



Hull Child Death Overview Panel e-Bulletin – FEBRUARY 2024

Learning from child deaths, child accident prevention and bereavement/support services

**For CDOP members, CDR professionals and practitioners working with
children and families**

IN THIS EDITION:

➤ Reducing accidents and preventing child deaths

- Joint Agency Response Training for professionals responding to an unexpected child death
- Lullaby Trust poster with advice on safer sleep when staying away from home
- Winter safer sleep advice
- Advice on infections in babies and signs and symptoms
- Healthier Together website – child health advice for parents and professionals
- Gas hob safety – models to check for making safe
- Vitamin D supplements for babies who are exclusively breastfed and vitamin supplements for all infants
- NHS Providers publish new report on reducing health inequalities faced by children and young people
- The Child Safeguarding Practice Review Panel fourth annual report
- The Institute of Health Visiting (IHV) annual health visiting survey
- The government's response to the consultation on creating a smokefree generation and tackling youth vaping

➤ Child Death Review process/procedure information for professionals

- Who to contact to notify a local child death
- Learning environment from National Child Mortality Database (NCMD) for CDOPs, and health and social care professionals
- NCMD 'one stop shop' website and learning resource for child death review process guidance, training webinars, research publications/reports
- New Working Together statutory guidance 2023

➤ Published national learning/reviews

- Safeguarding Practice Reviews published on the NSPCC repository in January

➤ Support / Wellbeing / Training

- FREE suicide prevention training for individuals working in community-based sectors across Humber and North Yorkshire
- Fitmums and Friends offer a range of bereavement support for adults and children through their Together in Grief programme: The Forest Project, Yoga and Walking groups
- Local training in 'Engaging parents and carers in child safety and accident prevention and safer sleep'.
- Contacts and helplines for bereavement support for families and professionals
- Winston's wish
- How to support a bereaved family involved in a sudden and unexpected infant death –

Lullaby Trust advice

- Lullaby Trust Bereavement trauma booklet
- Together for Short Lives-national charity -offers financial support for parents arranging a funeral for a child
- NSPCC's new online training course on preventing non-accidental head injuries for professionals working with expectant and new parents
- Hull Public Health team's substance misuse support services
- Local stop smoking service - SmokeFree Hull
- Smoking cessation Brief Intervention Training and learn how to start a conversation that could save a life
- Resources and Webinar recording of local "Children and young people-facts about vaping"
- Early Help recording of Child and Family Poverty Webinar
- New National Advocacy Helpline - Safety Net, commissioned by the DfE
- Hull City Council's 'cost of living rescue package'
- Hull THRIVE Training offer and Directory of local support services
- ANDYSMANCLUB - confidential space for men through free weekly peer support groups.
- Men in Sheds support group
- 'Together - Bereaved By Suicide Service' delivered by Hull and East Yorkshire Mind
- FREE Suicide Prevention Training
- Online safety resources from Samaritans
- Dawn Bereavement Support –supporting people whose loved ones died in Hull hospitals
- HEY MIND - Work Well Project to support individuals and employers in Hull
- The Youth Hub Hull - a dedicated centre to support unemployed 16-29 years old
- HENRY Raise Engage Refer online training to develop and practice skills in raising sensitive lifestyle issues with parents
- The Coroners Court Support Service for families and witnesses
- UK Trauma Council resources
- Young Minds' Crisis Messenger crisis support
- BBC bitesize article and short film for young people dealing with boredom and low motivation.
- Home Office list of sources of support for victims of domestic abuse.
- ReachDeck is a digital inclusion solution that helps organisations improve the accessibility and readability of their website and to reach a wider audience.

Joint Agency Response Training for professionals responding to an unexpected child death in Hull and East Riding of Yorkshire

Target audience:

- On-call professionals from all sectors of health services, police and children's social care
- Any other professional involved with a child/family before or at the time of a child's unexpected death

Dates:

- Monday 11th March @ 9:00–12:30 - Clough Road Police Station
- Tuesday 14th May @ 9:00–12:30 - Clough Road Police Station
- Wednesday 3rd July - @ 9:00–12:30 – County Hall, Beverley
- Thursday 26th September @ 9:00–12:30 - venue tbc
- Friday 29th November 'Grand Round' – Hull Royal Infirmary (afternoon - time tbc)

See attached flyer and application details

South West Peninsula CDOP have produced a number of resources brought about by reviews of children on holiday in their region who sadly died unexpectedly. Their main concern was around travel cots and/or unplanned sleep spaces.

They have worked with **Lullaby Trust** to create a poster aimed at holiday makers or those who find themselves in an out of routine situation away from home.

Staying away from home poster

Staying away from home?

Following a **safer sleep routine** for EVERY sleep, day and night will reduce the risk of sudden infant death syndrome (SIDS). It is important that even when you are not at home you continue to follow safer sleep advice.

- Place your baby on their **BACK** for every sleep
- In a **CLEAR, FIRM and FLAT, SEPARATE SLEEP SPACE**
- Keep them **SMOKE FREE DAY AND NIGHT**
- Keep the room between **16-20°C** so they don't get too **HOT**

USING A TRAVEL COT

If you're using a travel cot:

- Check your cot with a night before last time
- The mattress should be firm, flat and have a waterproof cover
- Avoid adding any extra padding under your baby
- Make sure cot away from radiators and direct sunlight
- Keep out of reach of bed cords and other hazards

CO-SLEEPING

Whether you choose to co-sleep or to be unattended, make sure you follow the advice you should avoid it is dangerous to fall asleep with your baby if:

- They were premature or weighed under 2.5kg at 20 lbs when they were born
- Or if you are over 40 years old
- Have recently drunk any alcohol
- Smoked
- Take drugs or medication that make you drowsy or less aware

If you are breastfeeding with your baby consider any risks before every sleep, as they are constantly changing.

The What3Words App is useful when you are staying away from home. It can help you describe your exact location in an emergency. Download the app as soon as you arrive <https://what3words.com/>

Registered Charity Number: 20204
Company registration number: 0102048
Produced in collaboration with South West CDOP

Winter safer sleep - With winter fast approaching, it's important that anyone caring for a baby familiarises themselves with advice on safer sleep in cold weather.

Please take a look at Lullaby Trust's handy webpage for tips on preparing a baby's sleep space during the colder months, and download our 'Safer Sleep In Winter' guide.

Safer sleep in winter - The Lullaby Trust

Safer Sleep winter resource / Guide



Advice on infection in babies - Signs and symptoms to look out for and how to help prevent infections in babies

It is very important to try and keep babies safe from infection, particularly in the first few weeks of life. Babies have immature immune systems, which means that they are particularly at risk from infections. Infections that may be mild in older children or adults can be life-threatening for babies.

There are some key things that everyone can do to reduce the risk of serious infections in babies. It's important to follow

THANKS – Think Hands And No KisseS

[Advice on infection in babies – The LullabyTrust](#)



Healthier Together website, a Humber and North Yorkshire Initiative, provides **information and advice about common childhood illnesses, including advice on what 'red-flag' signs to look out for**, where to seek help if required and how long a child's symptoms are likely to last. It also has a text facility to send messages to families.

[Healthier Together website](#)



Gas hob safety - Earlier this year CDOPs made NCMD aware of a number of incidents, including an explosion at a caravan park, which implicated gas hobs in the injury or death of children.

Since that time NCMD has been working with the Office for Product Safety and Standards (OPSS), and we're now pleased to share the news that they have asked nine UK gas hob manufacturers to publish corrective action programmes to make certain hobs safe.

The manufacturers will raise awareness of the safety issue across the media and provide model checks and helpline numbers for consumers, as well as visiting every home containing affected hobs to make them safe.

OPSS is urging all affected members of the public, particularly those living in caravan parks and holiday homes, to check the model links and contact the manufacturer.

[Check the model links](#)

Vitamin D - NCMD have been alerted by a CDOP concerned about inequality of access to healthy start vitamins, and inconsistent guidance being given to families.

Having flagged this concern to NHS England, an updated *Healthy Child Programme Schedule of Interventions Guide* was published, including action for provision of advice on vitamin D supplements for babies who are exclusively breastfed, vitamin supplements for all infants and the provision of information about free Healthy Start vitamin drops.

[Healthy Child Programme Schedule of Interventions Guide](#)

NHS Providers publishes new report on reducing health inequalities faced by children and young people

KEY MESSAGES

- Childhood and adolescence are key life stages where people face inequalities in health outcomes (such as infant mortality rate and obesity rates) alongside inequalities in accessing services.

[Reducing health inequalities faced by children and young people](#)

[Almost a third of children in the UK currently live in poverty](#) and are at risk of experiencing poorer health outcomes.

- There are effective opportunities to intervene to support children and young people with long-term health conditions and to encourage positive habits relating to engagement with healthcare services and techniques for young people to self-manage their own health.
- Investment in a broad range of public services, from education to housing, is important in addressing inequalities. However, the inequalities experienced by children and young people are also exacerbated by the current operational pressures facing trusts, with waiting lists for children growing at faster rates in comparison to adults across many services in the acute, mental health and community sectors. See chapter [Inequalities faced by children and young people](#).
- Trusts can play a key role in improving the health of children and young people and making progress to reduce inequalities.

Working with system partners to target interventions earlier in life can prevent ill health in adulthood, creating healthier societies and reducing demand on health services in the long term.

Trusts can also improve the accessibility of their services for children and young people, by considering zero to 25 year services and implementation of youth friendly healthcare standards. See chapter [The role of trusts](#).

- [Core20PLUS5](#) remains a key tool for trusts to implement to reduce health inequalities experienced by children and young people. It provides an approach for targeting interventions on key clinical areas: asthma, diabetes, epilepsy, oral health and mental health. See chapter [The role of trusts](#).
- Trusts are already taking decisive action to reduce the health inequalities facing children and young people, including through social deprivation screening, social prescribing, improving access to services for the whole family, and [Poverty Proofing© healthcare settings](#). To play their part effectively, trusts must understand the data available to them on children's health and engage with children and young people and their families. See chapters [Case study: Barts Health NHS Trust](#) and [Case study: Gateshead Health NHS Foundation Trust](#).

The Child Safeguarding Practice Review Panel has published its fourth annual report.

The report looks at data gathered from CSPRs across 15 months, January 2022 to March 2023, to assist learning and improvement in multi-agency safeguarding practice.

[Child Safeguarding Practice Review Panel fourth annual report](#)

Within its period of focused analysis – April 2022 to March 2023 – the report observes that the panel received 393 serious incident notifications, of which 146 (37%) were in relation to child deaths and 227 (58%) were related to serious harm.

- over half of reviews featured a child who had experienced neglect
- a high proportion of school-age children who died or were seriously harmed were either not in school (11%) or reported to be regularly absent (29%)
- in over three-quarters of cases reviewed, the family of the child was known to children’s social care
- a third of children were either on, or had previously been on, a child protection plan
- nearly a fifth of children were being ‘looked after’ by the local authority, either at the time of the incident or prior to it
- 21% of children were reported to have a mental health condition.

The Institute of Health Visiting (IHV) has published the results from its annual health visiting survey which was completed by 1,186 practitioners across the UK.

The findings highlight concerns in detecting children living with risk and vulnerability such as: children are falling below the increasing thresholds for children’s social care; and health visitors have reduced contact with families.

Poverty was the greatest cause of concern for health visitors with 93% of respondents reporting an increase in the number of families affected by poverty in the last 12 months.

Recommendations include: a cross-government commitment that prioritises and invests in the first 1001 days; and a greater focus on prevention and early intervention.

[Health visitors raise the alarm as more families struggle with poverty and poor health](#)

The government has published its [response](#) to the consultation on creating a smokefree generation and tackling youth vaping. The press release is available [here](#).

The Government has committed to:

- Introduce a new law to raise the age of sale which will make it illegal to sell tobacco products to anyone born on or after 1 January 2009, delivering on the Prime Minister’s pledge to create a smokefree generation. See the SFAC FAQs on the smokefree generation proposal [here](#).
- Ban disposable vapes to tackle rising rates of vaping amongst young people.
- Introduce new powers to restrict vape flavours, introduce plain packaging and change how vapes are displayed in shops so that they don’t appeal to children.

[Full ASH update](#)

- Introduce new fixed penalty notices for England and Wales with a penalty of £100 where it is believed an offence has been committed in relation to age of sale and free distribution legislation for tobacco and vapes (nicotine and non-nicotine) and regulate to extend these provisions to other consumer nicotine products.

Alongside the consultation response, HMRC and Border Force published a new illicit tobacco strategy, [Stubbing out the problem](#)

Child Death Review process/procedure information for professionals

Child death notifications should be sent via eCDOP using this link – <https://www.ecdop.co.uk/HullER/Live/Public> (please save link to intranet sites, desktops, etc. for ease of reference)

If you were involved with the child and family, requests for agency Reporting Forms will be sent via eCDOP for completing online – (after registering as a user of eCDOP).

Contact for queries:
Cathy.eccersley@hullcc.gov.uk
 Tel: (01482) 311085

NEW Learning Environment for CDOPs, and health and social care professionals working in Child Death Review from the National Child Mortality Database (NCMD).

- Recordings of all of the NCMD quality improvement webinars. Soon to be added:
 - Child Death Review data analysis 2022/23
 - Whole Genome Sequencing for sudden child deaths
- PDFs of the PowerPoint slides for each webinar
- Thematic learning reports
- Advice sheets for completing the NCMD analysis and reporting forms.

[NCMD webinars - UCLPartners](#)

The password to access the page is:
NCMD1Webinar*

NCMD website – ‘One-stop shop’ for professionals involved in any of the elements of the child death review process:

- Joint Agency Response (JAR)
- Multi-Agency Child Death Review Meeting (CDRM)
- Child Death Overview Panel (CDOP)
- Supporting bereaved families

Includes:

- **Detailed guidance on how best to complete a child death Notification Form**, to help gather information more quickly and review the death more comprehensively
- **CDRM guidance** on what to think about before, during and after the meeting as well as how to get the most out of the discussion

<https://www.ncmd.info/guidance/>

[Notification guidance](#)

[CDRM guidance](#)

- **A postcard for distribution to families who are bereaved**, that explains the NCMD database and the importance of their work. Printed copies will be sent to CDOPs to send to families.
- **Safety notices**-dangers and warnings identified for national learning from local reviews - for anyone interacting with families of young children (includes: **windows, baby sleeping bags, button batteries, super strong magnets, safer sleeping, sleeping position devices, baby equipment, nappy sacks and baby slings, baby feeding pillows**)
- **National forms** - for notifying and reporting on deaths to help child death overview panels assess the causes of a child's death
- **'When a child dies' - A guide for parents, families, and carers to help understand and navigate the child death review process.** This document should be offered, in a printed format, to all bereaved families and/or carers.
- **NCMD Thematic Reports:**
 - Infection related deaths of children and young people in England (2023)
 - Deaths of children and young people due to traumatic incidents (2023)
 - Sudden and Unexpected Deaths in Infancy and Childhood (2022)
 - The Contribution of Newborn Health to Child Mortality across England (2022)
 - Suicide in Children and Young People (2021)
 - Child Mortality and Social Deprivation (2021)
- **NCMD newsletters**
- **List of National CDOP contacts for child death notifications**

[NCMD postcard](#)

[Safety notices/alerts](#)

[Child death review forms](#)

[NHS England leaflet](#)

[NCMD publications](#)

[NCMD Newsletters](#)

[Child death overview panel: contacts - GOV.UK \(www.gov.uk\)](#)

Published national learning and reviews

Child Safeguarding Practice Reviews published on the NSPCC repository in January

[NSPCC Repository-January](#)

Support Services / Wellbeing / Training

‘Together - Bereaved By Suicide Service’ delivered by Hull and East Yorkshire Mind is a dedicated bereavement service to support local people who have been bereaved by suicide across Hull, East Riding of Yorkshire, North East Lincolnshire and North Lincolnshire. The service offers free emotional and practical support to individuals who have lost someone to suicide.

They offer a range of support such as talking with an experienced bereavement worker, as well as support creating memory boxes, funeral planning, attending inquests as well as help with financial matters. The support will be tailored to meet the needs of each individual at this difficult time in their lives.

The service, together for those bereaved by suicide – has been commissioned for use in Hull, East Yorkshire, North East Lincolnshire and North Lincolnshire by the Humber, Coast and Vale Health and Care Partnership.

The Partnership is made up of NHS organisations, local councils, health and care providers and voluntary and community organisations. You can also take free suicide prevention training as part of the Partnership’s #TalkSuicide campaign. The campaign aims to reduce the stigma around talking about suicide by raising awareness in our communities and encouraging people to complete free training.



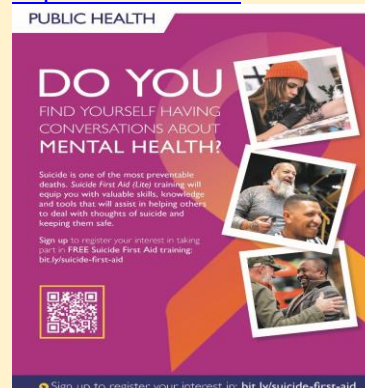
For more information, or to take the training, please visit www.talksuicide.co.uk

FREE Suicide Prevention Training organised by HNY with funding from Health Education England.

Target audience is wider workforce - to target/upskill those who have more meaningful connections with people who may open up and discuss mental health or be in an environment which allows them to do so.

Anyone interested can sign up as an expression of interest, it is simply a case of sharing this amongst networks. Sessions will be scheduled using the information gathered to look at the most appropriate venue(s), or via online methods.

Express an interest



Fitmums and Friends offer a range of bereavement support for adults and children through their Together in Grief programme

They are running activity sessions to help people cope with losing loved ones. This includes ten weeks of easy-paced walks or **gentle yoga sessions**. See poster below and [click here for further information](#).

The Forest Project is for children and young people who have experienced the death of someone special to them. It will provide an opportunity to participate in outdoor activities and talk about their grief with the support of trained bereavement facilitators. See below and [click here for further information](#).

For additional information, please contact admin@fitmums.org.uk or visit the [Fitmums and Friends website here](#).



The Forest Project supports children and young people who have experienced the death of someone special to them.

They will have the chance to take part in outdoor activities such as den building, camp fire cooking, tool making, tree climbing, forest games and rope work. They will also have opportunities to talk about their grief with the support of trained bereavement facilitators.

If Together in Grief – The Forest Project could help you or someone you know, please email admin@fitmums.org.uk, call 07870 654586 or visit our website www.fitmums.org.uk/support

Participants:

The programme is open to children and young people aged 10 to 17 years who are experiencing bereavement. Participants need to be registered with a Hull GP or have a Hull postcode (this is a requirement of the programme funding*).

Location:

Sessions will take place in a private woodland in Meaux, near Wawne (HU17 9SS), at the Humber Forest School. The setting will allow participants to experience the physical and mental health benefits of being outside in nature.

We also hope that the forest setting and activities will suit children who may find a more traditional approach intimidating.

Booking:

The programme is free. Places can be booked by [completing this form](#).

Further info:

More information about Together in Grief – The Forest Project is available on [website](#), [Facebook page](#) and [Twitter account](#). Please feel free to share the web page, Facebook posts and/or tweets on your own networks. A flyer will also be provided shortly.

*This project is funded by [The Ideas Fund](#), a grants programme run by the British Science Association and funded by Wellcome, which enables the UK public to develop and try out ideas that address problems related to mental wellbeing.

More detail about the programme is available on [Fitmums website](#)

If you have any queries about the programme or require any further information, please contact Vickie on admin@fitmums.org.uk or Sam at 07870 654586.

Below is a link to a short feedback film from the Forest Project, which has been running for a year now. The project has been really successful and had a glowing report from all of the children attending.
https://www.youtube.com/watch?v=JXm4_J0clSE



LiLY Walks

Bereavement walks for people who have lost a child or young person

LiLY (LIVES LOST YOUNG) walks are for anyone (aged 16+) who has been affected by the death of a child or young person. Parents, siblings, other family members and friends are all welcome.

- Walk and talk with others who share your experience.
- Feel the health benefits of being active outside with others.
- Walks are FREE and take place monthly in Beverley.

To find out more and/or register, please email heather@fitmums.org.uk, call **07870 654586**, or scan the QR code.



www.fitmums.org.uk/support



Together in Grief

Group walks for those who are bereaved



Together in Grief (TiG) walks are easy-paced, group walking sessions to help people cope with the loss of loved ones. They offer some gentle exercise and the chance to talk with others who share your experience.

When: every Wednesday at 9.30am

Where: Art Gallery, Brynmor Jones Library, University of Hull

Cost: FREE


The walks are safe, supportive and suitable for all – men and women, and all abilities.

No need to book – just turn up. Come along whenever you feel a walk and talk might help – every week or just occasionally.

For more information, scan the QR code or email heather@fitmums.org.uk.



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<p>Hull's Unintentional Injuries and Safer Sleep service (commissioned 0-19s Service) is offering training in 'Engaging parents and carers in child safety and accident prevention and safer sleep'.</p> <p>The session is about 2 hours and is flexible if only accident prevention training is required. It comprises of a powerpoint presentation with some interactive elements. The service can attend individual settings through staff meetings or via MS Teams or arrange another venue to suit the needs of the setting.</p>	<p>Contact Alicia Anderson or Angela Burns, Health and Development Practitioners</p> <p>For details and bookings: Hull 0-19 Service Humber Teaching NHS Foundation Trust T: (01482) 259600 M: 07790882502 E: aliciaanderson@nhs.net</p>
<p>Contacts and helplines for bereavement support for families and professionals</p>	<p>National and local bereavement contacts and helplines</p>
<p>Winston's Wish - new hubs aimed directly at grieving young people, parents and carers, professionals and schools, packed with information, advice and resources. You'll also find clear descriptions of on-demand services, bereavement support and counselling and how to access them.</p>	<p>Bereavement support for children and families Winston's Wish (winstonswish.org)</p>
<p>How to support a bereaved family involved in a sudden and unexpected infant death – Lullaby Trust advice to anyone working with bereaved parents and families.</p>	<p>How to support a bereaved family as a professional - The Lullaby Trust</p>
<p>Lullaby Trust Bereavement trauma booklet New, downloadable booklet for families about how the human body responds to trauma. There's also information about accessing extra support through a GP.</p> <p>Single downloads are free and available from the Lullaby Trust website.</p>	<p>Trauma Resource (lullabytrust.org.uk)</p> 
<p>Brief Intervention Training and learn how to start a conversation that could save a life</p> <p>Sessions are FREE and aimed at health and social care frontline and support staff who want to find out more about the health effects of smoking and quitting, smoking interventions and pathways for referrals to smoking cessation support services.</p> <p>Based on feedback from previous attendees we've now included more information on e-cigarettes, the impact of tobacco addiction on Hull and a video of one of our successful clients telling his story.</p>	<p>To book: complete the online form on our website training page or email SmokeFreeHullTraining@cgl.org.uk with your preferred date and time</p> <p>Additional Training and information:</p> <ul style="list-style-type: none"> • Visit our website training page for details of all of our courses • Our Very Brief Advice Video is a great resource for basic smoking and referral information that you can share with your contacts.

February 2024

DATE	TIME	DAY
6th	9.30am	Tuesday
14th	12pm	Wednesday
19th	2pm	Monday
27th	3pm	Tuesday

March 2024

DATE	TIME	DAY
6th	9.30am	Wednesday
11th	11am	Monday
19th	3pm	Tuesday

Format: Online using Microsoft Teams

Duration: 90 minutes



More than 100 frontline professionals from across Hull Children, Young People and Family Services and colleagues from the VCSE sector attended a 'Facts about vaping' workshop.

At the session attendees learned about CYP vaping rates, the role of trading standards, the current evidence on the impact of vaping, what action colleagues can take to support CYP, resources that are available to help and myth busting. The key take away message was: '**Don't Smoke? Don't start to Vape**'.

- View the recording of the event: <https://www.youtube.com/watch?v=s2Om8h7WK88>
- Check out Sheffield Council's website which has useful resources available to download: [Vaping: The Facts | Smokefree Sheffield](#)
- Visit Hull's Stop Smoking Service: [Hull stop smoking service - SmokeFree Hull \(changegrowlive.org\)](#)
- Read the study undertaken by King's College: [Nicotine vaping in England: 2022 evidence update - GOV.UK \(www.gov.uk\)](#)

Stop smoking service - SmokeFree Hull offer free advice and behavioural support to help people stop smoking. The service helps adults and young people aged 12 and over living in Hull find their own way of stopping smoking. A 12-week programme, with an advisor to help and encourage as well as free products for nicotine cravings, like patches and gum.

[How SmokeFree Hull helps you](#)

Together for Short Lives charity – helpline, resources, emotional and financial support for parents or carers who look after or know a child or young person expected to have a short life.

They also support professionals caring for seriously ill children, young people and families, by bringing professionals together, share practice and offer resources and tools to support your work with children and families.

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

Their Butterfly Fund offers financial assistance towards a child's funeral.

NSPCC Learning has launched a **new online training course on preventing non-accidental head injuries for professionals working with expectant and new parents**. The course aims to support professionals with: understanding the prevalence of non-accidental head injuries in babies under one; identifying the risk factors within families; recognising early warning signs that parents and carers may be struggling; and engaging with male carers.

Take the course: [Preventing non-accidental head injury training](#)

The Public Health team, in partnership with CYPFS colleagues, have been working hard to improve local substance misuse support services



As part of the Government's grant funding for substance misuse services our team will expand to include two new Treatment Practitioners – one of whom will work directly with the Youth Justice Service. Plus, a new Engagement Worker role will provide support to young people accessing the service.

ReFresh have also been working closely with Hull's Paediatric Emergency Department to develop a dedicated pathway between the two services to support young people. The team continue to work closely with specialist services areas to further develop the support available for young people with substance misuse problems.

ReNew are offering training to those wanting to improve their knowledge of alcohol and drug misuse issues:

- Understanding Alcohol and Drug Misuse (2 hours. Face to face or online)
- Brief Advice and Intervention for Alcohol and Drugs (1.5 hours. Face to face or online)
- Naloxone training (1.5 hours. Face to face exclusively)
- Harm Reduction training (1.5 hours. Face to face or online)
- Novel Psychoactive Substances (1 hour. Face to face or online)

How to book

Name: Mariana Suarez
Email: Mariana.Suarez@cgl.org.uk
ReNew.Training@cgl.org.uk
Mobile: 07442 369 718
[f](#) [t](#) [in](#) [G](#) [p](#) @CGLHull

Change Grow Live



Early Help have produced a recording of their Child and Family Poverty Webinar.

With the current cost of living crisis it is vital that we're all aware of the support services available to help mitigate impact of poverty and cost of living.

[Watch the Early Help Child and Family Poverty Webinar \(September 2022\)](#)

The session was delivered in collaboration with 'Hull's Financial Inclusion Network, with the aim of:

- Helping staff find out about what services are available working in the city to support families with cost of living and poverty and what they do.
- Hearing direct from partners on how to access these services.
- Understanding what further actions the city are taking place to tackle poverty.

Hull City Council has set out a significant 'cost of living rescue package' of measures in response to the cost of living emergency.

The Council has launched a dedicated telephone hotline, online hub and email address to help local residents access the help they need. These will connect people with advice, information and support, including how to check they are claiming any benefits they are entitled to, food bank details, grants and more.

The council has also pledged to work with local businesses and local community and voluntary organisations to create 'warm spaces'. These are free to use places where people can stay warm, charge phones and have hot drinks.

A comprehensive package of measures will also be put forward to the council's cabinet which, subject to cabinet agreement and confirmation of additional government funding, will help residents.

The council is working with partners in the Hull Cost of Living Network, including Citizen's Advice Bureau (CAB) and voluntary sector support group Forum to agree the emergency support. Measures which could be given the go-ahead include:

Food

- £15 per week food vouchers during school holidays for people who usually receive free school meals (FSM)
- A £25,000 boost to local food banks, to help improve local food networks.

Health

- A £25,000 fund to help create warm spaces – local businesses will be able to apply for funds to create spaces

Fuel

- A boost to a funding pot for those on low incomes to access a new boiler or improved insulation
- Additional funding for the Warm Homes project

Money and Debt

- A one-off £100 payment to under-25s who are care leavers or receiving housing benefit or council tax support
- £100,000 in tenancy support for those living in private rented and council homes

Other measures around housing, finance, health, debt and fuel and energy are also under consideration.



[Council support for residents - Cost of Living](#)

[Warm Spaces in Hull - interactive map](#)

A high-profile campaign, titled Hull Together, has been launched to ensure people understand how to ask for help and advice. Information including the advice hub email, phone number and web address, will be advertised on posters, leaflets, online, and in public spaces, including translations in languages commonly spoken locally.

THRIVE Hull Training offer is now live!

THRIVE Hull training offer is available to all those in Hull whom are working with children, young people and families. There are a broad range of quality training opportunities to equip you with the skills to support children and young people's emotional health and wellbeing.

Courses include: Youth Mental Health First Aid (2 day) / Make Every Contact Count (MECC) for Mental Health (1/2 day) / Self-Harm Awareness & Response (1/2 day).



A new video has been produced to show professionals the wide range of emotional wellbeing and mental health support available through the Thrive model to children and young people in Hull.

The Thrive Steering Group made the video and it was commissioned by colleagues from NHS Humber and North Yorkshire Integrated Care Board (ICB).

The video is intended to show how children and young people's emotional wellbeing and mental health is 'everyone's business' ...not just that of traditional mental health professionals and that we all have a role to play. The video also showcases a number of the services that are available in the city as part of the Hull Thrive approach to emotional wellbeing and mental health for our children and young people.

[Thrive Hull Framework — How Are You Feeling?](#)

[Training Programme Page — How Are You Feeling?](#)

<https://www.howareyoufeeling.org.uk/professional-resources>

[Directory of local support services](#)

Watch the video (17 min watch) which features a range of professionals across Hull explaining how they fit into the Thrive model.

ANDYSMANCLUB, want to eliminate the stigma surrounding mental health and create a judgment-free, confidential space where men can be open about the storms in their lives. They aim to achieve this through weekly, free-to-attend peer-to-peer support groups for men aged over 18. Watch the video below to find out why.

[Andy's Man Club](#)

Men in Sheds Hull, The Pavilion, Oak Road Playing Fields, 786 Beverley Road, Hull HU6 7EY

The Walking Talking group meet on Wednesdays at 1pm. A gentle stroll, some fresh air, exercise and meet some new people. Walk finishes at 2pm then back to the shed for a brew. Come rain or shine, the walk will be fine!! The group is open to all, including doggies. It's completely free.

www.meninshedshull.org/

[Link to video on Facebook about the walk](#)

Tel: 01482 803700 for more information.

<p>Samaritans – support for ANYONE SUFFERING WITH DISTRESS</p> <p>Online safety resources from Samaritans The tragic case of Molly Russell, who <u>died by suicide</u> following repeated exposure to suicide-related content on social platform TikTok, is a reminder of how important online safety is for children.</p>	<p>Tel: Freephone 1161123 https://www.samaritans.org/how-we-can-help/contact-samaritan/</p> <p>Free resources from Samaritans give professionals, families and children much-needed tips to help them stay safe.</p>
<p>Dawn Bereavement Support is part of the Hull University Teaching Hospitals NHS Trust and is a local group who support people whose loved ones have died in the Hull University Hospitals NHS Trust.</p> <p>The group meets the last Monday of the month (except bank holidays) at Castle Hill Hospital at 6pm – 8pm. Dawn is run by a voluntary team of very experienced bereavement facilitators who are warm and friendly people, all of whom work within the health service.</p> <p>All the members of this team have a special interest in bereavement through their own personal and professional experiences and are committed to, and passionate about helping support those who are grieving.</p>	<p>Contact us - Dawn Bereavement Support</p>
<p>HEY MIND - Work Well Project Hull and East Yorkshire Mind have launched a project to support individuals and employers in Hull. The Work Well service is here to help individuals to improve their mental health, raise aspirations, and achieve their personal goals.</p> <p>This includes helping young people aged 16-24 into to education, training or employment, helping people already in work to improve their mental health and retain their employment as well as engaging with local employers to help them to make mental health a priority in the workplace.</p>	<p>MIND's Work Well service</p>
<p>Youth Hub Hull</p>  <p>The Youth Hub Hull - a dedicated centre to support unemployed 16-29 years old.</p> <p>This project was brought forward in partnership with JCP Hull and Humber, Goodwin Development Trust, City Health Care Partnership (CHCP), Hull City Council and Humber Learning Consortium (HLC), in response to the impact of COVID-19 on Hull's young people.</p>	<p>To access the new Youth Hub Hull, young people are being encouraged to speak to their job centre work coach.</p> <p>They are now taking face-to-face referrals for anyone who has found themselves out of work and needing support to access employment.</p>

A team of specialist employment focussed work coaches, key workers and mental health therapists are currently offering virtual, telephone and face-to-face support at their easily accessible, dedicated HQ support centre on Anlaby Road in Hull.

The Healthy Lifestyle Team would like to offer you a training opportunity called HENRY Raise Engage Refer.

The online training is 2 x 2 hour modules.

Raise engage refer training offers a chance to develop and practice **skills in raising sensitive lifestyle issues with parents, and build their confidence to do so.** Participants will develop their understanding of the local HENRY family support offer and how to connect families in to the service.

Aim of the training

- Identify families who would benefit from HENRY family support
- Develop the skills and confidence to raise weight and lifestyle issues with parents
- Learn more about HENRY programmes
- Build parental motivation to join a HENRY programme
- Increase practitioners confidence to discuss sensitive lifestyle issues

Top tips visit www.henry.org.uk



Watch the [animated explainer video](#) to find out more about the HENRY approach to enabling healthy, happy childhoods – and why it matters

If you have any families that would benefit by this free course, forward details to Audrey Campbell audrey.campbell@hullcc.gov.uk

For more information on parenting courses visit www.hull.gov.uk/children-and-families/family-support/parenting-courses or contact your local Children's Centre or email healthylifestylesteam@hullcc.gov.uk

The Coroners Court Support Service for families and witnesses

The Coroners Court Support Service have teams of volunteers who meet and greet families and witnesses attending inquests in most coroners' courts in England and have been doing so since 2003.

When people arrive at an inquest, they have often have minimal contact with the coroner's office and know very little about the inquest process or what will happen on the day at court; volunteers provide an invaluable service by giving information regarding the role of the coroner and the inquest process, emotional and practical support and signposting to appropriate agencies for bereavement counselling and advice if required.

As well as being concerned about the coronial process many families and witnesses have been waiting for the inquest day for some months which heightens their anxiety and adds to their distress, so a **volunteer helpline is in place to support anyone due to attend prior to the day of inquest or answer questions about the coronial process** (recent or historic) and local court volunteers will speak to families and witnesses due to attend the court where they provide support.

Home-based volunteers provide a beneficial service to bereaved families and witnesses:

Weekdays - 9am to 7pm
Saturday - 10am to 2pm

If you know of anyone who would benefit from our service, require support at court or have a general enquiry about the inquest process please refer them to our team via telephone on 0300 111 2141 or email helpline@ccss.org.uk

Attached is a digital leaflet about the court support service, helpline and local telephone support service (TSS). Hard copies are also available from the above number.



CCSS Leaflet
2021.pdf

<p>UK Trauma Council resources - Free, evidence-based resources to support schools, colleges and practitioners working with traumatically bereaved children and young people.</p>	<p>UK Trauma Council</p>
<p>Young Minds' Crisis Messenger provides free, 24/7 crisis support across the UK.</p>	<p>Young people in need of urgent support with their mental health can text YM to 85258</p>
<p>Children and young people's mental health BBC bitesize has published an article and short film outlining top tips to support young people aged 11 – 16 years who are dealing with boredom and low motivation. The article and film are based on evidence-based guidance from researchers and clinicians reported in a research briefing published by the Co-RAY project, part of the Emerging Minds Network.</p>	<p>Read the article: Feeling bored, flat and unmotivated? Here are some things that can help</p> <p>Read the research briefing: Evidence-informed recommendations for supporting young people with feelings of boredom, flattened emotion and low motivation (PDF)</p> <p>Read about the Co-RAY project: Co-RAY project</p>
<p>The Home Office has published a list of organisations offering specialist sources of support for victims of domestic abuse. The guidance includes getting help for children and young people and adolescent to parent violence.</p>	<p>Domestic abuse: get help for specific needs or situations</p>
<p>ReachDeck is an all-in-one digital inclusion solution. It helps organisations improve the accessibility and readability of their website and to reach a wider audience.</p> <p>Some local Government and NHS websites have this function which enables their content to be read out loud and translated into other languages.</p>	<p>ReachDeck - Digital Marketplace</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div> <p>Hull University Teaching Hospitals NHS Trust - Hull University Teaching Hospitals NHS Trust</p> <p>https://www.hull.gov.uk/#</p>