

7 DECEMBER 2015

REPORT OF THE CHAIR OF THE AREA PEOPLE BOARD**East Sunderland Area People Board Progress Report****1 Purpose of Report**

- 1.1 In June 2015 the Local Area Plan's priorities associated with People were referred to the East Sunderland People Area Board to action on behalf of the Area Committee. This report provides an update on the work plan, as set out in **Annex 1**.

2 Key Areas of Influence / Achievements

- 2.1 Outlined below is a summary of the key areas of influence / achievements of the East Sunderland Area People Board up to 30 November 2015.

| Action Taken | Outcome |
|--|---|
| Holiday Hunger | <p>During the Summer school holidays Area Committee funded a Holiday Hunger scheme targeting 869 households in the East area who have families that are registered as eligible for free school meals.</p> <p>Each family was offered a £5 voucher per child for weeks three, four and five of the school holidays as evidenced suggested it is during this time that households 'feel the pinch', financially.</p> <p>Some families accessed the scheme for one week only, others for two and some for all three, although the percentage accessing the scheme for all three weeks was less than 50%.</p> <p>From the 869 families, 44 took up the offer benefiting 90 children.</p> <p>The support of Area Committee in delivering the pilot scheme has resulted in a legitimate exercise to support children and families and provided some good learning points which can inform any future considerations.</p> <p>The Area Committee are requested to note the findings from the pilot, and if appropriate receive a further proposal for a 2016 holiday hunger scheme.</p> |
| <p>Area Priority 1: Understanding the impact of self-harming in the East.</p> <p>Action: Receive a presentation on the</p> | <p>In November 2015, Public Health presented a report to the People Area Board. The report outlined a definition of what self-harm is, "any act of self-poisoning or self-injury carried out by an individual irrespective of motivation." (NICE Guidance: Clinical guidelines 133, 2011).</p> <p>To further understand what self-harming is, it was outlined that</p> |

facts and figures, agree a definition and consider options on a way forward.

self-harm is an expression of personal distress, not an illness. There are many reasons for a person to harm themselves, for example, trying to express painful feelings, feeling in control or feeling relief.

Self-harm is amongst the top five causes of hospital admissions for males and females of all ages in the UK. It affects all age groups but is most common in older adults, particular men over 75, females, members from the lesbian, gay, bi-sexual and transgender community, Look After Children, care leavers and young people in custodial setting.

There is a strong association between self-harm and completed suicide. It is estimated that 50% of those who die by suicide have self-harmed in the past. The right, skilled support at the time of the first episode of self-harming offers an opportunity to prevent further self-harming and potentially a suicide attempt.

In terms of the picture for East Sunderland, it has proven difficult to identify an exact picture. Data collected relates to hospital stays for self-harm and anecdotal evidence suggests that many incidents go un-reported. Statistics from The Health and Social Care Information Centre are shown below for 2013:

| Ward | Hospital Stays for self-harm |
|---------------------|-------------------------------------|
| Doxford | 119.5 |
| Hendon | 459.3 |
| Millfield | 221.4 |
| Ryhope | 237.3 |
| St Michael's | 211.1 |
| England | 203 |

The data outlines that four wards are worse than England's average, with Hendon been significantly worse.

It was recognised that primary care have an important role in the care of people who self-harm, and good communication between secondary and primary care is vital, especially between mental health services, housing and health services.

Earlier indications show that more could be done to improve and support individuals. An option for consideration is to establish a Self-Harming Policy for organisations to adopt, part of which would be to take part in training on self-harming, similar to the Life Worth Living course. Target audiences could include A&E, emergency services, primary care, care settings such as residential homes, schools and colleges, youth providers, criminal and youth justice systems.

| | |
|---|---|
| | <p>The Area Board proposed further investigation is carried out and a needs assessment is completed and presented to a future meeting. The assessment will identify the self-harming e.g. prescriptions drugs, cutting, etc. it will breakdown the rates to understand if it is repeat individuals or separate visits, and consider the cohort of people, such as, age, income, etc.</p> <p>The Area Committee are requested to note the findings, and agree to receive a future report on the needs assessment relating to self-harm.</p> |
| <p>East Sunderland Area Committee Work Plan: SIB People themed progress report.</p> | <p>In November 2015, Area Board received an update on people themed SIB funded projects which have delivered actions against the Area Work Plan. Approximately £100,162 SIB was awarded to a variety of different organisations to deliver the following:</p> <ul style="list-style-type: none"> • The Little Bit Extra grant came to a close, with over 33 small grants awarded with over 2,400 new people engaged in services. • As part of a joint initiative with the East CCG a ‘partnership in practice’ action plan was delivered, focusing at supporting people with dementia and raising awareness of the early signs of dementia. Front line staff became Dementia Friends i.e. libraries, GP surgeries, etc., schools received Dementia Friends training, event programmes were delivered, memory cafes established, health and wellbeing sessions delivered, educational courses piloted and sustained, and new partnerships were established between dementia providers (Essences, Action on Dementia, Alzheimer’s Society, Housing 21, etc.) • To improving resident’s emotional wellbeing an out of hours service was funded over a weekend. • Safe Places were established in local venues providing a safe place for people with learning disabilities to go if they feel anxious when out and about on their own. • A pilot was delivered in a local secondary school to support Y10 and Y11 pupils with future careers choices. Methodologies applied covered new software systems, mentoring work, personal development plans, practical works experience, community challenges and employment and further education research. The pilot has been evaluated and shared with the Connexions Services to contribute towards future practices. • Delivered a variety of commemorative activities to celebrate Captain George Maling, Victoria Cross winner. • Transport costs were funded for 758 pupils from the East to visit Safetyworks, an interactive centre in Newcastle to learn how to be safe on the streets. I.e. metro safety, water wise, etc. |

| | |
|--|---|
| | <ul style="list-style-type: none"> • 18 young people received a six month employment contract, to strengthen their CV and likelihood of moving into permanent employment. • An e-learning portal will be launched in the New Year, providing up to 5,000 volunteers access to 100 modules for free. This will strengthen the individual's personal capacity and ability, as well as our overall approach to supporting volunteers. <p>Area Committee are requested to note the progress made against the Area Work Plan 2015 / 2016. Further information is available in Annex 2.</p> |
|--|---|

3. Recommendations

3.1 Members are requested to:-

- (a) Note the East Sunderland Area People Board Work Plan, as set out in **Annex 1**.
- (b) Note the findings from the holiday hunger scheme and initial report on understanding self-harm, and agree to receive future reports.
- (c) Note the progress made against the Area Work Plan 2015 / 2016, as set out in Annex 2.

Annex 1 East Sunderland Area People Board Work Plan 2014 / 2015

Annex 2 East Sunderland People Themed SIB Projects

Background Papers East Sunderland Area People Board Agendas, Reports and Action List

Contact Officer: Nicol Trueman, Area Community Officer Tel: 0191 561 1162
 Email: Nicol.trueman@sunderland.gov.uk