

## **Email Update January 2017 (sent 8<sup>th</sup> January 2017)**

**Dear Parents' Voice Supporter**

Happy New Year!

We hope all of you will find something of interest in this first email update of 2017. You are welcome to share it (or parts of it) with your friends or groups, but please mention that it came from [Parents' Voice](#) if you do, thanks.

- 1) Parents' Voice news
  
- 2) Local Surveys/Consultations
  
- 3) Online Safety
  
- 4) Younger Children
  
- 5) Health/mental health and emotional wellbeing
  
- 6) Older Children/Young People

### 1) Parents' Voice news

i) You can help us to help you - please!

We have a chance to get £300 to help us make our website mobile-friendly and to host some information sessions/events. Each week until late February a group is awarded £300 according to who gets the most votes that week (the People's Choice). There are a lot of groups who have applied, so we really need as many votes as possible each week - please consider [voting](#) and maybe ask your friends to vote for us too. However, you can only vote for that group once each week (ie: if you vote for the same group on both Monday and Tuesday that won't count as 2 votes); each voting week runs from Monday until the following Sunday.

So, maybe a habit for the new year could be [voting](#) for us each Monday (until we win?!) - or another day of the week, but if you do so on the same day each week it may make it easier to remember!

You can vote for us here: <http://bit.ly/2h67PEZ>.

Before reaching our entry you are asked for your date of birth to make sure you are 18 or over (so don't worry that it doesn't immediately come up with our application). Thank you :)

ii) Our next evening meeting will be on Tuesday 31st January at 7.15pm in Worcester. Everyone is welcome to join us and we'll send out a reminder with further details closer to the date.

### 2) Local Surveys/Consultations

i) [Get involved in shaping future of local health and care services](#)

Health and care leaders across the county are encouraging people to get involved in helping shape the future of local services. There are consultation events taking place, starting this coming week with Ross, Evesham and Bromsgrove.

A draft plan published by health and care organisations across Herefordshire and Worcestershire provides some early thoughts on how local services might change in response to a challenging context (which includes rising demands and poorer health outcomes in some areas).

The draft has been submitted as part of the national Sustainability and Transformation Plan (STP) programme which encourages local areas to develop 5-year plans (up to 2020/21) to address local health outcomes, care and quality issues and financial pressures.

The proposed priorities focus on the need to put much greater emphasis on encouraging people to lead healthier lives, to prevent the kind of illnesses and conditions which are influenced by lifestyle, and to support people to take more control over the management of their condition(s). Under the banner of [Your Conversation](#), people can get involved in moving the initial suggestions and ideas forward into more detailed proposals. A new website – [www.yourconversationhw.nhs.uk](http://www.yourconversationhw.nhs.uk) – has been launched where people can read the draft plan as well as a shorter summary update; there is also a survey to complete and details of the roadshow events which begin on Monday 9th January.

You can find all the details here: <http://bit.ly/2iOFYqH>.

ii) [Healthwatch Worcestershire](#) is an independent consumer champion, aiming to give the public, patients and users of health and social care services in Worcestershire a voice. They want to know what parents and carers of school age children think about getting support, information and advice about health and emotional well-being for their children. To do this they have an [online survey](#).

There are some extra questions for parents and carers of children with a disability and / or additional support needs.

You can find the [survey](#) here: <http://bit.ly/PVhw17emh>.

iii) Worcestershire County Council have recently launched a new plan for the county [Shaping Worcestershire's future](#). They want 18-24 year olds to [have a say](#) on how the county is run by completing a quick 10 question [Shout Out survey](#) (with a chance to win a weekly prizes).

People must be aged 18-24 years to take part (so please tell anyone you know who is that age) and you can find the [survey](#) here: <http://bit.ly/2hQ6z5k>.

We have already told you about this [survey](#) - the deadline to take part has been extended.

iv) If you know a young person aged 11 - 25 who lives in Worcestershire, please tell them about this mental health survey: <http://bit.ly/2ebu5rM>.

All questions are voluntary and information given will be held confidentially (you don't have to give a name) and used to review services in Worcestershire.

This [survey](#) is still open and now closes on **Friday 20th January**.

### 3) Online Safety

i) The Children's Commissioner's Growing Up Digital Taskforce have produced a [report](#) which explores how well children are prepared to engage with the internet. The taskforce found that when children use social media they sign up to terms and conditions that they do not understand. The [report](#) recommends that every child in the country studies digital citizenship to build online resilience, learn about their rights and responsibilities online and prepare them for their digital lives.

You can download the report here: <http://bit.ly/2ioViK6>.

ii) One in five 13 - 18 year olds claim to have experienced cyberbullying. Norton have produced a [conversation guide about cyberbullying](#) for parents and children aged 11 to 18.

You can find the guide here: <http://bit.ly/2h67DSG>.

iii) [Kayleigh's Love Story](#) is a film made to warn young people, both girls and boys, about the dangers of speaking to people they don't know online. The [film](#), made by Leicestershire Police with the support of Kayleigh Haywood's family, is about aspects of the last two weeks of her life. The film highlights just how quick and easy it can be for children to be groomed online without them or those around them knowing it is happening. The film's purpose is to protect children now and in the future and to stop another family losing a child in this way.

Kayleigh Haywood was 15 and began speaking to Luke Harlow, a man she had never met, on 31st October 2015. Harlow was grooming Kayleigh, along with two other young girls he had been speaking to. On 15th November, having been held against her will, Kayleigh was raped and murdered by Harlow's neighbour, Stephen Beadman.

The [film](#) is about 5 minutes long; if it was shown in a cinema it would have a rating of 15.

There is also a 1 page [factsheet for parents](#) about online grooming (which can take place over just hours or years) and spotting the signs.

You can find the [video](#) here: <http://bit.ly/2isowld>  
and the [factsheet](#) here: <http://bit.ly/2i3NUaY>.

### 4) Younger Children

The Family Lives charity has some [tips for parents whose toddler is a fussy eater](#). You can find the tips here: <http://bit.ly/2hkJScl>.

## 5) Health/mental health and emotional wellbeing

i) Apparently waiting times to access CAMHS (Child and Adolescent Mental Health Services) in Worcestershire have gone down

ii) A free, safe, and anonymous [online support service](#) is now available for young people in Worcestershire with real time help from friendly, qualified counsellors. The service is called [Kooth](#) and is suitable for anyone aged 11 - 19 years; parents can also find help (by email - you do have to scroll down to find details).

[Kooth](#) is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.

You can find Kooth here: <http://bit.ly/2ip2bel>.

iii) The charity Mind has a downloadable leaflet with [tips for panic attacks](#) which you can find here: <http://bit.ly/2hss1B2>.

iv) [Healthwatch Worcestershire](#) will be holding another [board meeting in public](#) on Friday, 13th January. You can find a link to the agenda and further details at the Healthwatch site here: <http://bit.ly/17aay7l>

## 6) Older Children/Young People

i) If you know a teenager studying for A-levels or another level 3 qualification they may be thinking about studying at university. This [site](#) lays out the pros, cons and practical issues of going to university: <http://bit.ly/2huVXMT>.

ii) The HiHomie site was established as a result of extensive research undertaken by the Homeless Foundation into the homeless pathway for young people living in Worcestershire in 2015. They found that young people were not able to access information or advice to make informed choices when considering leaving home, what their options are and the realism of living independently.

The site has [advice for parents](#) (<http://bit.ly/2i3KPrk>), including [parents' tips for moving out](#) (<http://bit.ly/2h7sZCz>) and information about [understanding your teenager](#) (<http://bit.ly/2glw4h8>).

Thank you for reading this email and for your continued support in 2017, we really do appreciate it :)

Sue and the Parents' Voice Committee

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