

NORTHUMBERLAND

Children & Young People's Plan 2019-2022

Northumberland Children & Young People's Strategic Partnership



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Northumberland Children and Young People's Strategic Partnership comprises:



Northumbria Healthcare NHS Foundation Trust
Northumberland Clinical Commissioning Group
Cumbria, Northumberland, Tyne & Wear
NHS Foundation Trust

The partnership also has representation from schools across the county.

FOREWORD

This 2019-2022 Northumberland Children and Young People's Plan sets out our partnership's hopes and ambitions for the future. These aspirations and priorities have been guided by engagement with the children and young people whose lives will be transformed and improved by our commitment and shared vision. We have asked our young people to respond to us with their views, hopes and expectations for the best possible childhood. Now the work of acting on what our young people have said really begins!

Over 1700 children and young people told us what they would like to see in their futures, and what will help them to get there. A report has been produced to share the findings of the children and young people's consultation.*

We all need to work together to understand the challenges children face, acknowledge their hopes and wishes, and make the most of every resource we have at our disposal to give them the best possible childhood and opportunities while they live in this very special and unique county.

We want our children to be confident that when they take time to tell us what they hope for, that we listen and respond. They will have an influence on decisions that affect them, can have the best start in life, whatever their needs, and will have access to a good education that prepares them for their adult life. We want them to feel safe and supported and to know how to stay healthy and have fun.

Throughout the lifetime of this plan, we will regularly communicate with children and young people, remind them of our commitment to them, and celebrate our shared progress and success as we work towards these goals.

* See Appendix 1

**OUR VISION IS TO
BE A PLACE WHERE MEETING
THE NEEDS OF CHILDREN,
YOUNG PEOPLE AND
FAMILIES IS THE FOCUS,
SO THAT THEY GET THE
BEST OUT OF LIFE.**



Cath McEvoy-Carr
Executive Director of
Adult Social Care and
Children's Services



Cllr Wayne Daley
Cabinet Member for
Children's Services

INTRODUCTION

Our engagement with children and young people to develop this plan showed that there are many things which are important to them. Our task has been to focus on what the most important aspects are, and, as a result of doing that, we have identified six priorities for this plan:

- 1. Children and young people know that their voice will influence decisions that affect them;**
- 2. Children and young people have the ‘Best Start in Life’;**
- 3. Ensuring all services work together towards tackling any form of disadvantage;**
- 4. Children and young people have access to the best quality education to prepare them for adult life;**
- 5. Children and young people feel safe and supported and are able to cope with life’s ups and downs; and**
- 6. Promoting and supporting children and young people to be healthy.**

Each one shares what children and young people have told us, our starting point and our ambitions, how we will make them happen, and how we want things to look by 2022.

The launch of the plan is the start and we will keep it alive and relevant over its three years. It is a developing communication that we want to make accessible to a wide range of children and young people, showcasing best practice multi-agency work and how we are delivering against these shared objectives.



1. CHILDREN AND YOUNG PEOPLE KNOW THAT THEIR VOICE WILL INFLUENCE DECISIONS THAT AFFECT THEM

What do children and young people think?

We consulted some young people about this plan and the most important statement for them was: "Making sure we communicate with you, in a way that suits you, to fully understand your views."

Children and young people also told us that they would like to know what we are doing for them, and why we are doing it.

We know that we need to find better ways to hear from younger children about what they need.

Northumberland – our starting point

All children and young people have the right to be listened to, and to have their opinions seriously considered. We value and promote critical thinking, democratic decision making and active, responsible citizenship.

There are some groups and forums which provide these opportunities, where we do speak to children and young people in person. Sometimes we conduct surveys, but know that does not give all children, and young people a chance to have their views considered. We accept that these are not the ways of communicating that are best for everyone.

We appreciate that it can be difficult for some children to understand the decisions some adults make about their lives. This is particularly true of some vulnerable young people we work with.

Our ambition

Northumberland aims to be a place where all children and young people feel that their opinions, concerns and views are listened to and taken seriously.

We want to have more opportunities to involve children and young people in the process of making decisions that affect them.

We will make sure that we have tools to use for listening and opportunities for children and young people to be part of the solutions. We will ensure that we have evidence that we have changed and developed services influenced by what they have told us.



Making it happen

We will make sure that there are a range of opportunities for all staff directly working with children and young people in all services and settings to develop their skills and confidence in listening and responding to what they tell us.

We plan to work harder at reaching communities and children we do not usually speak to and who are seldom heard.

We will respond to and aim to support children and young people who are taking action to make their communities better places to be.

What will it look like by 2022?

Our communication with children and young people will be sharing information and finding out their views, hopes, wishes and feelings.

When we have asked children and young people for their views, we will let them know what we did with that information, and what we plan to do in the future.

People who work with children and young people will have a range of varied and interesting ways of finding out what children and young people think, and they will share them with each other.

YOU SAID:

“You would like us to communicate with you in a way that suits you, to fully understand your views.”

WE WILL:

Give you regular updates and messages on this plan: on social media, through your schools and in ways you tell us you would like.

All work hard to get better at listening and responding to you.

YOU SAID:

“That you would like to know what we are doing for children and young people, and why we are doing it.”

WE WILL:

Try and communicate better with all children and young people face to face. Listen and help if you are trying to make your community a better place.



2. CHILDREN AND YOUNG PEOPLE HAVE THE BEST START IN LIFE

What do children and young people think?

Children and young people told us that the best start in life is to “have fun with my family and friends”.

Evidence also tells us that babies, children and young people are nurtured and thrive when the people who care for them feel safe, healthy and get the support or help they need. This is called The Best Start in Life.

Northumberland – our starting point

We have a strong children’s centre offer in Northumberland with a range of universal, preventative and targeted services all based upon evidence of impact and outcomes. Most of our children under five are registered with the children’s centres and we are focussing on

engaging with those children under two who live in our most deprived areas to give them the best start in life.

We have large numbers of children who access high quality early years education and places funded by the government. Children have their development checked at 8 weeks, 12 and 36 months. If the developmental checks we carry out identify that a child needs more support, we will offer that as early as possible.

Health and early years professionals encourage parents to read to their children as an effective, easy and fun way of strengthening early attachment and language development.

Every child under the age of 5 has a health visitor who supports families and works closely with children’s centres across the county to provide additional support for all families, particularly those with the highest level of need.

Children in Northumberland, like many in the North East, are less likely to be breastfed (which has many proven health benefits) and a higher than average number are likely to be overweight by the time they start school.

Our ambition



One of the best ways for parents to care for a new baby is to be healthy and well supported themselves; we aim to make sure that new parents are informed and confident about: healthy approaches to nutrition and oral health, physical activity, vaccination, safety, learning that takes place at home, emotional attachment and development.

We want the first 1001 critical days (from conception to a child’s second birthday) to be a time where everyone in a baby’s life works together to give them the best possible start. All of these people will have a very positive impact on health and wellbeing and ensure that all of our children grow up in warm, nurturing and happy homes, that they feel secure and will be looking forward to a positive future.

Children with special educational needs and disabilities will have had access to the right specialist support and services, which will mean that they have made good progress, and can move into school as confidently as possible. Our schools and settings will work together with families to make sure that support is in place when needed.

Making it happen

As we develop our services, we will make sure that we have put the needs of families first, and considered the impact of our plans on children and young people's health and wellbeing. This is called a Health in All Policies approach, and includes family income, housing, transport, planning, education and community safety.

As children grow, all parents and carers will have had help to understand what a child needs to be prepared for starting school, so that all Northumberland children have been nurtured, feel happy and excited about school, and are ready to learn.

Everyone who works or volunteers with children in education, the local authority or NHS will make every contact they have with families a positive contribution to helping every child achieve the Best Start in Life.



What will it look like by 2022?

Health, education and social care settings will listen to and consider the voice of the child, and the existing research about the voice of unborn and pre-verbal children.

We will include questions in surveys for children, young people and families about the fun they have with their family and friends to be sure that we can see if this important aspect of life is accessible to everyone.

We expect that most babies in Northumberland will be born to a mother who does not depend on nicotine (under 11.5% will be affected).

We will have more babies who are breastfed; 67% of newborn babies will be breastfed and at least 38% will still be breastfeeding at 6-8 weeks.

There will be an increase of 1% in the number of children who are a healthy weight as they start reception year.

We will be keeping more children safe through safeguarding and early intervention but still expect to have reduced the number of children aged 0-5 with Child Protection Plans in place, from 95 per 10,000 of the 0-5 population in 2019 to 83 by 2022.

We will continue to diminish the difference in the development of children at the end of reception year who have experienced disadvantage and children who have not, and expect this to be less than 10%.

YOU SAID:

“That what you want most is to have fun with your family and friends.”

WE WILL:

Ask children and young people often in our surveys and checks whether they are able to have fun with their families and friends.

.....

YOU SAID:

“That you and the people who care for you are happiest when you feel safe, healthy and get the help you need.”

WE WILL:

Try to support all children and babies to have safe, happy lives and to help them have the best start in the early years and be ready for school.

Make sure that every child and young person has opportunities to enjoy movement, activity and healthy lifestyles every day; to have a healthy mind and body.



3. ENSURE ALL SERVICES WORK TOGETHER TOWARDS TACKLING ANY FORM OF DISADVANTAGE

What do children and young people think?

Finance: Not being able to take part in things' was the disadvantage that concerned children and young people most, followed by worries about a lack of employment.

The 'lack of jobs' was the highest rated concern for 15-16 year olds.

Pupils experiencing financial insecurity say that they can feel shame, visibly excluded from many experiences other children are able to enjoy.

It is important that we are all able to recognise these challenges to prompt the earliest response.

We support each other to help children, young people and families who experience financial, social, emotional, educational and health disadvantages, including: poverty, bereavement, changes in family or housing circumstances and personal challenges connected to identity or health. Experiencing disadvantage can mean that people need to overcome barriers to help children to build the futures they want.

Across the county, we have pockets of strong integrated working, and some areas with great depth of understanding of the challenges faced by children and young people, their families and communities. However, we are aware that there is a lack of understanding about social mobility; young people feel they might do better elsewhere. Too many of our young people do not see exciting opportunities in their futures.

We will develop, grow and broaden awareness of disadvantage, and develop ways to use this better understanding to work together and improve life chances equally, and fairly for all children and young people and their families.

Northumberland – our starting point

In Northumberland, we recognise that many children and young people will have life events and experiences that put them at risk of disadvantage in the short or the longer term.

Our ambition



We want to help all children and young people to be confident that they have what they need to build the futures they wish for. We will raise ambition across all services; aiming to eliminate the impact of disadvantage. To do this requires the earliest support, the earliest identification which requires a whole community response, where age is not an indicator but the earliest moment in the challenge and at the right point for the person. We will work locally and inclusively, sharing knowledge and information because we have an agreed ambition to eliminate, as far as possible, the impact of disadvantage.

Everyone should feel confident and equipped to contribute to helping a child or young person who is experiencing disadvantage, and children and young people will feel empowered and supported as a result.

Build opportunities for children and young people to have fun, have friends and people they can trust, live good lives and have the chances they hope for.

Making it happen

We can articulate a shared understanding of disadvantage in Northumberland, through training, vision and values.

Services will review evidence-based approaches to ensure that they really are effective and being used. We will make the most of our networks to reach out to as many decision makers as we can influence.

Make stronger links with children and young people, families, communities and services, so we are working as partners to tackle disadvantage.

We will promote investment in evidence based plans, and disinvest in those that have not produced results in improving life chances for children and young people.

Everyone who has improved their understanding will contribute to challenging negative perceptions of disadvantage and be celebrating social mobility, diversity and equality in the widest sense.

What will it look like by 2022?

We will know what the challenges are, and where we need to improve opportunities and understanding about disadvantage.

We will see evidence based reporting on resources clearly allocated to address disadvantage, for example the 'Just Change' campaign.

Children and young people will see us acting on our promises to them.

We will be a county that celebrates with regular good news stories, which challenge negative perceptions of disadvantage in children and young people's lives. This can help inspire children, young people, families and services to continue to strive for equality and opportunities for all.



YOU SAID:

“That not being able to afford things worried children and young people most. Older children and young people are concerned about finding jobs.”

WE WILL:

Build opportunities for children and young people to have fun, live good lives and have the chances they hope and wish for.

Spend money on things we have seen proven to work in giving children and young people better opportunities in life.

.....

YOU SAID:

“Some children say that there may be times when they feel shame, or can be bored and hungry in school holidays if their family isn't able to afford the same things others are able to have, like holidays or branded clothes.”

WE WILL:

Help all children and young people to be confident that they have what they need to build the futures they want.



4. CHILDREN AND YOUNG PEOPLE HAVE ACCESS TO THE BEST QUALITY EDUCATION TO PREPARE THEM FOR ADULT LIFE

What do children and young people think?

The youngest children we asked want to be able to access the right school for them, close to where they live. Children and young people want to enjoy school. To learn better, they want access to the best educational facilities and resources and inspirational teaching of the highest quality.

Children and young people who experience disadvantage, have Special Educational Needs and Disabilities (SEND) or face mental health challenges, want additional support to feel safe, and the opportunities to participate and succeed in their education.

The highest ranked response from the children and young people we consulted was that the curriculum should prepare children and young people for adulthood and independence, and should include health, drug and alcohol awareness and digital safety. They also want a better understanding of how to live independently, including managing money, administering first aid and developing an awareness of politics.

Northumberland – our starting point

The vast majority of children and young people in the county attend the school or academy of their choice.

The number of children and young people attending a first or primary school judged by Ofsted to be good or outstanding is similar to the rest of the country. Those attending a middle or secondary school judged to be good or outstanding in Northumberland is well below the rest of the country. The number of pupils attending good or outstanding special schools is slightly lower than the rest of the country.

The progress of children with special educational needs and disabilities varies considerably across our county. It varies across age ranges and phases, and also between schools. Although there is some improvement in some areas, the outcomes, particularly at Key Stage 4, are not good enough.

The number of pupils permanently excluded from schools in Northumberland has been higher than the national average in recent years. Fixed term exclusions in Northumberland have been among the highest in the country, but are now starting to reduce.

Children and young people in Northumberland, including those with special educational needs, have more time off school than the rest of the country, with overall attendance being just below the national average.

* 'school' = a school, academy, alternative education provider



Our ambition

All children and young people will feel safe and supported in their school and will be excited by, and enjoy learning with, good teachers who go the extra mile for them and have ambitious expectations for everyone.

All children and young people will learn in inclusive schools that are as close as possible to their local community. Their education will give them the very best experience tailored to their age, needs and ability.

Northumberland's children and young people will leave education with the qualifications and skills they need for employment, training or further study. They will have developed the confidence, resilience and independence needed to be successful in adult life.

Making it happen

We will lead the continuous improvement of education in Northumberland by working with all our educational settings, to try to deliver excellent outcomes for all children and young people, and by making sure that we have attracted the best possible teachers and staff to enable us to achieve this.

We will make sure that Northumberland schools and settings are all safe and inclusive places with high expectations of their pupils. We will offer challenge and support when needed, to enable children and young people to enjoy their education.

We will work with and support schools in Northumberland to substantially reduce the number of fixed term and permanent exclusions. We will also provide more support for those children and young people at risk of exclusion, so that they stay at their own school in alternative provision to continue their education.

What will it look like by 2022?

85% of our schools and academies will be judged by Ofsted to be good or outstanding, so that more of our children and young people are receiving a good education.

We expect to diminish the number of permanently excluded pupils to 0 in all schools by 2022.

Consistent guidance and support to our mainstream schools and other settings about a graduated approach to meeting special educational needs and disabilities, will ensure that more children and young people receive a good education in their local, inclusive school, and are able to thrive.

Our aspiration is that 85% of children and young people will leave primary school ready for a secondary education. This might take longer than 3 years in some key areas.

GCSE outcomes in Northumberland will, over the next three years, match and then exceed the national average with progress scores improving in each year.

Children and young people will learn the skills and develop the attitudes needed for a happy and successful adult life, including those related to relationships, sex and health education, independent living, financial and political matters and drugs and alcohol.

The number of young people participating in post-16 education, employment or training will exceed the national average, with worklessness for 18-24 year olds reduced to 3.5%. Outcomes at age 19 for Level 2, Level 3 and core English and mathematics skills will exceed the national average.



YOU SAID:

“That you want to be at the right school for you, close to where you live.”

WE WILL:

Work towards every Northumberland child attending good and outstanding schools where you are safe and supported to really enjoy learning, and where everyone wants the best for you.

YOU SAID:

“Children with special needs and disabilities want to feel safe and supported to do well at their school.”

WE WILL:

Ensure that if you have a special need or disability, you will have a good education in a local school that is right for you.

YOU SAID:

“Children and young people would like to learn how to deal with aspects of life like managing money, digital safety, drug and alcohol awareness.”

WE WILL:

Encourage and support schools to teach you the skills and understanding you need for adult life.

5. CHILDREN AND YOUNG PEOPLE FEEL SAFE AND SUPPORTED AND ARE ABLE TO COPE WITH LIFE'S UPS AND DOWNS

What do children and young people think?

Our young people want to know how to be able to get help, support and advice. They say that they value having safe spaces to go. If they have a problem, they talk, in the first instance, to parents, friends or someone at school.

Children would like help to know how to be safe from drug and alcohol problems, bullying and risks online.

Children and young people emphasised that 'help in making the right choices' is practical support that helps them to feel safe, while still being able to enjoy themselves.

Northumberland – our starting point

There are a range of services in Northumberland working together to provide the right service when it is needed for children and families.

When children and young people are at higher risk and may be unsafe, services such as education, health, social care and the police work closely together to respond quickly and efficiently.

Parents who argue a lot without being able to sort things out can make life harder for their child.

We do need to better support the local community and voluntary services where children and young people are.



Our ambition



We want our children and young people to be able to deal with all that life brings; when they do need support and advice, we want them to be able to get it when they need it from the right people.

We want to help families and communities to support our children and young people to be resilient and to provide safe places for them to live and grow up. One of the ways we plan to do this is by helping families to sort difficulties out.

We want to make sure that children and young people learn about risks and are supported as soon and as discreetly as possible to deal with them. When those risks mean a child is in danger, we must make sure that all the services work well together so that the risks can be reduced as quickly and effectively as possible.

Making it happen

Young people will be actively involved in helping us to communicate strategies and responses to online risks and safety, as well as specific areas of risk such as criminal and sexual exploitation and domestic abuse. We want to help children and young people to quickly identify the risks, and to reduce them.

We will further develop the links between early help, schools, statutory services and local communities.

We will make sure that positive stories of children and young people's resilience and ability to promote safety are communicated effectively and widely.

The Local Transformation Plan is currently bringing services together to improve the timely availability of mental health support and services for children and young people. The focus on safety is also strong in the Emotional Health and Wellbeing Strategy and the Northumberland Safeguarding Children Board Business Plan.

What will it look like by 2022?

Children and young people will feel safe, be able to recover from setbacks, and be able to describe how and where they, and others, can find support when they meet challenges.

Our children and young people will be actively involved in the way communities and services develop.

The children's workforce will be trained to reduce the impact of parental conflict on children, and this approach will make families feel safer.

We will measure success to ensure we have the right responses and protections in place for young people and the risks they face; for example, about being exploited or needing access to mental health support services.

The changes we will measure include:

- The percentage of families who no longer need to be involved with an Early Help Family Worker (because their needs have been met) will increase from 57% to 85%.
- We will have fewer Looked After Children; reducing to 60 per 10,000 of the under 18 population.
- We expect to discuss fewer children who we have previously known to be Missing, Sexually Exploited or Trafficked (MSET); 80% of the children we discuss in one year at the MSET meeting should not be discussed the following year, because they are no longer at risk.
- We will be measuring the effectiveness of the Reducing Parental Conflict (RPC) programme. That programme is still new and the measures are being developed. We expect to have 314 referrals in the first year.

YOU SAID:

“That the most important thing was to have safe places to go in your own community.”

WE WILL:

Make sure that you know where you can enjoy safe activities and places for young people near to where you live.

Give families and carers support to create safe homes for children and young people to grow up feeling secure.

YOU SAID:

“Being able to get good support and advice is important to children and young people who want to feel safe.

Online safety and awareness and advice about risks are important to you.”

WE WILL:

Act together quickly when we realise that there are risks to children and young people's safety to keep you safe from harm.

Offer more help to children and young people to be emotionally healthy, happy and able to cope.



6. PROMOTING AND SUPPORTING CHILDREN AND YOUNG PEOPLE TO BE HEALTHY

What do children and young people think?

Children and young people in Northumberland who responded to our survey are interested in mental health, physical activity, healthy food choices and sexual health.

They also told us that they want to be safe from bullying and to know who to turn to for support.

Almost 6000 students aged 8-16 took part in our Health and Wellbeing bi-annual survey in 2017 and told us about their health habits and what is important to their wellbeing. This told us that only 16% of children in Years 1-11 are physically active for more than an hour a day, although fewer under 15s in Northumberland smoke than do nationally.

Northumberland – our starting point

The Young Carers Report and annual consultations involving Looked After Children consider the specific health needs of vulnerable groups.

In our county, the trend of increasing obesity in children is mirroring the national data.

Hospital admissions for preventable injuries are increasing for young people aged 0- 24 and in particular for self harm in people aged 10-24.

Under 18 conceptions are steadily declining as are rates of homelessness in 16-24yr olds.



Our ambition



Good health and secure mental wellbeing help children and young people to feel safe, proud of their identity, confident about adulthood and positive about their future plans.

Working together to promote good health, we hope to see children and young people flourish and thrive, making positive contributions to their communities, actively enjoying and making the most of the opportunities in this county and beyond.

Making it happen

We are committed to improving the general health and wellbeing of our children and young people by working together as partners in education, health, social care and voluntary services.

In making healthy lifestyles a part of all of our services, children and young people will grow up knowing that this is our ambition for everyone.

We will offer more intensive support for those children and young people who have health challenges because of traumatic events that happened while they were growing up.

The main health priorities being transformed are: mental health and wellbeing, resilience and tackling childhood obesity.

We don't want people to have any delays when they need help and support, so we will establish integrated care systems. Everyone who works with children and young people will be able to contribute to improving their health.



What will it look like by 2022?

Children and young people will have access to specialist mental health support within four weeks by December 2020 where needed. Every pupil will know who their school mental health champion/lead is and how to access support.

The trend for children to be obese will be decreasing by 2022 and will be halved by 2029.

The numbers of 10-24 year olds admitted to hospital for self-harm will have fallen by 10%

With better awareness of healthy food choices and many opportunities to enjoy active lives, we expect increasing numbers of children and young people to be a healthy weight and feel good about themselves.

We will all work together to tackle and eliminate bullying and discrimination, so that every child and young person feels safe.

YOU SAID:

“The most important issue for children and young people overall was mental health needs.”

WE WILL:

Invest in better mental health support and services for children and young people, so that if you do need help, you do not have to wait long.

.....

YOU SAID:

“Younger children told us that access to exercise and physical activity was the most important aspect of health for them.”

WE WILL:

Make healthy lifestyles a part of all of our services, so children and young people grow up knowing that this is our ambition for everyone.

.....

YOU SAID:

“You told us that you want to be safe from bullying, and know who to turn to for support.

Learning about healthy eating, food choices and cooking was also important to many of you.”

WE WILL:

Promote better awareness of healthy food choices, and lots of opportunities to enjoy active lives, to help you to be a healthy weight and feel good about yourselves.

We will all work together to tackle and eliminate bullying and discrimination, so that every young person and child feels safe.

APPENDIX 1

CYPP Evidence

General

First state of the nation report into children and young people's health and wellbeing

Voice

Short report about the consultation

Best Start in Life Government pages:

Best start in life

First 1001 Critical Days

ChiMat data for Northumberland

Health in All Policies manual

Disadvantage

Social Mobility Commission: State of the Nation Report 2018-19 Summary

Social Mobility Barometer 2018

Education

Annual Report of the Director of education 2017-18 Priorities 2017-2020

SEND Inspection report

Life's ups and Downs

Young Minds Interactive Resilience Framework

Reducing Parental Conflict Programme

Healthy Lifestyle

Young carers Report: Is Anybody Listening? 2017 Public Health Profiles

Sport England Active Lives Children and Young People Survey. March 2019

Health and wellbeing of 15 year olds in England: Smoking prevalence (2014 survey)

PH Child and Maternal Health profiles for Northumberland

Child health in England in 2030: comparisons with other wealthy countries

NHS England: Mental Health Transformation Plans

Childhood Obesity: A plan for action

You can download and view all of these resources here:

<https://tinyurl.com/CYPPNland>

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