

# **York VCSE Assembly – Health and Care**

Wednesday 2 July 2025



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# Humber and North Yorkshire NHS Integrated Care Board Update

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**Humber and North Yorkshire**  
Health and Care Partnership



**Humber and  
North Yorkshire**  
Integrated Care Board (ICB)

# Children and Young People in York

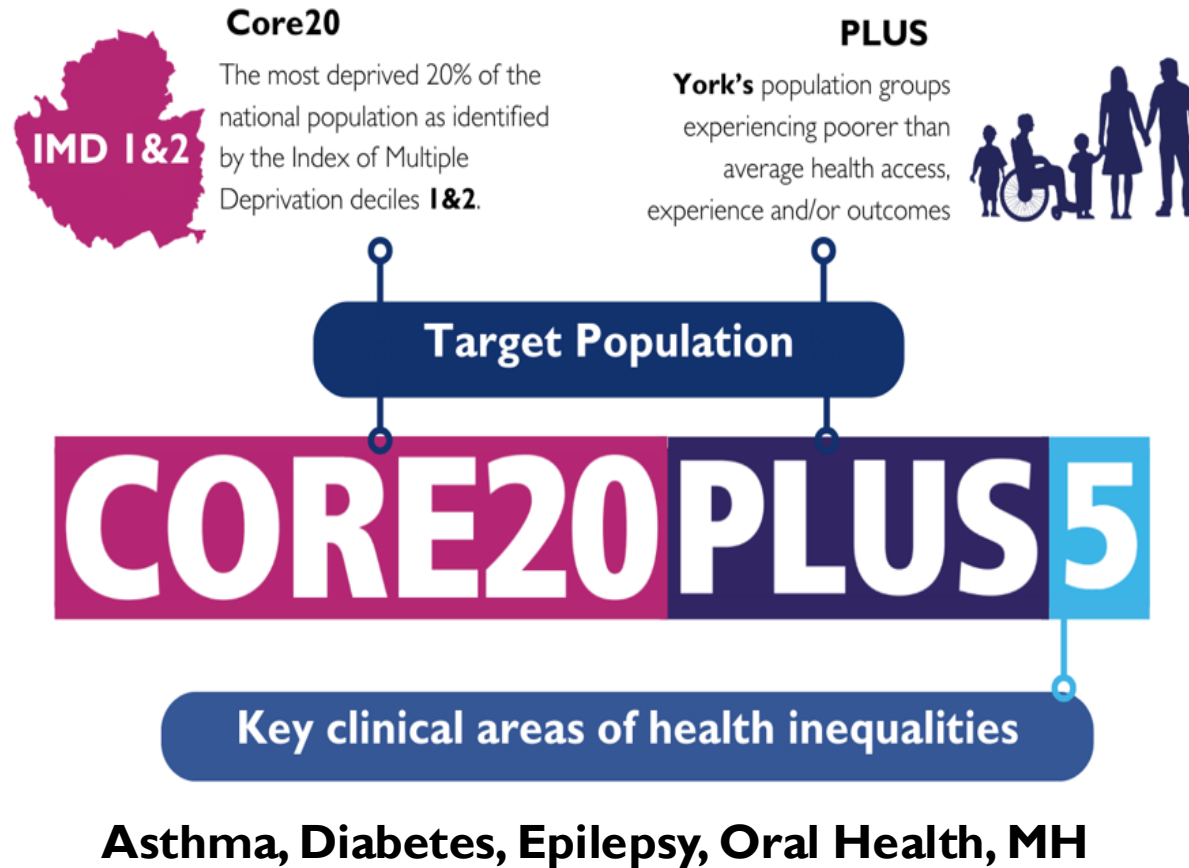
## Pillar 1: update

## **Purpose of Presentation**

- To provide an update on Pillar 1 progress
- Summary of the national and local picture
- To summarise engagement and feedback from VCSE and CYP voices
- To present findings, learning, and initial recommendations for co-production
- To seek support for next steps

# Reducing Health Inequalities for CYP - CORE20+5 approach

**Kingsway West**  
**Ascot Way**  
**Kingsway North**  
**Spalding Avenue**  
**Crombie Avenue**  
**Evelyn Crescent**  
**Bellhouse Way**  
**Foxwood Lane**  
**Alcuin Avenue**  
**Burlington Avenue**  
**Chapelfields Road**  
**Bramham Road**



## PLUS Groups (Inclusion Health):

1. Minoritised Ethnic Communities
2. Vulnerable Housing (Homeless & Risk of homelessness)
3. Young Carers
4. Transgender & Non-Binary CYP
5. CYP who are Gypsy or Traveller

## Other PLUS groups in York:

1. Children and Young People's Mental Health
2. Special Educational Needs and Disabilities (SEND)
3. CYP transitioning out of care (care leavers)
4. Children who are looked after
5. Children and Young People Experiencing Parental Substance Use

**Core 20** – 2,430 CYP live within the 20% most deprived communities in England. **This equates to 7% of our CYP population.**

## Children and Young People face some of the longest waits for services in York.

Particular areas of concern are Speech and Language Therapy and Autism Diagnosis. Children and Young People living in our most deprived populations have a proportionately higher need for speech and language and neurodiversity support which have a long-term impact on their health, wellbeing and development.

# National picture – key facts

In 2023, about 1 in 5 children and young people aged 8 to 25 years had a probable mental disorder.

This was:

- 20.3% of 8 to 16 year olds
- 23.3% of 17 to 19 year olds
- 21.7% of 20 to 25 year olds

More than 1 in 4 children aged 8 to 16 years (26.8%) with a probable mental disorder had a parent who could not afford for their child to take part in activities outside school or college, compared with 1 in 10 (10.3%) of those unlikely to have a mental disorder.

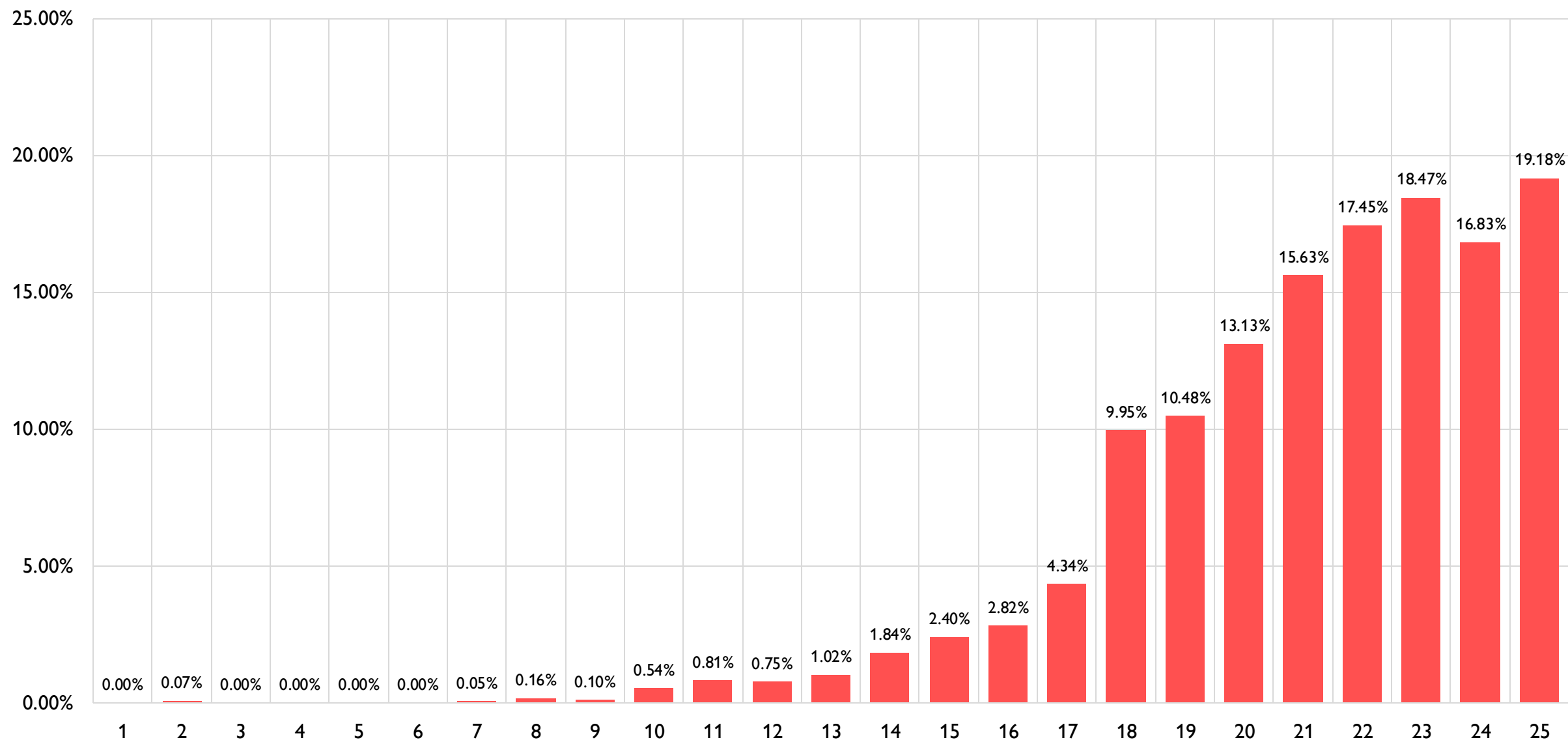
Young women aged 17 to 23 years were less likely to be optimistic than young men about having enough money (38.5% compared with 60.5%) and about their health (including mental health and wellbeing) (51.4% compared with 67.8%).

In 2023, eating disorders were identified in 12.5% of 17 to 19 year olds, with rates 4 times higher in young women (20.8%) than young men (5.1%).

17 to 25 year olds with a probable mental disorder were 3 times more likely to not be able to afford to take part in activities such as sports, days out, or socialising with friends, compared with those unlikely to have a mental disorder (26.1% compared with 8.3%).

# Percentage of Patients 0-25 years with a Mental Health Diagnosis in years

I.e. 19.18% of patients aged 25 years have a Mental Health Diagnosis

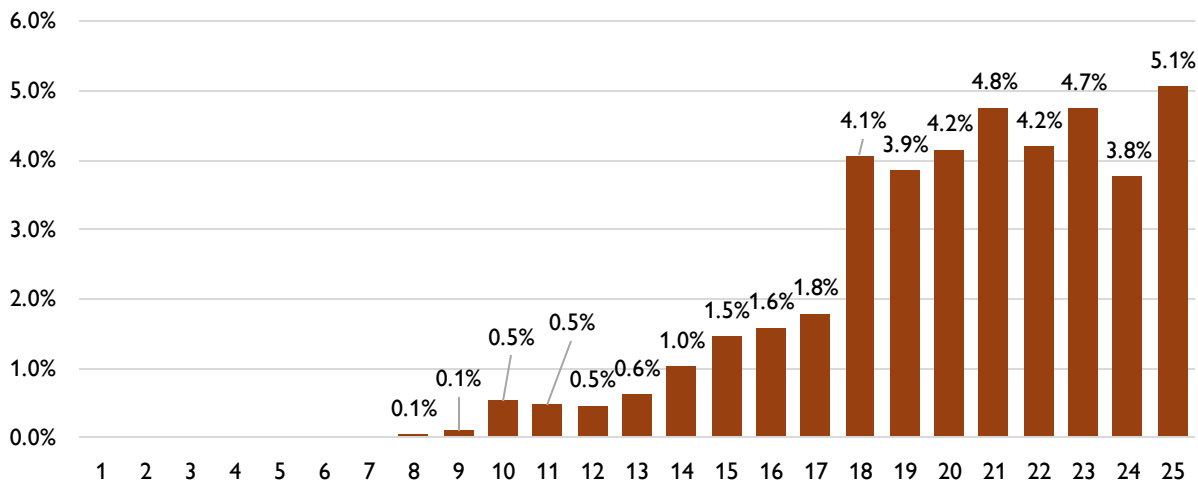


Data from SysmOne, extracted 20/02/2025. Only includes patients living in City of York Council LA. Mental Health Diagnosis includes Anxiety Disorders, Depression, SMI, Eating Disorders.

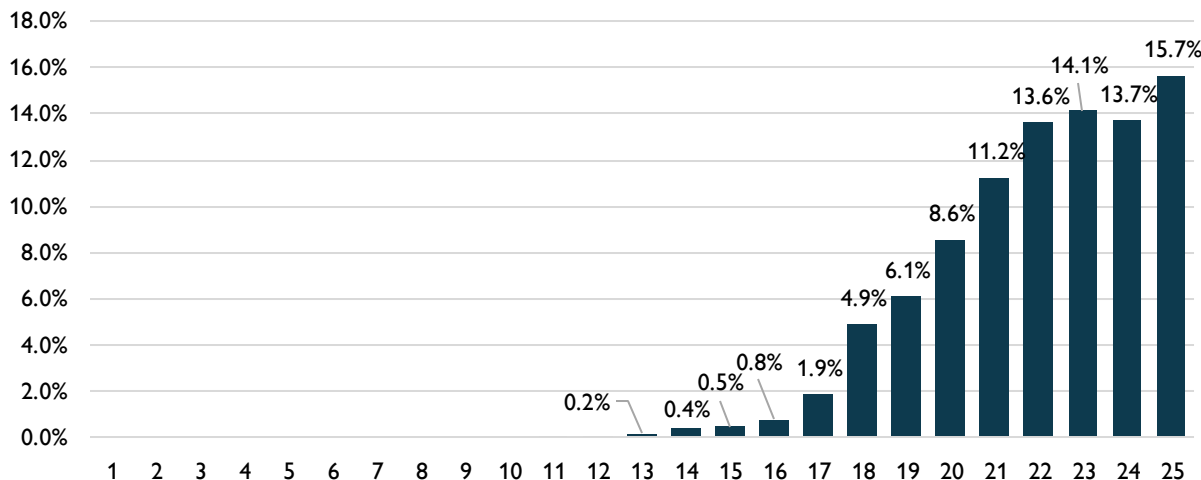
# Percentage of Patients 0-25 years with a Mental Health Condition in years

I.e. 5.1% of patients aged 25 experience Anxiety & Panic Disorders.

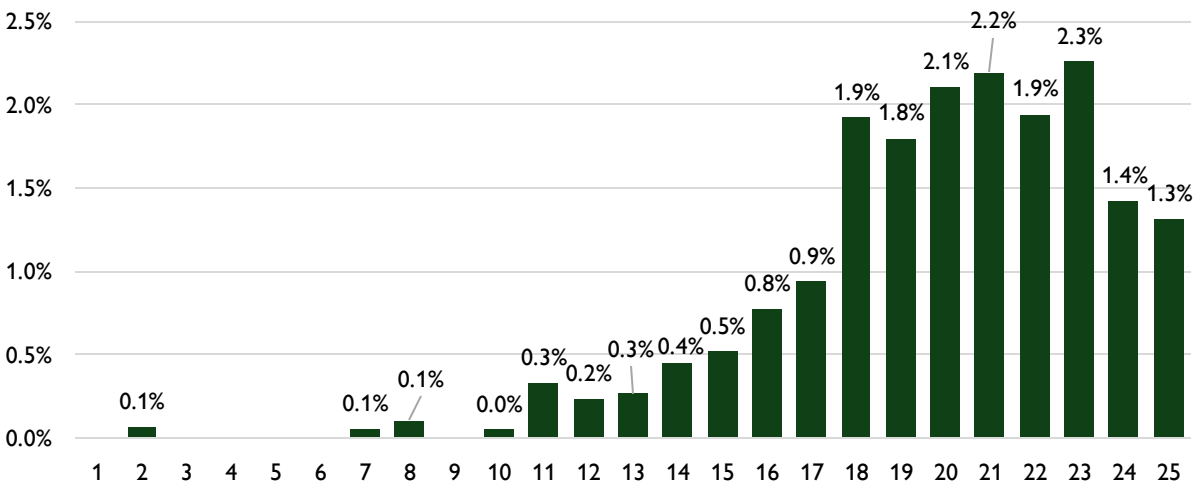
## Anxiety & Panic Disorders



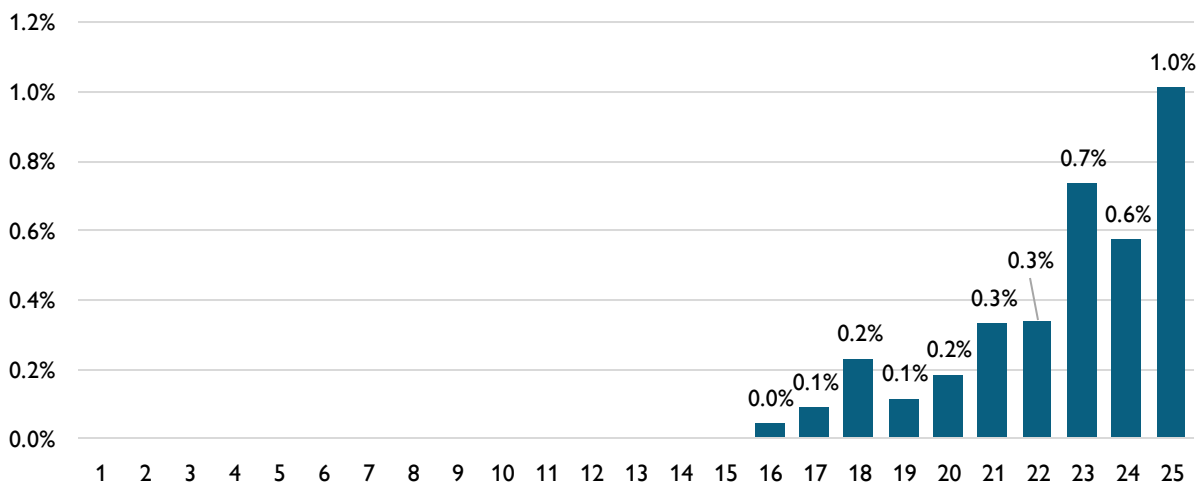
## Depression



## Eating Disorders



## Severe Mental Illness





# Pillar 1

## Community based intervention

- A strategic and substantial intervention delivered within communities and by the voluntary or community sector to advance health equity within the city.
- A programme of work focussed around one or more aspects of health inequality in the city, using co-production approaches to design a real-world intervention.
- Led by good data and insight into where the hidden health inequalities are in York.
- It should reach currently unreached groups and leave a legacy of higher trust and connection within communities.
- Cohort of population to be determined – focus on Children and Young People.
- Following the co-design phase, one or more delivery partners will be appointed to deliver the identified priorities.
- The programme aligns with the establishment of integrated neighbourhood teams and locality-based approaches in York.<sup>16?</sup>

# Funding

- the project will be funded for 4 years from April 2025 to March 2029
- funded through York Place's health inequalities allocation from the ICB
- funding streams will be aligned through the Section 75 agreement between then ICB and City of York Council from April 2025
- An indicative 10% allocation of resource from pillar 1 is identified for evaluation.

	25/26	26/27	27/28	28/29
Pillar 1 - Community CYP programme	63	125	125	125
Pillar 1 - Co-design period	16			

## Outline of the project:

Whilst not all outcomes can be measured quickly, we are looking for interventions which might influence:

- **Long term outcomes** e.g. average Healthy Life Expectancy
- **Medium term outcomes** e.g. rates of a particular preventable chronic disease
- **Short term outcomes** e.g. rates of a risk factor, for instance barriers to healthcare access, vaccination uptake.

## The programme focuses on:

- Addressing wider determinants of health such as skills, work, housing, and social connections rather than a purely medical approach.
- It emphasizes a relational-based practice, akin to methods used by Local Area Co-ordinators, to build community capital and trust.
- Key outcomes include reaching underserved groups, fostering long-term community connections, and integrating with existing services in York without duplication.
- The interventions will be inclusive, without referral criteria, and aim to be sustained beyond initial implementation, supporting individuals and groups in the community.

# Organisations we have engaged with

Organisation	Main issue
<b>York Inspirational Kids (YIK)</b>	<ul style="list-style-type: none"> <li>• CAMHS and Diagnostic Delays Extensive wait times (2+ years) for autism diagnosis.</li> <li>• Lack of interim support for families and CYP while awaiting diagnosis</li> <li>• YIKs tries to fill the gap but is underfunded and unable to meet growing demand.</li> </ul>
<b>LAC/Social Prescriber Findings</b>	<ul style="list-style-type: none"> <li>• Transport to groups and activities in the community still a big issue for a lot of people.</li> <li>• Gaps around CAMHs having extensive (2+ years) waiting list.</li> <li>• Support for Autistic/ADHD people who are also experiencing anxiety and depression.</li> <li>• Understanding the crossover of neurodiversity and mental health, especially where LD is also involved</li> </ul>
<b>York Youth Council</b>	<ul style="list-style-type: none"> <li>• Create more affordable, youth-focused activities and spaces in the city centre.</li> <li>• Work with schools to provide better mental health support and reduce exam-related pressures.</li> <li>• Subsidise sports clubs and other activities to make them accessible to all young people</li> </ul>
<b>4 Corners (Refugee Action York)</b>	<ul style="list-style-type: none"> <li>• monthly hub session for refugees and migrants living in York, with quite a lot of young people funding would support with programme of activities for CYP</li> </ul>
<b>York Travellers Trust (YTT) - report</b>	<ul style="list-style-type: none"> <li>• children often feel judged and treated differently by school staff</li> <li>• bullying by peers, including racist slurs</li> <li>• rates of persistent absence are significantly higher among GT students</li> <li>• the lowest attainment across all key stages</li> </ul>

Explore York Libraries and Archives	<ul style="list-style-type: none"> <li>• trusted spaces; providing library, archive, learning, and creative activities;</li> <li>• reflecting and developing a lively, inclusive community.</li> <li>• offer opportunities for people to read, meet, learn, imagine, create and belong.</li> <li>• Welcome offer for partnership with VCS to deliver opportunities for CYP</li> </ul>
York Carers	<ul style="list-style-type: none"> <li>• many young carers struggle with school attendance and anxiety</li> <li>• pressure of the caring role on young carers' mental health</li> <li>• lack of opportunities need for more resources to support employability and independence</li> <li>• early intervention work, expanding youth clubs, and providing more one-to-one support</li> </ul>
Tang Hall Smart	<ul style="list-style-type: none"> <li>• Long waiting lists for CAMHS</li> <li>• There are loads of gaps to support homelessness</li> <li>• Demand to work with children with complex needs and children living in hostels, facing homelessness</li> <li>• Funding needed for structured group activities, outreach work and employability skills</li> </ul>
The Island	<ul style="list-style-type: none"> <li>• high number of referral for one-to-one mentoring for young people</li> <li>• can not accept sibling referrals (large families)</li> <li>• lack of training for complex needs children</li> <li>• Children with challenges: confidence and independent living skills</li> <li>• additional funding would focus on getting group sessions up and running again and increasing volunteer recruitment</li> </ul>
Young People’s Experiences of Health& Social Care. Core Connectors Report 2025	<p>Main themes:</p> <ul style="list-style-type: none"> <li>• Introduce Cost of Living Support      * Reduce Wait Times for Mental Health Support</li> <li>• Tackle GP and Dental Wait Times      * Create Affordable Social and Community Spaces</li> <li>• Support Transitions to Adult Services      * Improve Public Transport</li> </ul>

York Family Information Service & Young People	<ul style="list-style-type: none"><li>• The Raise York- online resources/directory for families to access</li><li>• Outreach to asylum families, team works closely with LAC</li><li>• Advice on child care support/toddlers' groups - reducing isolation</li><li>• High demand for SEND related activities and emotional health signposting</li></ul>
LAC Clifton	<ul style="list-style-type: none"><li>• Lack of activities and safe space after school</li><li>• funding could be used to create more opportunities for young people to get active, such as establishing a football team in Clifton, which would benefit their physical and mental health</li><li>• issue of dental health problems causing school absences in Clifton</li><li>• also many children with respiratory issues</li><li>• clear divide between Rawcliffe and Clifton communities sometimes preventing access</li></ul>
Clifton Green Primary/ Vale of York	<ul style="list-style-type: none"><li>• need for low MH early intervention support</li><li>• lack of safe places for children after school/no youth club, skills development</li><li>• bereavement support for children due to high rate of deaths</li><li>• some children with complex needs, trauma, children in care</li><li>• issue with schools absence</li></ul>
Lord Deramore's Primary School	<ul style="list-style-type: none"><li>• access to hospital long delays in A&amp;E. 3 out of 10 do not have registered dentist. Opportunity for school clubs but rely on access to transport. Make space for girls only , park equipment for older children</li><li>• Cost of food. Mores school emotional avoidance. Transition from primary to secondary school. Waiting CAMHS assessment (anxiety)</li></ul>
Next Door But One (theatre company )	<ul style="list-style-type: none"><li>• focuses on Co-production and using the arts to meet community needs. They run various programmes, including workshops for learning-disabled teenagers, carers, and mental health service users.</li><li>• They run forum theatre workshops for learning-disabled teenagers and adults moving towards independent living, helping them explore challenges and concerns in a safe space.</li></ul>

LAC Westfield Ward - Tang Hall	<ul style="list-style-type: none"><li>• antisocial behaviour particularly in Hall Rd Ward and Westfield.</li><li>• county lines exploitation, lack of youth provision in Foxwood, lack of support for Neurodivergent children/ families.</li><li>• food/fuel poverty</li><li>• high prevalence of single parents and domestic abuse in their areas</li><li>• the importance of educating young people about the risks of substance misuse to prevent them from falling into drug-related activities.</li><li>• The transition from primary to secondary school is a particularly vulnerable period, and interventions need to target this age group to be effective.</li></ul>
Acomb Gateway Church	<ul style="list-style-type: none"><li>• Low attendance at after-school youth clubs post-COVID.</li><li>• Micro-politics and personal disagreements discourage broad participation</li><li>• High prevalence of mental health issues among young people.</li><li>• Mental health also significantly affects parents, impacting children's school attendance and well-being</li><li>• Some students, especially vulnerable ones, are frequently absent from school.</li><li>• some ethnic minorities, like the Polish community, tend to keep to themselves</li></ul>
York Community Church - Tang Hall	<ul style="list-style-type: none"><li>• Strong Community Engagement</li><li>• Challenging School Transitions</li><li>• Gang culture, early vaping (from age 9), and emotional struggles highlight the urgent need for safe, supportive environments and trusted adults to talk to.</li><li>• 90% of participating children are on free school meals</li></ul>
North Yorkshire Youth - Tang Hall	<ul style="list-style-type: none"><li>• Lack of Consistent Safe Spaces</li><li>• Gang culture, low mental health, and poverty</li><li>• lack of support for children transitioning from primary to secondary school, especially those with additional needs</li></ul>

# Children's Feedback on Health Inequalities – primary school

Y6 Clifton Green Primary School - 30 responses

 **1. Magic Wand Wishes:** If I could wave a magic wand to help all children be healthier and happier, I would:

- Equality:** *Everyone to have the same things, Make all jobs pay the same, Every child to be included*
- Nutrition:** *Healthy food for every meal, for everybody to have food like broccoli, cucumbers and carrots, Donate to food banks, Healthy food cheaper, to make sure everyone had enough food to have long and happy life, make all children have the right amount of nutrition for every meal*
- Healthcare Access:** *More hospitals, Free medicine, Cure for cancer*
- Support for Families in Poverty:** *Make things free or cheaper for poor families.*

 **This would help because...**

- *Everyone would be equal, It would keep everyone healthy, It would let families stay healthier*
- *Everyone will be healthy and make the world a happier place, children would be happier in general because they would be ready for each day, this would help them live a happy life*
- *Children will not be starving or be unhealthy, no one would have a high risk of or an early death*



# Emoji Voting

**Q1: All children can easily find fun and safe places to play after school.**

 Yes: 10    Not sure: 12    No: 10

- Children are **split**; many **don't feel confident** about play space safety
- **Barriers mentioned:** littering, lack of inclusive design, limited activities
- **Suggestions:** more parks, better maintenance, welcome all families

**Q2: Healthy food is easy for every family to get**

-  Yes: 4    Not sure: 4    No: 24

 **Majority of children say healthy food is hard to get**

- Common reasons: **food is expensive, limited access to local shops**
- **Ideas for improvement:** Charities, donations, Government support, Make healthy food cheaper, More local shops

**Q3: If I needed to see a doctor, nurse or a dentist it would be easy**

😊 Yes: 8    😐 Not sure: 2    😞 No: 23

**! Strong indication of poor access to healthcare, especially dental care (dental pain impact school attendance)**

- **Suggestions:** more hospitals, doctors, local clinics, pharmacies and dentists

**Q4: All children have the same chances to join clubs, sports, and activities**

- 😊 Yes: 1    😐 Not sure: 4    😞 No: 6+

**! Many children feel excluded from clubs due to cost or travel**

- **Common barriers:** cost, location, trust, lack of adult support, options to include multiple siblings
- **Clubs mentioned:** football, dance – both cited as costly

## Q5: I know what to do if I feel sad, worried or stressed

😄 Yes: 22    😐 Not sure: 7    😞 No: 4

✅ Most children **feel confident managing emotions**

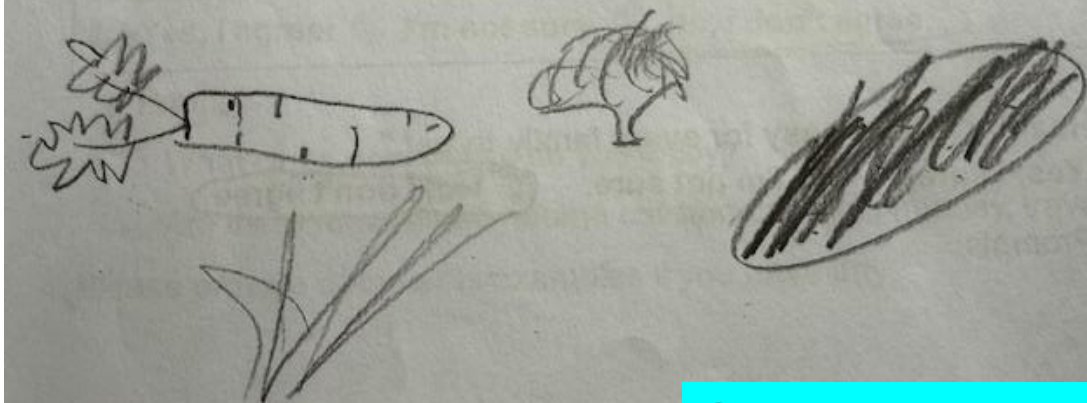
- **Helpful strategies:** reading, playing, talking to family or staff, fresh air
- **suggestions:** Drama clubs, Time-out zones, More pastoral care, Listening to each child individually

💡 "One thing I would change to make life healthier/better for children is..." 💡

- Treat all kids the same
- More hospitals
- Junk food more expensive and healthy food cheaper
- more spaces/parks for children to socialise and make friends, meet with family and play
- make the world fair with no racism

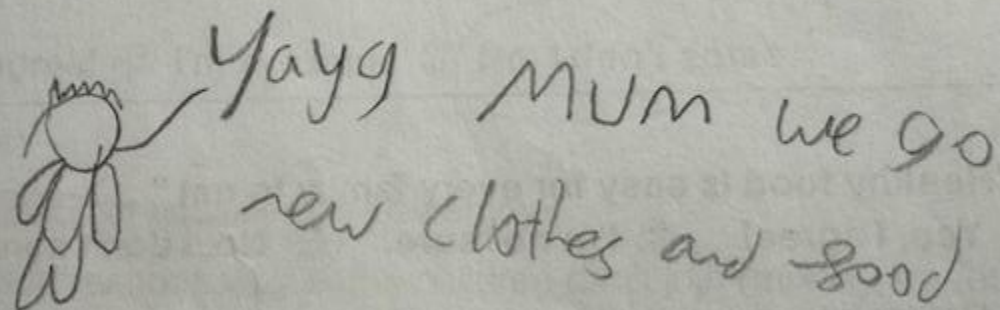
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(You can draw a place, a person, or anything you imagine!)



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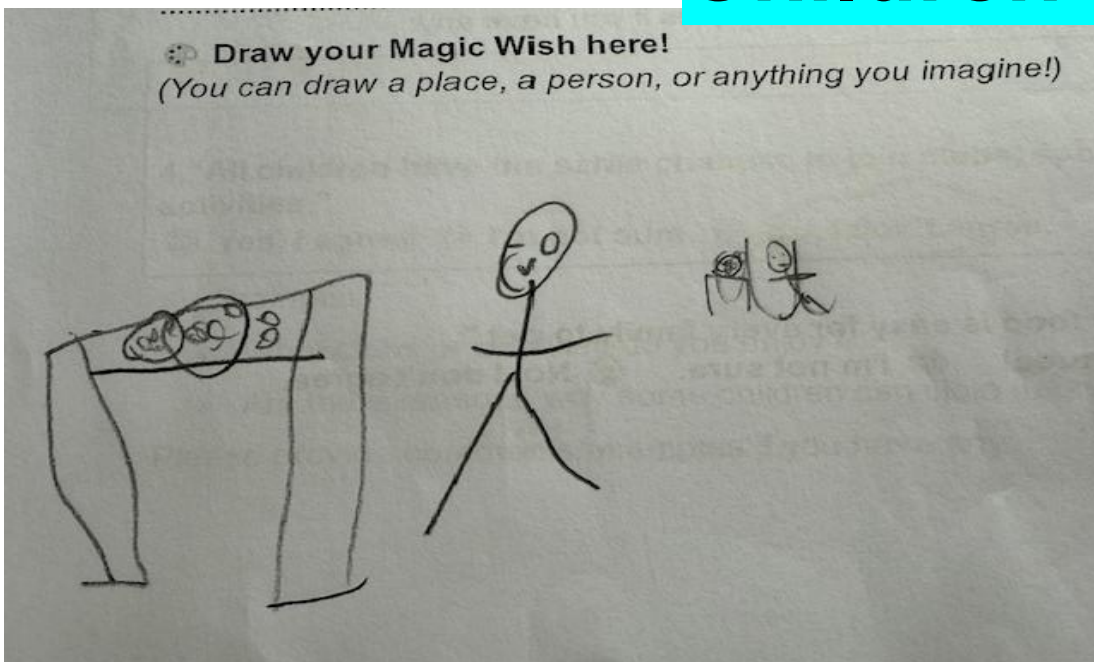
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## Children Magic Wish

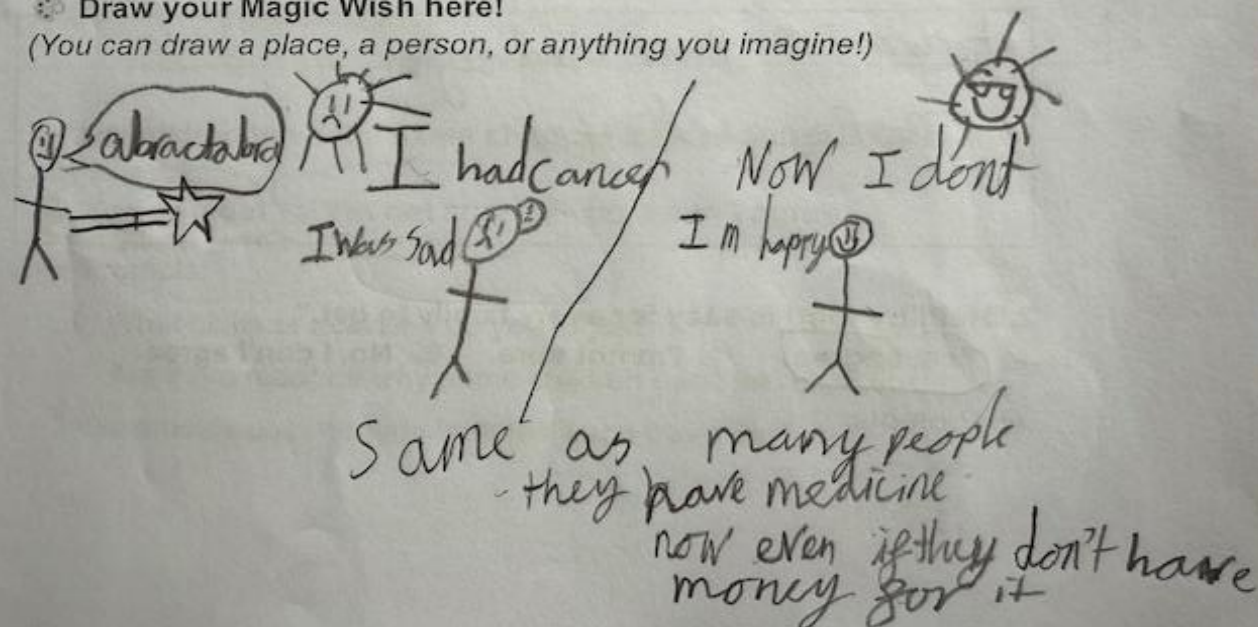
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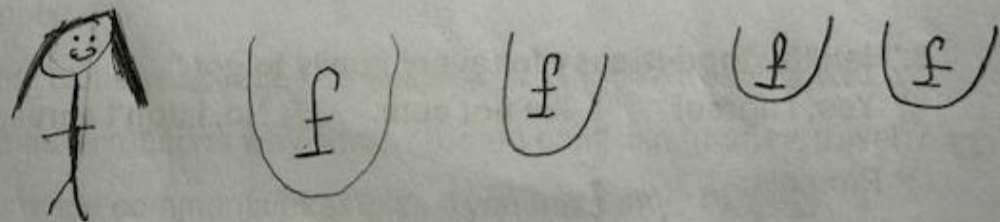
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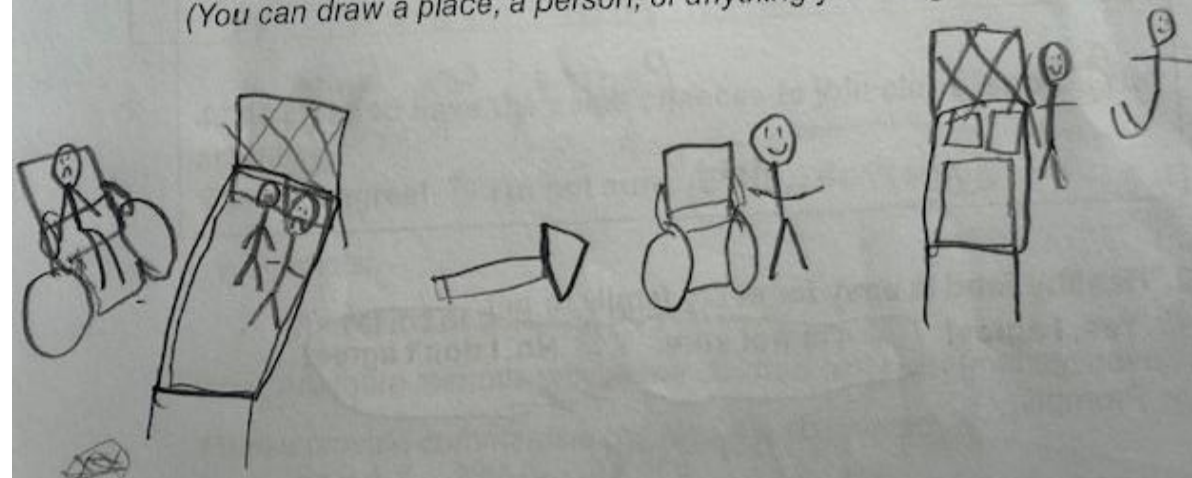




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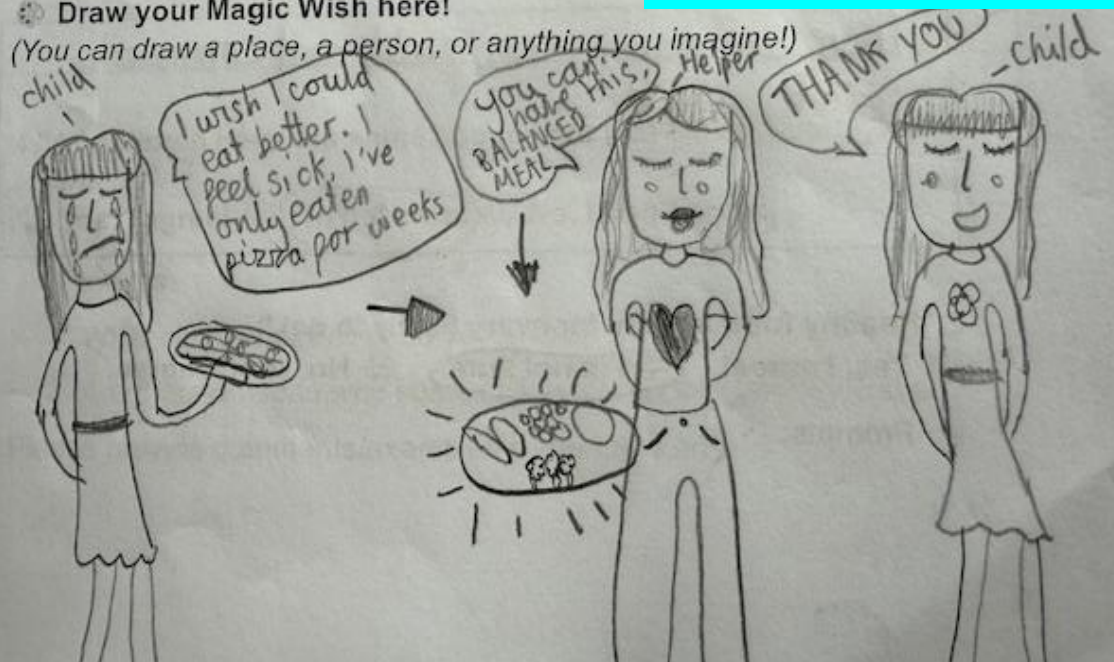


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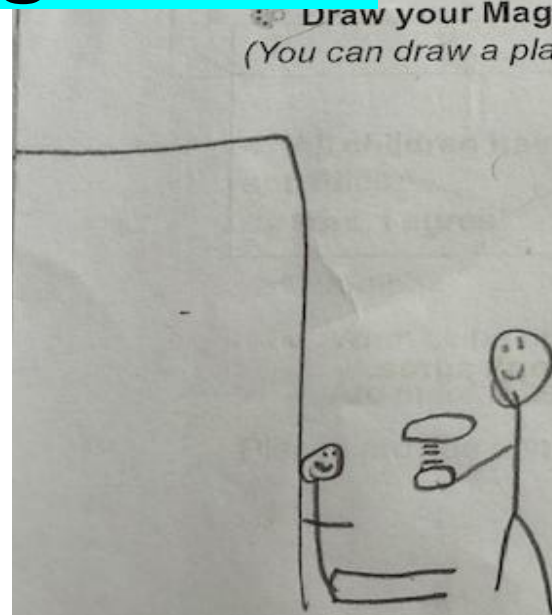


## Children Magic Wish

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# Children's Feedback on Health Inequalities – secondary school

VoY Academy year 7, 8 and 9 – 9 responses

 **1. Magic Wand Wishes: If I could wave a magic wand to help all children be healthier and happier, I would:**

- Equity:** Equal opportunities and fairness.
- Basic needs:** Food, clothing, housing, and clean water.
- Health:** Cure for cancer; one child wrote “parents that are not fat,” which may reflect poor health messaging

**This would help because...**

1. ‘There would be no discrimination or bullying because everyone is equal’
2. ‘People will have food when they want, also with free education supplies won't worry about price of equipment’
3. ‘People won't be hungry and they won't get made fun of because they have clean and nice clothes to wear’.

# Emoji Voting

**Q1: All children can easily find fun and safe places to play after school.**

 Yes: 1     Not sure:3     No: 2

- Suggestions for improvement: more football pitches, friendly environments, and safe parks ‘Having a fun park and play in after school can help kids mental health’.

**Q2: Healthy food is easy for every family to get**

-  Yes:2     Not sure: 1     No: 4

- Majority disagreed or were unsure. Common barriers: Cost “might not have enough money”
- Some children reported personal access was fine but were aware others struggle.

### **Q3: If I needed to see a doctor, nurse or a dentist it would be easy**

 Yes:2    Not sure: 1    No: 2

Some of the responses:

- 'Hard to get a dentist'
- 'In some places you need to pay for medical care or some people might not have a local doctor or transport'.
- Positive experiences: "I broke my shoulder and was in and out in 1h'.

### **Q4: All children have the same chances to join clubs, sports, and activities**

-  Yes: 2    Not sure:2    No: 2

Barriers: Cost and time constraints were common.

- Some children didn't participate due to interest e.g. preferring video games,

### **Q5: I know what to do if I feel sad, worried or stressed**

 Yes:1    Not sure: 1    No: 1

Some of the responses: 'Some people bottle everything up and carry their worries and thoughts with them all the time because they might feel like they have no one to talk to who would listen.

'take them to a quiet place and talk about it.' 'I get angry and punch people and things'.



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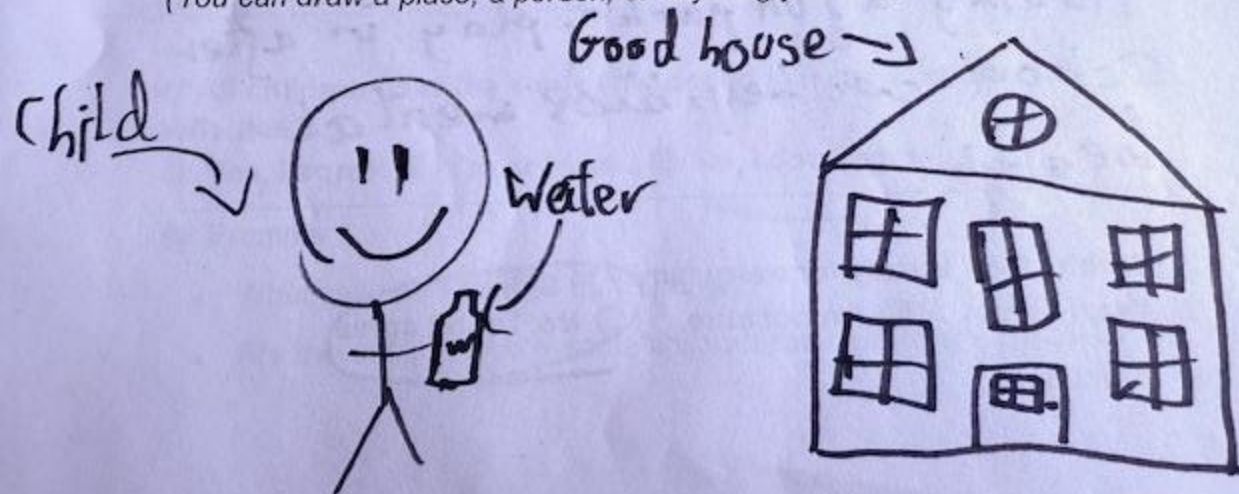
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Everyone regardless gender, race etc  
has

☛ Draw your Magic Wish here!

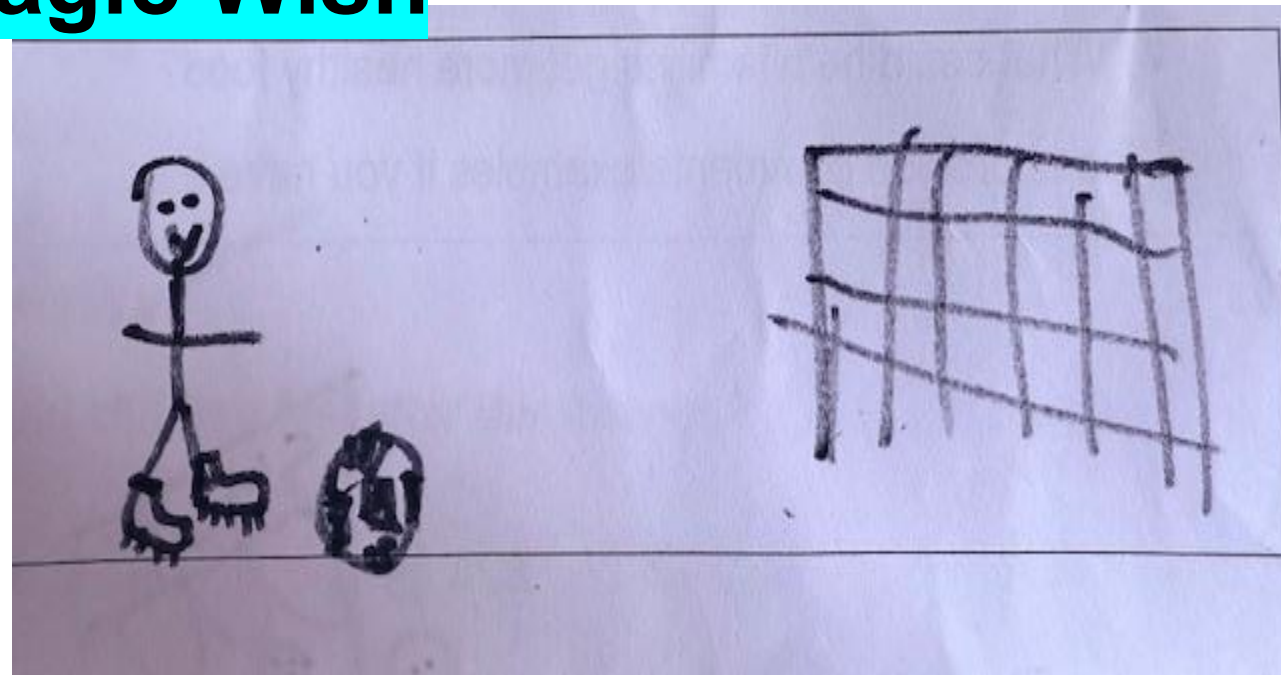
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## Children Magic Wish

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# Themes

## **1. Mental Health and Emotional Wellbeing**

- Rising levels of anxiety, stress, and low self-esteem.
- Increase in undiagnosed neurodiverse needs.
- Demand for accessible, timely mental health support continues to grow.

## **2. Healthy Lifestyle and Nutrition**

- Concerns around poor diet, unhealthy weight, access to dentist and lack of understanding of nutrition, particularly among secondary pupils.
- Certain cohorts with less access to alternative activities are more vulnerable to influences that can lead to substance misuse and/or vaping

## **3. Access to and awareness of services:**

- Many families and young people are unaware of available services or face challenges in navigating support systems.
- Lack of activities after school and safe places.

## **4. Inclusion and Targeted Support**

- Better training and support required to make mainstream services more inclusive for example: LGBTQ, ethnic minorities groups which includes GRT, young carers and individuals with SEND.

## **5. Prevention and Early Help**

- Early intervention services on building resilience, life skills, and emotional literacy from an early age in schools and community settings. Transition between primary and secondary school.

## **6. Youth Voice and Participation:** Valued when they feel heard and see action taken based on their input.

# Initial recommendations for co-design:

## **1. Expand Mental Health Support:**

- Prioritise wellbeing initiatives that help reduce school avoidance and improve engagement.
- Sharing of good practice between schools to highlight what's working.
- Support for low level MH intervention for example anxiety and low mood.
- Support in transition between primary and secondary school.

## **2. Promote Healthy Lifestyle Education**

- Launch a city-wide wellbeing campaign on healthy eating, sleep, and digital habits.
- Co-produce materials with young people for maximum relevance and reach.
- Partner with local schools and youth groups to deliver workshops and activities.

## **3. Create a Central Youth Services Navigator**

- Develop an online and in-person service to guide young people and families to the right support.
- Include mental health, education, housing, careers, and crisis services.
- Ensure wide promotion and ease of access.

## **4. Increase Inclusive Services**

- Provide training and support to make mainstream services more inclusive and accessible to all health inclusion and Plus groups.

## **5. Afterschool Clubs, Activities, and Safe Spaces**

- Expand provision to include alternatives to traditional schooling that complement education, particularly for young people unable to attend due to their own or a caregiver's mental health needs.
- Promote skills-based learning and employment-readiness opportunities delivered close to home, ensuring young people have access to meaningful pathways into training and work.
- Develop inclusive, supportive spaces where young people can build confidence, gain new experiences, and feel connected to their communities.

## **Next steps/timeline :**

- 2<sup>nd</sup> July: VCSE assembly
- 17<sup>th</sup> July: Pillar 1, workshops session
- August - early September: expression of interest invites via CVS and delivery partner/s appointed
- September: back to Joint Commissioning for approval to award grants
- October: Intervention/s start

# Questions to attendees

- 1) Do you think the emerging themes and recommendations are the right areas of health inequalities to focus on with this funding for children and young people in York?
- 2) Are there any existing services or projects you are aware of, that already address any of the needs identified?
- 3) From your experience, are there any obvious areas of health inequalities for children and young people across the city, not reflected in the recommendations, that you feel should be considered as a priority?
- 4) Appreciating the tight timescales, are there any other potential barriers that would prevent you or your organisation from applying through this Grant process either individually or as part of a collaborative offer? Also, potential solutions to those barriers.

# How can CVS support ?

What would your organisation find it useful in terms of the process?

Suggestions:

- To facilitate collaboration between potential providers
- Drop-in session to explain the criteria/process
- Any other suggestions ?

# Appendix 1.0 - some of the local reports on CYP

Reports	Findings:
<a href="#"><u>Our City Health Narrative (A summary of the York Joint Strategic Needs Assessment (JSNA) in 2025)</u></a>	<p><b>unhealthy weight:</b> An increasing number of children (0-11) are living with an unhealthy weight at reception and year 6. Children within this age group have good vaccination coverage but also experience inequalities in speech and language and school readiness and have poor oral health and access to dentistry.</p> <p><b>emotional and mental health and school absence:</b> There are now more young people (11-25) with special educational needs and disabilities (SEND) and there are concerning trends around emotional and mental health and young people's experiences of relationships, with higher levels of school absence post COVID.</p>
<a href="#"><u>A Summary of the Secondary/Sixth-Form School Health and Wellbeing Survey in York 2023-24</u></a>	<p><b>Emerging Trends</b></p> <p><b>Diet :</b> Nearly a quarter of secondary/sixth-form pupils reported that they don't usually eat breakfast on a school day and 10% said that they don't usually eat anything for lunch</p> <p><b>Internet use:</b> The majority (91%) of secondary/sixth form pupils said that they have a social media account. Around a fifth reported using the internet for more than 6 hours on a normal school day, rising to 37% on a normal weekend day.</p> <p><b>Gambling:</b> about a quarter of secondary/sixth-form pupils said that they have taken money without permission to spend on gambling. About half stated that they didn't know where to get help or advice from if they or someone they know is worried about their gambling.</p> <p><b>Vaping and Cigarettes:</b> 100% of secondary/sixth-form pupils said that they don't know where to get help to stop vaping and smoking.</p> <p><b>Bullying:</b> a quarter of secondary and sixth-form pupils reported that they have been bullied because of how they look. Around a fifth of pupils said that no one helped them deal with being bullied.</p> <p><b>School Attendance:</b> 15% of secondary/sixth-form pupils report that they are late to school once or twice a week and 3% said that they are late every day.</p>
<a href="#"><u>A Summary of the Primary School Health and Wellbeing Survey in York 2023-24</u></a>	<p><b>Emerging Trends</b></p> <p><b>Oral Health:</b> 7% stated that they had missed school in the last month because of tooth pain. This was more common amongst year 4 pupils</p> <p><b>Diet:</b> A quarter of primary school pupils report that they don't eat breakfast every day before school.</p> <p><b>Internet use:</b> nearly half of primary school pupils said that they had a social media account despite most social media platforms having an age limit of 13 years + . 36% reported that an adult doesn't normally check what they are doing online.</p> <p><b>Gambling:</b> 35% said that they had played online gambling-style games and 10% reported using them in the week before the survey.</p> <p><b>Smoking and vaping:</b> 10% of primary school pupils reported that they have used e-cigarettes and 6% said that they have smoked cigarettes. Around a quarter stated that an adult in their home smokes.</p> <p><b>Alcohol:</b> 33% said that they drink or have tried alcohol once or twice. When asked where they usually drink alcohol, just over half responded, 'at home'</p>



# Appendix 1.1 - some of the local reports on CYP

Reports	Findings:
<a href="#">Director of Public Health Annual Report 24/25</a> <a href="#">Next Generation York: the health of adolescents in our city</a>	<p>one of the 6 recommendation to partners is: to target local health inequalities funding through the ICB and public health towards some of the issues raised in the report are:</p> <p><b>Asthma:</b> The most common long-term conditions in teenage are Asthma, type 1 diabetes, and epilepsy. York,19 5.6% of the 10-19 population (1,359) were registered as having one of these long-term conditions, which is predominantly driven by the number of asthma diagnoses.</p> <p><b>Mental wellbeing</b> was the most frequently raised concern in this report—highlighted in every focus group and rated highest in the professional survey—reflecting a clear consensus that it is the top health challenge for adolescents in York</p> <p><b>Social, emotional and mental health needs in York schools page :</b> a rapidly rising trend in children with SEMH needs being identified and supported in York schools. This trend was accelerated by the COVID-19 pandemic (see separate chapter), but was apparent before 2020, and appears to be more rapid than national rises.</p> <p><b>Assessment and diagnosis in York:</b> As of June 2024, 4,225 children and young people were accessing community mental health services in the Vale of York area.</p> <p><b>Crisis and inpatient mental health care, self harm and suicide in York:</b> The number of children experiencing mental health crisis is increasing and typically between 10 and 20 children have an inpatient stay in a mental health ward in York every year.</p> <p><b>SEND and Neurodiversity :</b>In 2022/23 there were 4,011 children and young people in York with a special educational need. There continues to be a year-on year rise in the total number of children and young people in York with SEND.</p> <p><b>Children with an experience of care:</b> There is a 3.6x raised rate of premature mortality for those who have spent time in care as a child, and care leavers are more likely to report their health as ‘not good’ compared with ‘good’ as adults.</p>
<a href="#">Listening to Young People about Health and Social Care in York! Healthwatch York Engagement Project</a> March 2020	<p><b>Across all Health and Social Care Services supporting CAYP:</b></p> <ul style="list-style-type: none"><li>*Improve access to resources within hostels and youth centres</li><li>*Provide greater access to appointments outside of school hours.</li><li>*Consider creating an emergency NHS dental ‘hub’ in York</li><li>*Reduce waiting times.</li></ul> <p><b>GP surgeries:</b> GP surgeries should improve their knowledge and awareness of the range of services available in the voluntary sector</p> <p><b>Mental health support:</b></p> <ul style="list-style-type: none"><li>*access to mental health workers is consistently and widely available within places which are most accessible to CAYP. E.g. within schools and youth hostels.</li><li>*Age thresholds should not be barriers to for CAYP in accessing support.</li></ul> <p><b>School support (and mental health support):</b></p> <ul style="list-style-type: none"><li>*Schools should provide more education for CAYP around physical and mental health.</li></ul>
<a href="#">Children’s Mental Health</a> An update report, March 2023	<p>Key findings in November’s report (some have been addressed):</p> <ul style="list-style-type: none"><li>*The current process lacks the flexibility to recognise the individual needs of parents and children</li><li>*There is a need for better awareness of training and resources available to teachers, schools and those involved in the initial referral</li><li>* The pathway through the referral process is unclear</li><li>* There is a clear need for better administration processes</li><li>* There is heavy reliance on self-advocacy or parental advocacy to make sure the child can access the care they need</li><li>*It is unclear to parents what triggers a CAMHS diagnosis and in which circumstances you should be signposted to other services</li><li>*There is a need for more effective partnership working between organisations working to support children’s mental wellbeing</li></ul>

# Appendix 1.2 - some of the local reports on CYP

Reports	Findings:
Young People’s Experiences of Health and Social Care  Core Connectors Report 2025	<p><b>1. Introduce Cost of Living Support</b></p> <ul style="list-style-type: none"><li>• Signpost food banks in schools, colleges, and community centers.</li><li>• Share accessible info on discounted transport and healthcare options.</li><li>• Partner with pharmacies for discounts on essential medications.</li></ul> <p><b>2. Reduce Wait Times for Mental Health Support</b></p> <ul style="list-style-type: none"><li>• Provide interim support while young people are waiting.</li><li>• Display clear info about mental health resources in hospitals and GP offices.</li></ul> <p><b>3.Tackle GP and Dental Wait Times</b></p> <ul style="list-style-type: none"><li>• Focus on reducing long delays for GP and dental appointments.</li><li>• Improve access to essential services for young people across York.</li></ul> <p><b>4.Create Affordable Social and Community Spaces</b></p> <ul style="list-style-type: none"><li>• Develop safe, inclusive, and low-cost spaces where young people can gather and connect to reduce social isolation.</li></ul> <p><b>5.Support Transitions to Adult Services</b></p> <ul style="list-style-type: none"><li>• Provide guidance and accessible info (via schools, posters, social media) to help young people navigate adult healthcare services.</li></ul> <p><b>6. Improve Public Transport</b></p> <ul style="list-style-type: none"><li>• Expand public transport routes, especially into rural areas.</li><li>• Make services more reliable and accessible for young people to attend healthcare appointments and social opportunities.</li></ul>
<u>The Child Poverty and the Cost of Living Crisis report from the All-Party Parliamentary Group Child of the North</u>	<p><b>recommendations:</b></p> <ol style="list-style-type: none"><li>1. Ensure that families with children have enough money and security of income to meet their basic needs</li><li>2. Ensure that children have enough healthy food to eat</li><li>3.Ensure that children are able to live in warm homes</li><li>4. Ensure that national government makes the best use of existing available data to support families living on a low income now</li><li>5.Ensure that there is a joined-up and place-based approach within national government to address child poverty and the cost of living crisis</li></ol>
<u>Listening to Neurodivergent Families in York</u>	<p>The recommendations focus on several key areas to improve support for neurodivergent individuals and their families in York:</p> <ol style="list-style-type: none"><li>1.Promotion of Peer Support and Connection</li><li>2.Ending Parent Blame: Commit to stopping parent blame among all York system partners.</li><li>3.Neurodiversity Friendly Schools</li><li>4.Transition Support: Provide transition planning and support for young people, focusing on neurodivergent individuals</li><li>5.Expertise Development: Develop local expertise around neurodivergence and gender identity</li><li>6.Training Initiatives: Deliver local training on conditions like PDA (Pathological Demand Avoidance) for health, care, and education professionals.</li><li>7.Sleep Pathway and Melatonin Use: Establish a clear sleep pathway with behavioural support and specialist help</li><li>8.Accessibility Standards: Ensure compliance with the Accessible Information Standard</li><li>9.Improving Administrative Processes: Streamline paperwork related to formal assessment and diagnosis pathways in secondary care</li><li>10.Integrated Support Systems: Enhance support for families of neurodivergent young people through integrated approaches</li></ol>

# Appendix 1.3 - some of the local reports on CYP

Reports	Findings:
<a href="#">Children &amp; Young People with Special Educational Needs &amp; Disabilities A Health Needs Assessment 2024</a>	<p>Here is a summary of the key recommendations for the York SEND Board:</p> <ol style="list-style-type: none"><li>1.Embed 'I am' Statements: Use 'I am' statements as a central tool in service planning, commissioning, EHCP reviews, and evaluations to guide outcomes and work toward an Inclusive Education Charter.</li><li>2.Improve Parent Support: Enhance and evaluate the parent mentoring scheme to support both children and their families.</li><li>3.Monitor School Provision: Track and hold schools accountable for using 'ordinarily available provision' and making reasonable adjustments for children at SEN support.</li><li>4.Address Waiting Times: Health partners should regularly share data on assessment and support waitlists to better understand and meet the needs of young people with SEND.</li><li>5. Improve Communication: Create a plain-English guide for families explaining available services and the transition to adulthood.</li></ol> <p>Develop one-minute videos covering SEND topics and share them widely. Add user feedback features on the Local Offer website to improve clarity and usefulness of information.</p> <ol style="list-style-type: none"><li>6.Strengthen Engagement and Governance: Expand board membership to include senior school leaders and ensure regular participation. Increase and diversify parent drop-in sessions with professionals from education and health.</li><li>7.Tackle Attendance and Access: Develop a multi-agency approach to school attendance issues. Implement a 'single view' system to ensure all families needing Child in Need support are identified and helped.</li></ol>
<a href="#">LAC/Social Prescriber Findings</a>	<ol style="list-style-type: none"><li>1. Support for Autistic/ADHD people who are also experiencing anxiety and depression; support for those who are experiencing the after effects of a acquired brain injury or stroke and how this impacts on mental health;</li><li>2. Since loss of workshops with York Mind - Anger Management for Male and Female (nothing in York we are aware of), For Males - self esteem and confidence workshops/skills, Stress Relief specific sessions.</li><li>3. Specific things for those who are neurodivergent, services specifically for men, LGBTQ+.</li><li>4. Gaps around CAMHs having extensive (2+ years) waiting list so that when children are identified as needing support by time their appointment comes up what was an acute crisis when they were first referred is now a chronic mental illness with many children missing long periods of school.</li><li>5. Understanding the crossover of neurodiversity and mental health, especially where LD is also involved. There seems to be a cohort of people who fall through the gaps or struggle to engage with what is on offer – e.g. anxiety prevents attendance at appointment in clinical settings.</li><li>6. Transport to groups and activities in the community still a big issue for a lot of people.</li></ol>
<a href="#">children in care, care leavers - Ofsted report - CYC inspection</a>	<p><b>What needs to improve?</b></p> <ul style="list-style-type: none"><li>* The quality of assessments and plans for disabled children, reflecting their identity and the impact on their lived experience. Enabler three: National Framework.</li><li>* The continued timely update of pathway plans for care leavers, where appropriate, when their needs or circumstances change. Enabler three: National Framework.</li></ul> <p>The experiences and progress of children who need help and protection: outstanding The experiences and progress of children in care: outstanding The experiences and progress of care leavers: outstanding The impact of leaders on social work practice with children and families: outstanding</p>
<a href="#">YTT education report https://www.ytt.org.uk/_files/ugd/2e3167_39446acd6c904ef68a146c35f989bf06.pdf?index=true</a>	<ul style="list-style-type: none"><li>*children often feel judged and treated differently by school staff</li><li>*bullying by peers, including racist slurs</li><li>*Rates of persistent absence are significantly higher among GT students</li><li>*the lowest attainment across all key stages</li></ul>

## Appendix 2.0 – projects focusing on CYP

Intervention/ project	Duration/provider	Description
York Mind support to LGBTQ+ young people	from August 23 for a year  York Mind	August 2023 saw the start of York Mind delivering a one-year mentoring project offering individual wellbeing support to LGBTQ+ young people aged 16-25, funded by public health. Seven volunteer mentors were recruited, 57 face to face and 20 remote sessions were held, in addition to 5 group outreach sessions. Examples of goals set included, ‘to help me improve my self-esteem and better understand my identity’ and ‘to talk to someone about how I’m feeling about myself’. The next phase of the service, the LGBTQ+ Group Support Project, starts in November 2024 and is for York residents aged between 12-18 years (25 for vulnerable and/or looked after children) who identify as having a sexuality which is not heterosexual, who are experiencing gender dysphoria/ gender distress, or who identify as transgender. The project will involve school awareness sessions (6 per year), outreach sessions (8 per year), one to one support (approx. 65 people) and group work, involving elements of peer support, psychoeducation, and creativity (in 6 week blocks).
York Mind's counselling service.	York Mind	Broadened York Mind counselling offer for children and young people, now from age 12.
The School Wellbeing Worker Service	   via CYC	*which is jointly funded by City of York Council and health is a universal service working with all primary and secondary schools in York. The service provides a wide range of support including whole school training and individual casework and group work sessions in schools. *focus on children electively home educated or struggling to get into school.
The Wellbeing in Mind team	   between 2020 and March 2023.	(NHS funded Mental Health Support Team) works with 8 schools (primary and secondary) to provide interventions both in school and also with families. City of York Council have commissioned additional counselling support from York Mind and also commissioned York Mind to deliver the Department for Education Wellbeing for Education return resources to schools between 2020 and March 2023. All secondary schools in York have accessed the Department for Education Senior mental health leader training in the last year.

## Appendix 2.1 – projects focusing on CYP

CAMHS	via TEVW	which are commissioned to treat children and young people with moderate to severe mental health difficulties.
The support service working with children with complex needs arising from autism	mentioned in the Children's Mental Health An update report, March 2023	
The embedded mental health nurse working with the Youth Justice Service	mentioned in the Children's Mental Health An update report, March 2024	
All About Autism Hub	mentioned in the Children's Mental Health An update report, March 2025	run by York Inspirational Kids,
Autism social prescriber	mentioned in the Children's Mental Health An update report, March 2026	Autism social prescriber in post, working with children and families awaiting assessment or in receipt of a positive diagnosis.
Mental health social prescriber	mentioned in the Children's Mental Health An update report, March 2027	due to work in primary care in an early advice and intervention role.
Yorminds web	mentioned in the Children's Mental Health An update report, March 2028	a co-produced offer for children and young people aged 12 and above, with advice, signposting and articles.

## Appendix 2.2 – projects focusing on CYP

additional counselling support from York Mind and Department for Education Wellbeing	York Mind	City of York Council have commissioned additional counselling support from York Mind and also commissioned York Mind to deliver the Department for Education Wellbeing for Education return resources to schools between 2020 and March 2023. All secondary schools in York have accessed the Department for Education Senior mental health leader training in the last year
Family Hubs	via CYC	will roll out from June 2023 and offer advice and signposting alongside the development of access to early advice, particularly for parents of babies and young children Improve joint working and commissioning: this is necessary, both for the health and well-being of our children and young people, and also for the best use of scarce resources we have available.
Healthcare Practitioner role within Family Hub - GRT community	via NHS HNY- York place HI funding  Project delayed until successful recruitment	<p>*Healthcare Practitioner role within Family Hubs model that would deliver a range of interventions to build confidence and health literacy.</p> <p>*This would target those where there is inequality of access to health provision for children and young people. Specifically, those from the Gypsy and Traveller Community.</p> <p>Testing a new way of providing community health; engaging families in communities through the Raise York Network. Inspired by INT ambitions:</p> <p>*Joint working and co-production with York Travellers Trust alongside dedicated Health Visitor/ Healthy Child Service capacity to improve access to the wider Family Hub Network including Primary Care.</p> <p>*YTT will lead on the community research project, with support and reflection from the HCS.</p> <p>*To work directly with families to build relationships and trust</p> <p>*Understand the health needs of the community and barriers in accessing health care through action research</p> <p>*To engage with the Family Hub network including Primary Care to develop improved access for the Gypsy and Traveller community.</p> <p>*To help families access the right support which includes making better use of community assets and support where appropriate</p>
Primary Care First Contact Worker ?	planned?	to support children in primary care before a referral on to CAMHS and improve CAMHS/primary care liaison
Talking Therapies	via TEVW	providing community psychological treatments for stress, anxiety and depression to anyone over 16 years old under the care of a GP in the Vale of York area.
Asylum Seeker recreational activities	via NHS HNY- York place HI funding  funding will end April 25	<p>Targeted Population: Asylum seekers resident to the Staycity hotel in York. To address loneliness, isolation, and mental wellbeing among asylum seekers at the Staycity hotel, which has limited communal space.</p> <p>* Funding to support a weekly football session for children in asylum-seeking families</p> <p>* sessions covering various topics have been held, including accessing mental health support, domestic abuse awareness, online safety, healthy eating, maternity health, yoga, family sports session, and celebrating International Women's Week, trip to the Yorkshire Museum, Christmas party for primary school children</p>

## Appendix 2.3 – projects focusing on CYP

CYP Asthma	via NHS HNY- York place HI funding ongoing	Overview: to implement Asthma Friendly Schools (AFS) across York Place *Post holder started Jan 2025 - A registered nurse, will ensure that schools have access to a trusted, evidence based resource to enable the correct standards to be in place and will also provide training and support to GP practices in York on managing CYP asthma care. Funding for post gone to YSTHFT and service spec agreed.
CYP School Absences	via NHS HNY- York place HI funding ongoing	Reintegration Support Worker (RSW - Band 6) to work directly with CYP, their families and schools to develop and implement reintegration plans. The support worker would sit within the inclusion team in York City Council and work closely with organisations (e.g. the CYP's schools wellbeing service, Mental Health Support Teams, the Voluntary Sector, SEND teams & CAMHS) and the senior commissioning manager for York place. RSW would work with CYP whose attendance fell between 70 – 80%. The project plans to convert a temporary role ending 31/12/24 into a full-time permanent post funded by CYC and add a one-year temporary RSW position specialising in autism- both posts have been recruited to with the plan to start after Easter.
Maternal and Child Nutrition	via NHS HNY- York place HI funding ongoing	a develop an Infant Feeding Strategy and delivery plan for the improvement of maternal and child health outcomes through better nutrition during preconception, pregnancy and early childhood.
Projects funded through the CYC PH / ICB component of the 2023-24 Small Grants Fund	via NHS HNY- York place HI funding concluded	The funding will be used to provide health inequalities funding into the Ways to Wellbeing Small Grants fund to supports projects that enhance community connections and improve health and address the causes of health inequalities, particularly in areas of deprivation or for those disadvantaged by inequality in the city. Some of the CYP projects: * Home-Start York: Supporting deprived and struggling families with preschool children *Riding Lights Theatre Company: Acting Up Youth Theatre: Funding for Acting Up youth theatre to continue for those with special educational needs *Citizens Advice & The Island Young Persons Advice: The project will advise young people on a range of issues such as benefits, debt, housing, employment, family issues, health and immigration. *The Island: School Transition Without Pain: To work with selected primary and secondary schools across York to run workshops on the transition to secondary school for students who have issues with anxiety or school phobia. *Big Futures Foundation: Counselling and Life Skills Project: counselling session in some primary schools in York the funding for a contribution to counselling costs of its flagship project which operates in 4 primary schools, providing free, 45 minute, psychotherapeutic counselling sessions,
York Ending Stigma (YES) Campaign	via NHS HNY- York place HI funding concluded	Overview: to act on feedback from the four initial screenings of a film by the YES Champions on lived suicidal experiences by widening future impact of the film and prevent suicide. As part of the project: *Delivered 10 workshops at York College (96 Construction Apprenticeships) and 8 workshop at Askham Bryan College (90 Agriculture students).



## Appendix 2.4 – projects focusing on CYP

Chronic Pain Clinic	via NHS HNY- York place HI funding  ongoing	Targeted Population: Children living with chronic pain. *To support a clinician run a chronic pain clinic with a caseload of chronically ill paediatric patients within YSTHFT. This is to be an integrated approach between primary and secondary care and require system-wide integrational support
StayCity GP Outreach	via NHS HNY- York place HI funding  ongoing	* The Nimbuscare provision provides a tailored model of care for some of our most vulnerable residents and helps to avoid many clinically inappropriate ED attendances. * The catch-up vaccination programme has delivered 532 vaccines to 211 children including 142 MMR. There have been no cases of measles *Educating users of health services as to how to approach healthcare resources appropriately.
Training Package for Schools for SALT and OT	via NHS HNY- York place HI funding  ongoing	*Children and Young people (0-18 yrs) and those who support them. Potential to widen project reach to include 18-25 age bracket *Production is underway of videos for the website. These videos will have dual purposes: a) introducing our service in a child-friendly manner and b) providing initial advice and support for parents, carers, and setting staff, ensuring content aligns with .gov accessibility criteria.
Bereavement Alliance	planned	Bereavement Alliance work we are about to pilot some training for schools in order to help staff support bereaved pupils
Bereaved Children Support York	support available in York	<a href="https://www.bcsy.org.uk/bcsy---about-us.html">We seek to support children and their families living in the York area, so they are better able to cope with the impact of bereavement on their lives. https://www.bcsy.org.uk/bcsy---about-us.html</a>
SEND Family Hub	CYC	Currently being developed at Clifton Family Hub. The Local Offer in one place.
Raise York	online resource	Raise York is a network of people, places and online support. It supports children, young people and families from pregnancy to adulthood.
<a href="#">Schools accredited 'ADHD friendly' as part of citywide support</a>	CYC initiative	8 York schools have been accredited as 'ADHD friendly' as part of a citywide commitment to support neurodiverse children and young people.



# **VCSE Representation: Update** following the York Health and Care Collaborative meeting

Peter Otter, York CVS



# **VCSE Collaborative Communications**

## **Update: Resources and training available to the VCSE sector**

Anna Boad, VCSE Collaborative Comms Lead



# Help our community have healthier hearts.



## **Share your views to help our community have healthier hearts**

A survey has been designed to capture people's thoughts and views on cardiovascular disease to help improve understanding and improve local services and support.

[Complete survey here](#) | [Download Communications Toolkit here](#)

# Resources and training available to the VCSE sector

## Toolkit development project for youth volunteering in health and care

The Volunteering for Health programme is starting a toolkit development project for youth volunteering in health and care.

You can contribute or pilot the toolkit next year to develop your own youth volunteering. Please contact Susanna Glover, Strategic Volunteer Lead, via email: [susanna.glover@nhs.net](mailto:susanna.glover@nhs.net)



# Resources and training available to the VCSE sector

## Mapping support for LGBTQIA+ young people

Cornerhouse, a support organisation for children and young people, is working with the Mental Health, Learning Disabilities and Autism Collaborative (part of Humber and North Yorkshire NHS Integrated Care Board) to map support for LGBTQIA+ young people across our area.

If you have any questions or have information to share/submit, then please contact Cornerhouse directly at [manager@wearecornerhouse.org](mailto:manager@wearecornerhouse.org)



# Resources and training available to the VCSE sector

## Introduction to inclusive language videos

A series of videos, co-designed with minoritised colleagues working in health and care across Humber and North Yorkshire, have been created to bring the Humber and North Yorkshire Inclusive Language Guidance to life. The videos cover: An Introduction to Inclusive Language, Faith and Religion and Disability.

[Watch videos here](#) and [download the Inclusive Language Guidance here](#).



# Events:

**NHS Humber and North Yorkshire Integrated Care Board (ICB) Annual General Meeting** - Wednesday 9 July, 5pm. [Find out more.](#)

**Latest free Cancer Champion Awareness sessions** – Multiple dates. [Find out more here.](#)

**Continuing Healthcare and Section 117** – 24 July (online), 30 July (in person). [Find out more here.](#)

**WEBINAR: Addressing the three big killers regionally and locally: How can we take a coherent approach to alcohol and unhealthy food and drink, learning from tobacco?** - 7 July, 10am – 11am. [Join here.](#)

yorkcvs



# Thank you

- **Next VCSE Assembly Meeting:**  
10 September, 1pm – 2.30pm, online

