



Fareham and Gosport Voluntary Sector Health Forum

Young People's Wellbeing Services

1-2pm

Thursday 30 November 2023



Hampshire and Isle of Wight



Programme for today...



- Welcome and Agenda – **Angela Gill** Community First & GVA Health Forum Facilitator
- **Kay Hallsworth**, Chief Executive Officer, **Gosport Voluntary Action**
- **Dawn Buck**, Deputy Director, (Patient Experience and Engagement) **Southern Health NHS Foundation Trust**
- **Maria Murphy**, (RMN) Independent Non-Medical Prescriber, **Children and Adolescent Mental Health Services (CAHMS)**
- **Gemma Isaj**, Wellbeing Lead, **Oarsome Chance**
- **Debs Adams**, Education Lead, **Simon Says Child Bereavement Support**
- **Date** of the next Fareham and Gosport Voluntary Sector Health Forum Webinar
- **Close** of the Health Forum





Kay Hallsworth

Chief Executive Officer

Gosport Voluntary Action

Kay.Hallsworth@gva.org.uk



Community First



- [Fareham Showcase](#) (30 September 2023)
- 270 visitors and 57 voluntary sector groups present - who support Fareham residents



Connect for Communities

- Some information about Community Pantries can be found via the link below. There's also HAF schemes running in the run up to Christmas: [Family Information and Services Hub | Holiday Activities and Food Programme \(hants.gov.uk\)](#)

Community pantries:

Anyone can become a pantry member and receive discounted food for a small weekly fee (e.g. £5 membership for £15 worth of items). The list of pantries in each district is available on the Community pantries - Hampshire webpage of the connect4communities website and you will need to contact or visit the pantry directly to sign up.

<https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/connectforcommunities/supportforfamilies/communitypantries-overview/communitypantries>

- **HIVCA** – 4 representatives from larger organisations have been elected onto the Leadership Committee
- **'Big Give'** – some Health Forum members may be involved with this?
- Community First are looking into a training programme around recruiting volunteers for Charity Shops in Fareham





Gosport Voluntary Action (GVA)

- ADHD Women's Only Group (**1st Wednesday evening** monthly) and a Mixed Group held **every Tuesday evening**
- Volunteer Opportunities Drop-in Service – Bridgemaury Library, **3rd Tuesday, 10am-12pm** (**16 January 2024** is the next one - due to library refurbishments)
- Preparation to Volunteering Course – 6 weeks, Wednesdays **starting 10 January 2024**
- Mental Health Wellbeing Group – Gosport Discovery Centre, **18+**
- Ukrainian Group – Local Childrens Partnership – their donation enabled a group visit to Portsmouth Dockyard
- 'Bringing Gosport Together' Meeting – **17 January 2024, 12-2pm**, Nimrod Centre, Rowner
- Healthy Walks – x 5 a week
- GVA AGM – **7 December, 1pm**, Martin Snape House, Gosport
- Resolution Service – pre-booked, **12-2pm, 3rd Thursday of the month**, Martin Snape House



Gosport Voluntary Action (GVA)



- [Ukrainian Group](#) - Winchester City Council donation – Marwell Zoo trip



Gosport Voluntary Action (GVA)



- [GVA Befriending Volunteers](#) – Fish & Chips lunch ‘thank you’



Gosport Voluntary Action (- Gosport Borough Council)

- The Gosport Borough Council has offered an online Cost of Living Crisis Menu of Support since December last year and are looking to update and expand this information to help raise awareness and signpost those in need to available support.
- Since last year the COLC webpages have been visited nearly 5000 times by at least 2,000 users, most of whom looked viewed at least two subject areas.

If you have a relevant support or service to add or need to update information already listed, please send this information to CostofLiving@gosport.gov.uk **by 8 December**.



PROJECT
FUSION

Bringing together community,
mental health and learning
disability services

Dawn Buck

Head of Patient & Public Engagement & Patient Experience

Southern Health NHS Foundation Trust

Dawn.Buck@southernhealth.nhs.uk



Ability of the workforce
to deliver the service

Hampshire and Isle of Wight Healthcare NHS Foundation Trust

For further information:

Website: www.fusion.hiow.nhs.uk

E-mail: project@fusion.hiow.nhs.uk

E-mail: Dawn.Buck@southernhealth.nhs.uk

Maria Murphy

(RMN) Independent
Non-Medical Prescriber

**Children and Adolescent Mental Health
Services (CAHMS)**

Maria.murphy@spft.nhs.uk



Hampshire Specialist Child and Adolescent Mental Health Service

Fareham & Gosport

www.hampshirecamhs.nhs.uk



Single Point Access (SPA)

Referrals Since April 2023
approximately 6,849
young people Countywide
Over 1,200 for South East.

SE I2i Team

Staff 6.4wte- 4.4wte
with leavers
F&G: 33 referrals into i2i
in this area since April
2023
**CAMHS Liaison QAH
F&G Assessments**
April 2023-March 2023
203
April 2023 – Now 107



Early Help

Approximately 20wte
across South East Area
784 open cases
151 YP's waiting for an
Initial Assessment
**1 MHST team in Gosport
1 MHST team for Fareham
starting 2024**

Community Teams

Staff 11.9wte including
new starters (2.7wte)
1120 Open cases 6,823
contacts since April 2023
Vacancies 4.2 wte
advertised
Eating Disorders Team
3.5wte
30 open complex cases

GETTING HELP

Early Help Service Offer

Initial Assessments
Under 12's Workshop
Wellbeing in Action Groups
Overcoming your Child's Fears and Worries
Group
Over 12's Workshop
DNA-V Group

New for 2024
Trauma Workshops

GETTING MORE HELP

Community Team Treatment Offer

Urgent Risk Assessments
Stabilisation Work
CBT/ DBT/ EMDR
Family Therapy / Creative Therapy
Psychotherapy
Neurodevelopmental Assessments & Treatment
NVR group / Trauma Care Groups
Medication Workshop groups for ADHD
Liaison with Italk and Adult Community Teams

Waiting times for routine treatment is long due to number of young people with increasing risk requiring more urgent allocation. These young people require more frequent contact and often increased liaison with networks .

GETTING MORE HELP

Eating Disorders Service

25-30 referrals each month Approximately 30 cases in the South East
Access to dietetic, OT, Psychology and Systemic input

GETTING RISK SUPPORT

I2I Urgent Assessment & Home Treatment Service
(most at risk of Hospital admission and High levels of presenting Risk)

Crisis DBT 8 week programme & Home Treatment 15 referrals

Full Programme DBT 1 year programme 2 referrals

Risk & Stabilisation Clinic 16 Referrals

2 week containment and discharge planning in hospital
(not already open to T3) and Delayed Discharge Planning

Urgent Assessments (not known to Camhs)

On countywide weekend Hospital Urgent Immediate Crisis Assessments

Where to go for support



Our website at www.hampshirecamhs.nhs.uk is a good source of information, advice, help and strategies for supporting children. It was recently recognised through a highly commended award at the national children and young people mental health positive practice awards.



PACE events help families better understand the needs and difficulties that young people can face and how to manage potential issues/concerns they have about their young person.

**Next PACE Event in F&G Friday 26th January- St Vincent
College Mill Lane, Gosport, PO12 4QA**



Hampshire Child and Adolescent
Mental Health Services

Project Fusion

Hampshire & Isle Of Wight
Healthcare NHS
Foundation Trust
APRIL 2024



Gemma Isaj

Wellbeing Lead

Oarsome Chance

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Oarsome Chance

Wellbeing at the heart



Oarsome Chance

A brief overview

Who are Oarsome Chance?

- Established 2016
- Based in Gosport and Havant in Hants, with beneficiaries from a wider area, including Southampton and Portsmouth
- An Alternative Education provider delivering programmes to vulnerable young people referred to us by schools and local authority due to non-attendance at school
- High needs beneficiaries facing multiple barriers to engagement, including neurodiversity and/or other risk factors
- We offer not only skills learning, but also a high level of intensive support, within a welcoming and inclusive community

**OARSOME
CHANCE**

Enabling young people to

**'FEEL SAFE
BELONG AND
ACHIEVE'**



Oarsome Chance Programmes

Wellbeing at the heart

OARSOME FOUNDATIONS

PRE-16 ALTERNATIVE PROVISION

OARSOME PATHWAYS

POST-16 ALTERNATIVE PROVISION



HOLIDAY PROGRAMME

HIGH NEEDS STUDENTS

ENRICHMENT OFFER

EXTERNAL ORGANISATIONS

COMMUNITY ACTIVITIES

LOCAL COMMUNITY, OUTSIDE SCHOOL HOURS

CANVAS WORKS

BIKE WORKS

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Oarsome Community
Planned for 2024

Oarsome Chance

Cohort analysis (June 2023)

75%

OF OC STUDENTS ARE
NEURODIVERSE



The majority of students have been diagnosed as neurodivergent, including for example ADHD, Autism Spectrum Disorder. 20% have two or more diagnoses.

69%

ONE OR MORE ADVERSE
CHILDHOOD EXPERIENCES (ACE)



ACEs include mental and physical health issues at home, loss of family members, neglect or domestic violence. 35% have experienced 4 ACEs or more. 51% of children with up to 4 ACEs are likely to have learning / behaviour problems, compared to 3% for their peers who have none.

85%

LIVING IN 30%, OR LOWER,
AREAS OF DEPRIVATION



58% of our cohort live in areas in the lowest 20% areas of deprivation and 24% in the lowest 10%. (English Indices of Deprivation (2019)).

80%

MORE THAN ONE RISK
FACTOR IN THEIR LIVES



Risk factors, associated with youth offending, include being care experienced, mental ill health, drug and/or alcohol abuse or precarious housing. 55% of our cohort live with three or more risk factors in their lives..

In addition:

- 73% are on EHCPs
- 64% with mental health needs
- 53% involved with Police and/or Youth Offending Team
- 30% are looked after children

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Oarsome Chance Students

Many struggles are communicated through behaviours, some examples can be seen below:

- Withdrawal
- Anger
- Frustration
- Difficulty in establishing trust
- Being guarded / Putting up Barriers
- Low motivation
- Low Self-esteem/self-belief
- Volatile and unpredictable mood swings
- Difficulty managing emotions
- Difficulty managing peer relationships
- Difficulty understanding safe personal boundaries
- Repeated school exclusion
- More likely to experience family conflict
- More likely to engage in criminal activity
- Challenges in the community
- Self-harm
- Mental health difficulties
- Can present with a sense of hopelessness
- Many demonstrate violence and aggression
- Stuck in cycles of self-sabotaging behaviours
- Increased risk-taking behaviours.

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Supporting our students

We use a student-centred, strengths-based and trauma-focused approach

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**'FEEL SAFE
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ACHIEVE'**



WELLBEING

MASLOW'S HEIRARCHY OF NEEDS



HOW OARSOME CHANCE MEETS NEED

3. ACHIEVE

Once students have the feeling of safety and belonging they can then be in a place to learn. Achievement is possible once the student is in the optimum frame of mind to take on board learning in a meaningful way.

SELF ACTUALISATION
Acceptance, purpose, creatiivity

ACHIEVE
Wide range of opportunities for students to learn skills and achieve, including qualifications, further learning and employment

2. BELONG

Oarsome Chance place a big emphasis on authentic relationships. Not only assisting social development, but also helping students feel they belong.

SELF ESTEEM
Confidence, achievement, status, reputation

STRENGTHS BASED APPROACH
We focus on the unique strengths of each child, which in turn informs a range of contextual learning.

RELATIONSHIP IS KEY
We ensure opportunities for students and staff to build good working relationships, knowing needs, signs + triggers for each child.

LOVING & BELONGING
Friendship, secure attachments, meaningful relationships, meaningful connections.

1. FEEL SAFE

We believe our students must first feel safe before anything else.

SAFETY & SECURITY
Housing security, economical security, safety, health, family

WE START THE DAY WITH A 30 MIN TRANSITION PERIOD
This allows students to adjust to their surroundings. hen considering how easily their emotions can fluctuate with age, learning need and possible trauma. We will base the plan for the day on the needs in that moment.

PHYSIOLOGICAL NEED
Food, water, air, sleep

WE MEET BASIC NEEDS OF ALL STUDENTS
We provide breakfast, lunch and beverages. We provide equipment for all activities. We offer cost of living grants for families in need. We liaise with local agencies and organisations, where needed.

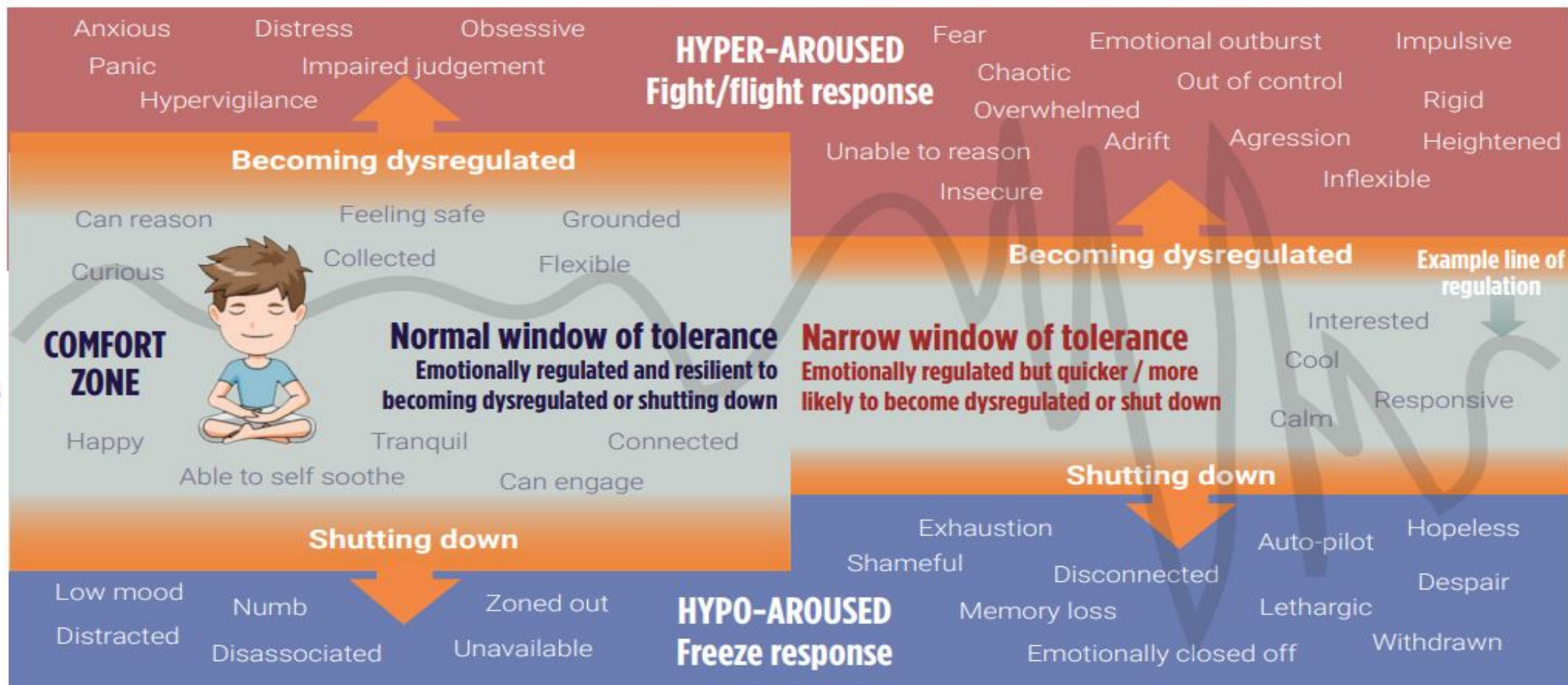
Helping children and young people:

**'FEEL SAFE
BELONG AND
ACHIEVE'**

WELLBEING: Window of tolerance



NORMAL WINDOW OF TOLERANCE VS. NARROW WINDOW OF TOLERANCE



Oarsome Chance aims to support individuals to widen their window of tolerance. For example, we work with flexibility to meet the individual's needs in that moment. Wherever they are in their window, be that regulated or unregulated, we aim to meet their needs accordingly

A person with a narrow window of tolerance will still be able to experience feelings of calm etc. However, it will be harder for them to remain there; they are more likely to be unstable and find it harder to return to emotional regulation.

Adapted from Dan Siegel's Window of Tolerance theory

Some examples of what is included in the Wellbeing Programme.

- Wellbeing embedded at the core.
- Relationship-based
- Feel Safe Belong Achieve embedded throughout.
- Staff training
- Working alongside families, parents and Guardians.
- Staff wellbeing.

Whole Organisation approach.

Student focused

- 1-1 Targeted support.
- Individual support plans.
- Anger Management
- Emotional regulation
- Self-esteem and confidence.
 - Social stories / Tailored programmes.
- Regular wellbeing check ins.

- Creative Curriculum
- Life skills
- Cooking
- Healthy lifestyle
- Sports and Fitness
- Outdoor activities and varied curriculum.

Curriculum

Group interventions

- Healthy Relationships.
- Risk-taking behaviours
- External providers and educators.
- Group wellbeing strategies.

OARSOME CHANCE

Enabling young people to

'FEEL SAFE BELONG AND ACHIEVE'

Would you like to support Oarsome Chance?

If you would like to support Oarsome Chance, please see some suggestions below on how you could help.

- Fundraise for us by taking on an Oarsome Challenge. Find out more via the link below.

[Support us: Oarsome Challenge - Oarsome Chance](#)

- Donate via the link below.

[Donate - Donation amount - JustGiving](#)

- Projects for students. We are always looking for new creative projects for our students to try. If you have or are aware of projects that our students may benefit from, please email

admin@oarsomechance.org

- If you would like to know more, please contact us and arrange to visit our sites. We would love to show you around. Come and see what Oarsome Chance is all about.

Email admin@oarsomechance.org Call 023 92 50 44 92

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The background of the slide is a serene sunset over a body of water. A path of smooth, dark blue stones is laid out across the water, leading from the foreground towards the horizon where the sun is setting. The sky is a mix of orange and blue, and the water reflects the colors of the sunset.

**Thank you for
Listening**



Child Bereavement Support

Debs Adams

Education Lead

debs@simonsays.org.uk

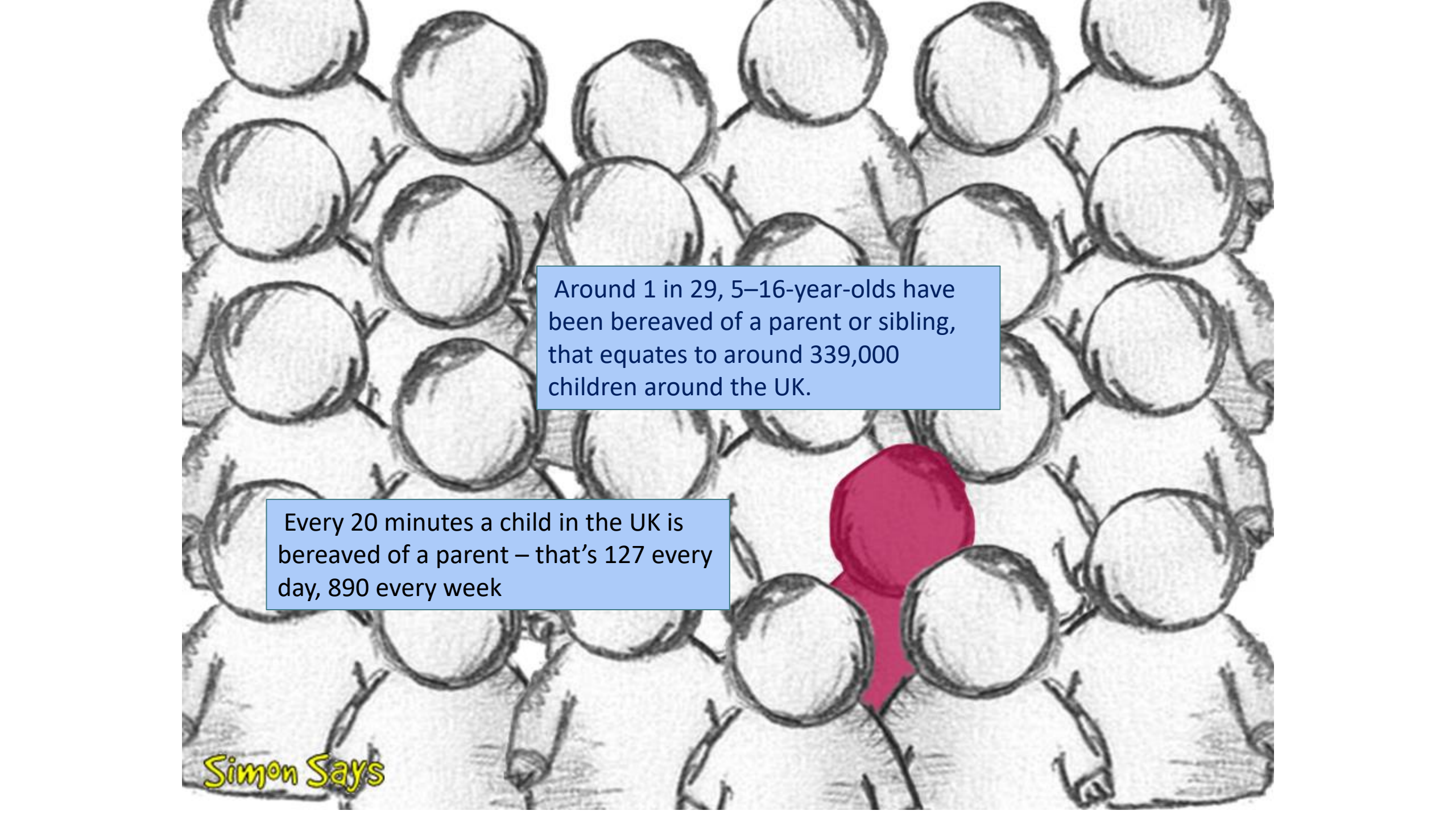
www.simonsays.org.uk



Simon Says

Child Bereavement Support





Around 1 in 29, 5–16-year-olds have been bereaved of a parent or sibling, that equates to around 339,000 children around the UK.

Every 20 minutes a child in the UK is bereaved of a parent – that's 127 every day, 890 every week

Call our support line

023 8064 7550

Approximately 1000 calls per year

Families, friends, social workers,
teachers, other professionals

Manned by trained volunteers

We also give general bereavement
and pre-bereavement advice on
specific cases



www.simonsays.org.uk

Monthly support Groups

To register to join a group
Family call support line
or email
info@simonsays.org.uk





Simon Says
Child Bereavement Support



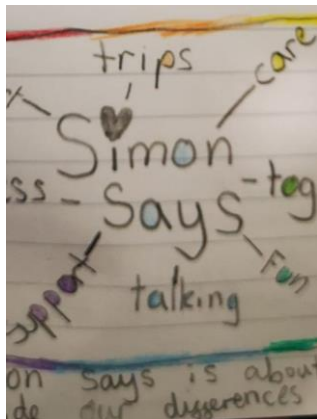
**Growing
Hope**

The Education Team

How do we support?

Children

- ❖ Support/Facilitate setting up a school bereavement group
- ❖ Assemblies, workshops with children where there has been a bereavement



Professionals

- ❖ Whole staff bereavement training in workplaces
- ❖ Advise schools and workplaces on individual cases and the grieving process
- ❖ Educational Resources e.g., lesson plans, policy, curriculum planning



Community

- ❖ Health and Wellbeing weeks
- ❖ Awareness Weeks & community events
- ❖ Death Positive libraries



Why have conversations about Death, Loss and Grief?

Understanding emotions

Normalise

Prepare for future

Truth

Well-being





YOU CAN MAKE A DIFFERENCE

Volunteer with Simon Says and support bereaved children through their bereavement journey. Meet like minded people and help change a child's life by

Attending Support Groups
Supporting in schools
Fundraising

To become part of our caring community
please contact info@simonsays.org.uk or apply online
at www.simonsays.org.uk

Volunteers
needed



Thank You



- ❖ **Thank you** to all who have supported &/or attended today's Health Forum Webinar
- ✓ The recording and PP will be saved on Community First's and GVA's webpages by Thursday 7 December 2023
- **Date** of the next Fareham and Gosport Voluntary Sector Health Forum Webinar...
- Tuesday 6 February 2024, 1-2pm
- **Please feedback** via Chat or email - including re future Health Forum theme or presenter ideas
- Health & Wellbeing related **items** will be **circulated** 4-6 weekly by Jane Bray
- **Finally**, if you aren't a Health & Wellbeing Forum member or know of a local health organisation that would like to join, please ask them to email Jane:- healthforums@cfirst.org.uk
- ❖ Have a **Happy, Healthy Winter!**

Community First Fareham

163 West St, Fareham, PO16 0EF



<https://www.cfirst.org.uk>



healthforums@cfirst.org.uk



0300 500 8085



Gosport Voluntary Action

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02392 583836



Hampshire & IoW Integrated Care Board

Omega House, 112 Southampton Road, Eastleigh, SO50 5PB



<https://www.hantsiowhealthandcare.org.uk/icb>



hiowicb-hsi.communications@nhs.net



0300 561 2561