aged 16 and over meeting the '5-a-day' fruit and vegetable consumption recommendations (new method)	16+ yrs	Persons	2021/22	26.1	29.0	300.7
C16 - Percentage of adults (aged 18 plus) classified as overweight or obese	18+ yrs	Persons	2021/22	71.4	67.2	570.9
C17a - Percentage of physically active adults	19+ yrs	Persons	2021/22	64.2	63.4	572.2
C17b - Percentage of physically inactive adults	19+ yrs	Persons	2021/22	26.8	25.5	233.8
C18 - Smoking Prevalence in adults (18+) - current smokers (APS)	18+ yrs	Persons	2022	16.7	13.4	177.6
C19a - Successful completion of drug treatment: opiate users	18+ yrs	Persons	2022	7.6	4.6	5.0
C19b - Successful completion of drug treatment: non opiate users	18+ yrs	Persons	2022	36.7	30.4	31.4
C19c - Successful completion of alcohol treatment	18+ yrs	Persons	2022	44.6	35.4	35.1
C19d - Deaths from drug misuse	All ages	Persons	2018 - 20	4.6	5.3	5.0
C20 - Adults with substance misuse treatment need who successfully engage in community based structured treatment following release from prison	18+ yrs	Persons	2022/23	38.8	38.7	42.6
C21 - Admission episodes for alcohol-related conditions (Narrow)	All ages	Persons	2021/22	546.5	564.3	494.0
C23 - Percentage of cancers diagnosed at stages 1 and 2	All ages	Persons	2021	51.7	54.7	54.4
C24b - Cancer screening coverage: cervical cancer (aged 25 to 49 years old)	25-49 yrs	Female	2023	69.8	65.1	65.8
C27 - Percentage reporting a long-term Musculoskeletal (MSK) problem	16+ yrs	Persons	2023	25.8	20.5	204.5
C28a - Self reported wellbeing: people with a low satisfaction score	16+ yrs	Persons	2022/23	5.9	5.2	5.6
C28b - Self reported wellbeing: people with a low worthwhile score	16+ yrs	Persons	2022/23	3.3	4.2	4.4
C28c - Self reported wellbeing: people with a low happiness score	16+ yrs	Persons	2022/23	6.8	8.5	8.9
C28d - Self reported wellbeing: people with a high anxiety score	16+ yrs	Persons	2022/23	19.5	22.9	23.3
D05 - Population vaccination coverage: Flu (at risk individuals)	6mths-64 yrs	Persons	2022/23	47.8	47.5	49.1
D07 - HIV late diagnosis in people first diagnosed with HIV in the UK	15+ yrs	Persons	2020 - 22	52.9	45.9	43.3
D08a - Proportion of drug sensitive TB notifications who had completed a full course of treatment by 12 months	All ages	Persons	2020	66.7	83.2	84.2
D08b - TB incidence (three year average)	All ages	Persons	2020-22	4.0	9.2	7.6
E09a - Premature mortality in adults with severe mental illness (SMI)	18-74 yrs	Persons	2018 - 20	134.4	110.7	103.6
E09b - Excess under 75 mortality rate in adults with severe mental illness (SMI)	18-74 yrs	Persons	2018 - 20	475.4	365.9	389.9
E10 - Suicide rate	10+ yrs	Persons	2020 - 22	11.1	10.7	10.3
E12c - Preventable sight loss: diabetic eye disease	12+ yrs	Persons	2022/23		3.2	2.9
E12d - Preventable sight loss: sight loss certifications	All ages	Persons	2022/23	38.7	44.6	42.0

Ageing Well								
Indicator	Age	Sex	Period	Telford and Wrekin	West Midlands	England		
B18a - Social Isolation: percentage of adult social care users who have as much social contact as they would like	18+ yrs	Persons	2022/23	41.1	47.1	44.4		
B18b - Social Isolation: percentage of adult carers who have as much social contact as they would like	18+ yrs	Persons	2021/22	26.4	29.4	28.0		
C24a - Cancer screening coverage: breast cancer	53-70 yrs	Female	2023	68.3	65.5	66.2		
C24c - Cancer screening coverage: cervical cancer (aged 50 to 64 years old)	50-64 yrs	Female	2023	74.7	73.9	74.4		
C24d - Cancer screening coverage: bowel cancer	60-74 yrs	Persons	2023	71.4	70.4	72.0		
C24e - Abdominal Aortic Aneurysm Screening Coverage	65	Male	2022/23	79.1	80.2	78.3		
C26a - Cumulative percentage of the eligible population aged 40 to 74 offered an NHS Health Check	40-74 yrs	Persons	2018/19 - 22/23	26.1	73.5	64.7		
C26b - Cumulative percentage of the eligible population aged 40 to 74 offered an NHS Health Check who received an NHS Health Check	40-74 yrs	Persons	2018/19 - 22/23	52.3	35.4	42.3		
C26c - Cumulative percentage of the eligible population aged 40 to 74 who received an NHS Health check	40-74 yrs	Persons	2018/19 - 22/23	13.6	26.0	27.4		
C29 - Emergency hospital admissions due to falls in people aged 65 and over	65+ yrs	Persons	2021/22	1,506.2	1,986.1	2,099.9		
C29 - Emergency hospital admissions due to falls in people aged 65 to 79	65-79 yrs	Persons	2021/22	792.8	952.6	992.7		
C29 - Emergency hospital admissions due to falls in people aged 80 plus	80+ yrs	Persons	2021/22	3,575.1	4,983.2	5,310.8		
D06a - Population vaccination coverage: Flu (aged 65 and over)	65+ yrs	Persons	2022/23	78.3	78.9	79.9		
D06b - Population vaccination coverage: PPV	65+ yrs	Persons	2020/21	68.9	69.5	70.6		
D06c - Population vaccination coverage: Shingles vaccination coverage (71 years)	71	Persons	2021/22	34.7	41.9	44.0		
E11 - Emergency readmissions within 30 days of discharge from hospital	All ages	Persons	2020/21	14.4	15.7	15.5		
E12a - Preventable sight loss: age related macular degeneration (AMD)	65+ yrs	Persons	2022/23	110.3	112.0	105.6		
E12b - Preventable sight loss: glaucoma	40+ yrs	Persons	2022/23	17.0	14.7	13.5		
E13 - Hip fractures in people aged 65 and over	65+ yrs	Persons	2022/23	651.9	602.2	558.0		
E13 - Hip fractures in people aged 65 to 79	65-79 yrs	Persons	2022/23	307.7	266.1	243.8		
E13 - Hip fractures in people aged 80 and over	80+ yrs	Persons	2022/23	1,650.1	1,576.8	1,469.0		
E14 - Winter mortality index	All ages	Persons	Aug 2021 - Jul 2022	0.8	8.8	8.1		
E14 - Winter mortality index (age 85 plus)	85+ yrs	Persons	Aug 2021 - Jul 2022	0.8	12.4	11.3		
E15 - Estimated dementia diagnosis rate (aged 65 and older)	65+ yrs	Persons	2023	57.9	60.3	63.0		