

REPORT AUTHOR:	Jane Wheeler, Early Help Service Manager, Prevention, and Innovation Service
SUBJECT:	Wear Here 4 You Prevention Bus Annual Report 2021–2022
PURPOSE:	To report on the development and delivery of the Wear Here 4 You Prevention Bus in the period of 1st October 2021 to 30th September 2022.

EXECUTIVE SUMMARY

The Wear Here 4 You Prevention Bus annual report is comprehensive. This Executive Summary attempts to lay out briefly the highlights of the first year.

Both the pandemic and the current cost of living crisis are highlighting and exacerbating existing issues and inequalities for children, young people and their families. The likely long-term effects on family resilience are not yet known. The Wear Here 4 You Mobile Bus was launched in response to feedback from children, young people, families and partners to enable preventative services to have more of a community presence and to support our partnership vision to help families at the earliest opportunity to reduce the need for more costly statutory services.

In the period of 1st October 2021 – 30th September 2022 the Wear Here 4 You Prevention Bus achieved the following:

- Engaged with over 6,000 children and young people
- Delivered in 19 wards of Sunderland in the first year
- Supported 34 sessions in 15 Sunderland schools and colleges
- Supported the Healthy City Plan
- Raised awareness of preventative support services
- Signed families up to access our Family Centre provision.
- Reacted to need and delivered sessions in targeted areas of the city.
- Delivered brief interventions with young people such as work around healthy relationships, emotional well-being, healthy lifestyle choices, friendships and anti-social behaviour and offending.
- Delivered services to our children, young people and families where they wanted to access them
- Received fantastic feedback from children, young people, families and partners.

The overall impact of prevention is difficult to describe accurately. It is very hard to prove that something did not happen. However, feedback from children, young people and families clearly illustrates that the presence of the bus and the signposting and interventions it offers have had a positive impact on their circumstances. Even the briefest of contacts can make a big difference to families.

The model is still under development and we are learning and improving our offer all the time. This report describes our journey (quite literally!) so far.

1.BACKGROUND

In Summer 2021, as part of the DfE funded Holiday Activity and Food (HAF) Programme, Together for Children launched a Mobile HAF Bus to support the ward areas of the city that had no funded HAF provision. The mobile provision was a huge success engaging with over 1,500 children and young people over the period of 16 sessions.

The mobile bus offered children, young people and their families information, guidance and support as part of the signposting element of the DfE funded programme.

- Families reported that they found out about support services that they didn't know about
- Referrals were made into EH services
- Parent/Carers registered for their local Family Centres
- Families were signed up to the Healthy Start Programme
- Advice and guidance were given to children and young people around Careers, Healthy Relationships, Sex, Health and Well-Being, Nutrition and Activity.
- Children and young people joined Participation and Engagement Groups.
- Information was given around nutritional education and healthy eating

Due to the success, it was decided as a partnership to pilot a Mobile Prevention Bus service for 12 months, to ensure children, young people and their families know where to go to for support at the earliest opportunity, breaking down negative perceptions and supporting access and reach of services.

2.WHY PREVENTION?

The mobile provision is a preventative offer. In terms of definition, 'prevention' refers to activities to stop a social or emotional problem arising in the first place or escalating further.

Prevention is about encouraging children, young people and their families to be more proactive about their health and wellbeing, increasing independence and reducing the need for more intrusive or intensive services.

Prevention should be a focus of all of our interactions with children, young people and families - from people using universal services and community groups, to an initial request for information and advice, to assessment, care and support planning and reviews. Prevention should also be part of strategic planning and service developments.

As statutory guidance highlights 'at every interaction with a person, a local authority should consider whether or how the person's needs could be reduced or other needs could be delayed from arising' (DHSC 2016).

In Sunderland our model of practice is Signs of Well-being within our Early Help practice. To ensure our prevention bus also aligns with this model, we use language that is simple and easy to understand for our children, young people and families. Every prevention bus session is closed with a debrief session in the format of a group supervision looking at what worked well, anything staff are worried about and improvements for the next session.

3.CONTEXT

The Mobile Prevention Bus was co-produced with children and young people and has been named WEAR HERE 4 YOU. The Prevention bus is there to offer a recognisable point of information, support and contact for our children, young people and families in the city.



The Mobile Wear Here 4 You Bus was introduced as a partnership bus. Staff from Together for Children, Growing Healthy Sunderland, Northumbria Police, Youth Consortium and other partners have engaged with children and young people on issues that matter to them, have given advice, support and signposted when appropriate to other services and agencies.

The Wear Here 4 You Bus supports the Sunderland Healthy City Plan vision to support children and young people in Sunderland to have healthy, happy lives, with nobody left behind. The Mobile Wear Here 4 You bus also supports the Starting Well pathway which lays the foundations for a healthy life from preconception to young adulthood with the priority to give every child the best start in life.

4.AIMS AND OBJECTIVES 2021-2022

The ***Wear Here 4 You*** Mobile Prevention Bus:

- Is a safe space for children and young people if needed
- Highlights the support services available across the city for children, young people and their families
- Directly delivers prevention programmes, one-to-one targeted interventions and evidence-based interventions to improve outcomes for children and young people if appropriate
- Directly delivers themed sessions to raise awareness of online safety, cyberbullying and bullying and the impact this has on mental health and emotional resilience.
- Delivers health interventions to children, young people as part of Growing Healthy Sunderland 0-19 Public Health programme
- Delivers and promotes use of C Card (age specific contraceptive advice)
- Takes support provision to geographical areas/wards where there has been difficulty for young people to access it or where a targeted provision is required
- Enables young people to have a positive voluntary relationship with an adult who has a professional interest in the well-being of young people.
- Supports Together for Children and partners to gain a greater understanding of young people's situations in order to increase accuracy of intervention.
- Supports the partnership to understand the issues and needs of young people to the benefit of both.

5. FUNDING AND RESOURCE

In the period of 16th October 21 to 30th September 2022 the Wear Here 4 You prevention bus was funded from a variety of resources. Funding received only covered the hire of the bus, maintenance, a bus driver and refreshments. Figure 1 shows the funding sources.

FIG 1. 2021-2022 Funding

	TFC	Public Health	SSCP	Growing Healthy	CCG	Total Cost
Staffing	All	N/A	N/A	N/A	N/A	
Bus	£10,000	£14,000	£10,000	£2,000	£10,000	£46,000
Refreshments	N/A	£3,000	N/A	N/A	N/A	
Total	£10,000	£17,000	£10,000	£2,000	£10,000	£49,000

Based on the numbers of young people who accessed the Prevention bus in 2021/22 (see Fig 2 below), the average cost to support each young person was £7.95. The use of the bus to deliver HAF sessions as well as the prevention sessions reduces this cost significantly.

Funding for additional support staff was not available as part of the pilot year. The bus was co-ordinated and staffed mainly by Together for Children's Early Help Service with some support from Children's Social Care and our partners for example Growing Healthy Sunderland School Nurses or Sexual Health Team.

It was identified early on in the pilot that 12 months would not give the opportunity for evaluation of the of the bus, the Clinical Commissioning Group (now known as the Integrated Care Board) recognised the importance and secured funding for a second year which would run from 1st October 2022 to 30th September 2023.

Additional funding for dedicated staffing for the bus for 12 months has been secured by Together for Children and from the Violence Reduction Unit (VRU).

At the end of 2022/23 we will conduct a full cost benefit analysis of the provision.

6. HIGHLIGHTS OF YEAR ONE 2021-2022

FIG 2. Output Highlights of year one

103 completed sessions (overall)	6,161 children and young people	37 completed school sessions	32 Community Day sessions completed	34 Evening sessions completed
960 Parent carers	77 family registrations completed	11 Careers and NEET Referrals	2 Children's Social Care Referrals	7 Early Help Referrals
17 young people directly introduced to KOOTH	7 young people signposted and attended a Youth and Community Group	47 C Card registrations via TFC and Sexual Health Service	7 occasions where intelligence was passed to police	20 referrals made into the Prevention and Resilience team

To note: we estimate that numbers are much higher, however recording of sessions strengthened as the prevention bus developed. Not all young people want to be identified.

7. MAKING A DIFFERENCE

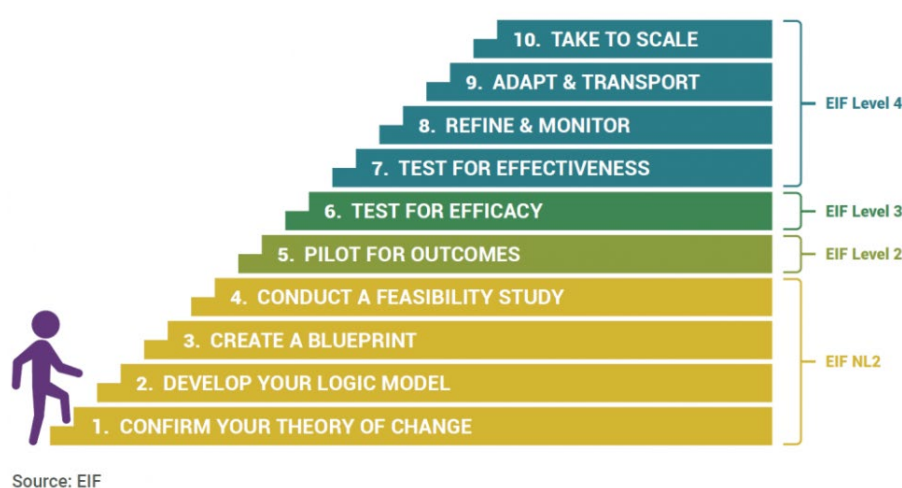
Effective early intervention and prevention work to prevent problems from occurring in the first place or tackle them head-on before they get worse. Evaluation is essential for ensuring that our intervention is effective at preventing poor outcomes, supporting children's development and

providing the benefits that it has been designed to provide. Understanding and measuring the impact of an intervention is an iterative process.

Evaluation methods can be daunting at times. To support our thinking the Early Intervention Foundation offers a practical ten step framework. The framework supports and reconfirms that our pilot programme is making a difference as it is implemented.

The Wear Here 4 You prevention bus is currently between step five and six of the framework, identifying meaningful outcomes for children and young people and establishing our evidence base across the partnership. We are moving into step seven to see if the bus has had the intended result described in the aims and objectives. Year Two will support further evaluation moving the programme through steps eight to 10 as we are seeing the positive outcomes and expand our delivery model.

FIG 3. Early Intervention Ten Step Framework



8. LOGIC MODEL

The use of logic models can help us show the connectivity between needs, interventions, and outcomes. To do that our model focuses on inputs, outputs, outcome and impact.

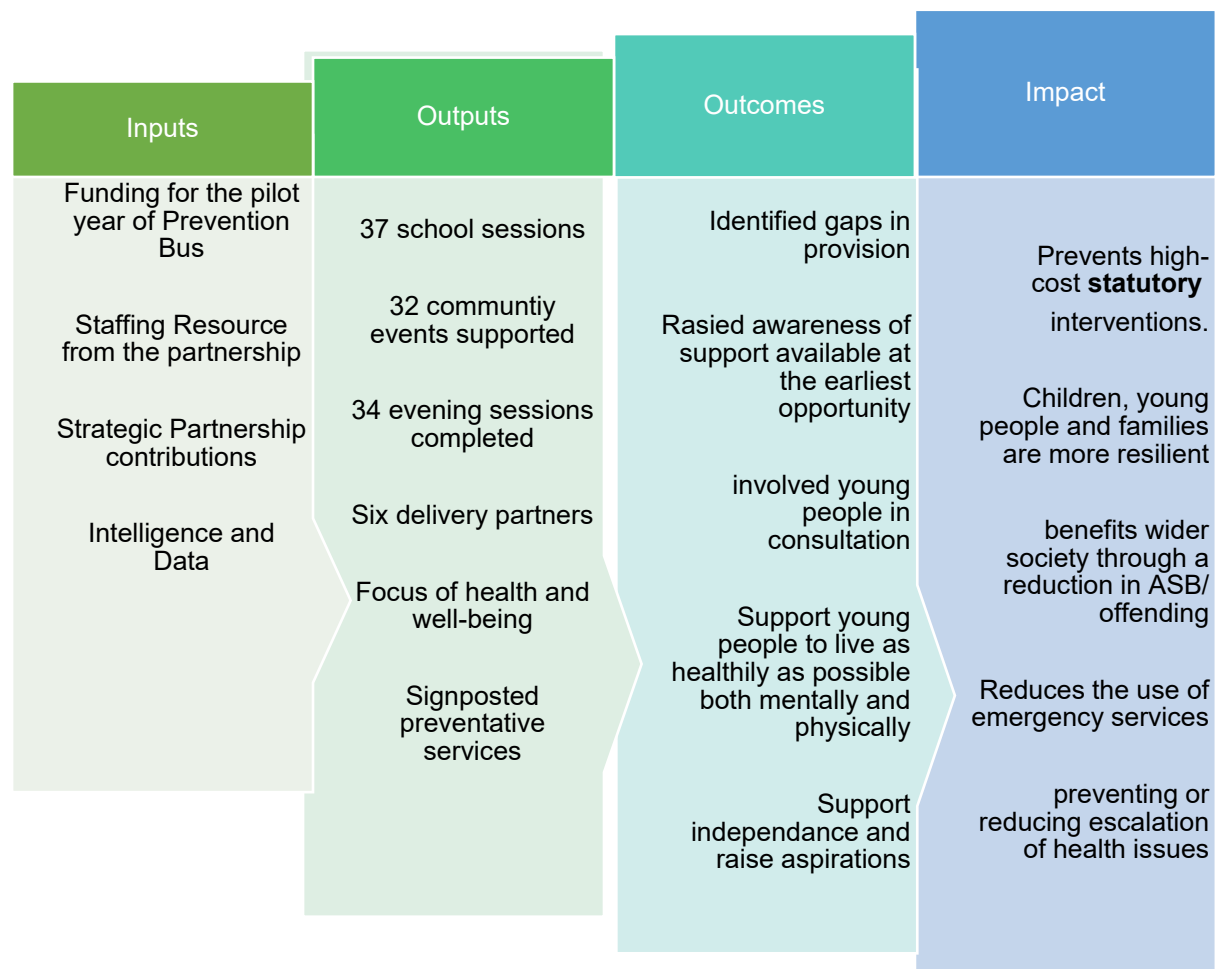
Inputs are the actions the partnership has taken to support the pilot programme.

Outputs are a great way to show engagement and uptake but does not have a measurable impact on our children, young people and families. How do we know if we are really making a difference. It's about a change in thinking, services that work with children and families are good at doing the doing, being creative, reacting and supporting families

Outcomes tend to be immediate or short-term benefits of an input such as a group of young people reporting that they have learnt something new by attending a session.

Impacts tend to be long term benefits of an input. Overall, we want to look evidence impact but i.e. families could engage earlier reducing the needs of more intensive costly services. As impact tends to be difficult to track we use outcomes with an evidence base to predict the impact e.g. 5,000 young people attended session X in the past 12 months, evidence base Y suggests that this will lead to continuous reduction in Z during the next 5 years.

FIG 4. LOGIC MODEL



OVERALL OUTPUTS

In the period of 16th October 2021 to 30th September 2022, the Wear Here 4 You prevention bus arranged 122 sessions and delivered 103 sessions. The cancelled sessions were mainly due to the changes in restrictions with regards to COVID 19.

Fig. 5. Session Outputs

	Quarter 1 (Oct – Dec 21)	Quarter 2 (Jan – March 22)	Quarter 3 (April – June 22)	Quarter 4 (July – Sept 22)	Total
School Session	7	12	13	5	37
Community Session (Day)	5	6	7	14	32
Community Session (Evening)	9	11	7	7	34

Cancellations	8	10	0	1	19
Total	29	39	27	27	122

The Wear Here 4 You prevention bus engaged with 6,178 children and young people and 961 parent and carers. Figure 7 shows the overall breakdown over our three session types.

FIG 6. Numbers attending per session type

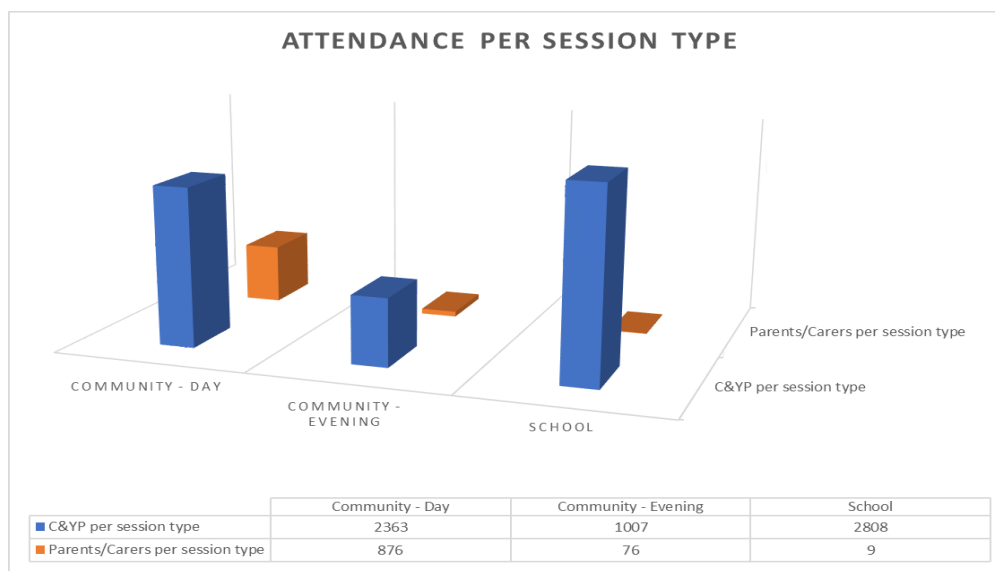
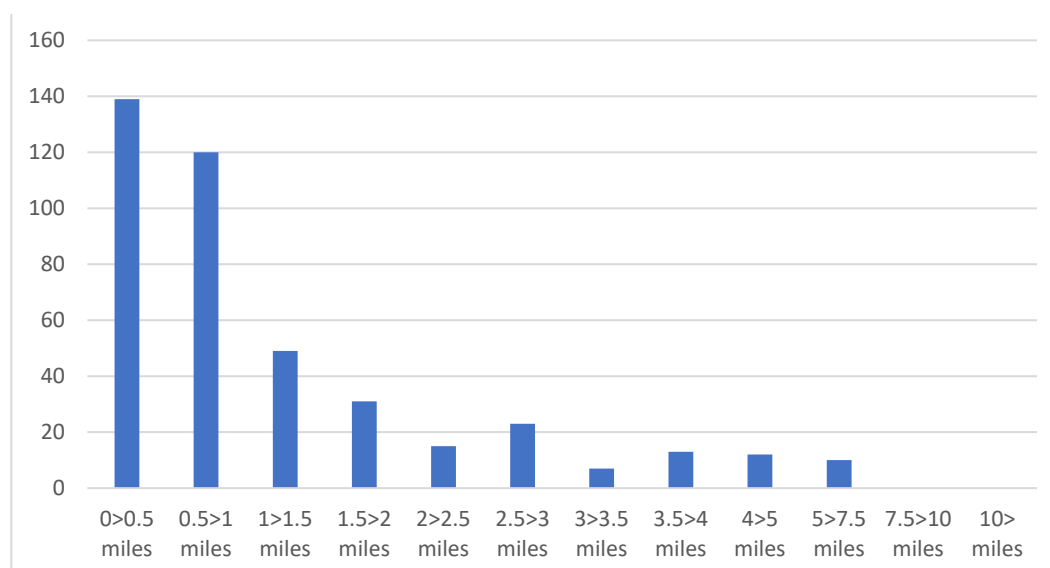
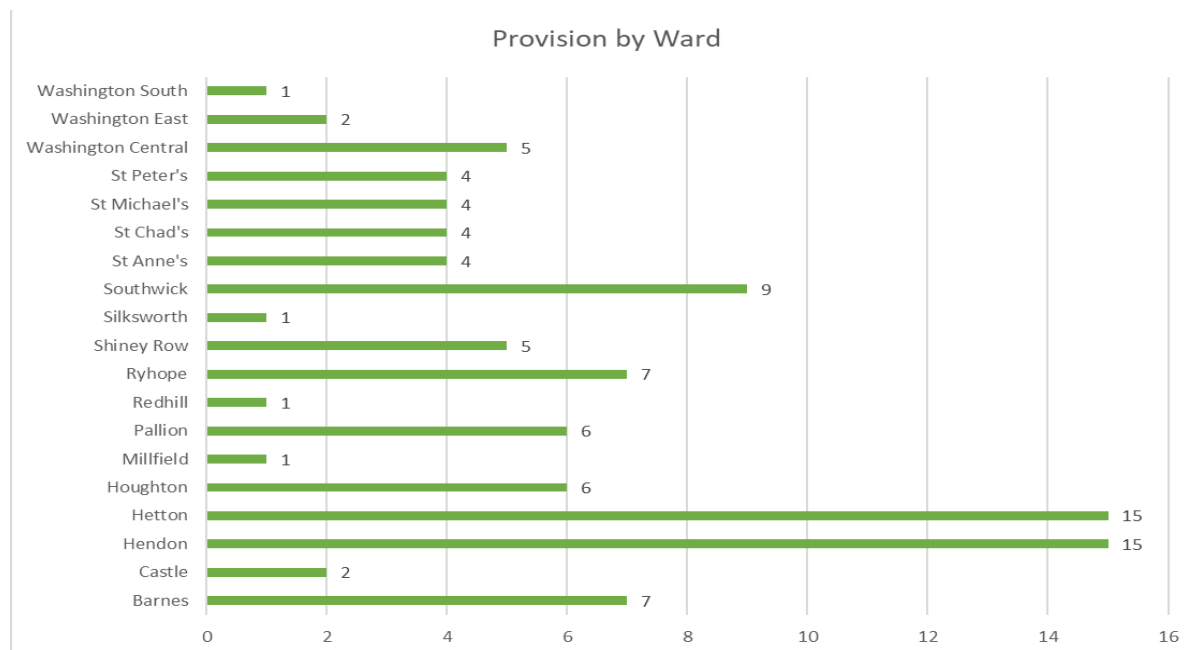


FIG 7. Distanced travelled



In the period of October 21 – September 22 the Prevention Bus travelled to 19 wards across the city. This represents 76 percent of the wards within the City of Sunderland. (Note of wards where the Wear Here 4 You Bus did not visit in year one; Copt hill, Doxford, Fulwell, Sandhill, Washington West and North)

FIG 8. Ward Information



EXAMPLE OF OUTCOMES

- One of the STI screening kits issued on the bus was returned and came back positive. The young person was able to be identified and treatment was arranged for this young person.
- During a session two young people asked for help from the bus staff as they felt unsafe. The bus staff worked with the police to get the two young people home safely.
- Intelligence received from young people around use of ketamine and poppers with teenage boys 15-17 have supported the extension of support from our youth drug and alcohol services and delivering some targeted intervention
- One evening a young person who wanted support around healthy relationships but also raised a number of other worries gave her contact details to contact the following day. This resulted in the family agreeing to support from the Early Help service and the young person receiving RSHE support.
- Police intelligence submitted after sessions (partners didn't know we could submit intelligence)
- Concerns were raised by Sexual health in relation to a young people's knowledge around sexual health and relationships. As a result schools were contacted and have completed work to deliver enhanced RSHE support to young people.
- Two young people disclosed that they were being bullied in school and had not previously shared this with anyone. During the disclosure they also asked for support. The request resulted in TFC's Anti-bullying lead working with the school to address the issue.
- Over 50 new families signed up to their local family centre at the Family Centre promotion session in the city centre.
- One young person disclosed she thought she was being groomed online. An appropriate referral was made into safeguarding and the young person is now being supported.
- One young person attended an evening session, was very angry. Staff spent some time talking to him, he disclosed that he gets into trouble at school, struggles to manage his

anger and didn't know what to do. Staff discussed Early Help support with him. As a result, he phoned his mam to ask if he could share her number and if she would be happy for someone from early help to contact her, to which mam agreed. This was then passed for contact to be made and support to be offered.

- Youth Workers from across the city provision have attend sessions throughout the year and signposted young people to youth clubs within the area
- A parent with two young children diagnosed with Autism signed up to support from Early Help and was provided with advice and signposting for Parent/Carer Forum.
- One young person attending a bus session informed the team she was pregnant. She spoke to workers about how she was feeling, what was happening and the support she felt she needed. As the young person was a resident of South Tyneside, staff explained they would require additional support to help her and would be happy to have a conversation with her social worker (who she didn't frequently speak too). The young person agreed to this suggestion and the South Tyneside social worker was contacted and information shared. The open and honest approach of staff result in the young person feeling supported following this partnership working.
- Parent attended bus session in Hetton visibly upset with concerns regarding her son socialising with older young people who were carrying knives, behaviour she found difficult to manage at home, no family support, feeling isolated and unable to cope. She was invited onto the bus and after discussion was happy for her details to be shared with Early Help for support, leaving with signposting materials and details of support services in the area.

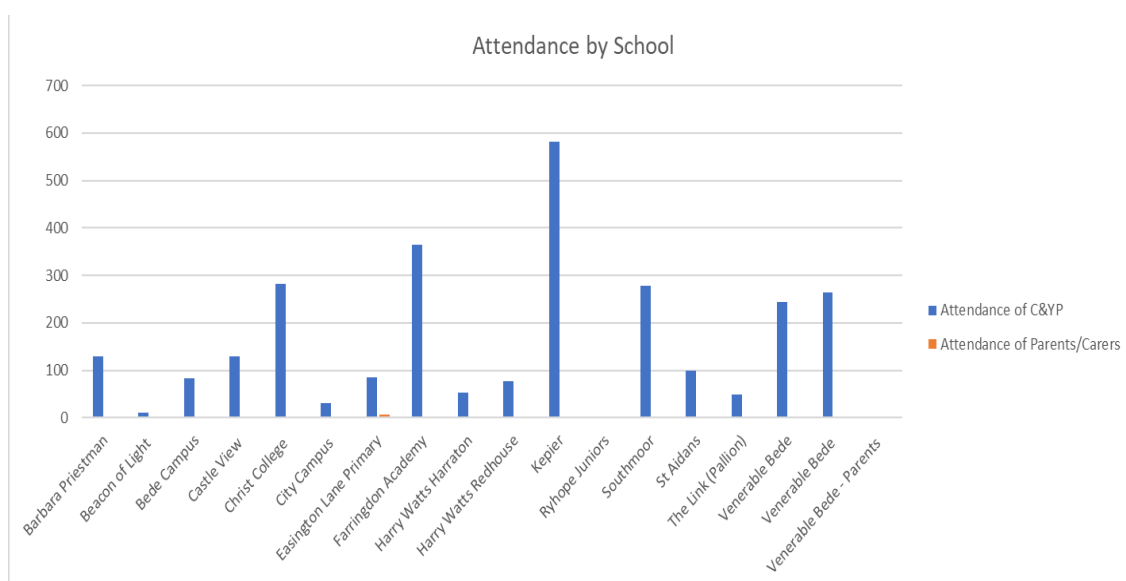
9.SCHOOL ENGAGEMENT

The Prevention Bus delivered 34 sessions across the following schools and colleges across Sunderland. This is 13% of our overall number of schools.

- St Aidan's
- Kepier
- Ryhope Junior School
- Easington Lane Primary School
- Venerable Bede
- Farrington
- Link – Pallion
- The Link School – Springwell Dene
- Barbara Priestman
- Southmoor Academy
- Christ College
- Castlevue Academy
- City of Sunderland College
- Harry Watts
- Beacon of Light

School sessions are planned in advance to help identify areas of potential concern with the lead from the Prevention and participation team and ensure information being shared is age and level of learning appropriate. Year two will formalise this process to allow us to track what is requested from schools, service received and follow up.

FIG 9. Attendance by school



We asked the Assistant Head at Farrington Community Academy “What difference did the Prevention Bus make to the school?”. They responded:

- The bus has attended our drop down days around specific targeted days such as Anti Bullying.
- The support from the bus has been integral part of our delivery to students. The bus team provided feedback which allowed us to follow up with students where there was possible worries. Those identified students have then had further work carried out to support them in school and at home.

“Had it not been for the Prevention Bus Farrington students would not have been supported in a way which was paramount to their development and mental health’.

Assistant Head, Farrington

We asked the Assistant Principal from Kepier Secondary Academy “What difference did the Prevention Bus make to the school?”. They responded:

- Kepier is not accessible so was great to get all services to attend
- 80% of Kepier learners access the Wear 4 You Prevention Bus
- The team are well qualified and able to advise our learners on key topics linked to wellbeing, RSE, Health and safety - and specific issues at age-appropriate levels
- It opened the communication, and started relationships between local support services
- We were very lucky as a school to have access to this service and look forward to continuing if possible.

‘Kepier very much benefited as a school from the prevention bus. The bus coming on site not only offered a different and engaging environment for our learners to discuss key and sensitive topics, but also supports and contributes to embed a PSHCE curriculum due to the flexibility to come in at key points throughout the year’ **Assistant Principal, Kepier.**

10.THEMES FROM CHILDREN AND YOUNG PEOPLE

Information and feedback from children and young people is an integral part of the bus sessions. The below frequently occurring themes have come from children and young people at sessions either in the community or school.

Fig 10. Common themes



11.PARTNER OUTPUTS, OUTCOMES AND DIFFERENCE MADE

We asked each of the below key partners 'What difference did the Prevention Bus make' to each of their services. Responders for each of the key partners are:

- Growing Healthy Sunderland – Service Manager
- Northumbria Police – Community Inspector
- Sexual Health – Sexual Health Co-ordinator
- Community & Voluntary Organisations - Development Manager, Sunderland Altogether Consortium and several managers of local community organisations.

GROWING HEALTHY SUNDERLAND 0-19 SERVICE

Growing Healthy Sunderland 0-19 Service (Harrogate and District Foundation Trust) led The Better Mental Health carousel events. Events were held in 15 secondary schools and over 3000 children from year 7 and year 8 accessed the sessions (information and data provided by 0-19 service)

What difference did the Prevention Bus make to the Growing Healthy 0-19 Service?

The events led to a number of referrals:

- 50 referrals into the Sunderland Stop Smoking Service
- 34 referrals into emotional health support from Growing Healthy Sunderland 0-19
- 1 referral to the Child & Young Persons Service.

The number of pupils accessing the weekly school nurse drop-in sessions increased.

Collaboration with partner agencies and networking to benefit the further delivery of service.

Outcome and Impact

- Over 3000 children were seen by the service were engaged by practitioners and had access to partner services.
- At the end of the sessions, pupils were able to have an improved level of understanding with regards to their emotional wellbeing and how to improve it.
- Pupils completed four activities with a different message from each using Make Every Contact Count and Brief intervention models.

NORTHUMBRIA POLICE

What difference does the Prevention Bus make to Northumbria Police?

- The bus makes a massive difference to the way in which I am able to respond and deal with ASB, disorder and associated criminality.
- The bus provides unparalleled engagement with young people, especially those in hard to reach areas. This engagement has resulted in the formation of better relationships with the young members of our community.
- The impact of this is difficult to assess at this time as not enough time has elapsed in order to make a proper assessment. However, intelligence gained directly or indirectly from the bus has positively impacted upon ongoing Police investigations resulting in positive outcomes for victims and diversion for young offenders.
- The bus by design or not directly impacts on ASB levels in the area. This is evidenced by the fact that ASB levels fell whilst the bus was in operation in Washington, Easington Lane and Hetton. Since the bus left Washington the levels of ASB have begun to increase again. However, the levels remained relatively low for the weeks immediately after the bus's relocation.

'The staff are what make this bus a success. They are exceptional!!! I have witnessed first-hand how great all the staff are at engaging with young people from all back grounds'. Community Inspector

What improvements would you make?

- Occasionally, there is conflict or misunderstanding in relation to what the bus is meant to be used for. This may be down to a lack of information sharing or advertisement.
- More deployments. More frequency. More buses!

SEXUAL HEALTH SERVICES

What difference did the Prevention Bus make to Sexual Health Services?

- Great opportunity to do outreach work
- Increased knowledge and awareness of other services
- Access to young people that may not have accessed support from our services.

'I've found it invaluable for the Sexual Health Outreach Service to work with young people that wouldn't normally access this kind of service. A lot of the young people I've spoken with haven't had any education on how condoms work and how the withdrawal method doesn't work, etc. The bus has had a huge positive impact for us' Sexual Health Co-ordinator

Outputs and Outcomes

- Four sexual health screening tests issued.
- One referral for long-acting reversible contraception.
- 17x C-Card sign ups from one area block
- 13x C-Card distributions (young people already signed up to the service) from one area block
- 16x dialogues (general advice and signposting) from one area block.

COMMUNITY AND VOLUNTARY ORGANISATIONS

What difference does the Prevention Bus make to you as a Youth Provider?

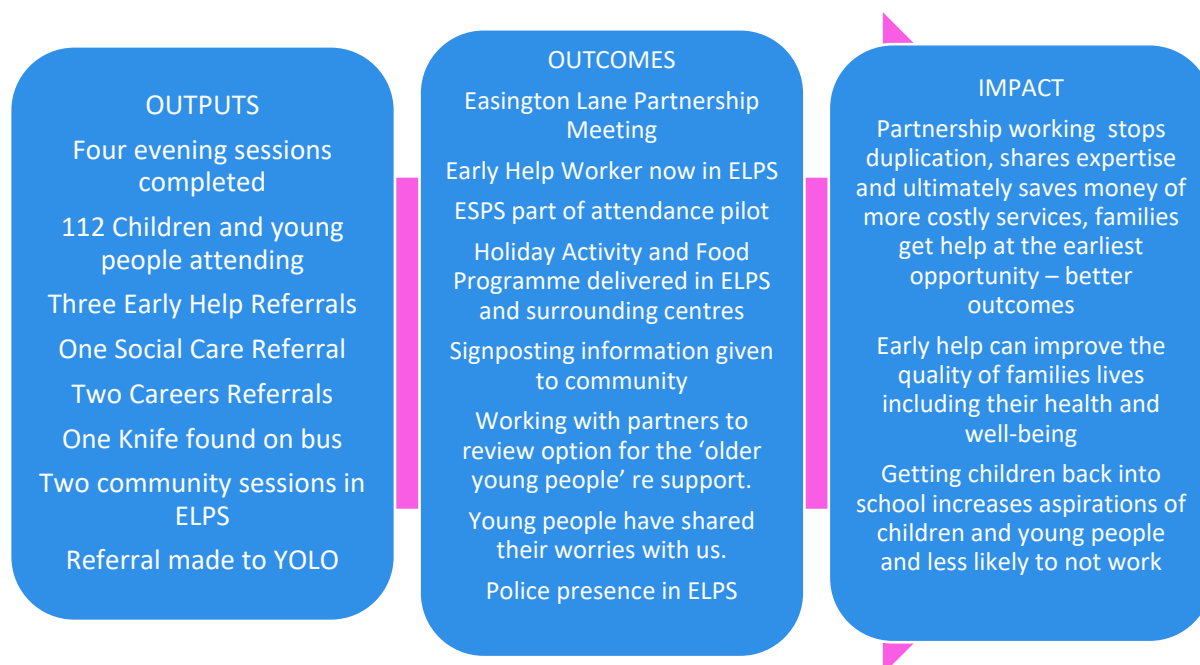
- Sign posting to youth projects seems to be working although data is currently not recorded
- Partnership working and seeing what other services do in the city
- Prevention bus has employed a youth worker from one the projects.
- Supported signposting to Community Opportunities Holiday Activity and Food Programme

'I think there is a role and the prevention bus does need to be aligned with youth provision in the localities' **Development Manager, Sunderland Altogether Consortium**

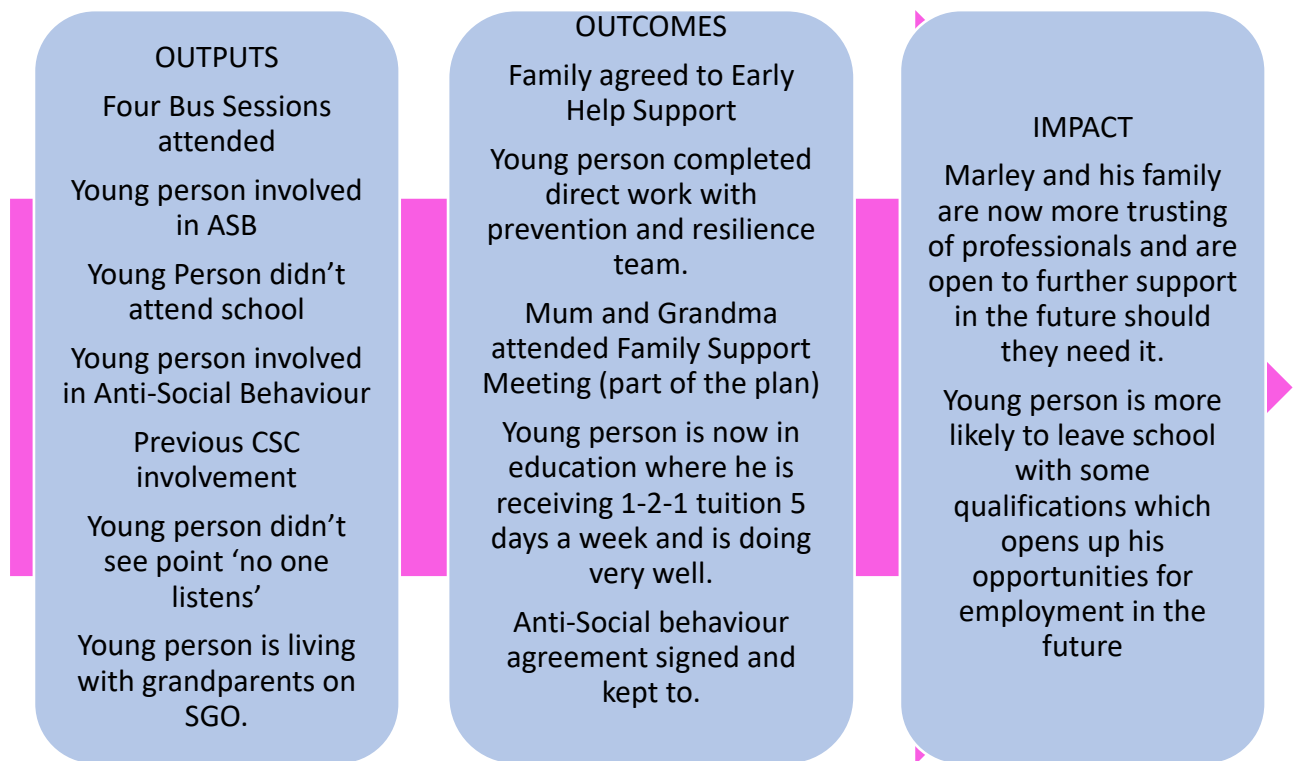
12.CASE AND COMMUNITY STUDIES

Impact case studies are evidence-based stories about the difference the prevention bus has made to children, young people, their families and the communities where they live. Below are a few examples;

Easington Lane Case Study



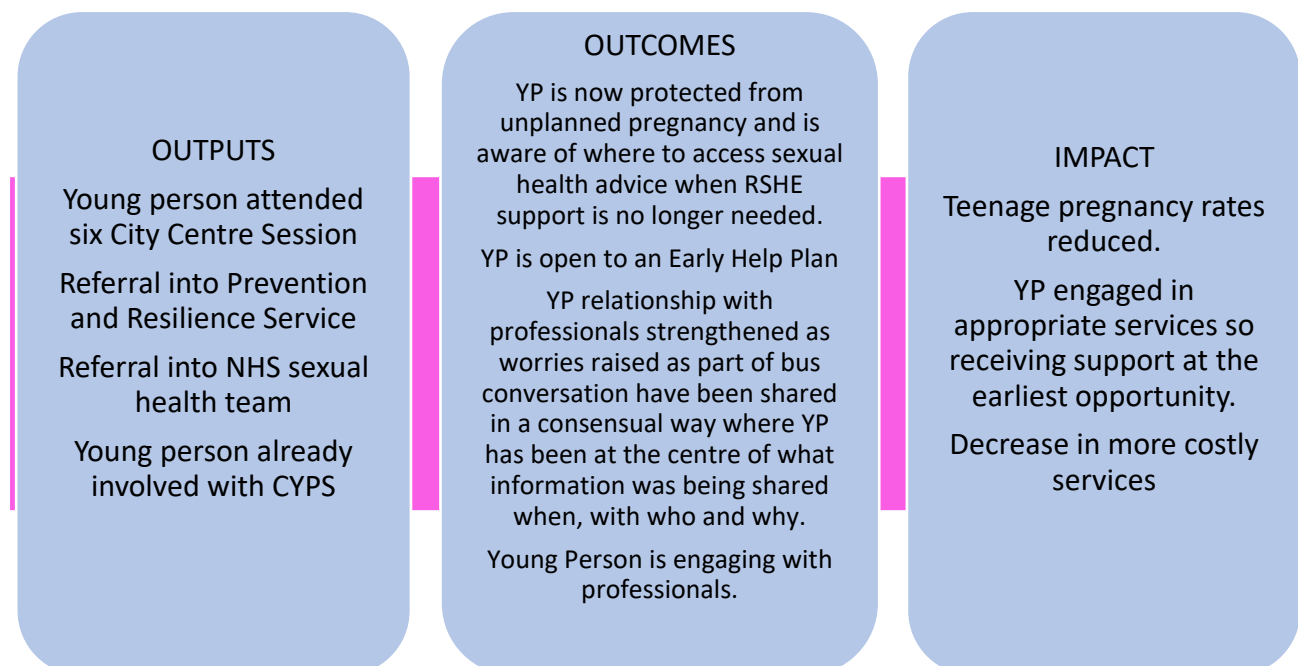
Easington Lane Young Person Case Study



'Upon first meeting young person in March 2022 he constantly put himself down, couldn't think about his future and said he felt trapped. 10 months later Marley is telling people how proud he is about what he has achieved so far, he's talking about what his future might look like and said he doesn't feel like he "will be stuck in Easington Lane forever'.

Worker and Young Person

City Centre Young person Case Study



13. WHAT YOUNG PEOPLE SAY ABOUT THE WEAR HERE 4 YOU MOBILE PROVISION

Throughout the report we have identified a number of outcomes for children, young people and their families. However, the feedback from our children and young people is

Children and young people have somewhere safe to go.

"I feel safe on this bus'." **Young Person**

"Hi, I really love the bus I would love for the bus to come back to Sunderland Park Lane because it gives me someone to speak to when I need to speak to someone." **Young Person**

"I would like the Wear Here 4 You bus to stay at The Galleries because it keeps us out of trouble'." **Young Person**

Children and young people get advice and guidance

'I came to the bus and spoke to a worker (from careers team), they supported me and I am now attending a course at Springboard. They really helped and it was great that they were there for me to drop in and speak to them' **Young person**

'Your team has really inspired me to reach for my goals and I will start to talk to my careers leader at school' **Young person**

Young people enjoy a healthy snack

'Food is absolutely fabulous on the bus, it's really good that we get healthy food because we want to stay healthy do offering supports this' **Young person**

'The fruit is banging'
Young Person

Young people receive health related information

'Coming on the bus gave me the chance to speak to someone about the implant, I would not have gone if it was not for the bus' **Young Person**

Parent Feedback

'I did not know what services Early Help offered, it is amazing that you are preventing escalation' **Parent**

14.IMPACT AND EVALUATION

In Together for Children we know how vital it is to evaluate an intervention to ensure what we are delivering is effective. However, impact evaluation cannot happen overnight, it is journey.

We have clearly demonstrated that the Wear Here 4 You Prevention Bus has improved outcomes for children, young people and their families delivering services at the earliest opportunity. During the next 12 months we will support an ongoing evaluation and commitment to ensuring children, young people and families receive the right support at the right time.

A cost benefit analysis will be carried out in year two to compare the costs and effects of the Wear Here 4 You delivery model.

15.FUTURE DELIVERY

From lessons learnt from children, young people, families, and providers over the period of 1ST October 2021 – 30th September 2022 we have identified the following areas to improve delivery for the second period of delivery of the Wear Here 4 You prevention bus;

- Themed weeks with preventative resources and activities available.
- Bus Session Plans based on 6 blocks with review template
- Feedback from school sessions template
- Mindfulness packs for young people accessing the prevention bus
- Updated resources around drugs and alcohol, sexual health, healthy relationships, aspirations, staying safe and keeping healthy.

RECOMMENDATIONS

The Education and Skills scrutiny is invited to:

- Note the content of the report
- Consider future delivery of the prevention bus from October 2023

Jane Wheeler

Early Help Service Manager – Prevention and Innovation

Jan 2023