



**Welcome** to the Scottish Healthy Care Networks 2<sup>nd</sup> newsletter. The newsletter is intended to provide a forum for the exchange of information, ideas and good practice as it relates to promoting the health and well being of looked after children and young people in and leaving care in Scotland.

We would encourage you to use your newsletter as an opportunity for sharing news and information with colleagues around Scotland. We are also keen to ensure that the newsletter reflects your issues and your needs for information relating to the health of children and young people in and leaving care. All ideas and contributions for future editions welcome. We are particularly interested in hearing about what's happening in your area- new services, programmes, resources, research etc.

#### **New Chair**

Since our last publication, Elaine Greaves has stood down as chair of the network and is replaced by Ailsa Clunie, Health Liaison Officer. Ailsa has a health remit for Care Leavers & Looked After Children within North Lanarkshire Council and brings to the network much experience and enthusiasm to the role. As well as welcoming Ailsa, the network would also like to take this opportunity to thank Elaine for her hard work and dedication as chair of the network, Elaine's contribution has been invaluable in helping to ensure that the network has gone from strength to strength in recent years.

#### **Healthy Care Conference & Launch 2006**

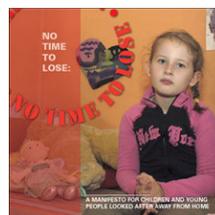
It has been a year since the successful Healthy Care Network Conference and Launch in Perth on 1<sup>st</sup> February 2006. Feedback from the event was extremely positive and many people have been supportive of the idea of a further Healthy Care Conference being planned for the near future.

A provisional date of February 2008 is being considered. We would welcome any ideas you may have on areas such as the location, format and focus of the event? What issues and themes should the conference be concerned with? Are you aware of any best practice that we could 'showcase'? Would you like to support the conference on the day by providing information or an input? Could you help in the planning of the event?

Please contact: 0141 357 4124

(c/o Scottish Throughcare & Aftercare Forum).

#### **A Call to Action..... 'No Time to Lose'**



#### **A Manifesto for Children and Young People Looked After Away From Home**

was recently developed and launched by six Scottish organisations with expertise in looked after children and young people: Aberlour Child Care Trust; British Association for Adoption and Fostering;

the Fostering Network; Scottish Institute for Residential Child Care; Scottish Throughcare and Aftercare Forum; and Who Cares? Scotland. The manifesto is a call for change which has an unprecedented breadth of consensus across the sector working with and for these children and young people.

#### **SPECIFIC HEALTH RECOMMENDATIONS**

- The development of a national action plan for children's and young people's health which recognises the particular health needs of looked after and accommodated children.
- Annual NHS Health Board performance reviews to include reports on how the health needs of looked after and accommodated children have been addressed. This should be signed off by children's service planning partners.
- A system for fast tracking these children and young people to universal services including GPs, dental care and mental health services.
- Mandatory training on health for those working with young people who are looked after and accommodated including residential care workers and foster carers.
- Provision of looked after and accommodated children (LAAC) nurses for all relevant young people so that young people get a comprehensive health assessment wherever they are in Scotland.
- Provision of throughcare nurses to help with young people's transition to adult services and to promote better health care.
- Better collection of national statistics on the health of children and young people looked after away from home so that services can plan more effectively.

Download 'No Time to Lose' from:

[www.sircc.strath.ac.uk/manifesto](http://www.sircc.strath.ac.uk/manifesto)

**Scottish Healthy Care Network Event –** The next and 4<sup>th</sup> Scottish network event will take place on:

**Tuesday 17<sup>th</sup> April 2007, 12.15pm-4.00pm, at the Dewars Centre, Glover Street, Perth.**

The event is an opportunity to network and to debate and share information on good practice, innovation, policy, research and resources relating to the health of children and young people in and leaving care in Scotland. The event will focus on a number of national and local developments, including the outcomes of recent LAAC nurse research and experiences of developing local policies and an update on the development of a national health information resource for looked after children.

Places are limited and will be allocated on a first come first served basis. To reserve your place, please contact: **0141 357 4124** (Scottish Throughcare & Aftercare Forum) and leave your name and contact details.

Directions to the venue can be found at: <http://www.dewarscentre.co.uk/map.htm>

## **NETWORK MEETING 12<sup>th</sup> June 2006 Glasgow: Promoting Young People's Participation.**

*"to be successful, health improvement programmes need more than the reluctant consent of the young person, they require their active participation and empowerment as the primary custodians of their own health"*  
(Chambers and others 2002:29).

The Healthy Care Networks 3<sup>rd</sup> successful networking event took place last year in Glasgow with over 80 people in attendance from across Scotland with an interest and active involvement in promoting the health and well being of looked after children and young people in and leaving care. This was the networks first themed event which focused on 'Promoting Young People's Participation'. The strength of the event was undoubtedly the participation of young people themselves on the day from chairing proceedings to providing presentations and the showing of the Young People's Healthy Care DVD which was specially produced for the Healthy Care Conference and launch at the beginning of 2006.

The Scottish Healthy Care Network is committed to the active and meaningful participation of children and young people whilst in and leaving care. The network event highlighted the need for more effective interventions that promote and support children's rights and participation. It was acknowledged that there is a need for approaches that utilise more creative and engaging methods of listening to and involving children and young people where decisions are being taken about their health and where health services for, or used by, children are being provided or developed. It was suggested that a range of strategies and approaches are required to ensure that children and young people's participation is both sensitive and meaningful and that agencies should take a more active role in the promotion of children's rights to services and healthcare.

The Scottish Healthy Care Network is interested in exploring how children and young people can become more actively involved as key stakeholders in the ongoing development of the network and its activities. If you are interested in supporting this aspect of the networks development please contact: 0141 357 4124 (Scottish Throughcare & Aftercare Forum).

## **Around Scotland; what's happening and where.....**

### **EAST RENFREWSHIRE: Addressing the Unmet Health Needs of Accommodated Children & Young People Through Health and Social Work Inter-Agency Partnerships.**

Important evidence of the benefits of integrated and partnership working to improve health outcomes for LAAC are starting to emerge in East Renfrewshire. Improved health awareness amongst staff, provision of written health action plans and improved sharing of information are shown to have a positive contribution in meeting the unmet health needs of LAAC & YP.

For further information, contact Elaine Greaves (Public Health Nurse LAAC) 0141 314 0821, [elaine.greaves@renver-pct.scot.nhs.uk](mailto:elaine.greaves@renver-pct.scot.nhs.uk) or Roisin Mulholland (Social Work Team Manager) [roisin.mulholland@eastrenfrewshire.gov.uk](mailto:roisin.mulholland@eastrenfrewshire.gov.uk).

**MANAGEMENT OF DIABETES IN RESIDENTIAL CARE** - Type1 Diabetes Mellitus is the most common metabolic disease in young people and there are a small number of children and young people with diabetes who are looked after and accommodated in the care of the local authority. The Glasgow LAAC Health Team identified a need for health information and guidance in managing young people with diabetes in residential care. In partnership with Yorkhill Children and Young People's Diabetes Service, the LAAC Health Team are in the final stages of developing a care package to provide a comprehensive package of information, guidelines and training competencies that young people, carers and other professionals will be able to use. The Management of Diabetes in Residential Care Package aims to ensure a greater understanding of Diabetes Mellitus within the Residential Care system and to support Residential Unit staff in providing consistently good practice and safe care of children and young people with Diabetes throughout Greater Glasgow.

For further information contact [Mark.Ferguson@yorkhill.scot.nhs.uk](mailto:Mark.Ferguson@yorkhill.scot.nhs.uk) or [jdougall@nhs.net](mailto:jdougall@nhs.net)

**LAAC DENTAL HEALTH WITHIN GLASGOW** – Glasgow's Children Services Planning for Looked After Children identified deficiencies in the dental and oral health of children and young people cared away from home by the local authority. Poor dental and oral health, barriers in accessing local dental health services and current services not meeting the needs of children and young people in care were identified. An approach to the local Community Dental Service resulted in a pilot fast-track LAAC Dental Service being developed to offer priority appointments and access to services to young people in residential care. Children and young people are encouraged to continue with their local dentist where they have one and where they have a good relationship. However it was recognised that some children and young people may require a dedicated service which is responsive to their particular needs and circumstances. A recent audit has been carried out on young people, staff and carers views of dental health and the LAAC Dental Service. On average children and young people who attended the service required five teeth to be restored and 1 tooth removed and identified the need for dental health education for children, young people and staff. The audit report should be available shortly. The LAAC Dental Service continues to expand and develop with the service also being available to children and young people in foster care.

For further information contact Jackie Dougall, Specialist Nurse LAAC 0141 277 7400 / [jdougall@nhs.net](mailto:jdougall@nhs.net)

### **SCOTTISH SEXUAL HEALTH & WELLBEING NETWORK - SHWN WISH Online Bulletin**

NHS Health Scotland has re-launched its webpages - there are now two separate sites around sexual health and wellbeing: one that highlights the wider work of the programme and the other that concentrates on the activities of the Sexual Health & Wellbeing Network.

To access, go to: <http://www.healthscotland.com/topics/health/shw/index.aspx>

To receive the networks e-bulletin (SHWN WISH Online) post a request to [shwn@health.scot.nhs.uk](mailto:shwn@health.scot.nhs.uk) or fill in a Network registration form found at: <http://www.phis.org.uk/doc.pl?file=pdf/ExpressionofInterestformelectronic.doc>

## Sexual Health and Relationships – exploring the evidence.

Barriers to young people accessing sexual health and contraceptive services and information whilst in and leaving care are known to exist. Many children and young people have histories of sexual, physical and emotional abuse, contributing to distorted views and understandings of sex and personal relationships. Young people may also lack the essential inter-personal skills and self-confidence to access services and information and manage healthy personal relationships (Patel-Kanwal and Lenderyou 1998). Disrupted schooling is a particular feature of the lives of children and young people looked after away from home (Allen 2003) and is likely to lead to significant gaps in schools-based sex and relationships education (Residential Care Health Project 2004, National Children's Bureau 2005a). Moreover, children and young people looked after away from home, are less likely than their peers to acquire support and guidance from parents and carers (Patel-Kanwal and Lenderyou 1998). Young people who feel unloved and insecure may view sex as a way of receiving love and affection, as verbalised by a young person in care involved in a local sexual health consultation:

*"The insecurity part of the people in homes...they don't feel affection in the homes, so they want affection when they go out. So maybe they want somebody or go with somebody and think this is what love's meant to be like, and they end up with a wee bambino. Like, oh my god what's happened."*

A local survey of young people with experience of care (the big step 2001) highlighted gaps in information and advice on sexual health generally. Apart from information/advice about safer sex, the spread of information about the broad topic of sexual health appeared patchy. Furthermore, it was reported that those in contact with family planning or contraceptive services within the past year were in the minority (just 28% of respondents) and 40% of respondents did not know where the nearest young people's sexual health or contraception service was. The survey indicated that twenty-six percent of respondents 'often worried' about getting pregnant or getting their girlfriend pregnant. Another 36% worried about this 'sometimes' and the rest did not 'usually worry'. Although contraceptives were known to be widely available, some young men did not know where to obtain condoms or were embarrassed to buy them. The Lothian Residential Care Health Project study (2004) reported that just under a third of young people at the point of being assessed admitted to being sexually active. Of those admitting to being sexually active, 'not one young person said that they had always used protection when having sex' (2004:22).

All of the factors highlighted above are likely to increase young women's vulnerability to early pregnancy. Research has highlighted high numbers of young women who are pregnant, or have a child, shortly after leaving care (Garnett 1992, Biehal *et al* 1992, Biehal *et al*, 1995). Furthermore, young men in care are also more likely to become young fathers than their peers who are not in care (National Children's Bureau 2005a).

### Pregnancy & Parenthood

Young people with experience of public care are known to experience early pregnancy and be vulnerable to sexually transmitted infections. Figures for teenage pregnancy show that young women at highest risk of unintended pregnancy and teenage motherhood are likely to have had experience of being looked after away from home (Biehal *et al*, 1992). The Biehal study indicated that 25% of young women were mothers by the time they had ceased to be looked after, compared to a national average of 3% for young women aged 16-19yrs. "*Parenthood may also be a positive aspiration for young people with few alternative opportunities. For others, having a baby may be one constant in a continually disrupted life; providing some stability and a sense of purpose or direction in their lives*" (Haydon 2003).

### Gender

Particular issues relating to young fathers in care and leaving care have been highlighted by research (the big step 2001). These issues related to a perceived lack of support and information and a feeling that services were mainly aimed at young mothers: "*Young guys that are dads and don't get a look in. A lot of people say single parents, its mostly single mothers, single mothers seem to get all the attention. I know guys who have been in care who have weans and don't get to see them and they are the bad guys. Even though a good percentage of them its not their fault that they don't get to see their weans*".

The same consultation also highlighted issues for boys and young men in relation to perceived barriers in accessing information and advice where services were perceived to be 'female' orientated and mainly concerned with girls and young women's 'family planning'. Young people also highlighted the importance of being able to choose the gender of the person, such as a carer, that they felt most comfortable with when discussing matters concerned with sex and relationships. Both girls and boys raised some concerns relating to sex education being done in mixed gender groups.

**Steven McCluskey**

The planned network event in Perth on the 17<sup>th</sup> April will provide an opportunity to consider and debate this evidence and explore examples of policy and practice for promoting and improving the sexual health of young people in and leaving care in Scotland. If you would like to contribute to this event and provide any relevant information in relation to Sexual Health and looked after children and young people in and leaving care please contact: 0141 357 4124 (Scottish Throughcare & Aftercare Forum).

*Full references and further information on research, resources and publications relating to looked after children, sexual health, pregnancy & parenthood are available within the Scottish Healthy Care Networks – HEALTHY CARE RESOURCE LIST.*

## **New Scottish Executive Education report – *Looked After Children and Young People: We Can and Must do Better***

Hugh Henry MSP (the Minister for Education and Young People) launched the report of the Ministerial Working group looking into the educational outcomes of Scotland's looked after children and young people. This report is intended for everyone who is concerned with looked after children and young people and their families; elected members, local authority staff, staff in voluntary organisations, private providers, foster carers, health professionals and those involved in developing and improving children's services.

Looked After Children and Young People: We Can and Must Do Better reflects the discussions which took place during the meetings of the Ministerial short-life working group. As a result of these discussions it became clear that whilst the group was focused on educational outcomes it needed to look at areas beyond the traditional sphere of education that impact upon the lives of looked after children and young people and can, in turn, impact on their educational outcomes. This realisation led to the identification of 5 key themes:

- Working together
- Becoming effective life long learners
- Developing into successful and responsible adults
- Being emotionally, mentally and physically healthy
- Feeling safe and nurtured in a home setting.

*Published by the Scottish Executive, January 2007*

Download from: [www.scotland.gov.uk/laceducationaloutcomes](http://www.scotland.gov.uk/laceducationaloutcomes).

Also available from: *Blackwell's Bookshop, 53 South Bridge, Edinburgh EH1 1YS*

## **NEW PUBLICATION**

### **The health of looked after and accommodated children and young people in Scotland: Messages from Research** *Jane Scott and Malcolm Hill 2006*

Commissioned for the review of looked after children in Scotland by the Social Work Inspection Agency, this report considers what research tells us about the health of children and young people in general living in Scotland, and the looked after and accommodated population in particular. Key chapters include:

- The health needs of children and young people across Scotland
- The health needs of looked after and accommodated children and young people
- Factors affecting the health of looked after and accommodated children and young people
- The health needs of young people leaving, or who have recently left, care
- What do young people think about health issues
- Messages for policy and practice.

*Download from:*

[www.scotland.gov.uk/Resource/Doc/128931/0030711.pdf](http://www.scotland.gov.uk/Resource/Doc/128931/0030711.pdf)

Also available from: *Blackwell's Bookshop, 53 South Bridge, Edinburgh, EH1 1YS*

## **INFORMATION REQUEST – PLEASE HELP!**

### **National Sexual Health Advisory Committee Training and Development subgroup.** – *Assessing the training & support needs of staff that have a role to play in sexual health promotion.*

This national advisory group is particularly interested in collating available information relating to the training & support needs of staff and carers who care for looked after and accommodated children and young people.

If you aware of any training needs identified for this group of staff on a local or national level please contact:

Catriona Loots, Learning and Development Adviser (Health Topics) NHS Health Scotland Tel: 0131 537 4740 Email: [catriona.loots@health.scot.nhs.uk](mailto:catriona.loots@health.scot.nhs.uk)

## **LOOKED AFTER YOUNG PEOPLE'S SEXUAL HEALTH – NCB Healthy Care Programme Briefing Paper:**

- what is known about the sexual health of looked after children and young people
- a definition of sexual health and explains sex and relationships education
- examples of how healthy care can promote and protect the sexual health of looked after children and young people
- signposts to guidance and further information

Download from: *National Children's Bureau Healthy Care Programme:* [www.ncb.org.uk/Page.asp?sve=783](http://www.ncb.org.uk/Page.asp?sve=783)

## **LOOKED AFTER CHILDREN & PHYSICAL ACTIVITY.** NHS Health Scotland have commissioned a briefing paper outlining research, evidence, practice and recommendations relating to physical activity and looked after children.

The briefing will shortly be available from: [www.paha.org.uk](http://www.paha.org.uk).

## **BAAF Health Group Conference 'It's all in the past now, isn't it?'** The implications of early experiences for brain development and future attachment.

**Venue: Discovery Point, Dundee . 23rd March 2007**  
0131 220 4749 [scotland@baaf.org.uk](mailto:scotland@baaf.org.uk)

## **CONFERENCE - Communicating with Children and Life Story Work.** Most looked after children have had profound experiences of loss, separation, abuse or neglect, and placement change. This workshop will explore how direct work with children can help them understand and integrate their past, make sense of the present, and develop a clearer self-identity for the future. Participants will extend their knowledge and skills, and practice different methods of helping children express their wishes and feelings.

*Venue: Newcastle Upon Tyne Date: 6th & 7th March 2007*  
*Cost: from £176.25 to £199.75*  
*Further information and booking:*  
[www.baaf.org.uk/res/training/dates/index.shtml](http://www.baaf.org.uk/res/training/dates/index.shtml)

**Scottish Healthy Care Network: TEL: 0141 357 4124 FAX: 0141 357 4614**

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\*\*\* COMING SOON - NEW EMAIL ADDRESS AND WEBPAGE \*\*\*

E-Mail is currently not available. Telephone contact only.