

Public Health Programme – Budget Proposal 2015/16

1. Purpose Of This Report

This report provides details of proposals for the Public Health training programme in 2015/16 and the cost to schools.

2. Recommendations

The Forum note the report

3. Background

- 3.1 For many years the Public Health team, including the Drug and Alcohol service, in Lewisham have supported local schools in delivering Personal Social Health and Economic (PSHE) education and in delivering the Healthy Child Programme in schools. This has been through the delivery of both pupil education and workforce development courses on topics such as smoking, drug and alcohol use and sex and relationships education (SRE).
- 3.2 PSHE education makes a major contribution to schools' statutory responsibilities to provide a curriculum that is broadly based, balanced and that meets the needs of all pupils. Under section 78 of the Education Act 2002 and the Academies Act 2010 such a curriculum must *promote the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and prepare pupils at the school for the opportunities, responsibilities and experiences of later life.*
- 3.3 The interventions and training provided through Public Health empower children to make healthy choices that will benefit their wider education and well being and supports teachers to identify issues that can impact on individual and school-wide achievements e.g. drug and alcohol use.
- 3.4 However, Lewisham Public Health's budget is subject to review and savings of up to £3.3m are being considered. As such the capacity of Lewisham Public Health to support schools in public health areas will be limited.

4 Services for Primary and Secondary schools

It is within this context that these proposals are being made for Primary and Secondary schools. Services can also be provided for the Pupil Referral Unit and with parents. These proposals provide a brief description of each service offered and an estimated cost for schools dependent on the number of pupils. In addition, in the future it may

also be possible to include other services, not described below, such as road safety, walking to school and domestic violence.

Preventing the uptake of smoking among young people.

- 4.1 This is an evidenced based Tobacco Control Peer Education Programme for Year 8 pupils, which has been very well received by schools:
- Young people influencing other young people – Peer education
 - Understanding how tobacco companies target young people as ‘replacement smokers’
 - Health messages alone do not bring about change in teenagers’ behaviour in taking up smoking -teenagers respond to information about exploitation.
- 4.2 A group of year 8 pupils are chosen by their year 8 peers as young people they look up to. The training aims to positively influence the key influencers in Year 8. Those selected have 6-8 schools lessons of education on tobacco and the tobacco industry. Pupils conduct interviews with their peers to communicate the key messages they have learnt on the programme. The main task of all the peer educators is to design and deliver a short presentation to their tutor groups and/or assemblies giving the key messages.

Nutrition

- 4.3 The nutrition package offers a range of training to:
- support the School Food Plan which highlighted the importance of food in children's health and welfare.
 - support a whole school approach to food and nutrition that research has shown is the effective way to influence child health and wellbeing.
 - equip teachers to implement nutrition in the curriculum and the compulsory practical cooking sessions to prepare and cook healthy nutritious recipes.
 - assess food across the school day such as food in after school clubs.
 - pupils to implement a healthy eating peer support programme.

Drug and Alcohol Education

- 4.4 Lewisham Prevention & Inclusion Team, formerly known as the drugs and alcohol Team (DAAT) has gained an excellent reputation for delivering a whole school and wider community approach to drug and alcohol education within Primary and Secondary Schools and has responded to the gap in provision and requests from schools for the following:
- Schools requiring support from external speakers in providing drug education within the curriculum

- Schools have requested training for teachers and support staff, workshops for parents/carers.
- 4.5 As a result the DAAT Training Team has worked with 30 different schools delivering workshops across Year 5/6 within Primary School settings and as part of the Junior Citizens Scheme. The DAAT training team has also worked with Key Stage 3 & 4 and Post 16 pupils within Secondary School settings.
- 4.6 All training sessions on drug and alcohol are delivered following needs assessments being undertaken within each school. Therefore the training is developed and delivered based on individual need and in accordance with DFE guidelines. This includes increasing pupils knowledge, skills and changing attitudes.
- 4.7 The DAAT training team also provide workshops which aim to help teachers/parents/carers gain accurate information and dispel the myths around drugs and alcohol. The team can offer ideas and suggestions on talking with children and young people, helping them to develop skills to manage drugs and alcohol related issues.

Sexual and Relationship Education

- 4.8 The sessions outline:
- The local picture about young people and sexual health
 - Sex and the law (using Barnardo's Bwise game) and includes the age of consent.
 - Exploration of consent and consensual sex.
 - LSCB training; traffic light game re sexual exploitation.
 - STIs (using glove game re transmission)
 - Condom demonstration and discussion around risks and impact of pregnancy and STI's. Pupils do condom demonstration.
 - Signposting of services including School Nurse drop in's and Sexual Health Clinics.

In all sessions interaction is encouraged by using games and activities. The pupils are encouraged to ask questions.

5. Service Level Agreement Charges

The following level of charges are being considered

5.1 Primary Schools

Topic	Brief description	Outcomes	Cost
Nutrition	<p>Support to individual schools from a qualified nutritionist / dietitian.</p> <p>All or a combination of the following nine elements can be provided. Each elements is 0.5 or 1 module</p> <ol style="list-style-type: none"> 1. Whole School Food Policy (1.0) 2. Curriculum Linked Food and Nutrition support for staff (0.5) 3. Healthy Packed Lunches/water in schools (0.5) 4. Food provision in breakfast and after school clubs (0.5) 5. Training on creating a health promoting environment in the school (1.0) 6. Planning and Support with a Health Promotion Week (1.0) 7. Support staff to access healthy eating / nutrition information and resources for parents and children (0.5) 8. Body Image (0.5) 9. Support primary school to set up and run family cooking programme. School to provide trained tutor to run a family cooking programme (1.0) 	<p>The benefits to schools and pupils include:</p> <p>Support children and young people to have the confidence, skills, knowledge and understanding to make healthy food choices to support healthy weight</p> <p>Pupil, staff and wider school community's increased knowledge and awareness of healthy eating and its impact on healthy weight.</p>	<p>Package priced on an individual school basis depending on the number of elements</p> <p>Minimum package elements: 2 modules.</p> <p>Estimated cost £900 per package</p> <p>If more than 20 schools take up the offer there may be capacity to increase the number of modules in package</p>
Physical activity/Healthy Lifestyles	<p>Hoops 4 Health basketball programme. Consists of three hour</p>	<p>Increased levels of physical activity</p>	<p>Roadshow =3hours Basketball</p>

	interactive roadshow covering healthy lifestyles (for up to 100 children); 10 week basketball coaching for 15-20 children and a fun competition and skills test day		coaching 10x 1 hr Competition day = 3 hours Estimated cost £900 per programme
Drugs and Alcohol	Needs Assessment Questionnaire Development of Programme Tailored to need of identified group Includes presentations, group discussion material, resources etc x 2 facilitators	Increased pupils knowledge Increased skills and attitudes Myths dispelled Reduced Drug and Alcohol use	Example Costing for 1 x Day Delivery Drug and Alcohol Education Sessions to Year Group £750
Junior Citizens	This is a popular and well established experiential programme for pupils in Year 6, co-ordinated by the police. Contributions are made by a range of teams and topics covered include smoking, drugs and alcohol and road safety		TBC

5.2 Secondary Schools:

Topic	Brief description	Outcomes	Cost
Preventing the uptake of smoking among young people	Tobacco Control Peer Education Programme. This is evidenced based: Steps: Set up programme Y8 member of staff responsible and set timetable for training sessions	Evaluation of this programme has been positive: It is an effective way to increase knowledge and attitudes about smoking	£665 total per school based on 6 forms in Year 8 per school 19 hours per school

	<p>Distribute & collect smoking questionnaires</p> <p>Select peer educators ie those with most votes from fellow pupils (2 per tutor group)</p> <p>Train peer educators</p> <p>Assess Peer educators</p> <p>Attend assembly presentations</p> <p>Analysis of questionnaires</p>	<p>It leads to increased self esteem and self confidence; communication skills and leadership and team skills among peer educators (often among previously disaffected pupils)</p>	
<p>Nutrition</p>	<p>Support to individual schools from a qualified nutritionist / dietitian.</p> <p>All or a combination of the following eight elements can be provided. Each component is 0.5 or 1 module</p> <ol style="list-style-type: none"> 1. Whole School Food Policy (1.0) 2. Curriculum Linked Food and Nutrition support for staff (0.5) 3. Healthy Packed Lunches/water in schools (0.5) 4. Training on creating a health promoting environment in the school (1.0) 5. Planning and Support with a Health Promotion Week (1.0) 6. Support staff to access healthy eating / nutrition information and resources for parents and children (0.5) 7. Body Image (0.5) 8. Peer support on healthy eating (2.0) 	<p>The benefits to schools and pupils include:</p> <p>Support children and young people to have the confidence, skills, knowledge and understanding to make healthy food choices to support healthy weight</p> <p>Pupil, staff and wider school community's increased knowledge and awareness of healthy eating and its impact on healthy weight.</p>	<p>Package priced on an individual school basis depending on the number of elements Minimum package elements: 2 modules.</p> <p>Estimated cost £900 per package</p> <p>If more than 20 schools take up the offer there may be capacity to increase number of modules in package</p>

<p>Sex and relationships Education</p>	<p>Interactive sessions delivered by sexual health nurses covering a variety of issues including; staying safe; negotiating relationships, contraception and sexually transmitted infections, condom use.</p> <p>1 hour sessions for each year group (4-5 forms per year)</p>	<p>Reduction in unwanted conceptions</p> <p>Better awareness & access to services</p> <p>Increased ability to navigate relationships and stay safe</p>	<p>£1,000 per year group</p> <p>Years 8,9, & 10</p> <p>£3,000</p>
<p>Drugs and Alcohol</p>	<p>Needs Assessment Questionnaire</p> <p>Development of Programme Tailored to need of identified group Includes presentations, group discussion material, resources etc x 2 facilitators</p> <p>Delivery of Drug/Alcohol Workshops</p> <p>Evaluation of Programme</p>	<p>Increased pupils knowledge</p> <p>Increased skills and attitudes</p> <p>Myths dispelled</p> <p>Reduced Drug and Alcohol use</p>	<p>Example Costing for 1 x Day Delivery Drug and Alcohol Education Sessions to Year Group</p> <p>£750</p>