

NHSE Northwest Transformation Board chaired by Izzy Gavin

C&M hosted the Northwest Regional NHSE Oversight Group on 11th November 2024. The event was chaired and facilitated by a young person, Izzy, and highlighted good practice across the whole system.

This included:

- The strong, multi-agency, system focus on CYP
- Beyond - driving transformation focussing on health inequalities, early intervention / prevention through multi-agency delivery
- Virtual Wards / Hospital at home, led through Alder Hey NHS Foundation Trust
- All Together Smiling – Supervised Toothbrushing Programme - over 200,000 toothbrush / toothpaste packs distributed
- Partnerships for Inclusion of Neurodiversity in Schools (PINS) - this project is running in 7 Place areas and two parents highlighted the need to empower parents as experts in supporting their own children
- Corporate Parenting - presented by the ICB safeguarding lead, and the Programme Director for the DCS Change and Integration Programme

Izzy's recommendations if you're supporting a young person:

- Make sure the young person knows everything they need to know about their event. This includes things like what it's for, who else is going to be there as well as what exactly their role is
- Where possible, have a pre-meet with the young person so that they can be introduced to some colleagues attending the meeting. This was helpful and helped me to feel comfortable because I had some familiar faces when I attended the meeting
- Making sure they are comfortable is key to them doing well as well as enjoying themselves and building their confidence. For me this came from having the prompts sheet or a loose script to follow in case I started to panic

"When I was first told about the opportunity, I felt so excited and honoured to be asked. But I was also incredibly nervous to speak to a room of such accomplished and inspiring adults. Mel supported me to feel at ease by putting things in place to reduce any anxieties.

I'd also like to take this opportunity to say another quick thank you to everyone who allowed me access to these opportunities. It's been such an amazing experience which I've gained a lot from, personally." - **Izzy Gavin**

Team away day supporting the local community

On our team away day, we spent the morning giving back to the community by helping at St Andrew's Food Network (L13) and St George's Church Pantry (L5). Instead of doing a staff Secret Santa, we donated gifts and food to support local families. It was a rewarding experience—wrapping gifts, supporting families, and learning more about how food banks and pantries make such a difference. Huge thanks to Lee and the amazing team for having us.

The afternoon focussed on reviewing programme delivery for 2024-2025 and planning for 2025-26.



Feedback from CYP & Professionals

“When I got diagnosed with type 1 diabetes, I hated it. I would always have to give injections which I really hated because I felt singled out. I was always high at night and finger pricking was hard. I have been on pump for 6 months now and it’s changed my life completely. I can now have a normal life like my friends and give insulin easily. I feel like I can be a child again now.”

Diabetes Tech Pilot

“The settings have been so appreciative of these (Toothbrush packs), so glad we could have so many. Thank you”

Hannah Holiday, Activities and Food (HAF) coordinator (Warrington)

“Brilliant event in London, bringing together professionals to hear how the health and care system can adapt, to deliver meaningful change for children and young people. I spoke about what matters to me in front of 50 people!”

Children’s Health Equity Collaborative (CHEC) Champion

I wanted to let you know that the toothbrushes and toothpaste have been well received. It has been particularly challenging for us to source and maintain sufficient stock of hygiene products of late due to rising food costs. We give first time users at our food banks a small hygiene pack which now includes a toothbrush and toothpaste for each member of the family. This is something that has become unaffordable and a ‘luxury’ item for many who are struggling on a small budget.

Liverpool foodbank colleagues

Child Health Equity Collaborative: Development Day in Cheshire & Merseyside



On 5th December, Cheshire and Merseyside hosted the third development day of the year, bringing the Collaborative together to focus on planning the legacy. Attendees brought gifts for young people, which were later delivered to a local distribution point, ensuring children and young people who might otherwise go without received a present this Christmas.

Our Health Equity Champions, Emily & Nel welcomed everyone and led some ice-breakers. Who knew lowering a garden cane could be so challenging?

Each area provided an update on their interventions and then split into small groups to discuss key emerging themes:

- The power of young people’s voice
- Driving system-wide change
- Turning interest and enthusiasm into meaningful action
- Navigating time and changing landscapes
- Ensuring effective governance
- Overcoming evaluation complexities

All Together Smiling Programme

Oral health packs (containing a toothbrush, paste and Oral Health key message leaflet) continue to be distributed via partners such as 0-19 services, foodbanks/ pantries, holiday activity and food (HAF) schemes, early help, education and more.

Oral Health key message leaflet:

Thank you to everyone who provided feedback on the All Together Smiling Oral Health Key Message leaflet. The feedback has helped us improve the leaflet and better meet the needs of our communities.



For access to the digital leaflet, or for any further information/ questions in relation to the All Together Smiling (Cheshire & Merseyside Supervised Toothbrushing Programme) please get in touch at: alltogethersmiling@alderhey.nhs.uk

HAPPY KWANZAA

Use fluoride toothpaste
Spit, don't rinse after toothbrushing
Brush twice a day
Children under 7, may need help from an adult when brushing teeth

Under 3 years of age
a smear amount of toothpaste

3 years +
a pea-size amount of toothpaste

For more advice on children's toothbrushing in English and other languages please visit: bspd.co.uk/Patients/PatientInfo

Many general dental practices will close over Christmas. If you require urgent dental care, please contact the Cheshire & Merseyside dental helpline number on 0161 476 9651 (7 days a week including bank holidays)



Keep your smile merry and white

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Happy Hanukkah

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Getting it Right First Time

Getting It Right First Time (GIRFT) is a national programme designed to improve the quality of care within the NHS by reducing unwarranted variations. The programme undertakes clinically-led reviews, combining data analysis with the input and professional knowledge of senior clinicians to examine how things are currently being done and how they could be improved.

The Beyond Diabetes workstream have been working with colleagues across the system in preparation for a Children and Young Adults (CYA) Diabetes GIRFT System Review with a focus on improving care and

outcomes for CYA (aged 0-25 years) with Diabetes.

The System Review was held on Friday 29th November with over 100 attendees across C&M. The Diabetes workstream will receive a report including recommendations on how we can improve Diabetes care locally. These recommendations will inform the ongoing action plan to be developed by the workstream.



Appropriate Places of Care (APoC) - meeting the needs of CYP with complex multi-agency needs.

The work on a system wide approach to supporting our most complex young people has continued at pace. This work is being led through both Beyond and the Change and Integration Programme for the Directors of Children's Social Care.

Work undertaken suggests there is a need to develop five - 4 bed homes, geographically spread across the region.

A regional proposition and business case was presented to Children and Young People's Committee in November. Approval was received to move forward and we will continue to work across the system to develop this approach.

MAY

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Save the date: Thursday 15th May 2025

Following the success of our last conference in March 2024, we are in full flow preparing for our 2025 conference. Further details will follow in the New Year but save the date for #Beyond2025.

Seasons Greetings 2024

From Everyone at the Beyond Programme



Happy Holidays

Sending festive wishes to all our colleagues across Cheshire & Merseyside. Thank you for your continued support and contributions to the programme. Here's to the changes we can collectively make with, and for, Children & Young People in 2025!



Change NHS!

Beyond is supporting the ICS to gather views on the needs of children and young people as part the ICS response to the consultation on the NHS's 10-year plan.

Scan to share your suggestions.



Working with others?

Why not make this a group exercise – please get email us at: Beyond@alderhey.nhs.uk for a session plan for delivery. All responses needed by Thursday 23rd January 2025.