

# HYPN Useful Documentation

Liz Wilson - March 2023



BEDFORD  
BOROUGH COUNCIL



**Milton Keynes**  
City Council

Public Health:  
Working together to improve the health  
and wellbeing of our communities

# The health of children and young people in MK

Child Health Profile [Child Health Profiles \(phe.org.uk\)](https://phe.org.uk) Main findings

Overall, comparing local indicators with England averages, the health and wellbeing of children in Milton Keynes is better than England. The infant mortality rate is similar to England with an average of 12 infants dying before age 1 each year. Recently there have been 8 child deaths (1 to 17 year olds) each year on average.

Public health interventions can improve child health at a local level. In this area:

The teenage pregnancy rate is similar to England, with 55 girls becoming pregnant in a year.

7.0% of women smoke while pregnant which is better than England.

Breastfeeding rates are better than England. 85.7% of newborns received breast milk as their first feed. By 6 to 8 weeks after birth, 60.4% of mothers are still breastfeeding.

The MMR immunisation level does not meet recommended coverage (95%). By age 2, 92.5% of children have had one dose.

Dental health is better than England. 18.1% of 5 year olds have experience of dental decay.

9.8% of children in Reception and 24.7% of children in Year 6 are obese.

The rate of child inpatient admissions for mental health conditions at 64.6 per 100,000 is better than England. The rate of self-harm (10 to 24 years) at 226.2 per 100,000 is better than England.

The level of child poverty is similar to England with 18.1% of children living in relative low income families.

The rate of households with children that are homeless or at risk of homelessness is worse than England.

3.5% of babies were born with a low birth weight (less than 2,500g). This is worse than England. The recent trend shows no significant change.

# Health Promotion

# Oral Health:

## Children & Young People

- Oral health changes are outlined in [Oral health changes information](#) February 2019.
- Oral health resources which can be used by professionals to promote good oral health:
  - [Tilly the tooth](#) PHE resources keeping our teeth healthy lesson plan
  - [Brush DJ](#)
  - [Top tips for teeth](#)
- [Children's Oral Health e-learning programme](#) Health Education England e-Learning for Healthcare (HEE e-LFH), Faculty of Dentistry, Royal College of Surgeons and UCL Eastman Dental Institute and Hospital free Children's Oral Health e-learning programme provides:
  - information and advice about children's oral health aimed at parents, expectant mothers, early years healthcare workers, teachers, nurses, GPs and the public
  - covers the main causes of tooth decay and simple actions that can be taken to prevent the problem
  - explains when a child's primary (baby) and adult (permanent) teeth start to appear, and what you should do if a tooth is knocked out
  - the programme consists of one e-learning session that will take about 20 minutes to complete with a number of self-assessment questions throughout the learning which enable understanding of the key points to be checked



# Health Promotion

## Oral health

Health prevention

[Anna Freud Schools and Colleges 5 Steps to Mental Health and Wellbeing Framework \(annafreud.org\)](http://annafreud.org)



**Mental health is everyone's responsibility.**

[How you feel matters in Milton Keynes | Milton Keynes City Council \(mksendlocaloffer.co.uk\)](http://mksendlocaloffer.co.uk)

How you feel matters in Milton Keynes

A range of services and support is available for supporting children and young people in Milton Keynes with their emotional health and wellbeing.

A local working group has co-produced a document which sets out clearly how children and young people can access support in Milton Keynes.

**How you feel matters: Getting support in Milton Keynes**

**Do you need advice?**

- About Textline 1 Free 24/7 Mental Health Advice - text 8000 0234 580
- Talk to a teacher or school counsellor
- Talk to a school nurse or mental health coach (2020) or Child Health Milton Keynes TEXT 0146203307
- Visit a Children and Family Centre
- 24/7 Children's helpline: 01908 854796
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**Are you worried or sad?**

- Your School Mental Health Lead or counsellor
- Talk to a school nurse or mental health coach (2020) or Child Health Milton Keynes TEXT 0146203307
- Call 01908 854796
- MHSU Child 04200
- 24/7 Children's helpline: 01908 854796
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**Do you feel unsafe? Need help now?**

- Local mental health crisis line: 01908 854796
- Child helpline: 0800 111 111
- 24/7 Children's helpline: 01908 854796
- Health Check Service: 01908 854796
- 24/7 Children's helpline: 01908 854796

**Are you very unhappy and need help?**

- About Textline 1 Free 24/7 Mental Health Advice - text 8000 0234 580
- Children and Young People's Mental Health Services: 01908 724226
- Ask Council drug use specialist: 01908 854796
- 24/7 Children's helpline: 01908 854796
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## **Anna Freud - Safe Environment in schools and colleges video and 5 steps Framework**

Hannah Woods, Head of Service for the Schools and Colleges Early Support Service at the Anna Freud Centre, looks at the importance of creating a safe environment in schools and colleges and practical ways that staff can help students feel safe.

**For more information visit: [annafreud.org/5steps](https://annafreud.org/5steps)**

<https://youtu.be/xjuc78SPyks>



## A Focus on mental health and wellbeing at work



- Poor mental health costs UK employers up to **£56 billion each year**. But for every £1 spent by employers on mental health interventions, £5.30 is saved in reduced absence, presenteeism, and staff turnover (Deloitte, 2022).
- Did you know that 1 in 6 adults will have experienced a common mental health disorder in the last week? That's 17% of your workforce.
- In 2021, stress depression and anxiety accounted for almost 10% of employee absences (ONS)

### To address this, ask yourself a few challenging questions:

- Do I really know what's going on with my employees?
- Do I ask or give employees an opportunity to tell me how they are feeling?
- Do I know what to look out for?
- Do I know how to start a conversation about mental health and wellbeing and what would I do or say if someone opens up?

Take a look at this short video exploring mental health and wellbeing in the workplace [Mental Health in the Workplace | Promoting Wellness and Self Care](#)

For an update on FREE workplace mental health and wellbeing workplace resources and services, please click [here](#)

## Up and coming opportunities:



My Whole Self

## Up and coming opportunities:

1. **My Whole Self Day** is Mental Health for All (MHFA) England's campaign for workplace culture change. Find out how to get involved in the lead up and on the day Tuesday 14<sup>th</sup> March [here](#)
2. **Access to Work Mental Health Support Service resources for Employers**. This **FREE** service is available to those at work who need support with mental health, coping skills and workplace adjustments. The services are all under a single 'Maximus' brand. You can reach out to one of the team on [atw@maximusuk.co.uk](mailto:atw@maximusuk.co.uk)
3. **The Milton Keynes Recovery & Wellbeing College** (MKRWC) provides **FREE** courses and workshops focusing on mental health wellbeing and recovery. The new timetable until April 2023 is available to download from their [website](#).  
[The Bedfordshire Recovery College](#) 2023 Spring Prospectus (Jan-March) is out now. Click to download it here: [The Bedfordshire & Luton Recovery College Spring Prospectus 2023](#).
4. **The Bedfordshire Wellbeing Service (Talking Therapies service)** offers **FREE** wellbeing workshops and group coaching sessions to workplaces and anyone who works or lives in the Bedfordshire community. Some workshops are pre-recorded please check out our [website](#). If you are interested in arranging a live session (face to face or digitally), please feel free to contact the service at [elft.bwsoutreach@nhs.net](mailto:elft.bwsoutreach@nhs.net).
5. **The Milton Keynes Talk for Change service** improving access to psychological therapies (IAPT), this is a free, confidential NHS service providing psychological treatment for depression and anxiety disorders for Milton Keynes residents. Talk for Change also offers **FREE** support and advice services to workplaces.
6. Check out our **Workplace Health webpages** for more **FREE training** opportunities including [See the Signs](#) suicide awareness training, as well as more resources and services to support Mental Health and wellbeing including **FREE mindfulness yoga** at work.
7. The **Healthy Workplace Standards** are a best practice framework and award scheme which support improvements in health and wellbeing at work. The scheme is open to all businesses across Milton Keynes, Central Bedfordshire and Bedford Borough. For more details, please contact the team at [public.health@milton-keynes.gov.uk](mailto:public.health@milton-keynes.gov.uk).





# Think Dad! Toolkit

*On Monday 20<sup>th</sup> February 2023 the [North East Young Dads and Lads](#) and [Following Young Fathers Further](#) team launched the 'Think Dad! Toolkit', co-created with young fathers and developed with professionals and services in mind. With interactive features, you can engage with a range of resources, activities, and advice about how you might employ father-inclusive approaches that will benefit mums, children, and dads. Foregrounding the voices and experiences of young fathers, the resource also provides guidance for effective engagement with fathers more generally.*

*You can access the toolkit [here](#). We encourage you to share our feedback and make a pledge to practice using the relevant QR code. To view the launch event recording, please use the following link. The recording is embedded at the bottom of the blog: <https://followingyoungfathersfurther.org/news/think-dad-a-father-inclusive-toolkit-for-professionals-now-available/>*

*Many thanks,  
Anna and the North East Young Dads and Lads*

*Professor Anna Tarrant (she/her)  
UKRI Future Leaders Fellow  
Co-editor of Sociological Research Online  
3208 Bridge House  
University of Lincoln  
Lincoln  
LN6 7TS*

# Health Protection

# Guidance on addressing misogyny, toxic masculinity and social media influence through PSHE education

The [PSHE Association](https://www.pshe-association.org.uk) have produced newly available resources including a guidance on addressing misogyny, toxic masculinity and social media influence through PSHE education, for KS1-5

[Addressing misogyny, toxic masculinity and social media influence in PSHE education \(pshe-association.org.uk\)](https://www.pshe-association.org.uk)

# Healthy Young Peoples Network



# Interactive Evaluation of HYPN

What are HYPN strengths? In particular, what positive things should we do more of?

Mentimeter



# Interactive Evaluation of HYPN

Where can we develop? In particular, what should we be doing things differently?

 Mentimeter

directory of members  
more speed networking      trello boards  
agree one joint action      google jam  
activity between meetings      set goals  
digital pins      wider reach      clone liz shes brill  
schools involvement  
more networking time  
more speed date time  
digital pinboard for info

# Useful Reading

- [crisis-on-our-doorstep-barnardos-report-march2023.pdf](#)



# **HYPN Dates for your diary**

**May 2023 Date To Be Confirmed - Face to Face HYPN**

**28 June 2023 12:30 – 2pm Virtual Information Sharing Session - HYPN**

**16 Aug 2023 12 -1:30pm Virtual Information Sharing Session – HYPN**

**Oct 2023 Date to Be Confirmed – Face to Face HYPN**

**4 December 2023 12:30 – 2pm Virtual Information Sharing Session – HYPN**

Please contact [Liz.Wilson@milton-keynes.gov.uk](mailto:Liz.Wilson@milton-keynes.gov.uk) if you would like to receive an invitation and haven't yet.

# Thank you!

If you would like any further information,  
please contact:

[Liz.wilson@milton-keynes.gov.uk](mailto:Liz.wilson@milton-keynes.gov.uk)



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