

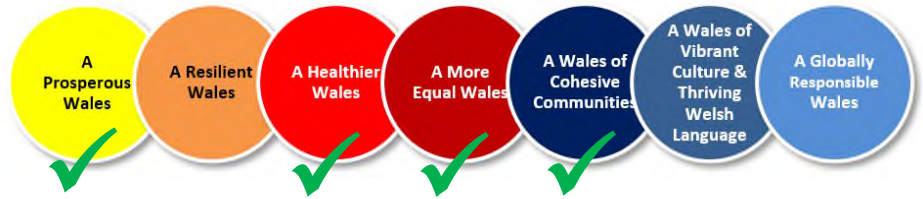


## Well-being Objective 1

Start Well - Help to give every child the best start in life and improve their early life experiences

### So why is this important?

- Giving every child the best start in life is crucial to reducing inequalities across the life course.
- Early intervention is key to long term health and well being
- Children who experience stressful and poor quality childhoods are more likely to experience poor mental health and develop long term health problems as they move into adulthood.
- What happens during these early years has lifelong effects on many aspects of health and well-being - from obesity, heart disease and mental health, to educational achievement and economic status.
- There is a growing recognition of the detrimental impact which exposure to Adverse Childhood Experiences in childhood, particularly multiple ACEs, can have upon physical and mental health and wellbeing, relationships with others, educational attainment and prosperity outcomes into adulthood.
- Looked After Children (LAC) are more likely to have been exposed to high rates of [Adverse Childhood Experiences](#) (ACE's) associated with poor long term outcomes before entering care.



### Why this should concern us?

- Adverse Childhood Experiences (ACEs) have harmful impacts on health and well-being across the life course.
- For every 100 adults in Wales, 47 have suffered at least one ACE during their childhood and 14 have suffered 4 or more. Children who experience stressful and poor quality childhoods are more likely to adopt health harming behaviours. (*National Survey of ACE's in Wales*)
- Children in workless households are more likely to experience ACE's. 10.2% of children in Carmarthenshire are living in workless households, this lower than the 2016 figure of 12.3% and is currently below Wales (12.6%) and the UK (10.9%).
- In Carmarthenshire there are currently 94 children on the Child Protection Register, 192 Looked After Children and 731 children in receipt of care and support. (@ 31/12/18).

### What do we need to do?

- We need to give every child the best start in life and ensure development throughout early childhood.
- We need to build resilience against adverse experiences.
- We will implement the recommendations of the Education and Children's Scrutiny Committee Task & Finish Review of the current provision for early years education, childcare and play opportunities.

### How will we do this?

#### A. We will **support families** by:

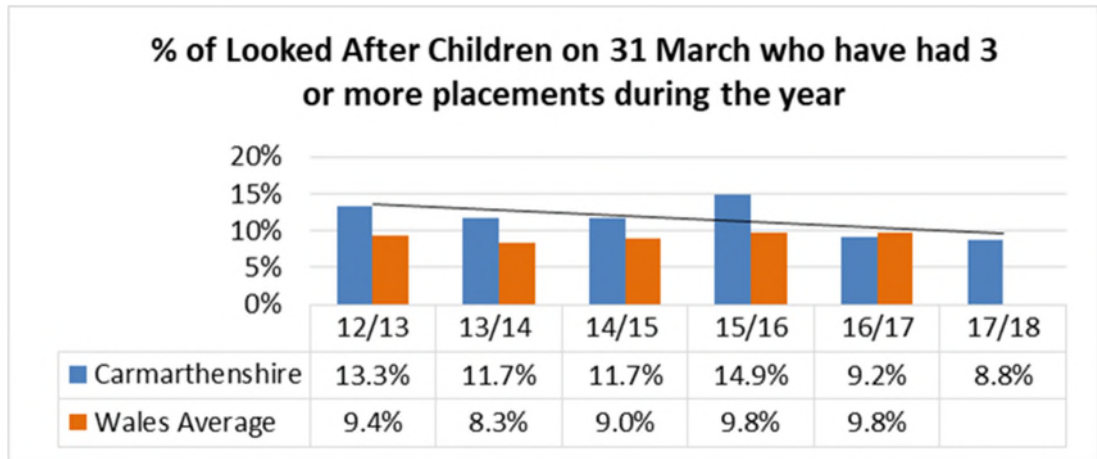
- a. working together to reduce the number of children who suffer ACEs
- b. promoting bonding and attachments to support positive good parent-child relationships.
- c. better equipping parents and care-givers with the necessary skills to avoid ACEs arising within the home environment and encourage development of social and emotional well-being and resilience in the child.
- d. identifying and intervening where children may already be victims of abuse, neglect or living in an adverse environment.
- e. continuing to provide attachment awareness training in schools to ensure they become *attachment awareness schools* and are able to meet the emotional well-being needs of vulnerable children.

- B. We will ensure that every child with identified **additional learning needs (ALN)** in all Carmarthenshire schools will have access to appropriate integrated support services – e.g. Educational and Child Psychology, Sensory Impairment support and specialist Inclusion Advisory Staff.

## Key Measure of Success

### Children in care who had to move 3 or more times (PAM/029)

During the last two years we have seen a significant improvement in **placement stability** for our looked after children with the % having experienced 3 or more placement moves reduced by 6% from **14.9%** as at 31<sup>st</sup> March 2016 to **8.8%** as at 31<sup>st</sup> March 2018



## An example of what we are doing

The revised **Families First programme**, implemented from 1<sup>st</sup> April 2018, comprises of 13 projects under three focus areas:

### Parenting Support

- **Parenting Support** (procured - Action for Children)
- **Domestic Abuse Stops Here!** (procured - CDAS)
- **Volunteering & Community Support** (procured - Home-Start)
- **Family Centres** (exempt from procurement - Plant Dewi)
- **Integrated Children's Centres** (make in house -CCC)
- **Family Support Workers & Psychological Support** (make in house -CCC)
- **Family Engagement Workers** (make in house -CCC)

### Support for Young People

- **Post 16 Youth Workers** (make in house -CCC)
- **Youth Support 10-18 years** (make in house -CCC)
- **Young Carers** (make in house -CCC)
- **Youth Health Team** (exempt from procurement - Hywel Dda University Health Board)

### Disability Support

- **Disability Play Clubs** (make in house -CCC)
- **Tim Camau Bach** (make in house -CCC)



The new programme will be required to work towards preventing Adverse Childhood Experiences (ACEs) as well as helping to mitigating the effects of ACEs on those who have already been exposed to them. An example of service delivery; The Integrated Children's Centres are venue based services providing support to children aged 0-12 years and their families in their local communities of Morfa, Llwynhendy and Felinfoel. The centres offer a range of activities to families to help them be positive parents, have strong relationships and build resilience, including; Bumps, baby and family play sessions (0-3 years), Play club sessions (4-6 years); Open access play sessions (7-11 years); Non-accredited LAP/NAP courses delivered; Parenting courses co-facilitated, Pre-employment accredited courses, Healthy lifestyle sessions, Baby massage courses and Community consultation events.



Lead Executive Board  
Member  
Cllr Glynog Davies



View our **detailed delivery plan** against this objective