

## Lifestyle Survey Results Action Plan 2013/2014

Last Up-dated 18.12.13

Topic	Actions	Stakeholders	Progress
<b>Food &amp; Drink</b> Increase in the number of pupils who said they ate Crisps/Chocolate/ Sweets every day  Increase in the number of pupils drinking high energy drinks regularly	Highlight data with Public Health to address in joint health and well-being strategy meetings  Highlight data with Healthy Schools co-ordinator  Provide schools with details of weight management services  Ensure all children identified as overweight or obese are signposted to weight management services following National Child Measurement Programme	Public Health  Healthy Schools  School Nursing	Obesity Strategy Group to note these results. Key priority within H&WS and continued monitoring of action plan by H&WB.  Since 2009, 1,721 children have accessed the tiered weight management services provided by DC Leisure (MoreLife Clubs), Rotherham Institute for Obesity and MoreLife residential camps with success rates of 97%, 64% and 100% respectively. Food and drink choices are an integral part of the programmes offered.  Increase in the number of pupils who felt they are a healthy weight for their age up to 74% in 2013 from 70% in 2012.  Increase in the number of pupils who take regular exercise up to 81% in 2013 from 79% in 2012.
<b>Pupils Feelings</b> Reduction in the % of pupils who feel good about, family and home-life, friendships, themselves and schoolwork	Highlight data with Public Health and Healthy Schools Coordinator	Public Health  Healthy Schools	Awareness of this raised with Healthy Schools Coordinators relating to school work summer term Learning Community meetings 2013.  The Emotional Health and Well-being in Schools Group to note actions.

			<p>Targeted Mental Health in Schools Conference held on 15<sup>th</sup> November 2013 which looked at issues impacting on young people &amp; families; welfare reform, domestic abuse, suicide, self-harm and the schools response to these issues and available support.</p> <p>Self-harm pathway being developed for frontline workers who have contact with young people (9-25) who are self-harming.</p> <p>Bereavement pathway in development which will ensure support for children and young people who are bereaved/affected by suicide.</p> <p>Letter sent out via schools in June 2013 to all parents highlighting support for young people who may be in emotional distress.</p> <p>Support services for young people who may be in emotional distress advertised on Public Health Channel summer/autumn months 2013.</p> <p>Youth Cabinet – Children’s Commissioners Day will take place 27<sup>th</sup> February 2014, sharing their work around self-harm</p>
<p><b>Young Carers</b> 27% of pupils identified themselves as young carers.</p> <p>20% of young people</p>	<p>Highlight the findings with commissioned provider to support young carers</p> <p>Highlight findings with</p>	<p>Barnardos</p> <p>Integrated Youth Service</p>	<p>Barnardos working in partnership with statutory partners to promote – Working Together to Support Young Carers</p> <p>Carers Charter has specific actions for Young</p>

identifying themselves as young carers had knowledge of Young Carers Service	Integrated Youth Service  Report finding to Carers Strategy Group Provide schools with details of Young Carers service and other areas where young carers can access support	Neighbourhoods & Adult Services Carers Strategy Action Group	Carers <ul style="list-style-type: none"> <li>• Improve the offer of information and support to young carers</li> <li>• Raise awareness in schools and in other young people settings of support for young carers and the young carers services</li> <li>• Support the Rotherham UK Youth Parliament members in developing a Young Carers card</li> </ul> <p>Young Carers card in development stage – target date for launch in schools March 2014. Meeting with Health, Integrated Youth Service, Service Quality, Barnardos, Commissioning, to discuss development of a process for the card and development of a register of all young carers.</p>
<b>Bullying</b> 38% of pupils answered that they had been bullied (same % as 2012)  Pupils who said they have reported the bullying reduced from 2012  Pupils who said they had received help and support after reporting bullying reduced from 2012	Highlight findings with School Anti-Bullying Officer  Highlight findings to all schools	Anti-Bullying Officer  Schools	Schools appointing Anti-Bullying ambassadors  14 secondary schools have signed up signed up to the National Bullying Charter and have all schools have an anti-bullying strategy and toolkit.  Schools can achieve a grading within the charter from Bronze to Gold
<b>Safety</b>	Report findings to key	Deprived	Youth Cabinet led the Overview & Scrutiny

<p>Pupils feeling safe travelling on public transport or waiting for public transport produced similar results as in 2012</p> <p>Pupils feeling safe in Town Centre also produced similar results to 2012</p>	<p>stakeholders who have ongoing activities to address these issues</p>	<p>Neighbourhood Co-ordinator for Town Centre</p> <p>Safer Neighbourhood Team</p> <p>RIDO</p> <p>SY Passenger Transport</p> <p>Police</p> <p>EDS</p> <p>Integrated Youth Service</p> <p>Voice &amp; Influence</p> <p>Sarah Bellamy</p>	<p>Management Board Meeting and requested that all key partners meet to address these issues This meeting was attended by South Yorkshire Passenger Transport, First Group, SY Police, Scrutiny Members, Cabinet Members, Directors at RMBC and CYPs Officers</p> <p>Actions agreed</p> <ul style="list-style-type: none"> <li>• Improve communication borough wide, to ensure young people are aware of public transport services, where and how to report concerns and raise comments about service standards</li> <li>• Encourage young people to become involved in making decisions e.g. become a member of user group mystery shopping</li> <li>• Improve public safety at bus and train interchange especially late evenings</li> </ul> <p>Annual review of these actions to take place in 2014 Youth Cabinet Youth Cabinet holding a Children's Commissioners Day on 27<sup>th</sup> February 2014 including a progress review on these issues Progress to date (Dec 2013)</p> <ul style="list-style-type: none"> <li>• SYPTE have upgraded their website for young people.</li> <li>• Young people are attending Rotherham Transport user group</li> <li>• Young people have met with Rotherham Interchange management to discuss their views around safety</li> </ul>
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<b>Smoking</b>	Report findings to Tobacco	Public Health	Smoke-free class resources provided to all

<p>Improvement in the number of pupils smoking, pupils from smoke free homes</p> <p>Young people (Y10) in particular purchasing cigarettes from local shops. Supermarkets relatively low %</p>	<p>Control Strategy Group</p> <p>Report findings to Trading Standards Team (Environmental Health)</p>	<p>School Nursing</p> <p>Healthy Schools</p> <p>Tobacco Control Strategy Group</p> <p>Health &amp; Well-Being Board</p> <p>Trading Standards</p>	<p>primary and secondary schools.</p> <p>Benefits of non-smoking promoted to all secondary schools. Confidence building with young people not to give into peer pressure</p> <p>Work underway to ensure all schools have a Smoke-free policy</p> <p>Smoke-free resource launched to address issue of smoking on school premises)</p> <p>Briefing sent to Trading Standards Team NAS – await up-date on ongoing actions to address issues of local shops selling cigarettes and alcohol to under age children</p>
<p><b>Alcohol &amp; Drugs</b></p> <p>Alcohol consumption responses are similar to 2012 survey, although less % of Y7 pupils said they have never tried alcohol 59% in 2013 compared to 63% in 2012</p> <p>From family was far the highest response to where they get the alcohol from. As with cigarettes Y10 are purchasing alcohol from local shops and supermarkets</p>	<p>Report findings to Alcohol &amp; Drug Strategy Group</p> <p>Report findings to Enforcement Team (Environmental Health)</p>	<p>Public Health</p> <p>School Nursing</p> <p>Healthy Schools</p> <p>Health &amp; Well-Being Board</p> <p>Know the Score</p> <p>Enforcement Team</p>	<p>Know the Score is a commissioned services to support young people with alcohol and drug issues</p> <p>A single message for both drug and alcohol has been developed and all partners/agencies delivering support around these two issues have received this message.</p> <p>Community Alcohol Partnerships have been developed in 2 project areas – Dinnington and East Herringthorpe/Dalton/Thrybergh. Early stages of development.</p> <p>E-Learning package accessible in all educational settings. This is being promoted by Health &amp;</p>

relatively low %			Well-Being Board and other key stakeholders.  Promote to parents the health risks giving their children cigarettes and alcohol when they are under age
<b>Communication &amp; Media</b>	Share information on key issues with Communication Team  Plan presentations	Corporate Communication Team	Ongoing campaign to support the positive outcomes from action plan – joint approach with key stakeholders  Communications Team will work jointly with Service Quality, Police, Health and other key stakeholders to produce information for the press on the activities ongoing which supports the outcomes from this survey