



Celebrating our System Network and Sharing our Final Ask

**The North East and North Cumbria
Child Health and Wellbeing Network**

March 2026



Contents

System Wide Foundations	3
Our Network Community	4
System Convenors	5
Communication	6
Innovations, here's a few...	7
Impacts	9
Awards	12
The Team	13
Our Legacy	15
Thank you	16



System Wide Foundations

As the African proverb says, "It takes a village to raise a child."

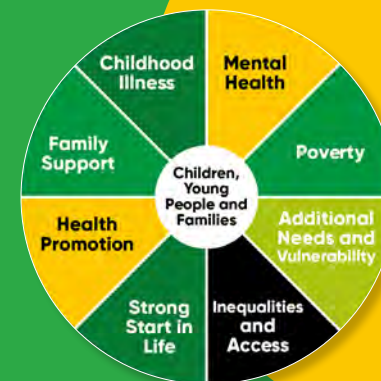
Our network took a system approach from the beginning with our priorities moulded by over 1000 voices – both professionals and young people and families and created our shared vision.

Our shared vision

In the North East and North Cumbria we believe all children and young people should be given the opportunity to flourish and reach their potential, and be advantaged by organisations working together.

What did the system want us to do?

"Share good practice, drive work forward and connect us into experts and groups."



Our Network Community

**"The whole is greater than the sum of its parts."
(Aristotle)**

Never a truer word said of our network – its broad reach and membership led to exciting new partnerships to benefit our local young people.

Examples of this breadth:

 **2300+ members**



Multiple ways we have engaged young people on projects, strategy and in our governance

Networks within our Networks (CYP Diabetes, Surgery in Children and Paediatric Intensive Care Network, Neighbourhood Health, Creative Health, Youth Voice Groups, Professionals networks)



The broad system represented by health, education, voluntary sector, culture, social care and research colleagues



System Convenors

"It is time for parents to teach young people early on that in diversity there is beauty and there is strength."

Maya Angelou

The Network breadth gave us beauty and strength and enabled multiple partnerships which created different roles and innovations.

Demonstrated in its:

- Broad membership and importance of co-production with young people
- System representative governance and oversight
- Successful funding partnerships such as NHS Charities Together, NIHR Applied Research Collaboration North East North Cumbria, Arts Council England and our Integration Centre.
- Rich contributions to events – ICB's CYP Clinical Plan, Paediatric Visioning event, ICB strategy development
- New innovations - Trylife interactive film, creative health, social prescribing in schools, workforce research following the pandemic, Sustainable Child Health, Youth Board Manifesto and round table discussions on key topics like poverty

It also delivered this through over **40 innovative roles** it has hosted including:

- System Leaders for Education, Public Health, Cared for Children and Voluntary Sector
- Advisor roles for clinicians (asthma, epilepsy, transitions, diabetes, GP) Link Workers, Health Inequalities, Arts and Creativity, Education and Healthier Together
- Fellows – Sustainability and Knowledge Mobilisation
- Apprentices – Digital Marketing, Business Administration and Public Health



Communication

"Communication leads to community, that is, to understanding, intimacy and mutual valuing."

Rollo May

Our sense of community has been supported by fabulous communications and engagement.

These include:

- Over 200 newsletters published
- Website developed to share publications from the programme (over 25)
- Social media presence and two Twitter 'take overs' by our Youth Board
- Huddles – over 40 have been conducted sharing examples of good practice and facilitating debate
- 30 lunch and learns to share learning and education
- Developed system working principles for a CYP Alliance
- Toolkits and replication models to share learning:
 - Core20PLUS5
 - Creative Health
 - Zone West replication model
 - Research in Education
 - Sustainable Child Health resources

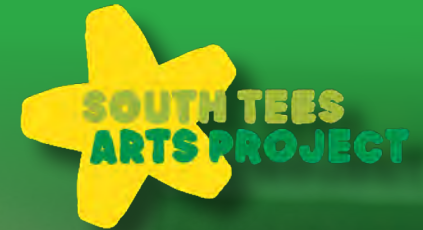
Youth Voice:

- Central to our work to influence decision making
- Youth Board developed a Manifesto
- 77 meetings with our advisors since May 2022
- 75 Youth Voice Groups represented in our Network
- Youth Voice 'sprints' into specific topic areas



Innovations, here's a few...

- ✓ Two Integrated Schools pilots
- ✓ Mental Health First Aid in School training
- ✓ Zone Boro social prescribing pilot
- ✓ Multiple implementations of Poverty Proofing in healthcare settings
- ✓ Complications of Excess Weight clinics commenced
- ✓ South Tees Arts Project (STAR) dance and health programme to increase access to the arts for children living in deprived areas to improve their health and wellbeing



Impacts

"History will judge us by the difference we make on the everyday lives of children."

Nelson Mandela

We hope to be judged by the difference we have made through creating a community for children in the North East and North Cumbria.

 **14,000 young people** registered with Healthier Together

 **Child Development Practitioner drop in clinics** established in a primary school

 **Over 475,000 users** visited the website since 2022

 **Published self harm** recommendations

 **Young people** involved in designing our webpages for **Healthier Together**


 **Over 4000 trained** in Tier One asthma training

 **Contributed to a reduction** in CYP ED attendances (2023 data)

 **12 Youth Mental Health First Aid sites** over **1000 people trained** to support young people's wellbeing

 **Two Clinics for Complications of Excess Weight** established, over **300 young people** seen

 **2300 members** regularly updated and informed of local and national intelligence relating to children

 **'Fakeaway' sessions** developed for families in schools to learn cooking skills

 **Epilepsy family support hub** with **122 members**



Impacts

★ STAR delivered dance sessions to **over 2500** young people who reported feeling more confident, creative and physically fit

★ STAR delivered nearly **1000 workshops** involving **over 150 teachers** who observed improved behaviours, listening skills and engagement in class

★ STAR delivered family support sessions improving children's wellbeing and outcome data showed an **18.3% improvement** in family behaviours management



Impacts



Over **40 webinars** to share good practice and initiative spread across our region



Boost registrations to access our Core20PLUS5 resources and over **400 hits** to the toolkit from professionals



300 young people seen in our Clinics for Excessive Weight



One partnership Poverty Proofed eight settings and **trained over 230 staff** increasing awareness and confidence to discuss poverty circumstances



7 apprentices involved in the Network influencing its projects and decisions



Board established and influenced **4 years** of our senior decision making



More than **220 children and their families** supported by ED Family Support Workers



2 Neighbourhood Health Clinics established serving local communities



Over **500 young people** involved in the design and launch of the interactive film learning about mental health and perinatal mental health



Over **400 Healthier Together champions**



140 children given tooth decay prevention advice and fluoride varnish as part of the Dental Bus project



229 people accessed sustainable health resources from our website



44 young carers supported through group sessions exploring health inequalities



Awards

We have been delighted in the awards we have been shortlisted for and won!



Healthier Together Winner of 2024 HSJ Digital Awards Addressing Health Inequalities through Digital

Created the Chris Drinkwater Creative Health in Primary School Awards – now in its fifth year!



STAR was shortlisted in the 2022 HSJ Partnership Awards for Most Impactful Project Addressing Health Inequalities



Poverty Proofing was shortlisted in the 2023 HSJ Partnership Awards for Most Impactful Project Addressing Health Inequalities



STAR was shortlisted for the 2023 NE Culture Awards and a finalist in the 2024 Northern Cultural Awards



The Network Finalists for the Sir Peter Carr Award 2019



The Team

***"Alone we can do so little;
together we can do so much."***

Helen Keller

Thank you! I am delighted to have worked with such a fabulous team in Jen, Laura, Louise, Emilia, Carol and Anne who have driven our work forward - each one making a fundamental difference. I also include our broader but just as important team from our wider community - the children's sector is so complex but we have a fabulous network of experts happy to advise and give their time generously to their areas of passion, and especially Dr Mike McKean who turned the original Paediatric Network idea into a vision of a Community for the benefit of the system.

Heather Corlett Deputy Director for Children and Young People's Transformation



The Team

The Child Health and Wellbeing Network has been a powerful force in bringing partners together around a shared commitment to improving outcomes for children and young people. Over the past two years, it has strengthened collaboration across the system, improved our collective use of data and insight, and, importantly, ensured that the voice of children and young people is increasingly central to how we plan and deliver services.

This has not been straightforward work, particularly in a period of wider organisational change, but the Network has maintained a clear sense of purpose and has made a tangible difference in how we work together as a system. That is a significant achievement.

I would like to recognise Heather's leadership in shaping and sustaining this work. Her commitment to partnership, to keeping children and young people at the centre, and to building a more connected and responsive system has been instrumental. Heather leaves a strong legacy through this Network, and I am grateful for the impact she and the team have had both on the system and, ultimately, on the lives of children and young people across our region.

As we move into a new phase, it is important that we build on this progress and ensure that the focus, visibility and collective accountability the Network has created are not lost.

Levi Buckley, Chief Delivery Officer, North East & North Cumbria Integrated Care Board



Our Legacy

"The greatness of a community is most accurately measured by the compassionate actions of its members."
Coretta Scott King

We have an ask to all engaged with our Network as it closes:

 **Continue to maintain this community you are part of and work to the agreed alliance principles to promote CYP in our region.**

Alliance principles:

To develop an effective Children's Alliance we need to make sure our key partners from the breadth of the system are represented and that we can effectively collaborate to achieve the agreed working principles together.

1. Our work will be developed, agreed and driven by the voices of local children and young people at every step
2. We will build a movement of people inspired to make change.
3. We will follow the agreed Plan to improve the lives of children and young people in North East and North Cumbria, giving them the best start in life.
4. Together we are stronger. We will work with the many organisations and networks that support children and young people.
5. We will work together to make day to day delivery easier.
6. We benefit from working across our region (North East and North Cumbria), but the focus on local neighbourhoods is of highest importance.



Thank you – A few of the many organisations we have worked with:

