

## Hull Child Death Overview Panel e-Bulletin – OCTOBER 2022

### Learning from child deaths, accident prevention and bereavement support

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

#### IN THIS EDITION:

##### ➤ Reducing accidents and preventing child deaths

- Local safer sleep training
- NCMD: The contribution of newborn health to child mortality across England
- Perinatal Mortality Review Tool (PMRT) Annual Report
- Perinatal Mortality Surveillance Report 2020 - The Maternal, Newborn and Infant Clinical Outcome Review Programme
- National Clinical Audit of Seizures and Epilepsies for Children and Young People: Epilepsy12 Report (England and Wales 2019-21)
- ONS Child mortality reports
- Pregnancy, Covid, other health and well-being information in lots of languages, from Doctors of the Worlds
- Rapid Read - Health and Safeguarding Refugees and People Seeking Asylum

##### ➤ 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 for child death review process guidance, training webinars, research publications/reports

##### ➤ Support / Wellbeing / Training

- Contacts and helplines for bereavement support for families and professionals
- Hull&East Yorkshire MIND - Substance Misuse and Suicide Prevention Training
- Hull Together – Hull City Council's 'cost of living rescue package'.
- Hull's May-Dec 2022 THRIVE Training offer and Directory of local support services
- Fitmums & Friends programme: Together in Grief – The Forest Project, supports children and young people in Hull who are experiencing bereavement
- ANDYSMANCLUB - confidential space for men through free weekly peer support groups.
- 'Together - Bereaved By Suicide Service' delivered by Hull and East Yorkshire Mind
- 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
- Online training from The Healthy Lifestyle Team - HENRY Raise Engage Refer - 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+short film for 11–16 yr olds dealing with boredom+low motivation.
- Home Office published list of organisations offering sources of support for victims of domestic abuse.

## Safer sleep training

- Hull Safeguarding Children Partnership – aimed at practitioners who sleep other people’s infants and references to the Early years statutory framework
- 0-19 services – aimed at professionals working with parents before and after the birth of their baby-see attached flyer for learning objectives



- NCMD Safer sleep webinar “Past, Present, ?Future” with Professor Peter Fleming – evidence behind the advice on safer sleep

## How to book:

[Link to HCC training application for external staff](#)

HCC employees – please apply via OLM

Humber staff – please use ESR Self Service to book

External staff – Please email Humber Learning Centre directly on [HNF-TR.Learningcentre@nhs.net](mailto:HNF-TR.Learningcentre@nhs.net) with your name together with name of company and full postal address of your employee. They can be contacted on 01482 30190

[NCMD Webinar on safer sleep for infants by Professor Fleming](#)  
(You may need password [NCMD1Webinar](#))

## National Child Mortality Database thematic report: The contribution of newborn health to child mortality across England

The National Child Mortality Database (NCMD) has published its latest thematic report on the contribution of newborn health to child mortality across England. Based on data collected from April 2019 to March 2021, it aims to understand patterns and trends in child deaths where an event before, or around, the time of birth had a significant impact on life, and the risk of dying in childhood.

The report found that for babies born alive, at or after 22 weeks gestation, who subsequently died before 10 years of age between 1 April 2019 and 31 March 2021, half of the deaths occurred in children over one month old. Other key findings include:

- Children who received additional care after birth (neonatal care) made up 83% of children who died before their first birthday, 38% of deaths in the next four years, and 27% of deaths between the ages of 5 and 9
- There is a clear association between childhood death following neonatal illness and learning disabilities. Over half of the children who died also had learning disabilities.

It also found that, for child deaths reviewed by a Child Death Overview Panel (CDOP) and categorised as a perinatal/neonatal event, modifiable factors were identified in 34% of deaths.

[NCMD thematic report](#)

20% identified a modifiable factor within the characteristics of the child, including pregnancy factors.

The most common factors were smoking in pregnancy or the household, and maternal obesity, both of which increase the chance of premature birth and complications for the baby.

The report makes a number of recommendations including a call to make the prevention of preterm birth a priority, stating that social initiatives to reduce or mitigate the social determinants (eg smoking, obesity and deprivation) should be given resources and support.

### **Perinatal Mortality Review Tool (PMRT) Annual Report - Based on reviews completed from March 2021 to February 2022**

There have been continued improvements in the use of the tool, despite it being based on reviews carried out during the COVID-19 pandemic. The latest PMRT report focuses on quality in terms of parent engagement, the review process and subsequent action plans. It found:

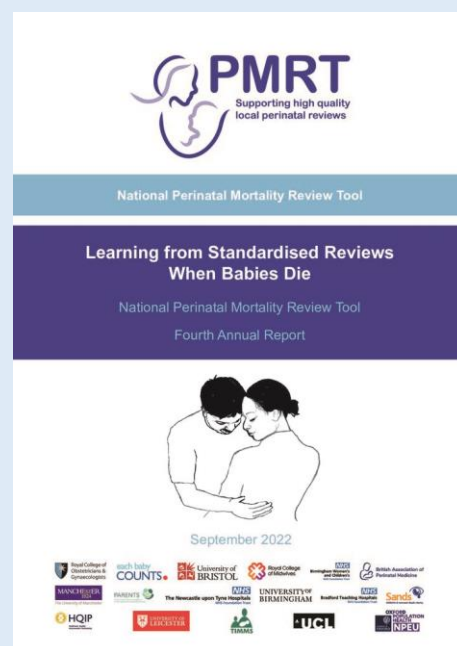
- Improvements in the multi-disciplinary nature of reviews are evident in this report with, notably, a continuing increase in the proportion of reviews of neonatal deaths which involved a neonatologist or paediatrician, and a neonatal nurse; and a continuing decrease in the number of reviews involving only three or fewer staff members.
- A general shift in the holistic grading of care suggesting that the discipline of robust self-examination is being embraced more widely, with the need for improvements in care identified more frequently.
- The issues with care identified in this report are largely focused around the same areas as in previous reports including screening for fetal growth restriction and management of reduced fetal movements; assessment of maternal risk status and staffing issues during labour and birth; and thermal and respiratory management once the baby is born.

The report goes on to make a number of recommendations, including a call for the local PMRT summary reports and this national report to be used as a basis to prioritise resources for key aspects of care and quality improvement activities identified as requiring action.

### **Perinatal Mortality Surveillance Report 2020 - Based on the surveillance of perinatal deaths from 22+0 weeks' gestational age of babies born between 1 Jan and 31 Dec 2020**

The Maternal, Newborn and Infant Clinical Outcome Review Programme, which collects, analyses and reports on national surveillance data and conducts national confidential enquiries in order to stimulate and evaluate improvements in health care for mothers and babies, has published its latest Perinatal Mortality Surveillance Report.

### [Perinatal Mortality Review Tool Annual Report – HQIP](#)



### [MBRRACE-UK Perinatal Mortality Surveillance Report 2020 – HQIP](#)

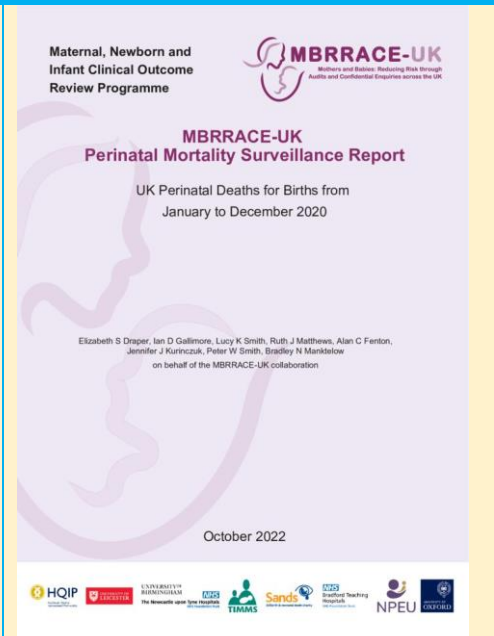
Stillbirth rates have reduced by 21% from 4.20 per 1,000 total births in 2013 to 3.33 per 1,000 total births in 2020, representing approximately 605 fewer stillbirths in 2020.

This MBRRACE report found that extended perinatal mortality has reduced by 20% over seven years, from 6.04 per 1,000 total births in 2013 to 4.85 per 1,000 total births in 2020, equivalent to approximately 820 fewer deaths in 2020.

Other key findings include:

- Neonatal mortality has reduced by 17% from 1.84 per 1,000 live births in 2013 to 1.53 deaths per 1,000 live births in 2020, representing approximately 215 fewer neonatal deaths in 2020 and an increased rate of reduction.
- Stillbirth and neonatal mortality rates increased with deprivation across all ethnic groups.
- There has been a 12% reduction in the number of both singleton and twin births over the period 2016 to 2020.

The report goes on to make a number of recommendations, including a call for the development of UK-wide harmonised indicators to identify high risk groups, including ethnicity and deprivation measures, to facilitate direct population comparisons.



### **National Clinical Audit of Seizures and Epilepsies for Children and Young People: Epilepsy12 Report (England and Wales 2019-21)**

The National Clinical Audit of Seizures and Epilepsies for Children and Young People has published its latest Epilepsy12 combined organisational and clinical report for 2019-21 (cohort 3). It focuses on children and young people who had a first paediatric assessment for a suspected seizure between 1 December 2019 and 30 November 2020. The audit then follows the patients for 12 months of subsequent care.

The report found that 70% (1379 out of 1974) of children and young people diagnosed with epilepsy had evidence of an updated and agreed comprehensive care plan. Other key findings include:

- 65% (75 out of 115) Trusts and Health Boards had an adult epilepsy specialist nurse routinely involved in the transition of young people to adult services
- 5% (53 out of 1124) children and young people between the age of 5-15 years and diagnosed with epilepsy had an identified mental health condition
- 28% (38 out of 135) children and young people diagnosed with epilepsy who met surgical referral criteria had a referral for surgical evaluation.

The report also found that 54% (1058 out of 1974) children and young people diagnosed with epilepsy, obtained their EEG within four weeks of request.

[HQIP report](#)

[Infographic](#)





**NHS** Asylum Seeker and Refugee Health / Rapid Read

**'ASYLUM SEEKER' AND 'REFUGEE': DEFINITIONS**  
 An asylum seeker is a person who has departed their country of origin and officially applied for asylum in another country, and who is awaiting a decision on their request for refugee status.  
 A refugee is someone who 'owing to a well-founded fear of being persecuted for reasons of race, religion, nationality, membership of a particular social group, or political opinion, is outside the country of his nationality, and is unable to or, owing to such fear, is unwilling to avail himself of the protection of that country.'  
 An undocumented migrant may be someone who entered the UK legally but has lost their right of residence, or who entered the UK illegally and does not have the right of residence.

**HEALTH NEEDS OF REFUGEES AND ASYLUM SEEKERS**  
 Refugees and people seeking asylum can have complex health needs. These may be the result of traumatic or adverse experiences prior to leaving their home country, during transit or after arrival in the UK. Poverty, poor housing and support, negative ~~relationships, uncertainty and fear~~ often factors that negatively further impact on health whilst in the UK. Trauma-informed and person-centred care is therefore essential to support people during this process.  
 Common health challenges include:  
 • Mental health  
 • Maternal and child health  
 • Unaccompanied children (UASC)  
 • Malnutrition  
 • Untreated communicable diseases  
 • Poorly controlled chronic conditions

**ASYLUM APPLICATIONS IN THE UK**  
 There were 36,041 asylum applications in the UK in the year ending December 2020. Within this number, 2,291 were unaccompanied asylum seeking children.

**TRAUMA INFORMED & CULTURAL COMPETENCE**  
 Many people will have experienced torture, the physical and psychological trauma of conflict, rape, domestic and sexual slavery, human trafficking, deprivation of liberty, and the disappearance or killing of loved ones. A 'cultural bereavement of exile' - the experience of loss of social structures, cultural values, community rituals, relationships, and material features - are often experienced by this vulnerable cohort.  
 Trauma is associated with the development of severe and enduring mental health disorders, chronic illness (e.g. diabetes, heart disease and cancer) and poor physical and mental health (e.g. suicide and high symptomatology) outcomes.  
 Trauma-informed organisations provide the culture to support staff to practice in a trauma-informed and culturally competent way, and recognise staff vicarious trauma, especially in the heat of a pandemic response.

**FREE ACCESS TO PRIMARY CARE**  
 All people seeking asylum and who have refugee status are entitled to all healthcare provided by the NHS. Economic and undocumented migrants have fewer entitlements and are often referred to as having 'no recourse to public funds'. However, everyone, regardless of immigration status, has the right to access free primary care, including a GP, urgent care centres, and walk-in centres. NHS 111 is also free to all. People do not have to provide proof of ID or address to register with a GP, and families registering with GPs do not have to state their immigration status. Government guidance on registration can be found [here](#). Doctors of the World have created [this useful toolkit](#), which supports GP surgeries to ensure everyone in their community can access the healthcare they're entitled to.

**WHERE TO FIND OUT MORE**  
 The British Medical Association has produced this useful toolkit for [Refugees and Asylum Seeker Patient Health](#). It examines health needs specific to refugees and asylum seekers, and suggests ways in which health care practitioners can overcome common barriers to their care.  
 The Government paper [How many people do we grant asylum protection to?](#) provides detailed statistics on rates of asylum applications, protection and resettlement, broken down by country of origin.

## 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) – <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](mailto: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
- PDFs of the PowerPoint slides for each webinar
- 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
- **JAR guidance under COVID-19** - While the circumstances in which a JAR is required are unchanged, how they are enacted may need to change depending on circumstances.

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

[Notification guidance](#)

[CDRM guidance](#)

[Updated JAR 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*)
- **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**

[NCMD postcard](#)

[Safety notices/alerts](#)

[Child death review forms](#)

[NHS England leaflet](#)

[NCMD publications](#)

## Support Services / Wellbeing / Training

**Contacts and helplines for bereavement support for families and professionals**

[National and local bereavement contacts and helplines](#)

**Hull and East Yorkshire Mind are working alongside The Alcohol and Drug Service to offer up to 180 FREE places on a brand new and bespoke Substance Misuse and Suicide Prevention Training course.**

[Substance Misuse and Suicide Prevention Training - Mind HEY - Hull & East Yorkshire Mind \(heywind.org.uk\)](#)

There is strong evidence that shows that substance misuse and poor mental health can lead to an increased risk of suicide. The FREE training session will help to upskill professionals to have the skills and knowledge to identify thoughts of suicide at the earliest opportunity, looking at how to have a conversation about it and how to support someone in distress. It will also support professionals to discuss drug and alcohol use amongst those who they support to ensure these risk factors are further supported.

Our bespoke training will also explore the relationship between substance misuse and suicide, raising awareness of both areas and creating a suicide safer community for all.

Training will be delivered online via Teams for those working in (but not limited to) health screening teams, education, youth offending teams, youth workers, social care or those working with vulnerable adults where substance misuse and poor mental health may be present.

Dates are available throughout 2022 and 2023, and places are first come first served.

The partnership is funded by the Humber and North Yorkshire Health and Care Partnership Suicide Prevention Programme.

### **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.

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.

The council is working in partnership with local media, including Hull Daily Mail and others, to promote the campaign.





#### Key advice:

- Ensure you are claiming any benefits you're entitled to. Call 01482 300 303, email [costofliving@hullcc.gov.uk](mailto:costofliving@hullcc.gov.uk) and visit [hull.gov.uk/costofliving](http://hull.gov.uk/costofliving) for information on how to use our benefit calculator. It's free and anonymous to use, and will quickly tell you what you can claim. There are also crisis loans and support grants available in some circumstances
- Contact Hull Citizen's Advice Bureau on 0800 144 8848 or 01482 226 859 for specialist debt advice
- A further £400 per-household grant, funded by the government, will be paid in the coming weeks – all households will receive this, with payments being made from October
- The council's Warm Homes Team provides a specialist service with the primary aim of reducing the number of people who are experiencing fuel poverty, increasing domestic energy efficiency, and improving affordable warmth in the city. They can guide you where support is available, such as grants to improve home insulation. Contact the hub for more information
- For our tenants, there is help and support available for anyone struggling to pay rent. It's vital to get in touch as soon as possible - we may be able to help reschedule payments or advise on other steps you can take and support you can access
- Find details of all local food banks and how and where to access them at call 01482 300 303, email [costofliving@hullcc.gov.uk](mailto:costofliving@hullcc.gov.uk) and visit [hull.gov.uk/costofliving](http://hull.gov.uk/costofliving)
- The council, with funding from the Department for Education (DfE), also provides the Healthy Holidays programme during school holidays – this will be running throughout the Christmas break. Open to all to ensure easy access and removal of stigma, these are free activity sessions with a nutritious food offer included. It is designed to fill the gap left when free school meals are not available and there are a very wide variety of sessions for children and teens. Additionally, we offer free Cooking on a Budget sessions, which help people develop cooking skills
- People who usually receive free school meals can access £15-per-week food vouchers during school holidays
- If people have run out of data or are not online, there is free internet access in our libraries and children's centre, customer service centres and the city centre has free public Wi-Fi.

#### **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 Contract Count (MECC) for Mental Health (1/2 day) / Self-Harm Awareness & Response (1/2 day)

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

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

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

## Support

- Directory of local support services - see attached
- [The purple guide for young people and families](#) has been designed to help provide information to any young person, parent or carer who may be unsure about which support service would benefit them, and these can be given to anyone you feel may need a little more information before deciding their next step.
- [The blue professionals guide is for you and your staff](#) to use. This guide gives an overview of the programme, services that can help support staff and a clear guide to each support service to help you identify which service would be most suitable for the person you may be working with.

These guides can be viewed or downloaded from the site, and each service can be chosen independently and printed off whenever you need.



Fitmums & Friends have started a new programme, **Together in Grief – The Forest Project**, which will support children and young people in Hull who are experiencing bereavement.

**Together in Grief – The Forest Project** is an innovative programme of support for children and young people aged 10 to 17 years who are experiencing bereavement. It will use outdoor forest activities alongside age-appropriate reading and writing activities to help participants explore, understand and express their loss and grief. Grief discussions and support are carefully interwoven into the programme.

### Aims:

The programme aims to create a safe space in which participants can explore and express their grief, to contribute to improved mental and physical wellbeing in the process of managing grief, and to make connections between participants to provide support beyond the lifespan of the project.

### 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\*).

### 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](mailto:admin@fitmums.org.uk) or Sam at 07870 654586.

**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.

**Dates:**

Sessions run on four consecutive Saturdays. See booking info.

**Leaders:**

The project is facilitated by a team of professionals, all passionate about supporting bereaved children: Forest Leaders will lead the practical forest activities, Bereavement Support Facilitators will manage bereavement discussions and ensure appropriate therapeutic support, and a University of Hull Research Team will facilitate the literary activities.

**Also, NEW bereavement walking and yoga programmes for adults who are bereaved.** Places can be booked using this link - [complete this form.](#)

**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](#)

**'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.


Contact card and leaflet for sharing-  
see attached for printing



For more information, or to take the training, please visit [www.talksuicide.co.uk](http://www.talksuicide.co.uk)

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| <p><b>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.</b></p> <p>The group meets the last Monday of the month (except bank holidays) at Castle Hill Hospital at 6pm – 8pm.<br/>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><a href="#">Contact us - Dawn Bereavement Support</a></p>  |
| <p><b>HEY MIND - Work Well Project</b></p> <p>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. 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><a href="#">MIND's Work Well service</a></p>   |
| <p><b>Youth Hub Hull</b></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>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.</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> |
| <p><b>The Healthy Lifestyle Team would like to offer you a training opportunity called HENRY Raise Engage Refer.</b></p> <p>The online training is 2 x 2 hour modules.</p> <p>Raise engage refer training offers a chance to develop and practice <b>skills in raising sensitive lifestyle issues with parents, and build their confidence to do so.</b> Participants will develop their understanding of the local HENRY family support offer and how to connect families in to the service.</p>   |  <p>Watch the <a href="#">animated explainer video</a> to find out more about the HENRY approach to enabling healthy, happy childhoods – and why it matters</p>            |



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| <p><b>Aim of the training</b></p> <ul style="list-style-type: none"> <li>• Identify families who would benefit from HENRY family support</li> <li>• Develop the skills and confidence to raise weight and lifestyle issues with parents</li> <li>• Learn more about HENRY programmes</li> <li>• Build parental motivation to join a HENRY programme</li> <li>• Increase practitioners confidence to discuss sensitive lifestyle issues</li> </ul> <p>Top tips visit <a href="http://www.henry.org.uk">www.henry.org.uk</a></p>   | <p><b>More training planned during 2022</b></p> <p>2 programmes are aimed at parents and carers of children aged 0 to 5 years and of children aged 5 to 11 years – <b>see leaflets attached</b></p> <p>If you have any families that would benefit by this free course, forward details to Audrey Campbell<br/> <a href="mailto:audrey.campbell@hullcc.gov.uk">audrey.campbell@hullcc.gov.uk</a></p> <p>For more information on parenting courses visit <a href="http://www.hull.gov.uk/children-and-families/family-support/parenting-courses">www.hull.gov.uk/children-and-families/family-support/parenting-courses</a> or contact your local Children’s Centre or email<br/> <a href="mailto:healthylifestylesteam@hullcc.gov.uk">healthylifestylesteam@hullcc.gov.uk</a></p> |
| <p><b>The Coroners Court Support Service for families and witnesses</b></p> <p>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.</p> <p>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.</p> <p>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 <b>volunteer helpline is in place to support anyone due to attend prior to the day of inquest or answer questions about the coronial process</b> (recent or historic) and local court volunteers will speak to families and witnesses due to attend the court where they provide support.</p> | <p>Home-based volunteers provide a beneficial service to bereaved families and witnesses:<br/> Weekdays - 9am to 7pm<br/> Saturday - 10am to 2pm</p> <p>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 <a href="mailto:helpline@ccss.org.uk">helpline@ccss.org.uk</a></p> <p>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.</p>  <p>CCSS Leaflet<br/>2021.pdf</p>                                    |
| <p><b>UK Trauma Council resources</b> - Free, evidence-based resources to support schools, colleges and practitioners working with traumatically bereaved children and young people.</p>   | <p><a href="#">UK Trauma Council</a></p>  |
| <p><b>Young Minds’ Crisis Messenger provides free, 24/7 crisis support across the UK.</b></p>  | <p>Young people in need of urgent support with their mental health can text YM to 85258</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.

Read the article: [Feeling bored, flat and unmotivated? Here are some things that can help](#)

Read the research briefing: [Evidence-informed recommendations for supporting young people with feelings of boredom, flattened emotion and low motivation \(PDF\)](#)

Read about the Co-RAY project: [Co-RAY project](#)

**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.

[Domestic abuse: get help for specific needs or situations](#)