



# Joint Strategic Needs Assessment

**MORAY CHILDREN AND FAMILIES**

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## 1. INTRODUCTION

This Joint Strategic Needs Assessment (JSNA) has been produced to inform the development of the Children's Services Plan 2020-23.

All key stakeholders, including children and families have contributed to its production.

It is a 'live' document which will be reviewed and updated on an annual basis and more frequently, as required.

The analysis was undertaken based on current data and extensive consultation and engagement with children, families, frontline practitioners and management within the Children's Services Partnership.

## 2. PROCESS

The process consisted of the following steps:

**Step 1** – Identification of relevant and available statistical data relating to children and families in Moray. It was broken down into vulnerability factors relating to

1. Children
2. Parents
3. Communities

In addition, data which relates to our children in need of targeted/more specialist support was collated and analysed.

To gain a clear picture of our performance locally, this data was compared with the same data from other local authorities and Scottish averages.

**Step 2** - Survey work undertaken with young people within schools (P5-S4). This was part of a national program called Realigning Children's Services which the Moray Children's Services partnership are participating in.

5247 (81% of primary school pupils and 75% of secondary school pupils) young people completed an online survey in school. It sought their views on their own health and wellbeing.

**Step 3** - Face to face surveys with 194 young children and 104 of their parents. This was undertaken by nursery staff using a range of age appropriate techniques.

**Step 4** - An online survey completed by 959 parents throughout Moray. This survey sought their views on their needs as parents and the support they both need and currently access.

**Step 5** - Engagement with frontline staff working with children and families. Through workshops in both east and west Moray, their views were sought on the needs of the children and families they work with and priorities which they feel need to be addressed with and for children, young people and families.

**Step 6** - Face to face engagement with Moray Youth Matters a group made up of 20 young people from across Moray. It is a diverse group of young people from different communities and representing a wide range of equalities groups e.g. Young Carers, Looked after Children, LGBTQ+. They were asked to identify and prioritise their needs, considering the survey feedback (STEP 2).

**Step 7** - Face to face engagement with parents in partnership with two local employers – Moray Council and Baxters. The purpose of these sessions was to review survey feedback to identify and prioritise needs.

Numbers at these sessions were low. Other ways to engage parents needs to be trialled in future.

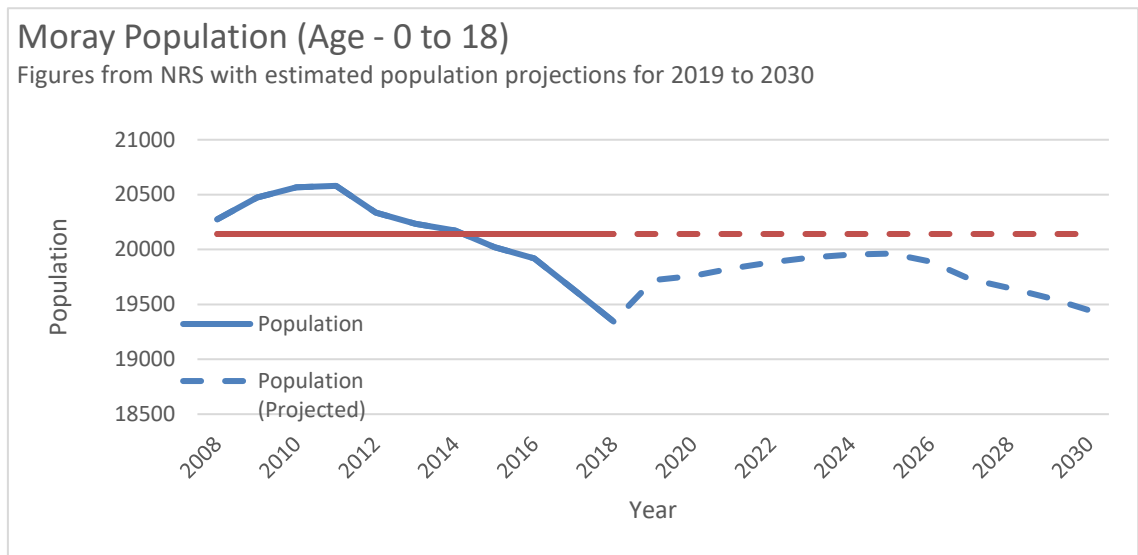
**Step 8** - A group made up of representatives from across the partnership considered all the feedback and identified 4 key priorities. They are:-

- Improve wellbeing
- Reduce the impact of poverty
- Children and young people are safe and free from harm
- Improve the outcomes and life chances of looked-after children

### 3. LOCAL CONTEXT

#### 3.1 Population

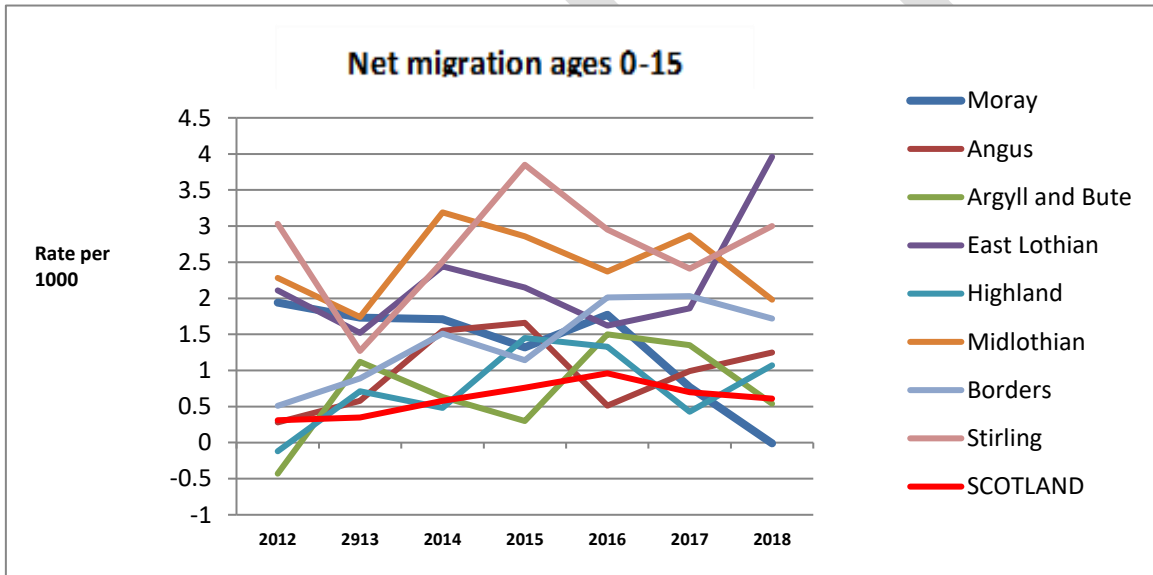
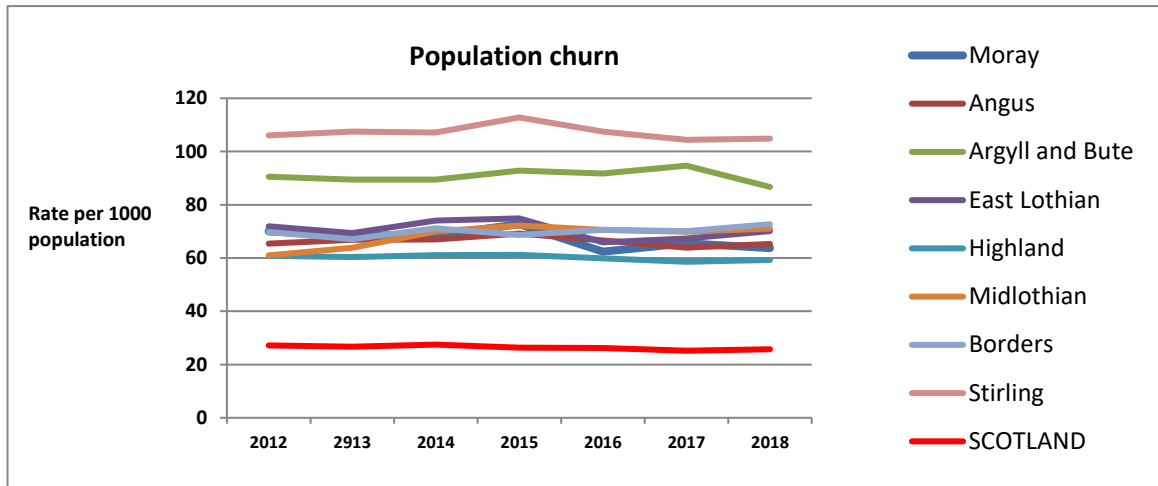
The population of children and young people in Moray has fallen from a high of 20,600 in 2011 to 19,300 in 2018, although National Records of Scotland predict that there will be a slight increase in numbers by 2030.



Population churn is a measure of how quickly the population in an area is changing in its composition. It combines outward migration and inward migration. It can therefore be regarded as a measure of population stability. High levels of 'churn' are thought to have potential adverse effects on children living with a level of instability.

Population churn in Moray is considerably higher than the Scottish average, but about the same as in most of our comparator authorities except for Argyll and Bute and Stirling, which are significant outliers.

It is recognised that Ministry of Defence decisions regarding the deployment of staff to the two military bases in Moray (Kinloss Barracks and Royal Airforce Lossiemouth) impacts on total number of children and population churn.



In distinction to population churn, net migration measures the difference between inward migration and outward migration. For Moray the figure has been dropping steadily and is now just in to the negative zone, where slightly more children and young people are leaving than arriving.

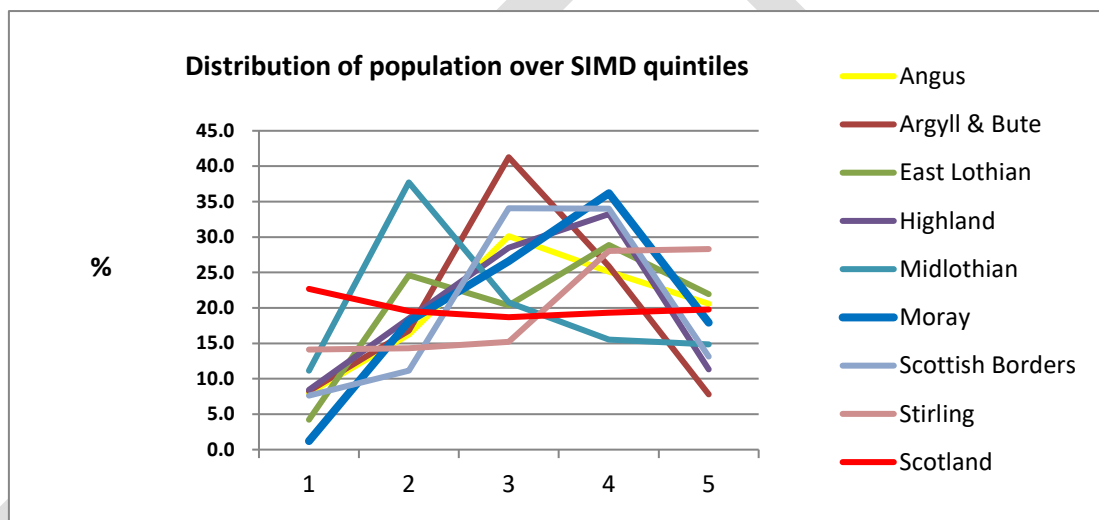
### HEADLINES

- Overall Moray has an ageing population.
- Expected minor rise in the number of children and young people in Moray over the next decade however, more children and young people are leaving than arriving in Moray.

### 3.2 Prosperity

Taking account of the Scottish Index of Multiple Deprivation (SIMD) it might be argued that Moray is relatively “prosperous”. Only 1.2% of the population live in data zones that are amongst the 20% most deprived in Scotland (the lowest of our comparator authorities), whilst 53.6% live in the least deprived two data zones (the second highest of our comparator authorities).

Research shows that for many people, Moray is a great place to live with relatively low unemployment, an enviable natural environment, low levels of crime and good public services. However, Moray has pockets of inequality, deprivation and poverty which are experienced on both an individual level and collectively in some small geographical areas. There is a variation in outcomes for smaller communities in Moray this is presented within aspects of rural poverty as well as subsequent access issues such as delivery of and access to services, and social isolation.

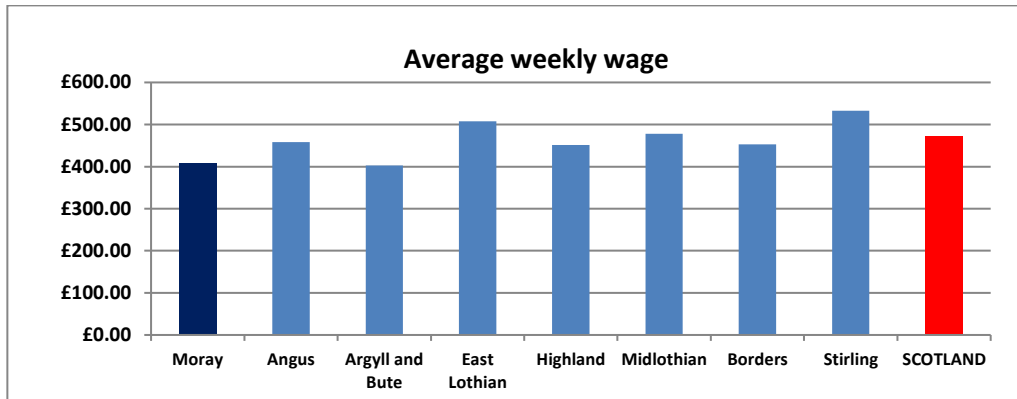


Examining the distribution of people who might be living in deprived circumstances reveals the following.

	% of all income deprived people who live in these areas	% of all employment deprived people who live in these areas
SIMD 5 (least deprived)	12.9	13.5
SIMD4	19.5	20.2
SIMD3	23.9	24.3
SIMD2	26.8	26.8
SIMD1 (most deprived)	15.1	15.2

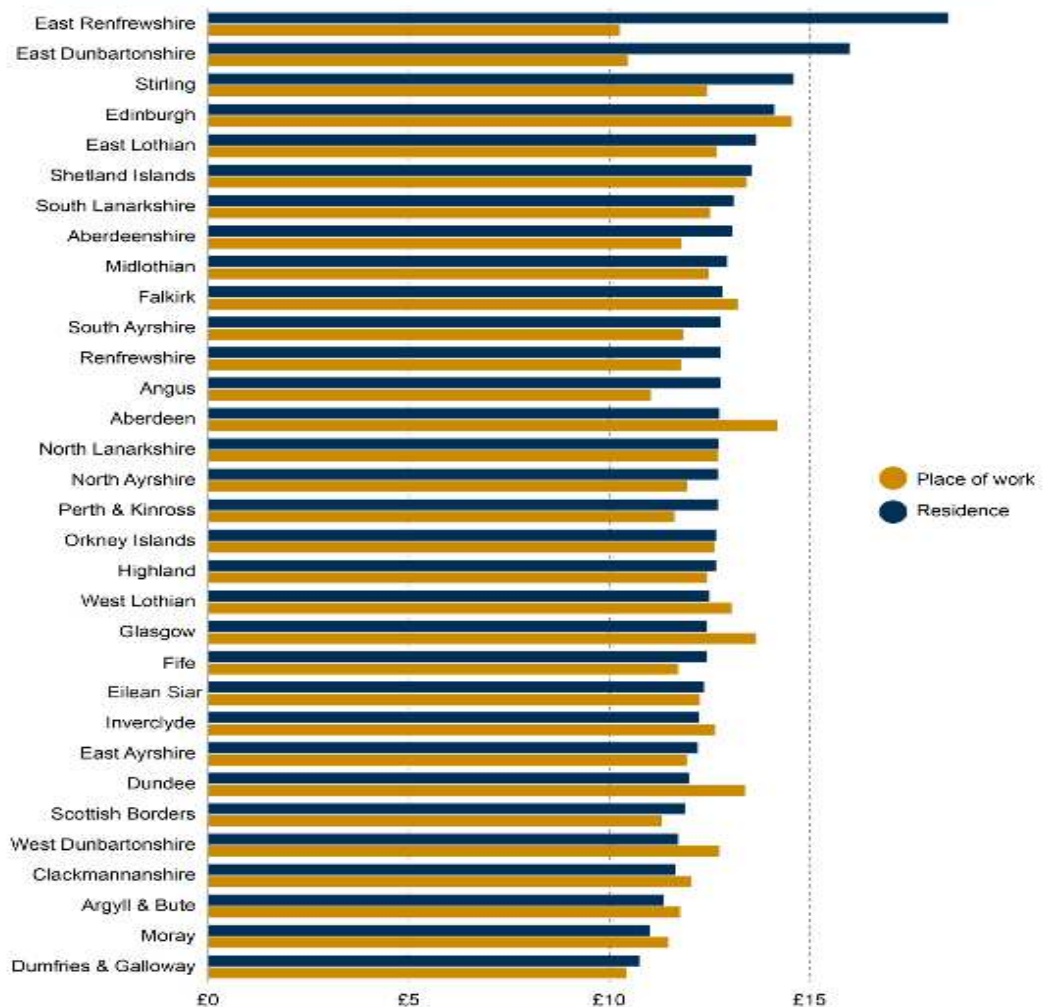
Only approximately 15% of our most deprived people live in our recognised deprived areas, whilst nearly a third live in our two least deprived areas. These facts have a significant bearing on strategy and policy, particularly in terms of targeting resources. Resources need to be targeted on vulnerable people and families and not particularly on our ‘deprived’ areas.

Despite the apparent prosperity implied by the SIMD data, Moray has a low wage economy, with only Argyll and Bute amongst our comparator authorities having a lower average weekly wage.



A better comparator than the average wage is the median wage. Half of the population earn less than this and half earn more. Looked at like this, Moray has the second lowest wage of all Scottish local authorities.

Median hourly pay excluding overtime by local authority - 2018



Source: Annual Survey of Hours and Earnings 2018



The probable explanation of the conflicting view of “prosperity” presented by the SIMD data and the data on wages is that Moray may have few very high earners who would bring up the average wage whilst at the same time having relatively few very low wage earners.

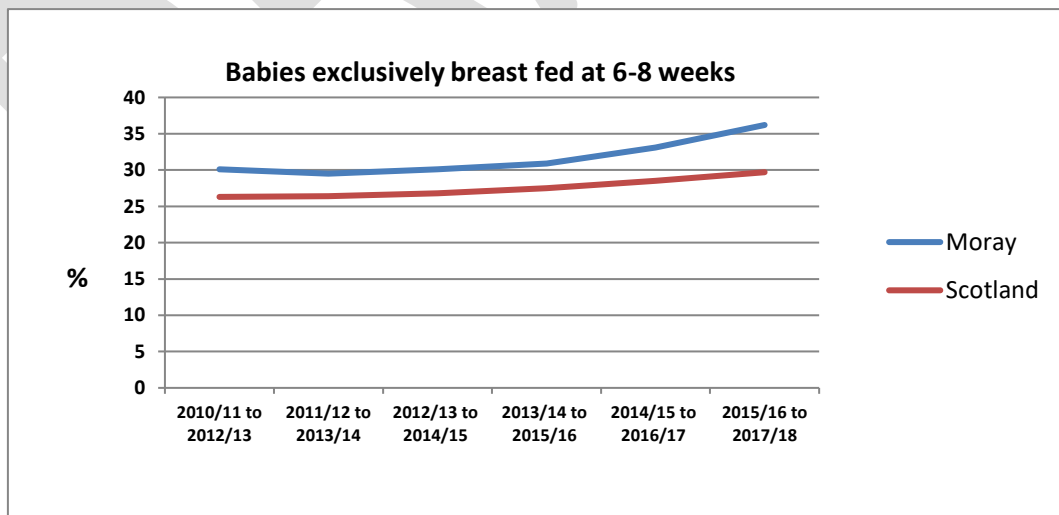
### HEADLINES

- Overall, Moray has low levels of deprivation.
- The majority of our most deprived people do not live in our most deprived geographic communities.
- Low wage economy.

## 4. VULNERABILITY FACTORS – CHILDREN

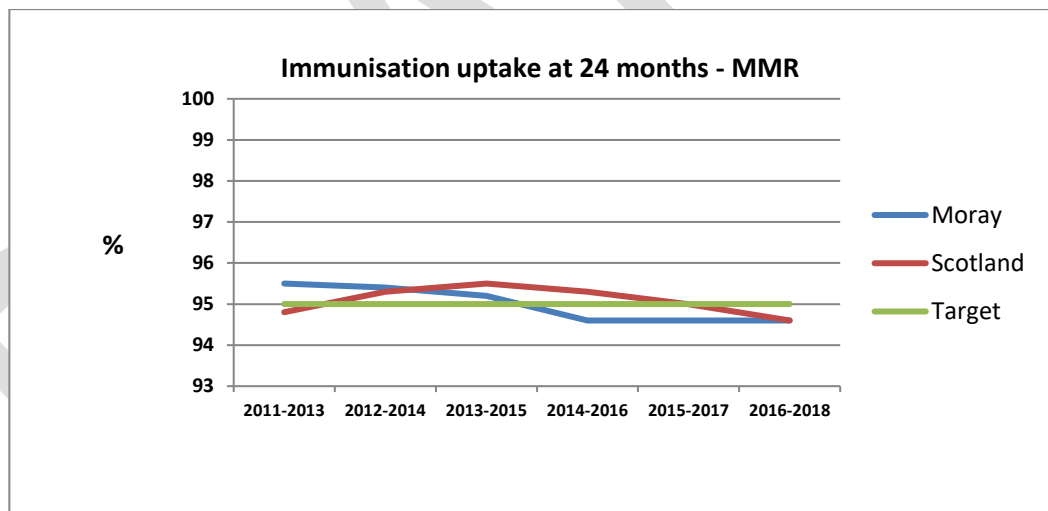
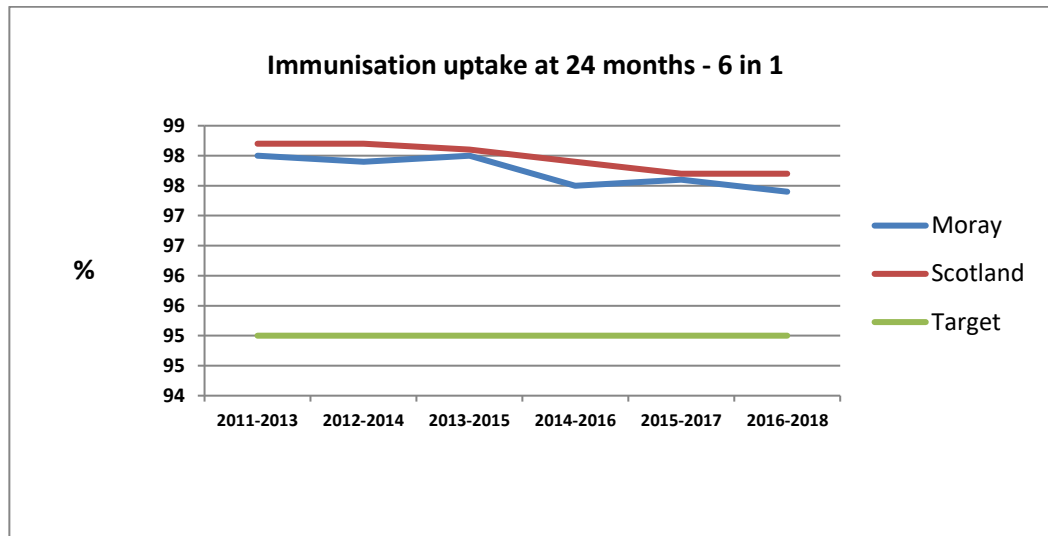
### 4.1 HEALTH

**Breast Feeding rates** - Breast feeding is known to be associated with physical advantages to both mother and baby, with reduced risk of breast cancer in the mother and reductions in respiratory and gastro-intestinal infections in the baby. It is almost certainly associated with lower rates of obesity and type II diabetes. However, there are also emotional and psychological benefits to both mother and baby, particularly in relation to attachment.



Breast feeding rates in Moray are higher than the Scottish average, and improving at a slightly faster rate, but the drive for yet further improvement needs to be maintained.

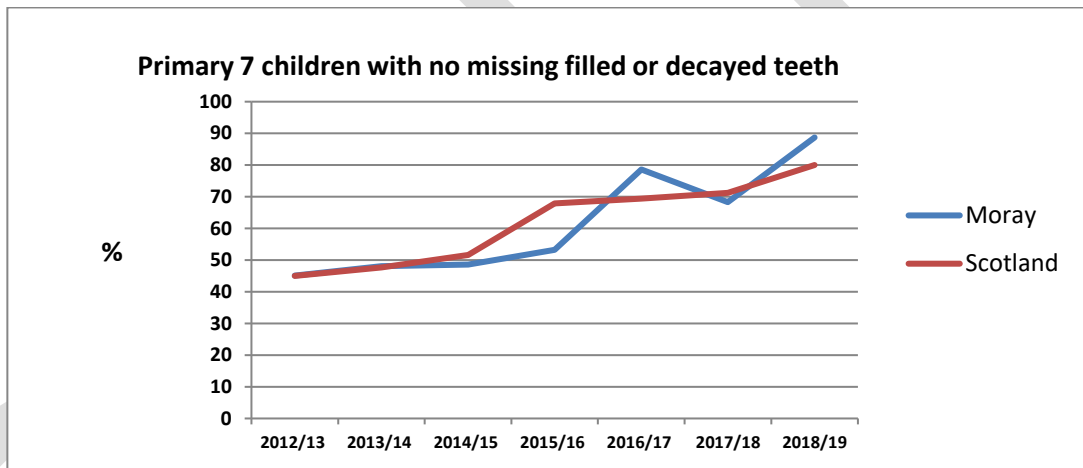
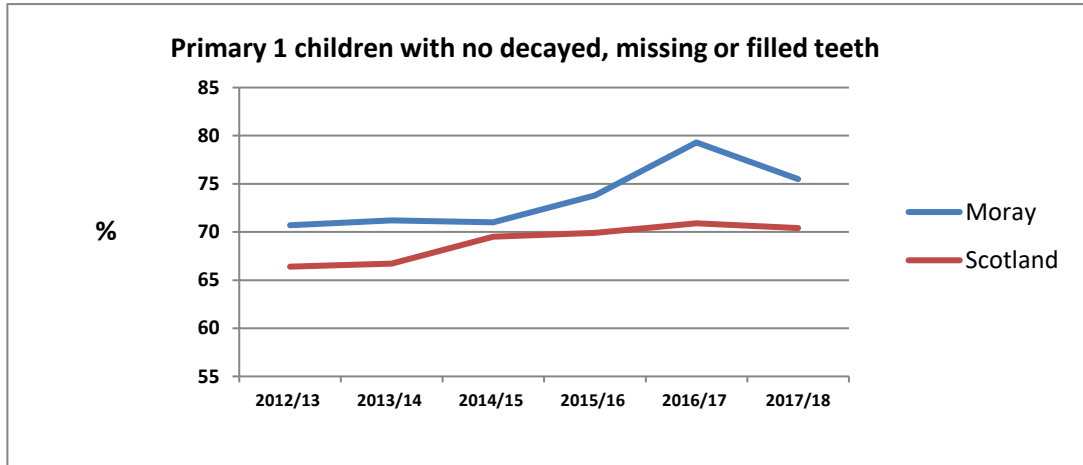
**Immunisations** - Childhood immunisation is one of the most important preventative measures that can be undertaken to protect children from serious, life-threatening diseases. However, the rate of uptake of these immunisations might also act as a proxy for appropriate parental concern for their child's best interests, notwithstanding the fact that some parents choose not to have children vaccinated.



Rates of immunisation for the cluster of infections contained in the 6 in 1 vaccine are above the target level of 95%, but are falling, and remain slightly below the Scottish average. More significantly, the uptake of the MMR (Measles, Mumps, Rubella) vaccine is below the target level for providing 'herd immunity', having fallen below this level in the 2014-16 period, increasing the chances of a serious outbreak of measles occurring.

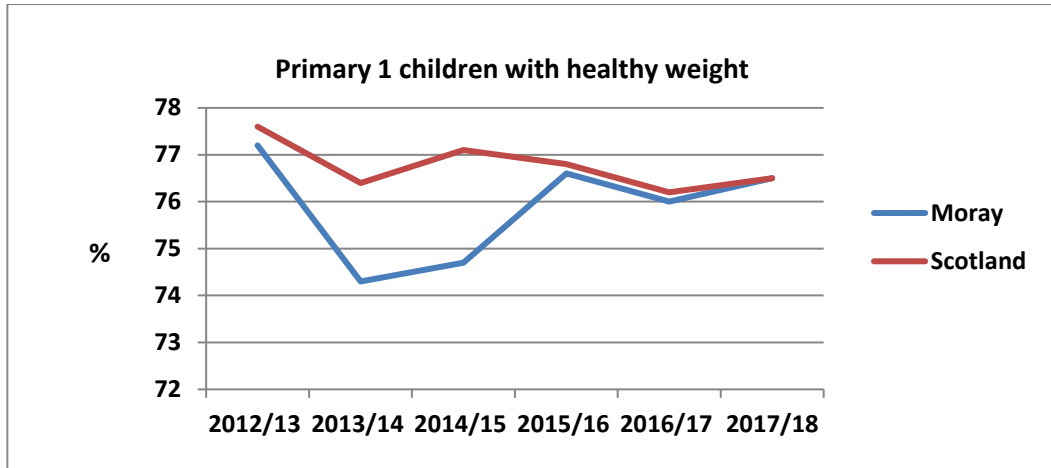
Strategies need to be developed to combat the inaccurate adverse publicity about this vaccine promulgated largely through 'social media'.

**Oral health** - Good oral health is important for general wellbeing and the ability to eat well, speak well and to socialise properly. Poor oral health can be associated with pain, disfigurement, infection, school absences and poor nutrition and weight.

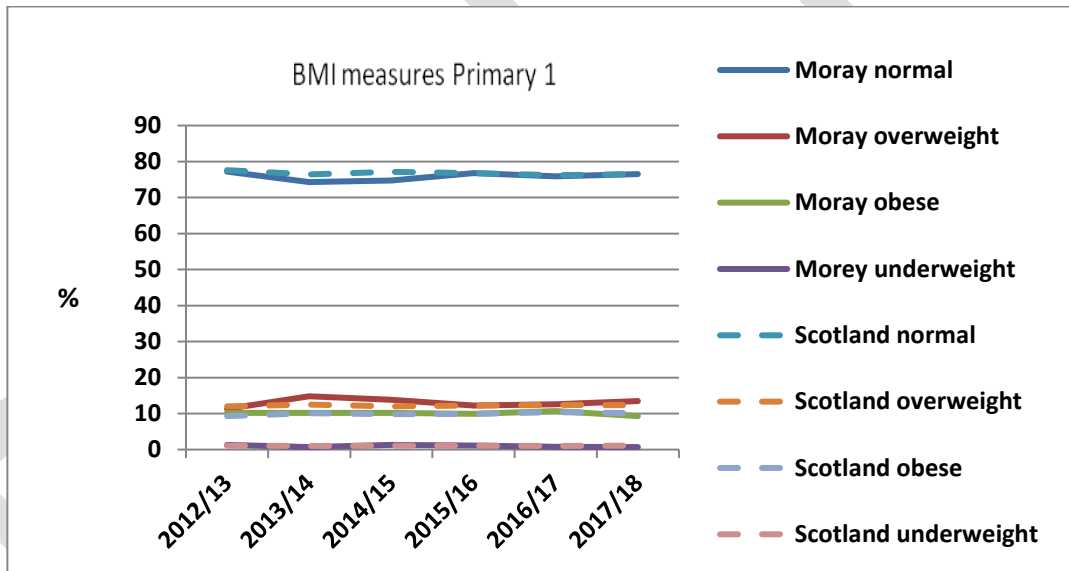


Oral health in primary 1 children in Moray has been relatively good, although there was an apparent decline in 2017/18. The position with the older primary 7 children has recovered from a result just on the Scottish average to a very satisfactory position in 2018/19. (The dip in both primary 1 and 7 results in 2017/18 may have been due to a different dental inspector) This really good effort should be maintained.

**Childhood weight** - Obesity and being overweight in childhood can predict significant physical problems in adulthood. Overweight children are twice as likely to become overweight adults as children of a normal weight. There are serious consequences of this relating to type II diabetes, heart disease and some types of cancer, as well as several other less serious consequences. However, for children who are overweight or obese there may be immediate consequences in terms of their sense of wellbeing in its broadest sense.

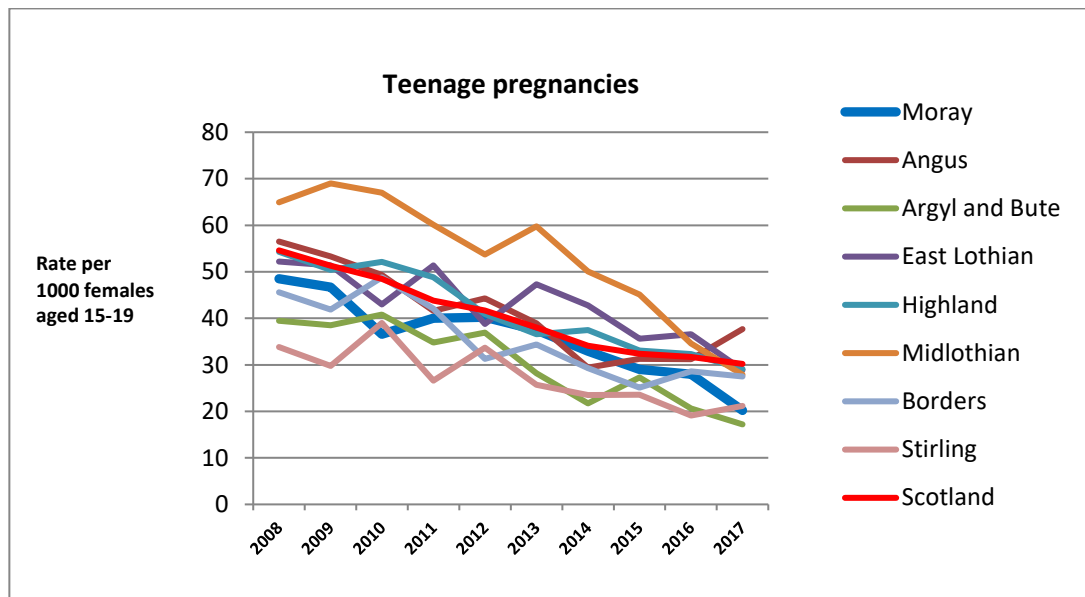


The percentage of children starting school with a healthy weight has in the past been below the Scottish average, but the most recent figures show the percentage coinciding with the rest of the country, although the situation in Scotland as a whole is declining.



In general terms in Moray the distribution of normal/overweight/obese/underweight children is not significantly different to the rest of Scotland, however Scotland does not compare favourably to most other developed countries, and so the drive towards increasing the proportion of children who have a normal weight needs to be increased.

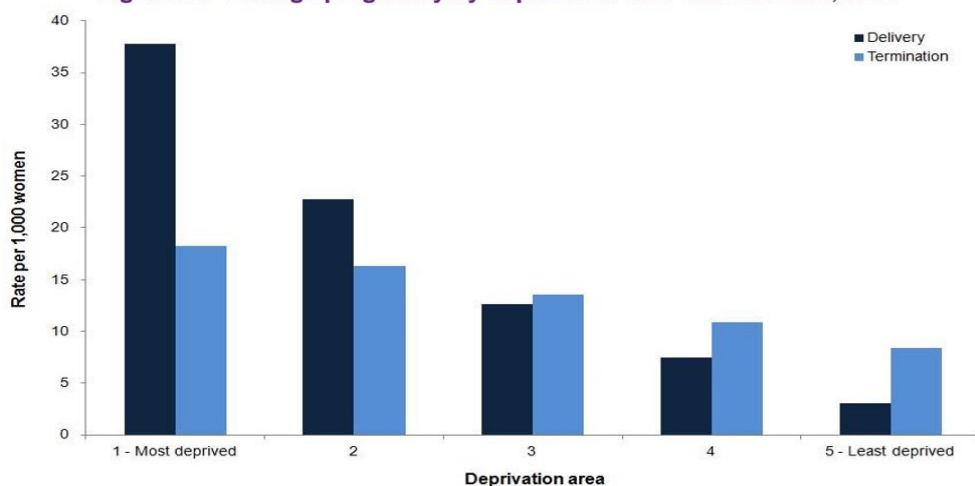
**Teenage pregnancy** - Becoming pregnant at a young age is seldom a deliberate and planned act, and it can have profound effects on the young women concerned. Where the pregnancy is terminated there are some recognised physical and psychological effects to go along with this in some cases. Where the pregnancy is allowed to continue the adverse outcomes can be poor educational attainment (with all of the consequent disadvantages of this), impaired job prospects, and reduced opportunities for further/higher education and financial hardship.



As with the rest of Scotland the teenage pregnancy rate in Moray is on a steady downward trend and is now amongst the lowest compared to our comparator authorities. The efforts that have achieved this result need to be maintained.

In Scotland as a whole there is a clear difference in teenage pregnancy outcomes across the deprivation quintiles.

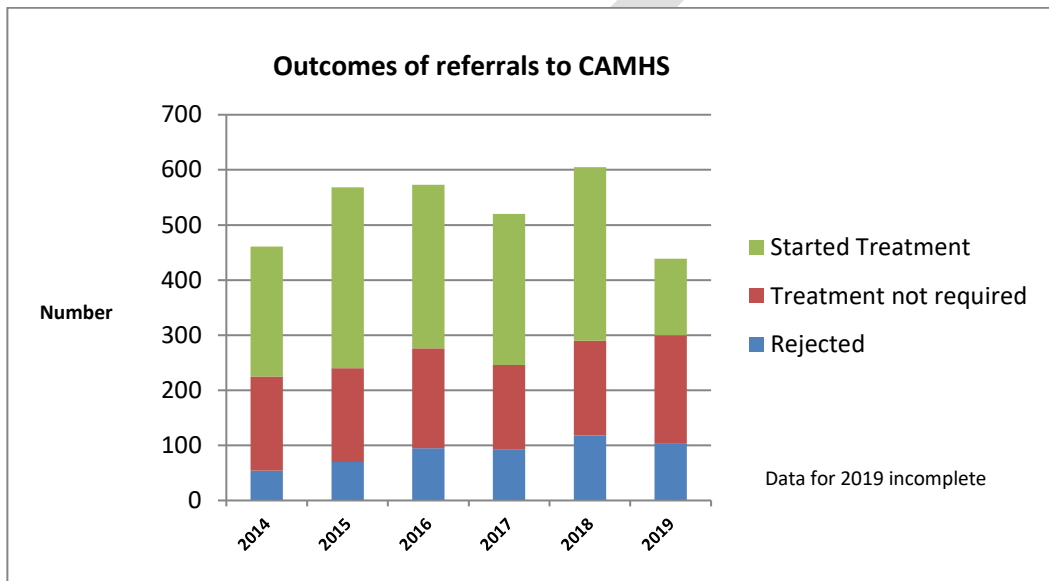
**Figure 7a: Teenage pregnancy by deprivation area and outcome, 2017**



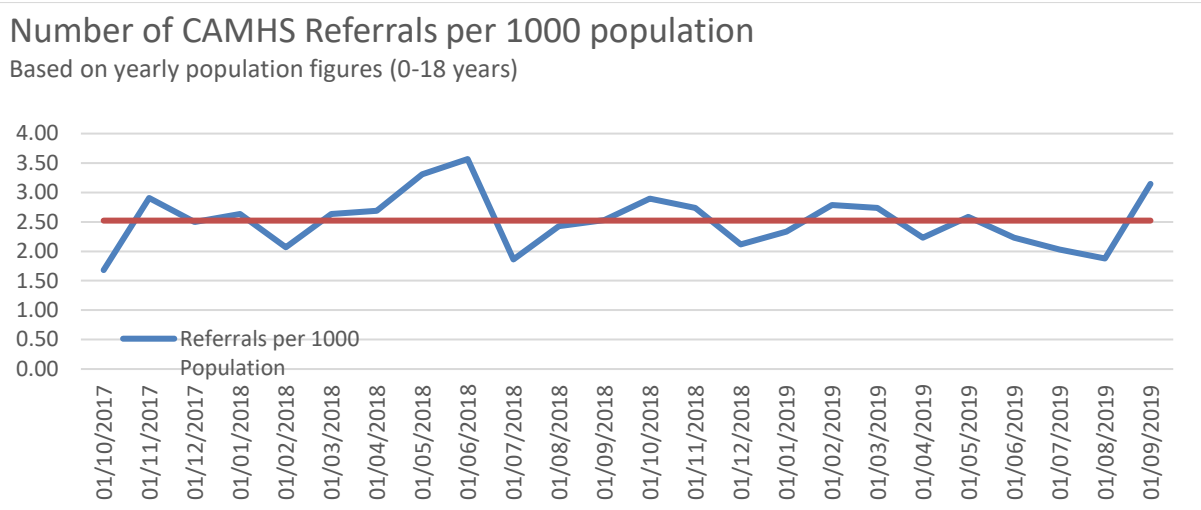
Includes all pregnancies in women aged <20.

If this pattern is replicated in Moray, and given the reservations about the use of SIMD geographical areas outlined in the section on 'context', it is likely that the majority of teenaged parents are to be found amongst the most socio-economically disadvantaged **individuals** (as distinct from the majority of teen parents being from the most deprived **areas**) thus compounding the difficulties for these young women.

**Mental health** - This is a topic about which it is difficult to gather quantitative data. Referrals to Child and Adolescent Mental Health services (CAMHS) represent the tip of a much larger iceberg of the true extent of the problems.



Around 500 children are referred to CAMHS each year, however somewhere around 20% of these referrals are judged by the service to be inappropriate on the basis of the referral information. These children are not seen. Around a further 30% are seen once, and judged to be unsuitable for treatment in the CAMHS, and so only around half of the children referred are actually treated within the service.

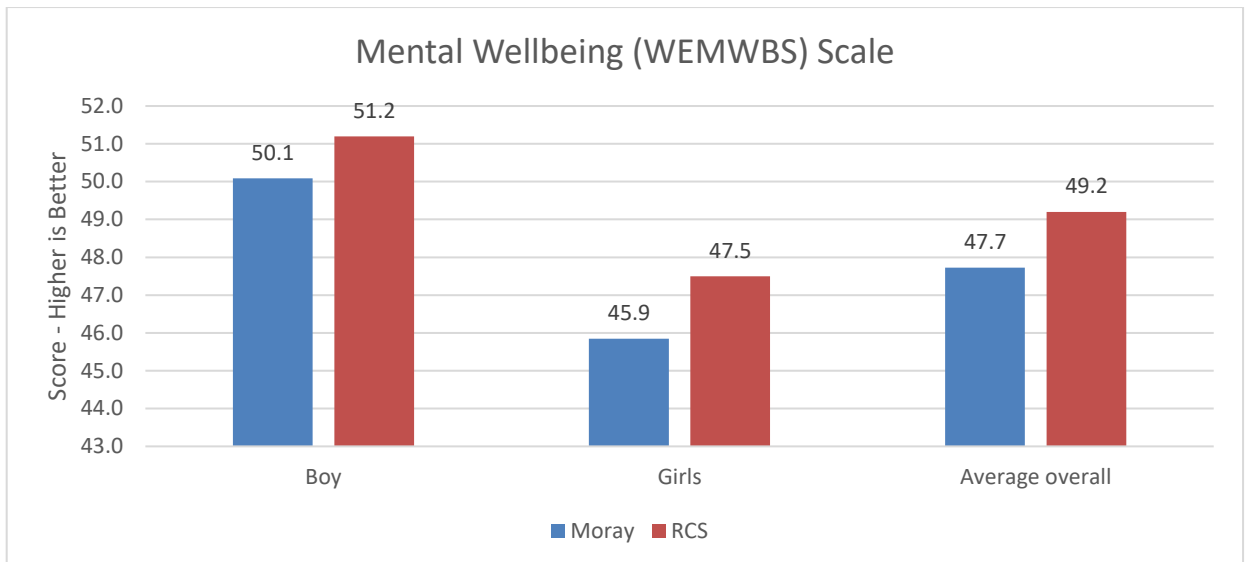


Demand estimate data for Moray CAMHS indicates that there is a monthly referral rate of 2.5 referrals per 1,000 population (approximately 50 young people). Population projections to 2025 predict an increase in the 0-18 population, which may increase the referral rate to 4.0 per 1,000 population (approximately 80 young people) further reinforcing potential unmet need.

Out of 2275 primary school children with Additional Support Needs (ASN), 16 are recorded as having these needs because of a mental health problem. Out of 1672 secondary school young people with ASN, 70 are recorded as having these needs because of a mental health problem. It is clear that this data also underestimates the extent of the problem.

Looking at the Re-aligning Children’s Services qualitative data, 22% of S3/4 girls report themselves to be negative to the question “How happy are you with life as a whole?” On the combined life satisfaction summary score 50% of S3/4 girls reported medium or low scores. These figures are more likely to reflect the true state of young people’s mental wellbeing levels in the region and represent a considerable challenge in developing innovative and affordable responses to the issue.

Similarly to Moray, in the whole RCS combined, boys have better wellbeing than girls.



Combined averages across all 8 CPPs in the RCS project (unweighted)

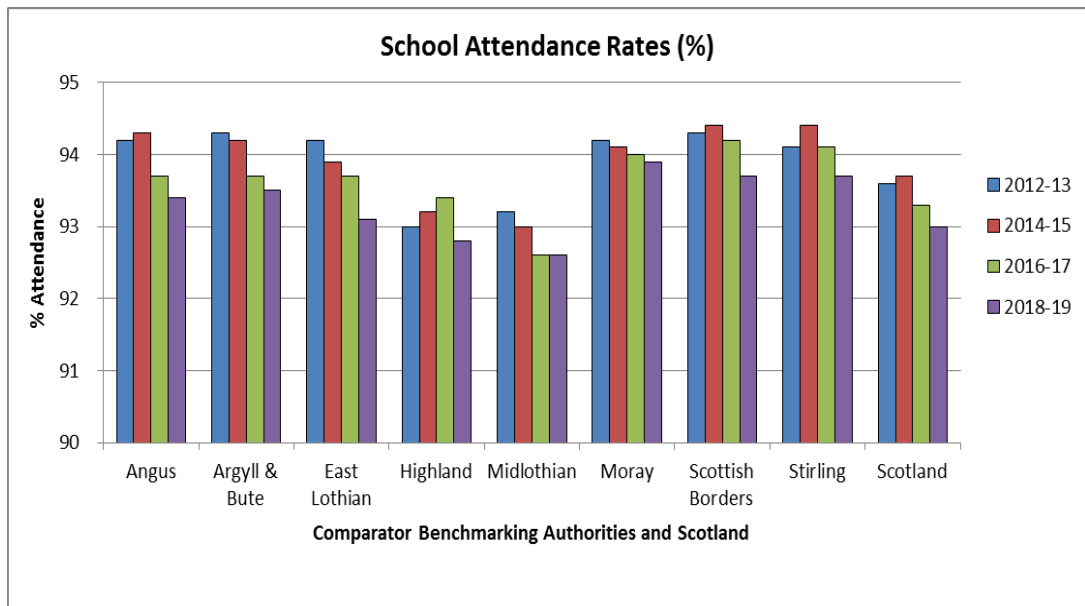
### HEADLINES

- Children in Moray make a good start in life.
- Breast feeding rates, MMR immunisation and healthy weight are all in line with Scottish averages. A drive for improvement is still required, as Scottish rates are low
- There is a significant unmet need in children’s mental health.

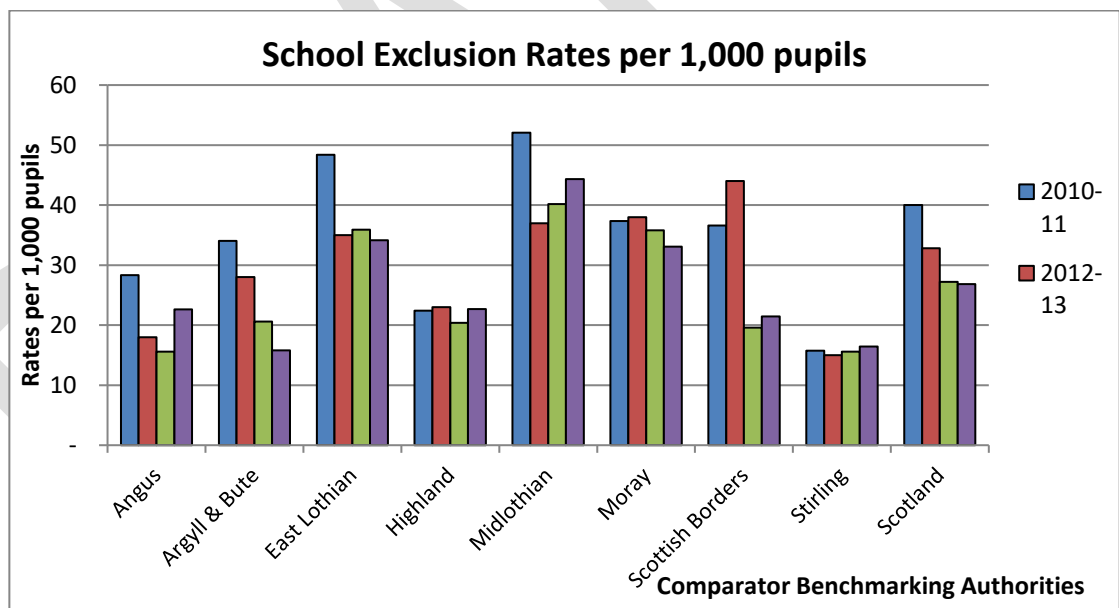
## 4.2 EDUCATION AND EMPLOYMENT

Good educational outcomes are an important driver for large numbers of desirable features of adulthood including, but not limited to, good health and wellbeing, reduced inequalities of all types, better income, more satisfying jobs and more social mobility. It should be emphasised that educational outcomes are determined by many factors in a child’s early years including parenting factors as well as the child’s socio-economic environment. Education itself is only one of these numerous factors.

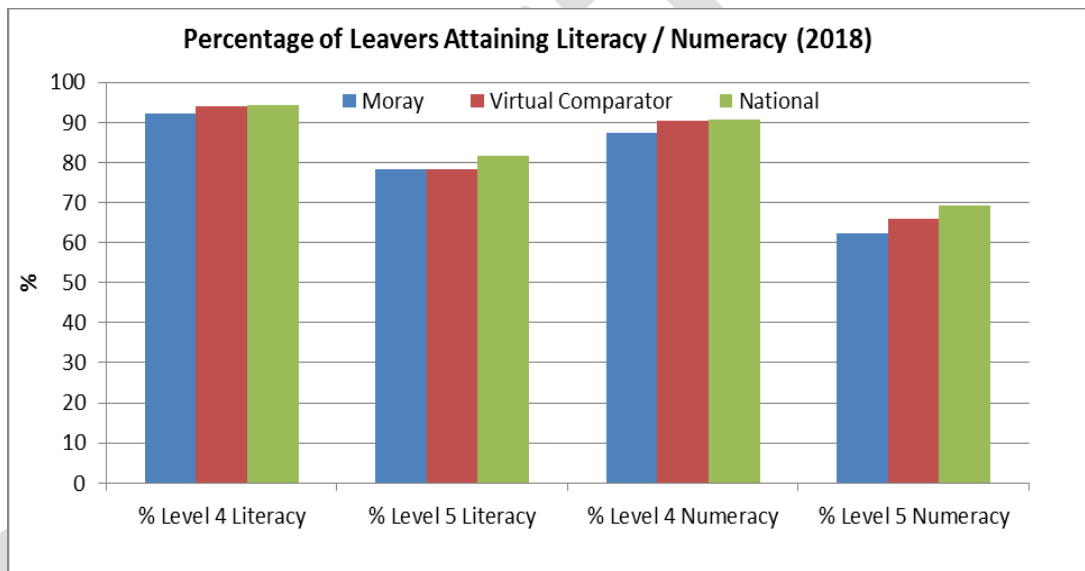
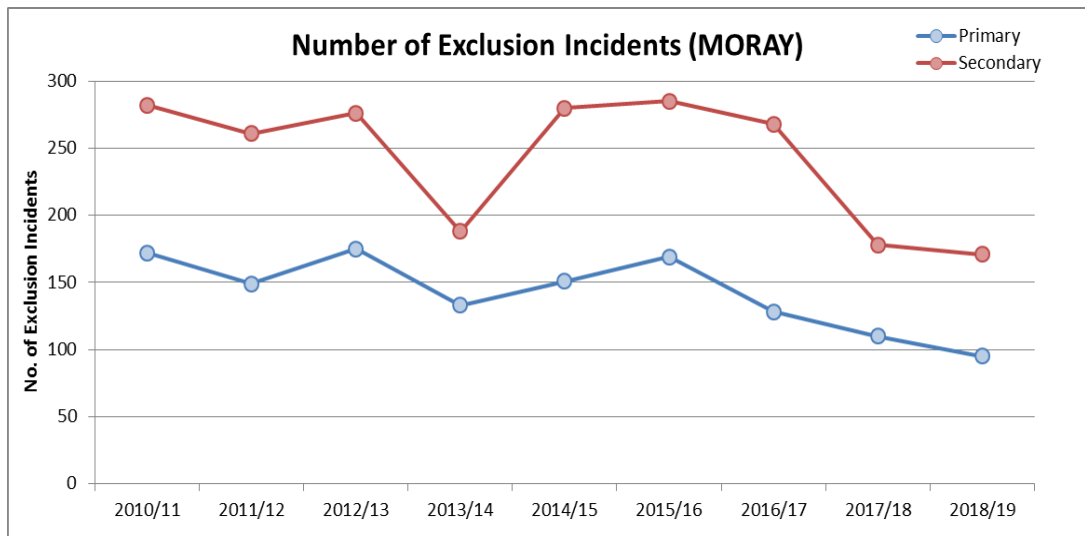




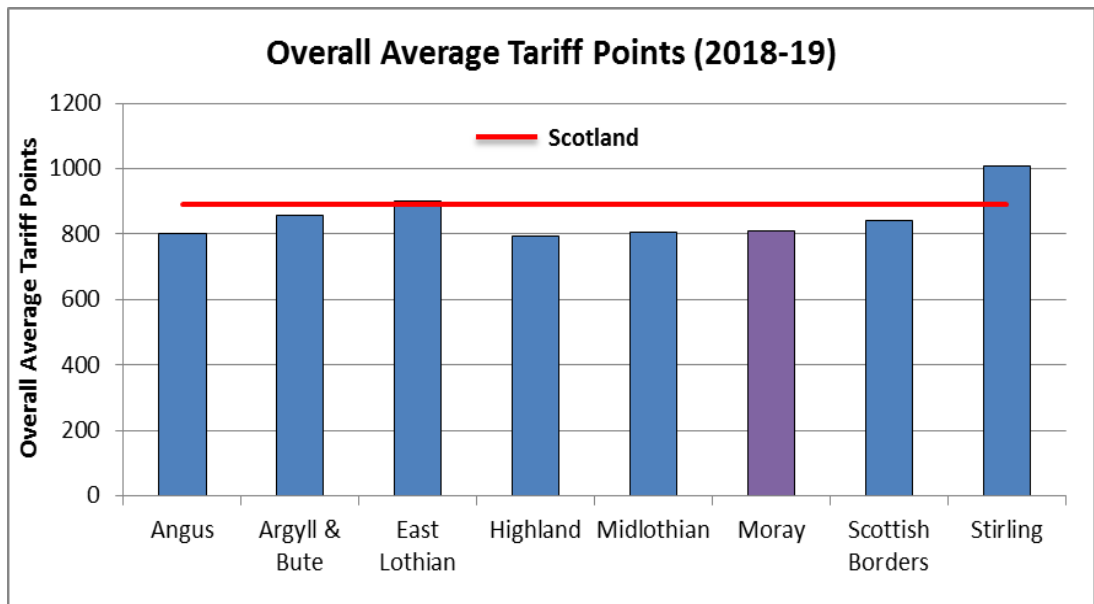
School attendance varies across the four year period but remains around 94%. This compares well with our comparator authorities and the national average. This remains a priority for schools as they monitor and respond to changes within individual schools.



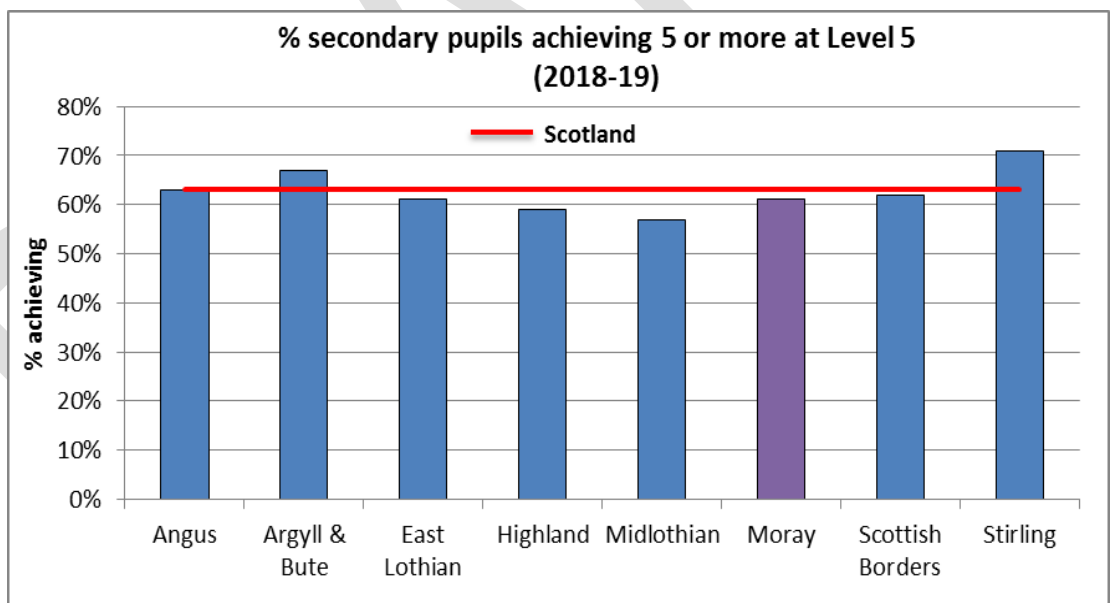
School exclusion rates are significantly higher than in several comparator authorities and in Scotland as a whole up to 2016/17. Our local data shows that we have reduced in this area to be more in line with comparator authorities but do not yet have the data available beyond 2016/17 to confirm this. Local data does show that the number of exclusion incidents have reduced over the last 3 years at both primary and secondary school levels.



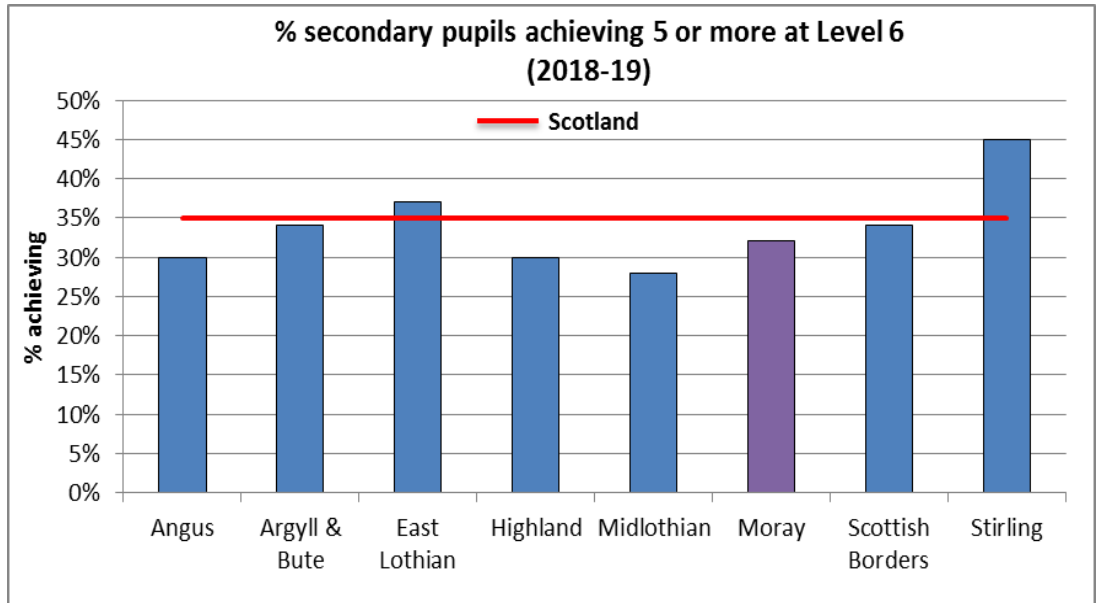
Although the differences are small, there appears to be a consistently lower level of attainment in literacy and numeracy in comparison to the comparator authorities and Scotland. However, trend data would demonstrate an improving picture across the four measures as a Moray average.



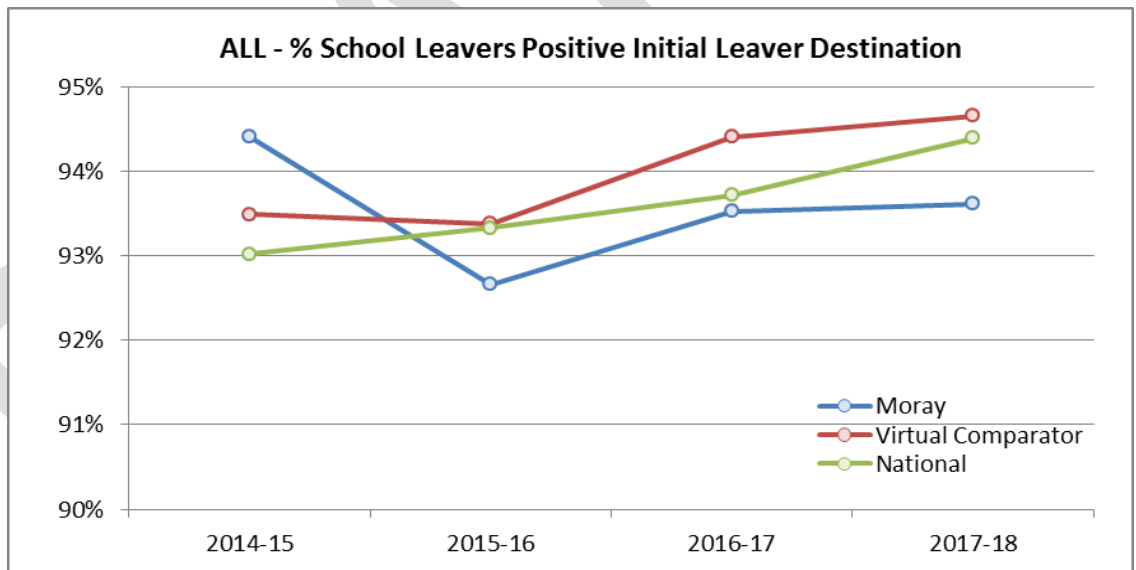
The average total tariff points achieved by school leavers in Moray are below the national average and there is a focused improvement priority within this area. The total tariff points varies across our schools and is monitored and reviewed on a regular basis by the Council's Children and Young People's Service Committee.

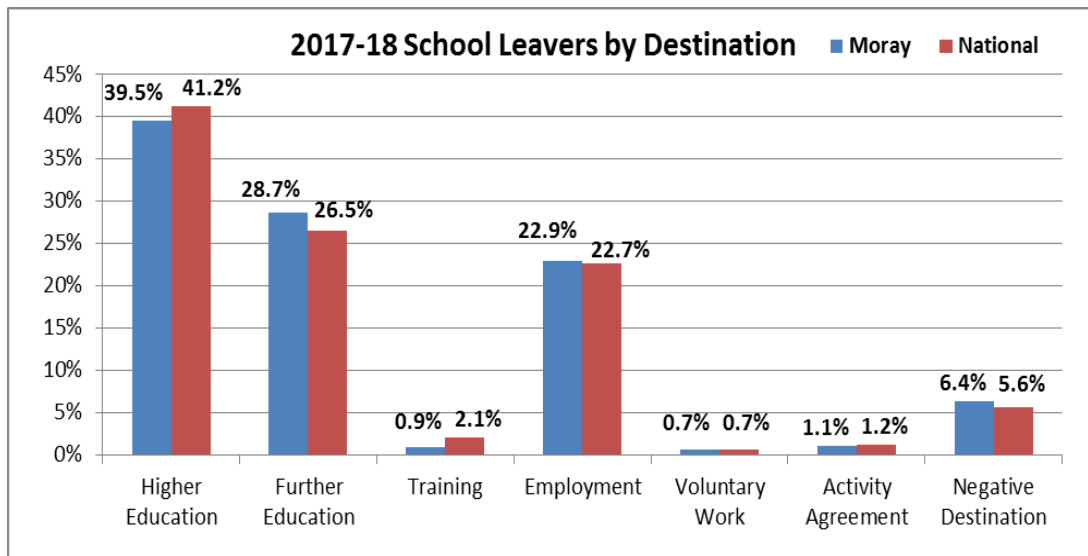


Within this measure, Moray lies slightly below the national average and local authority comparators. As above, this continues to be a focus area within Education and our secondary schools.



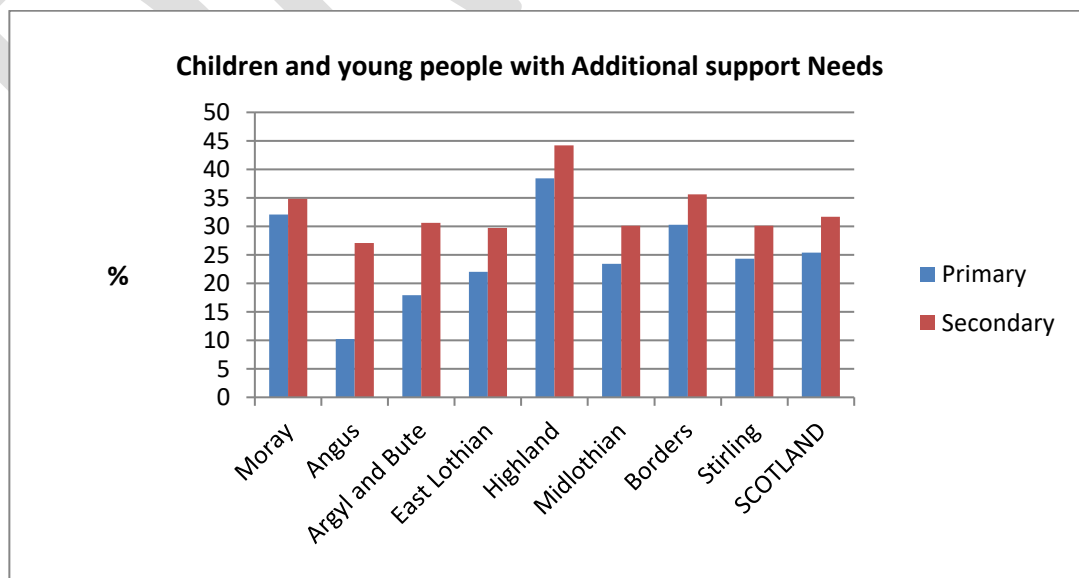
Within this measure, Moray again lies below the national average and local authority comparators. Trend data would show that there has been improvement in this area, but is ongoing as a priority. As above, this continues to be a focus area within Education and our secondary schools.





Whilst positive destinations for school leavers has shown some improvement since 2015/16, the position is less positive than it was in 2014/15, and does not contrast strongly against comparator authorities and national data.

**Additional Support Needs** - It is not clear why there might be significant differences in these figures across the comparator authorities. The most likely explanation is different thresholds being used in different authorities. Nevertheless having classes with a third of pupils having additional support needs clearly provides a challenge for teaching staff.



## HEADLINES

- Above average school attendance rates.
- Although improving, below average levels of literacy and numeracy.
- Maintain focus on improving secondary attainment.
- Below average initial school leaver destinations.
- Supporting approximately a third of primary / secondary pupils identified as having Additional Support Needs.

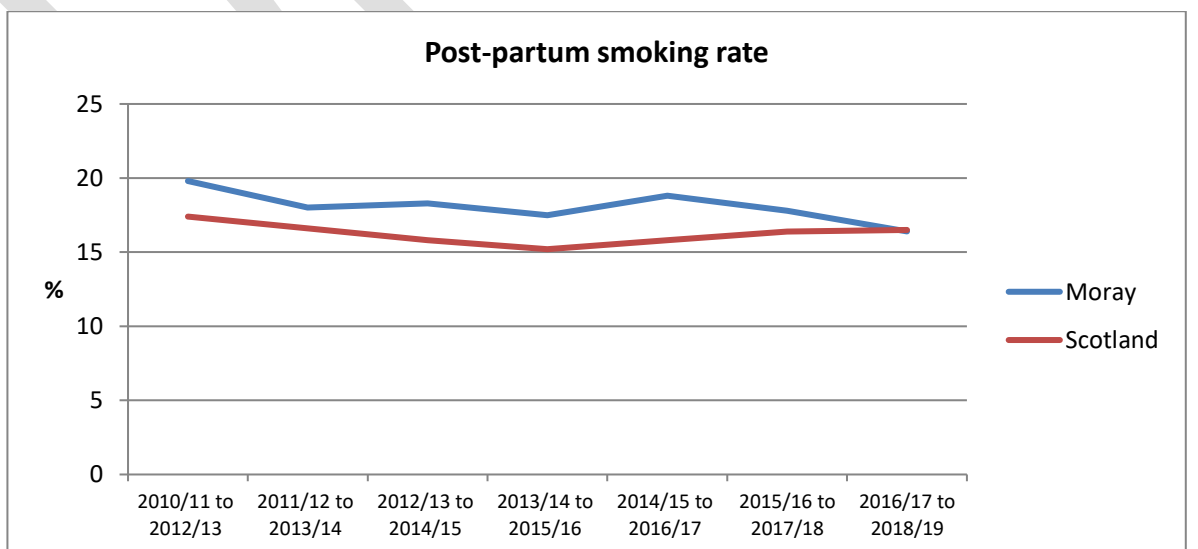
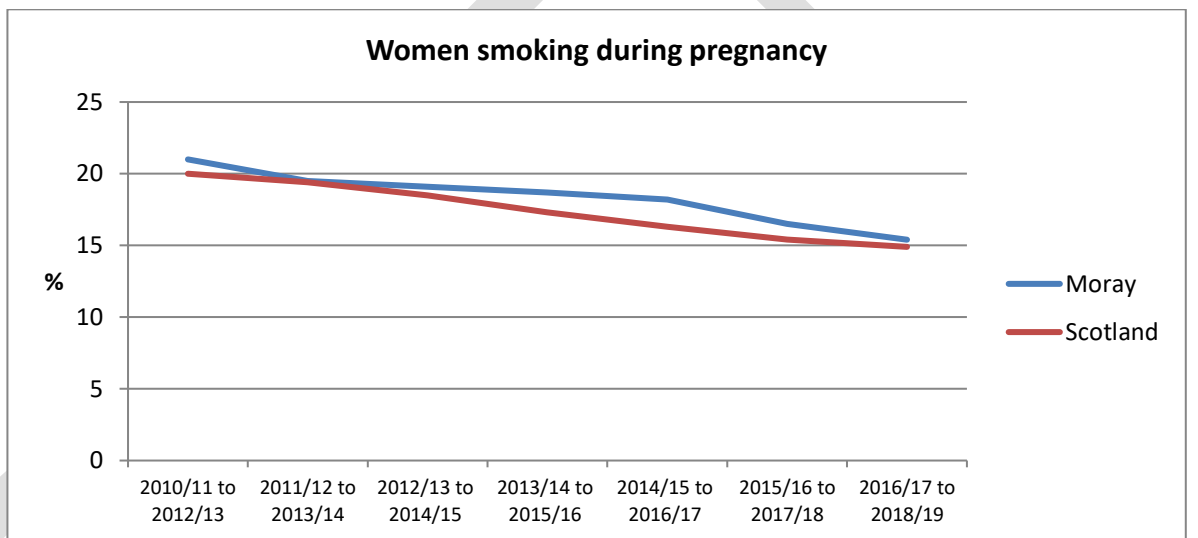
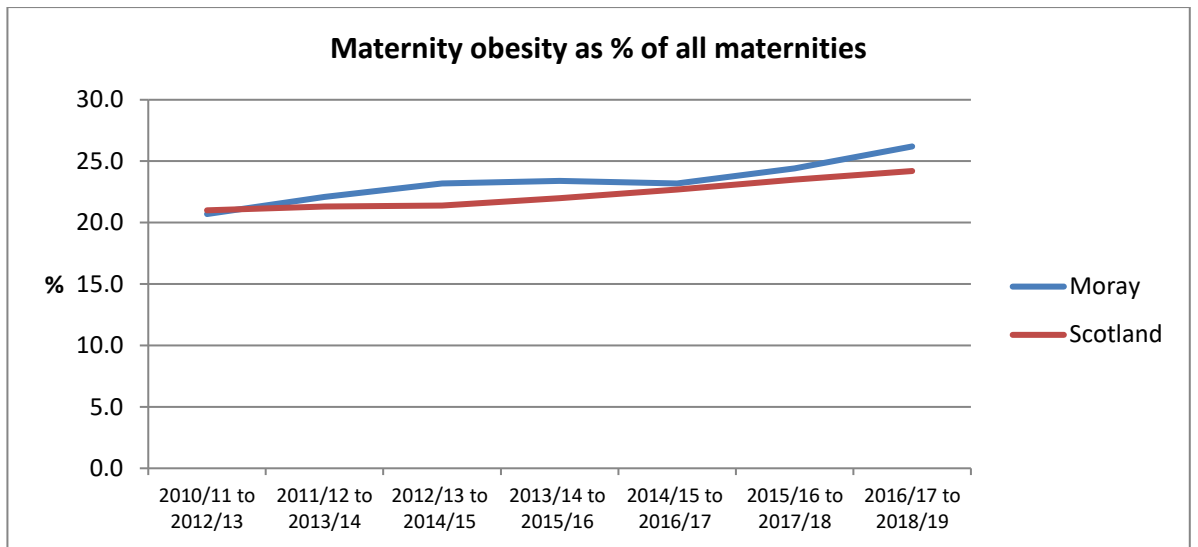
## RCS SURVEY DATA

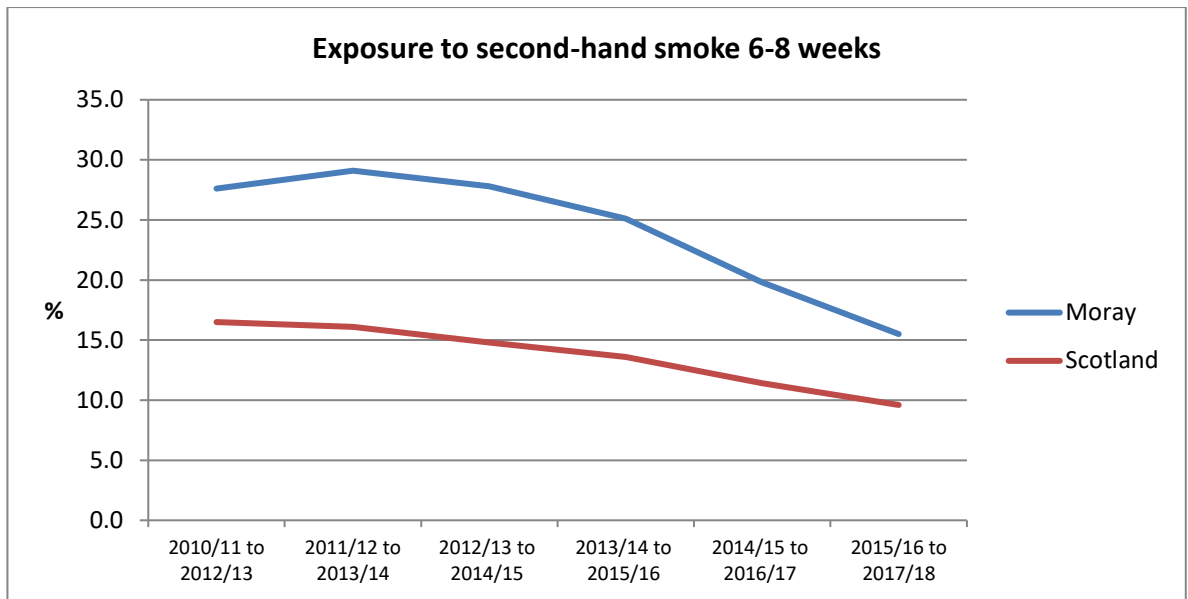
- 29% of primary and 15% of secondary pupils liked school a lot, 8% of primary and 17% of secondary pupils did not like school at all.
- A quarter of secondary school pupils agreed strongly that their teachers cared about them as a person. 86% of primary pupils always or often got along with their teachers.

### 4.3 SAFETY

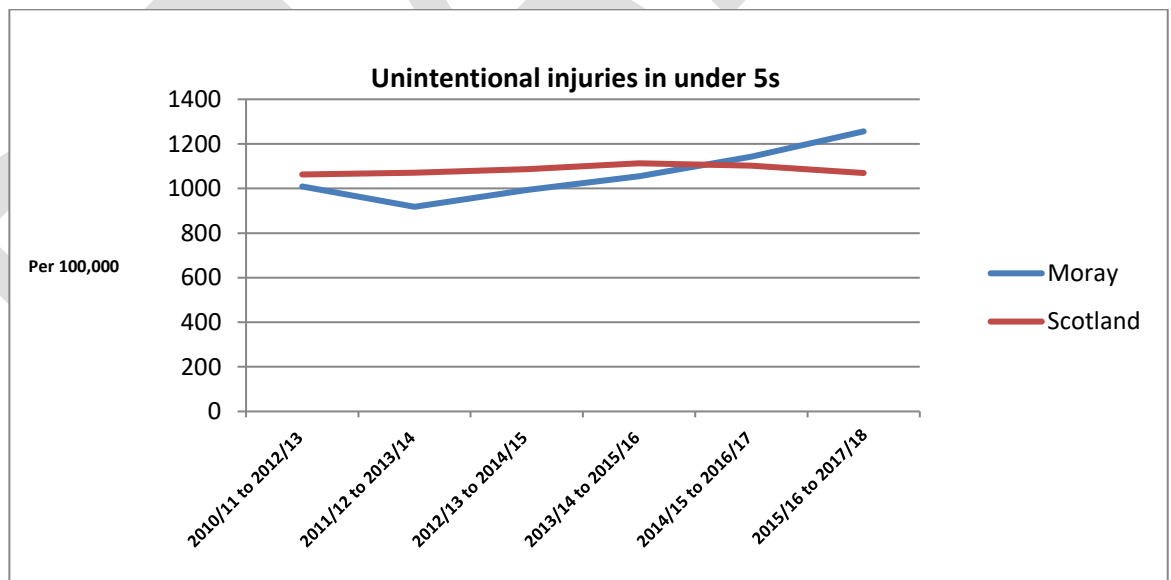
**Maternal Health** – Based on a 3 year rolling average, the percentage of pregnant women recorded as obese (BMI of 30 and over) at antenatal booking of all maternities shows that the result in Moray is on an increasing trend and has consistently been above the Scottish average.

The percentage of women recorded as a 'current smoker' at 1<sup>st</sup> antenatal booking against all women with a smoking status shows a decreasing trend just above the national result. The percentage of women recorded as a 'current smoker' at the first visit review by health visitor (post-partum) is slightly above the percentage at antenatal booking but on a decreasing trend. Exposure of babies to second-hand smoke is reported by parents and assessed at the 6-8 week review, the level remains significantly above average.





**Unintentional Injuries** - the rate of these injuries in Moray is above the Scottish average, and is rising. To add context, in the six 3-year aggregated periods graphed, emergency admissions range between 47 and 60, around 1% of the 0-4 population. The most common cause of injury include falls and poisoning. This will continue to be monitored and appropriate action taken if required.



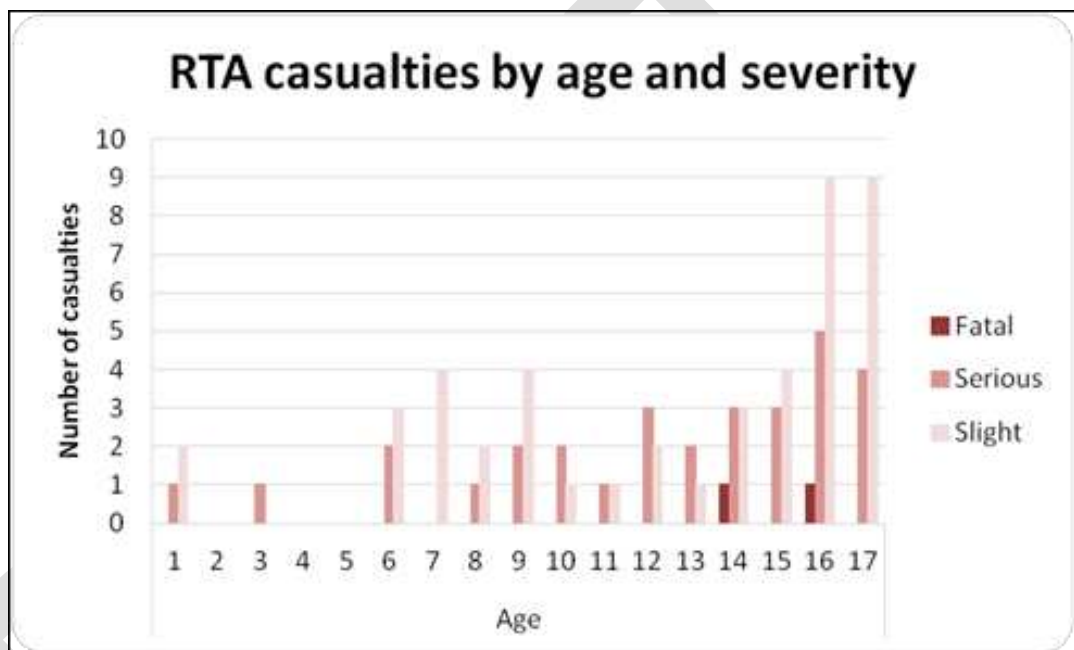
**Road traffic accidents** – data shows a decreasing trend in the number of road traffic accident casualties that were children / young people. Decreases may coincide with significant road safety campaigns. Age profile data to 2016 shows just over one third of casualties were aged 16 or 17 years. To add context, on average per year, a rate of 0.8 children and



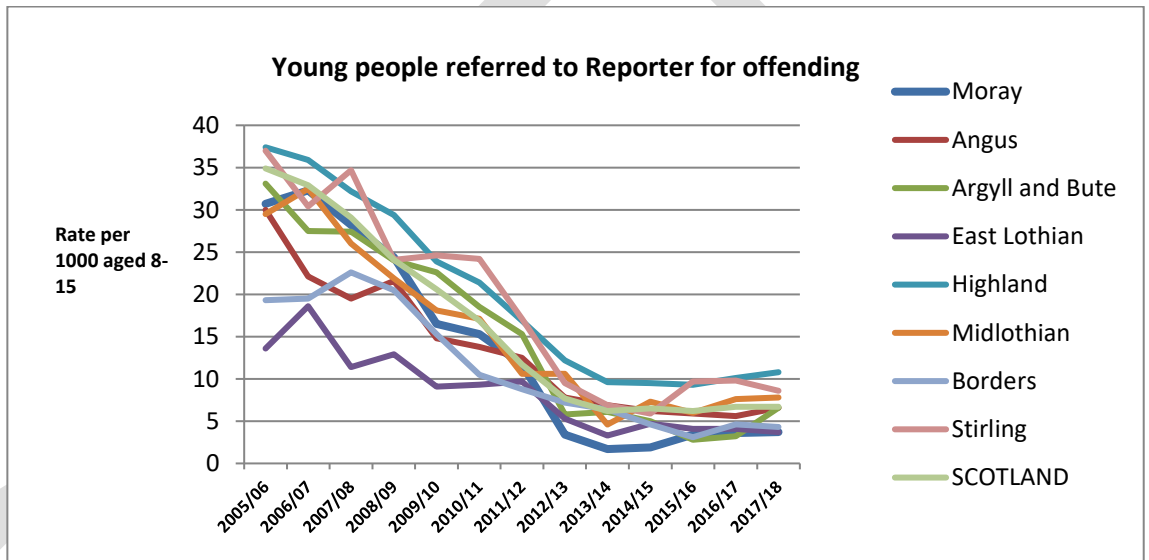
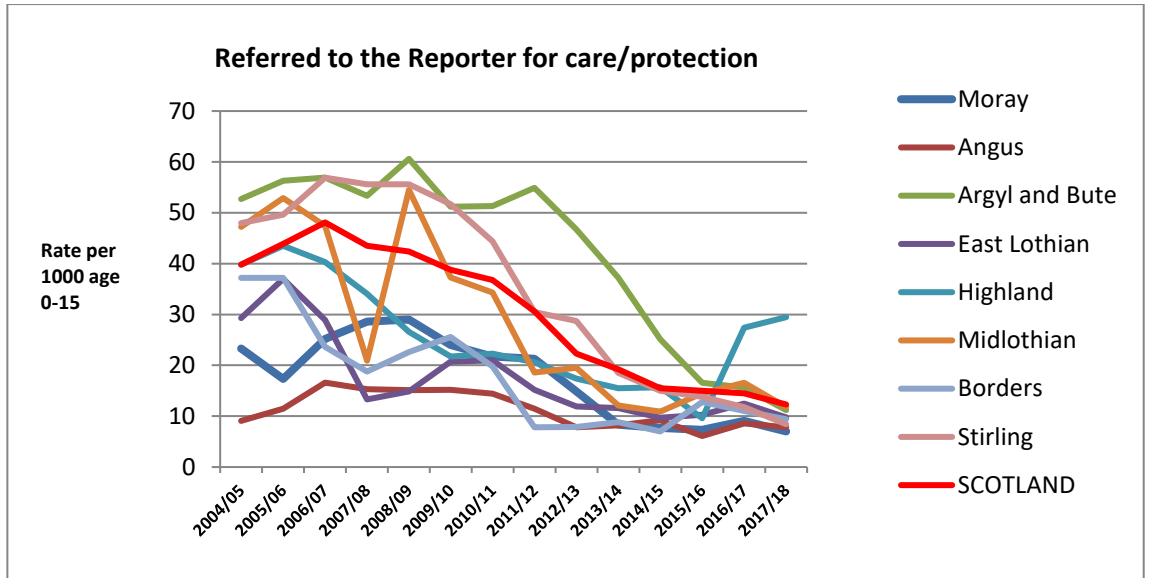
young people per 1,000 population (aged 0-17) are involved in road traffic accidents.

Road traffic accidents involving children and young people by severity of outcome

Severity	2012	2013	2014	2015	2016	2017	2018	2019
Fatal	-	-	-	-	2	2	1	-
Serious	7	6	7	4	6	-	-	5
Slight	16	13	8	3	5	2	5	-
<b>Total</b>	<b>23</b>	<b>19</b>	<b>15</b>	<b>7</b>	<b>13</b>	<b>4</b>	<b>6</b>	<b>5</b>



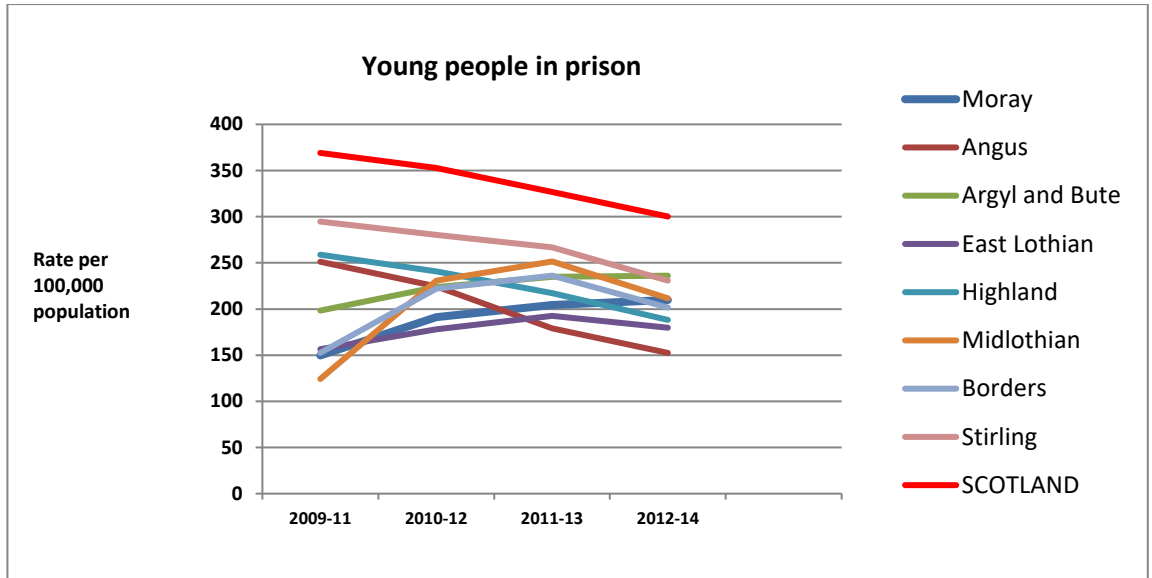
**Referrals to the Children’s Reporter** - The reasons for the steady decline in referrals to the reporter are complex and are a combination of changes in legislation, changes in government guidance, the implementation of GIRFEC and changes in professional practice. In the case of referrals for offending there has been a significant reduction across Scotland of offending, especially young male offending.



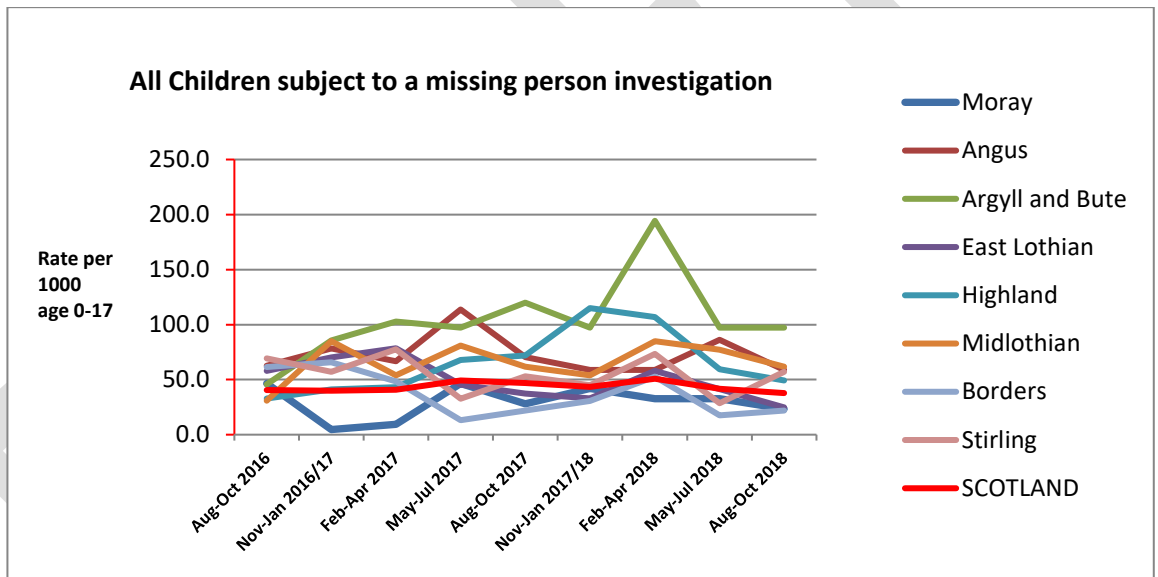
**Young people in prison** - These rates are age/sex adjusted and so, because of the preponderance of males in the prison system, it is difficult to interpret the rates. The actual numbers of Moray residents in prison in each of these three year periods (averaged out) are -

2009-11	17
2010-12	21
2011-13	23
2012-14	23

These figures are well below the Scottish figures, but are on a rising trend, unlike Scotland and most of our comparator authorities.



**Children missing from home** - The numbers are small, stable and at the lower end of the scale comparatively.



## HEADLINES

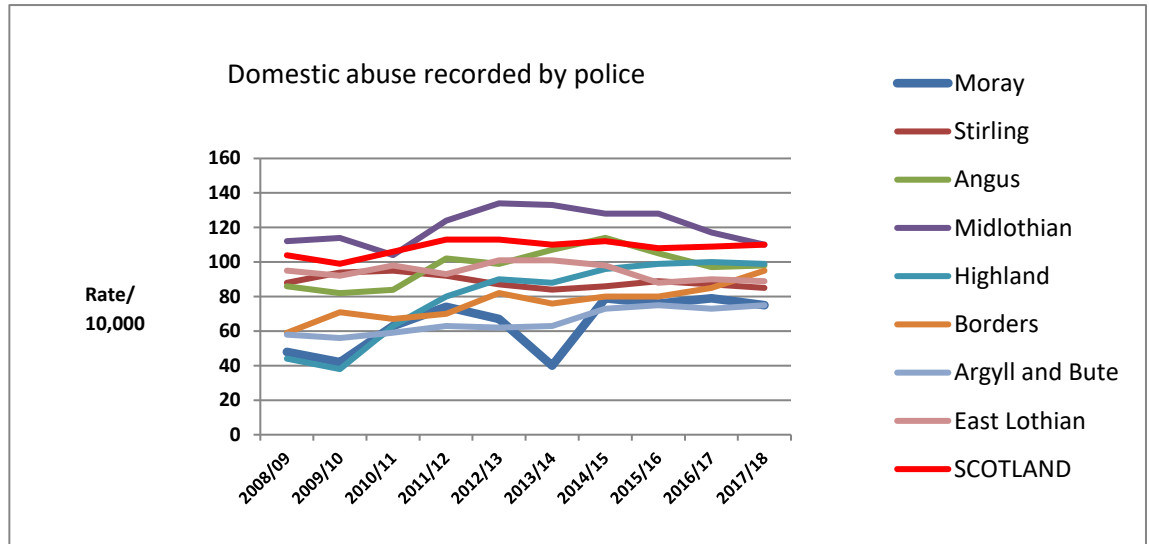
- Maternal Obesity rates are increasing and consistently above Scottish average.
- Maternal Smoking rates have declined and are now in line with Scottish average.
- Babies exposure to second hand smoke is significantly above the Scottish average.
- Number of unintentional injury (0-5 years) is very low however there is a rising trend which needs to be monitored.

DRAFT

## 5. VULNERABILITY FACTORS – PARENTS

### 5.1 Domestic abuse

Child witnessed domestic abuse is one of the Adverse Childhood Experiences that are known to affect adversely many childhood outcomes, including mental health problems, ability to concentrate and to socialise, and educational outcomes that are below the child's potential



This data are only concerned with incidents that have been reported to Police Scotland and so are likely to be a considerable under-estimate of the true extent of this problem.

### 5.2 Substance use

Parental substance use is one of the Adverse Childhood Experiences that are associated with poor long term consequences for children and young people.

As at 26/09/2019 there were 260 adults receiving help for problem drug and/or alcohol use who self-reported that they had dependent children at home.

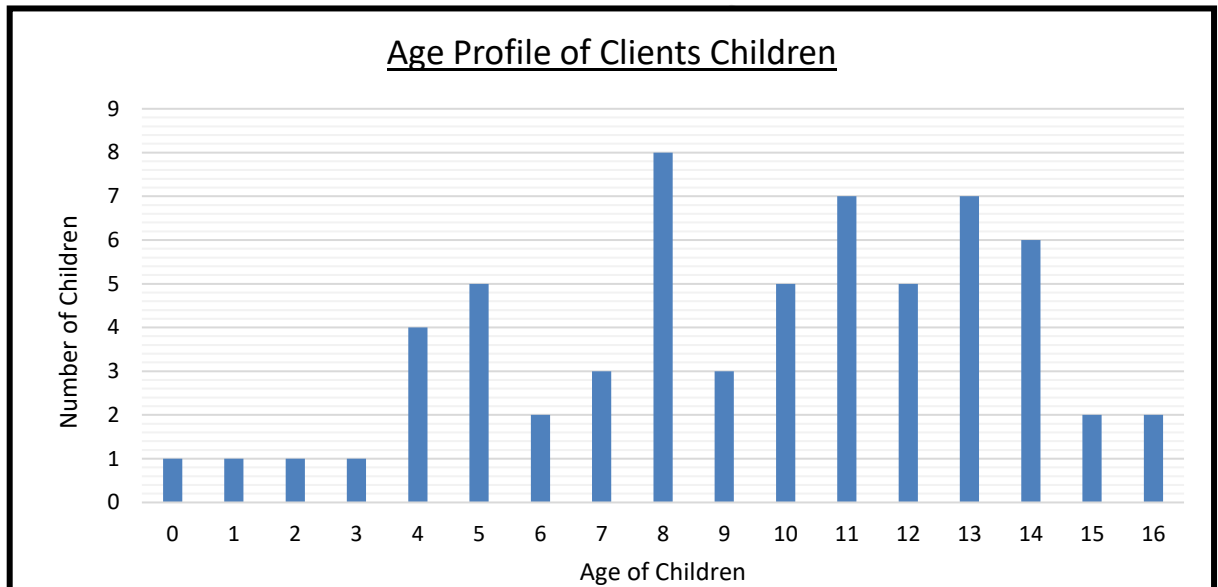
141	Drugs only
91	Alcohol only
28	Both drugs and alcohol

The impact of having a parent or family member with an alcohol or drug issue is felt throughout life. Children who have lost a parent as a result of substance use often have particular needs in coping with the bereavement and the stigma associated with substance use.

Analysis was undertaken of single shared assessment data from a sample of 136 clients that may provide an insight to the proportion of children

potentially at risk of adverse childhood experiences as a result of a parent having needs linked to alcohol or drug use;

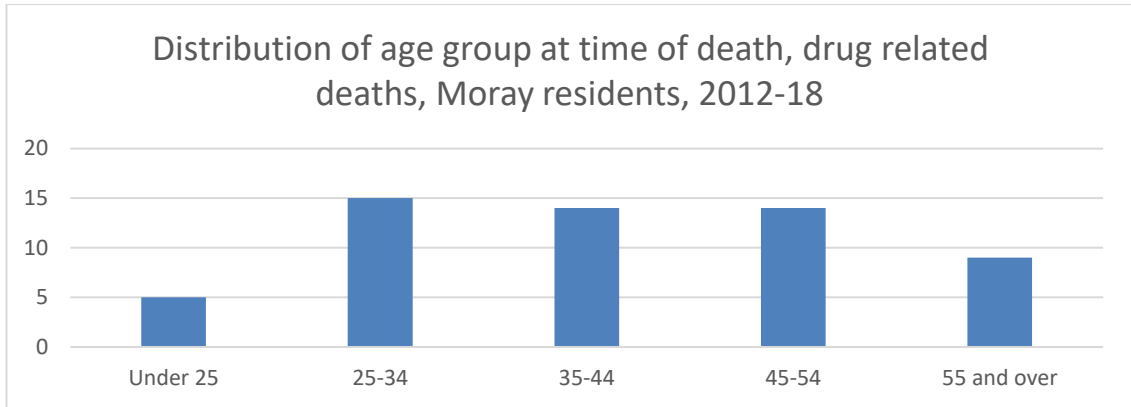
- 35 (26%) clients had children.
- 23 (66%) clients with children were male, 12 (34%) were female
- 20 (57%) clients had issues relating to alcohol, 9 (26%) relating to drugs and 7 (20%) relating to both alcohol and drugs



- 66 children had a parent identified as having issues with alcohol / drugs
- 22 (33%) children lived with a parent with alcohol / drug related issues, 28 (42%) did not, 16 (24%) were kinship care or looked after
- 42 (64%) children have contact a parent with alcohol / drug related issue, 24 (36%) have not

In the period 1<sup>st</sup> January 2012 to 31<sup>st</sup> December 2018, 57 people died as a result of a drug related death in Moray. 18 (32%) of these people were women and 39 (68%) were men.

A graph of the age distribution at time of death is shown below.



The median age of the women who died was 36; the most frequently recorded age group was 55 and over.

The median age of men who died was 40, the most frequently recorded age groups 25-34 and 45-54.

No deaths were recorded in children (aged under 16).

13 (23%) of people who died had a record of experiencing abuse or neglect as a child.

Of all the people who died, 26 (46%) were the parent at least one child who was aged under 16 at the time of their death. 7 of the parents who died were women, 19 were men.

There was no significant difference in the proportion of men and women who were parents to a child under the age of 16.

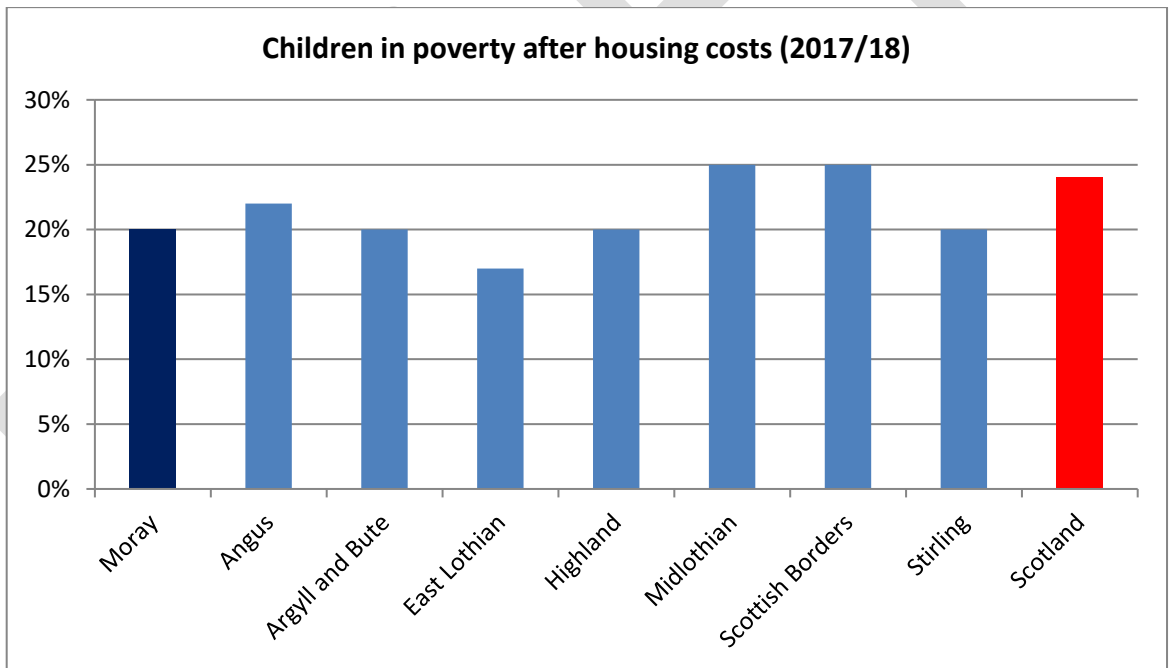
In total 44 children aged under 16 are thought to have lost a parent due to drug use. No data is available on the ages of the children.

5 (11%) children were resident in the same household as their deceased parent at the time of their death.

## HEADLINES

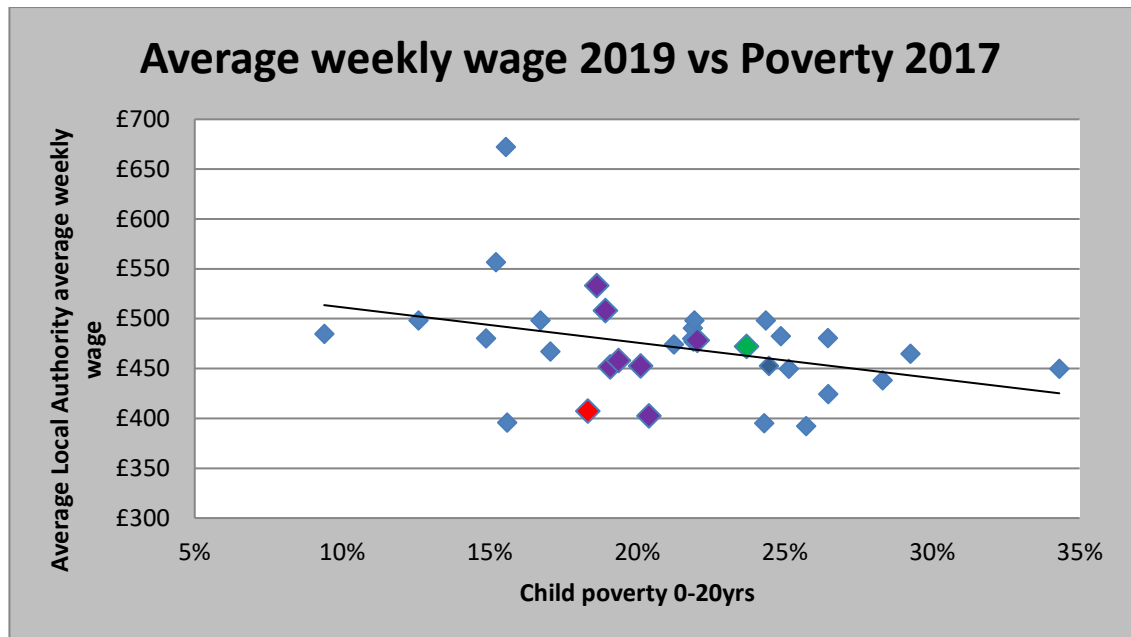
- Parental substance use is one of the Adverse Childhood Experiences that are associated with poor long term consequences for children and young people.
- Almost half (26 / 46%) of the adults that died were parents; the majority (19 / 75%) being males
- Children who have lost a parent as a result of substance use often have particular needs in coping with the bereavement and the stigma associated with substance use.

## 6. ECONOMIC AND ENVIRONMENTAL VULNERABILITY



Despite the low average wage in Moray there are a slightly lower percentage of children living in poverty than some of the comparator authorities and in Scotland as a whole. 2017/18 estimates identified 4,217 children living in relative poverty in Moray, this represents one child in five (20%), above both the interim target (2023) of 18% and the ultimate target (2030) of 10%.





Red Moray  
Green Scotland  
Purple Comparator authorities

Whilst there is a statistically positive association between low average weekly wage and child poverty it is clear that it is possible (as in Moray) to have a low average wage and a relatively low rate of child poverty. The explanation probably lies in levels of wage inequality. Authorities with significant numbers of very high earners will have the average wage raised despite still having significant levels of poverty in their population.

Fairer Moray Forum in their development of the Moray (Child) Poverty Strategy identified the challenges of in-work poverty that exist in Moray:

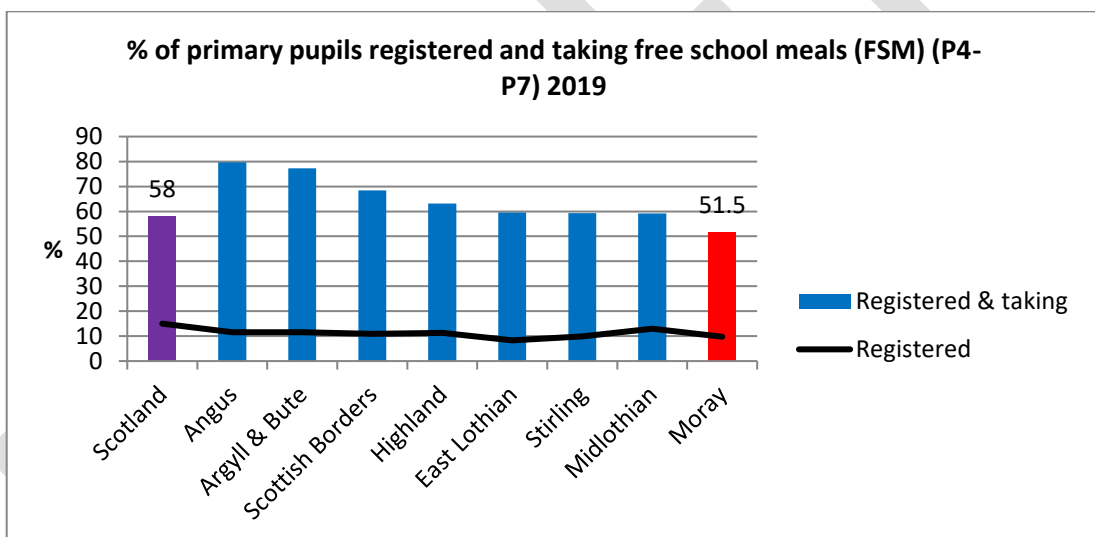
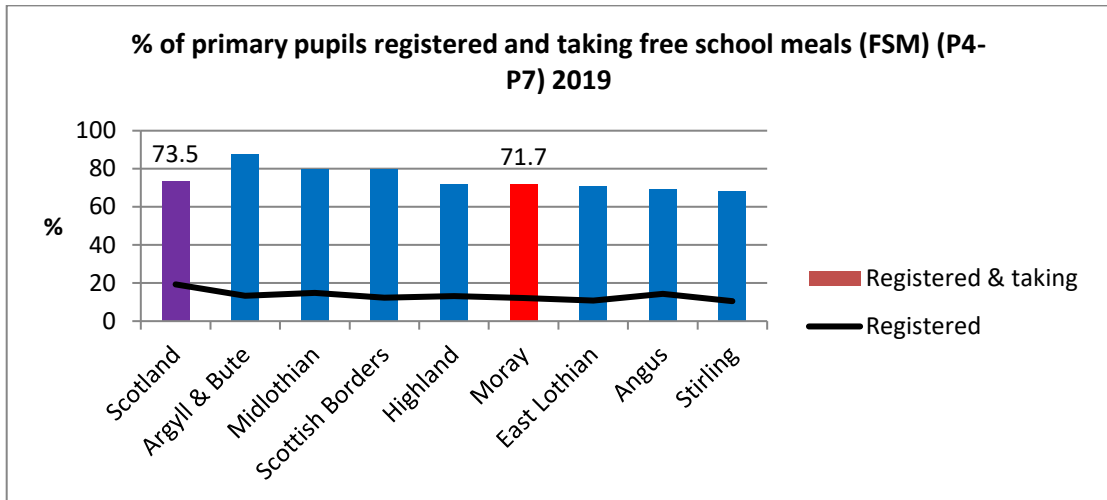
In 2017, four out of five adults (78%) work in Moray. Fewer than one thousand adults are claiming out-of-work benefits in Moray (less than 2% of the working age population). One in twenty adults is claiming Employment Support Allowance and Incapacity Benefit (5% of the working age population).

In 2017, one in four employees (25%) in Moray earned less than the 'real living wage'. People earn less in Moray than the national average.

There is a higher rate of part-time employment than nationally (38% versus 33%). Most families receiving tax credits are in work.

Women's lower wages and few working hours increase the risk of poverty for women, and nine out of ten (90%) lone parents in Scotland are women.

Free school meals data, published by the Scottish Government, is taken from the Healthy Living Survey conducted annually.



Once again this data points up the disparity between the low wage figures and the relatively low levels of free school meals registrations.

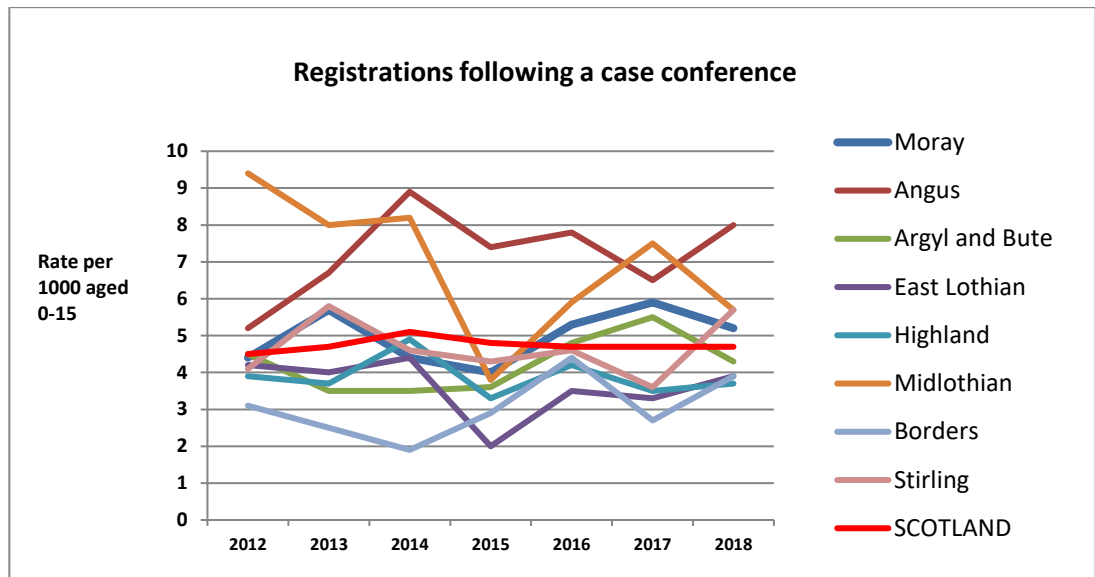
### HEADLINES

- Levels of child poverty which are below Scottish average but rising.
- Low average weekly wage.
- Low levels of Free School Meal registrations.
- Families potentially living on the fringes of poverty.

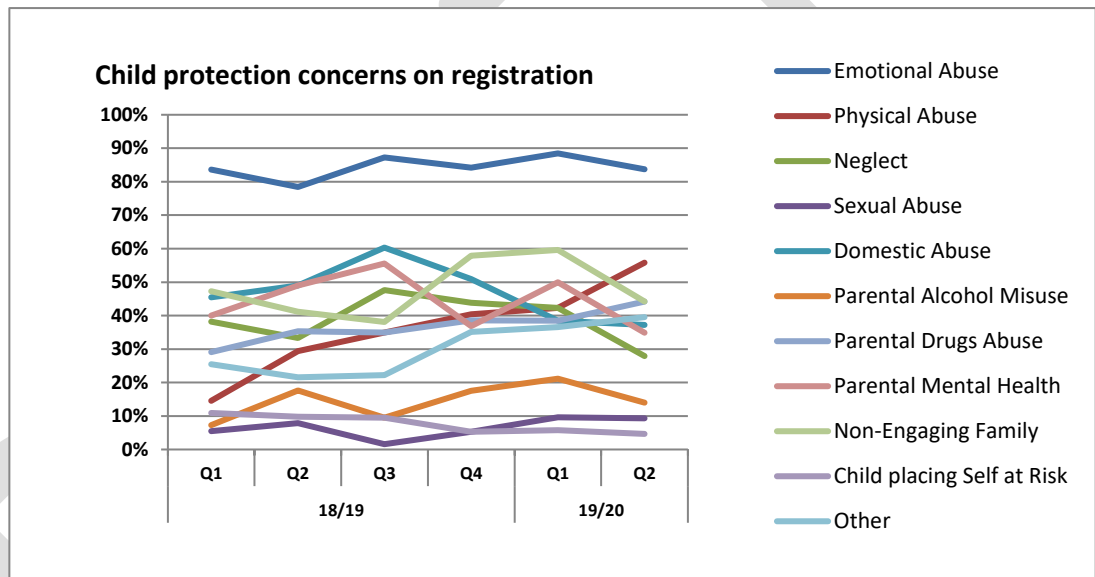
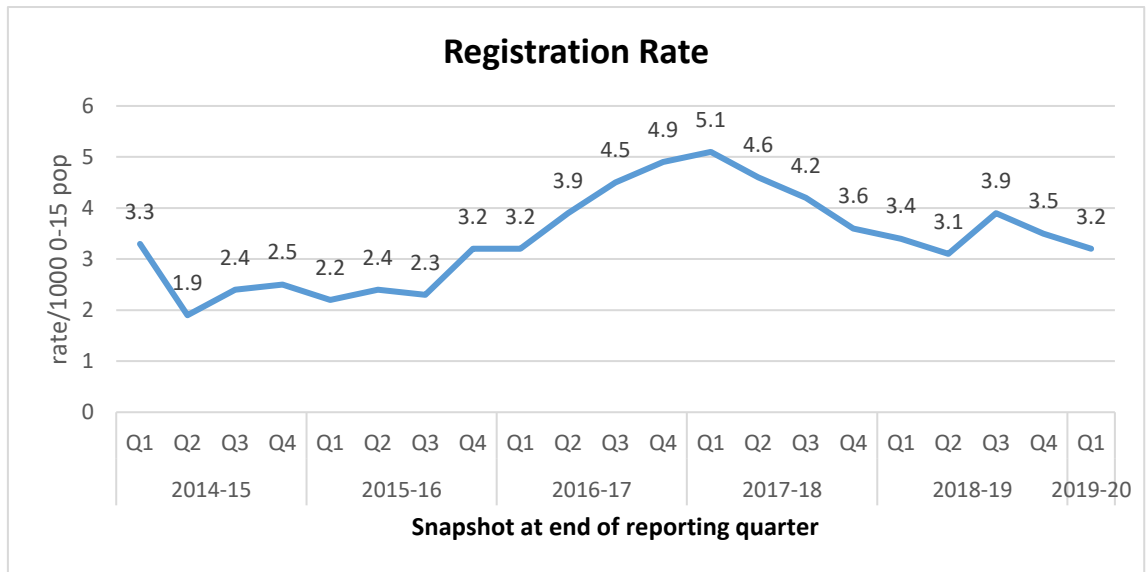
## 7. CHILDREN AND YOUNG PEOPLE IN NEED OF SPECIALIST AND TARGETED SERVICES

### 7.1 Children on the child protection register

The rate of child protection registrations is not significantly different from the Scottish rate.



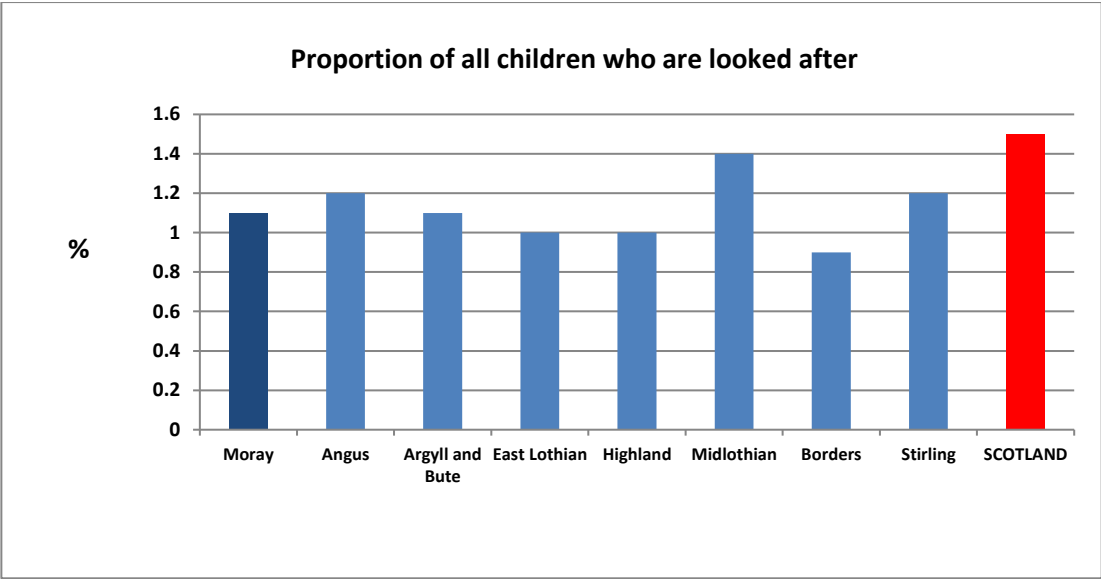
Quarterly data is presented to the Moray Child Protection Committee; the registration rate is calculated from the total number of children on the register per 1000 of Moray's 0-15 population. This shows a decreasing trend, as at July 2018, Moray has the fifth highest registration rate. The peak in quarter 1 2017/18 was attributed to the number of children remaining on the register for longer periods of time, alongside new registrations comprising of large family groups.



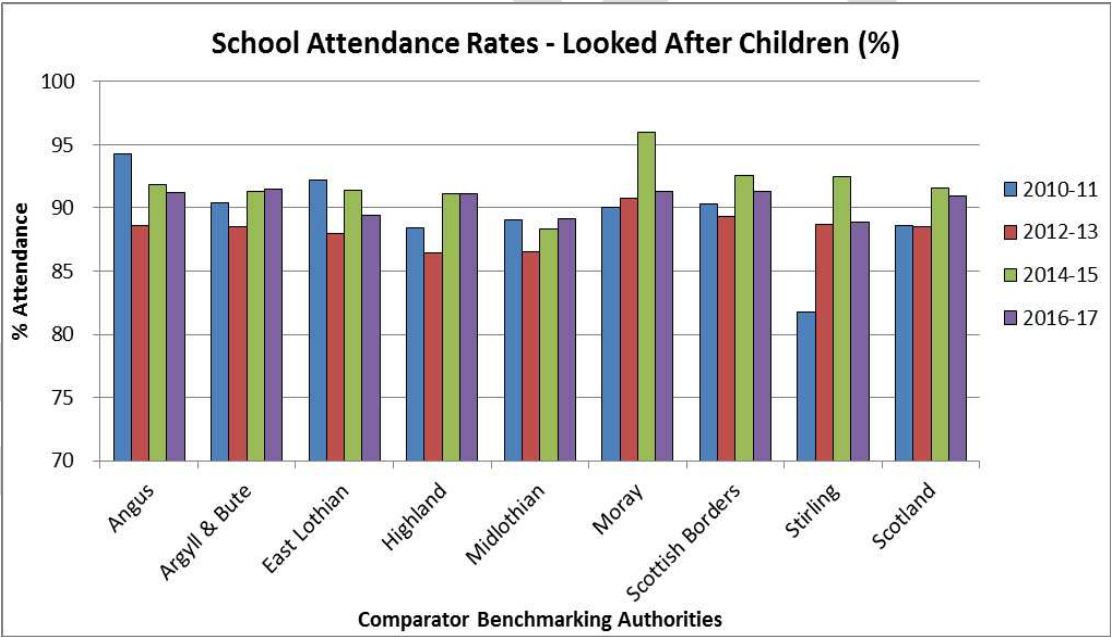
Emotional abuse is the most common concern recorded. Neglect and domestic abuse are also common. There has been a steady increase in physical abuse concerns since the first quarter of 2018.

## 7.2 Looked after Children

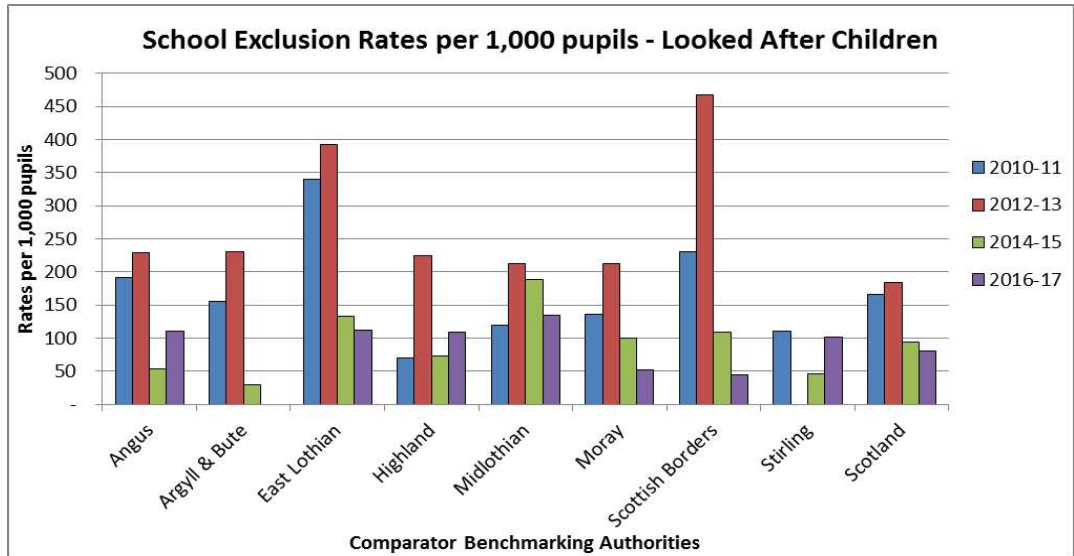
As at 30<sup>th</sup> September 2019 there were a total of 201 looked after children (LAC) in Moray, representing 1.08% of the total population aged 0-17 years. This proportion is not significantly different from our comparator authorities with the exception of Midlothian, and is significantly smaller than the Scottish average.



School attendance rates are slightly below that of non-looked after children

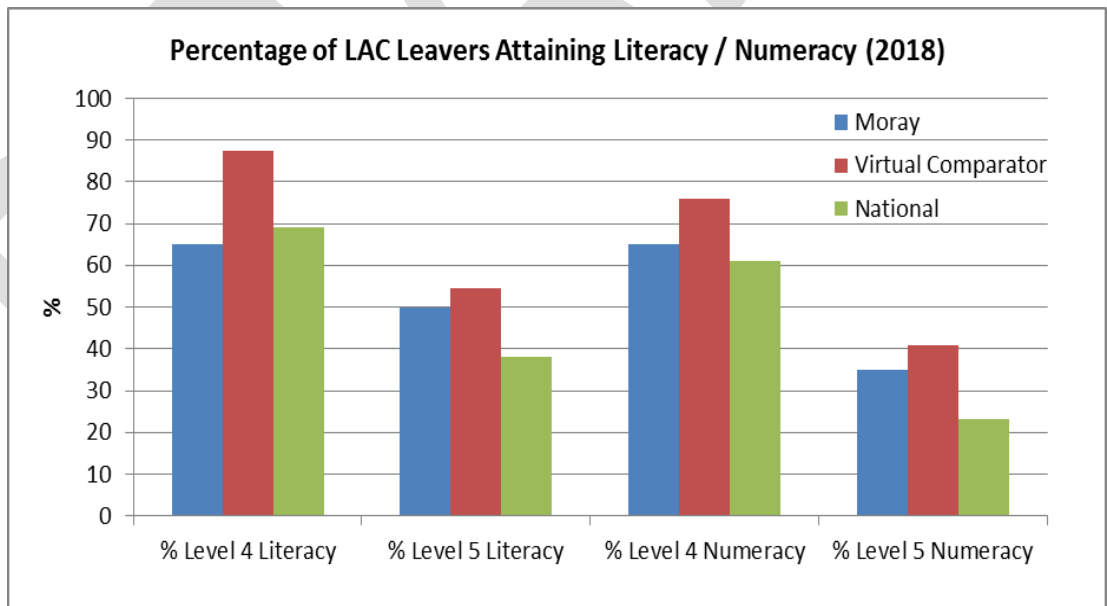


Whilst there has been a welcome reduction in school exclusion for looked after children from a peak in 2012/13, when more than 1 in 5 looked after children were excluded from school, 5% were excluded in 2016/17 (compared with 3% of non-looked after children) More alternatives to school exclusion may have to be explored.



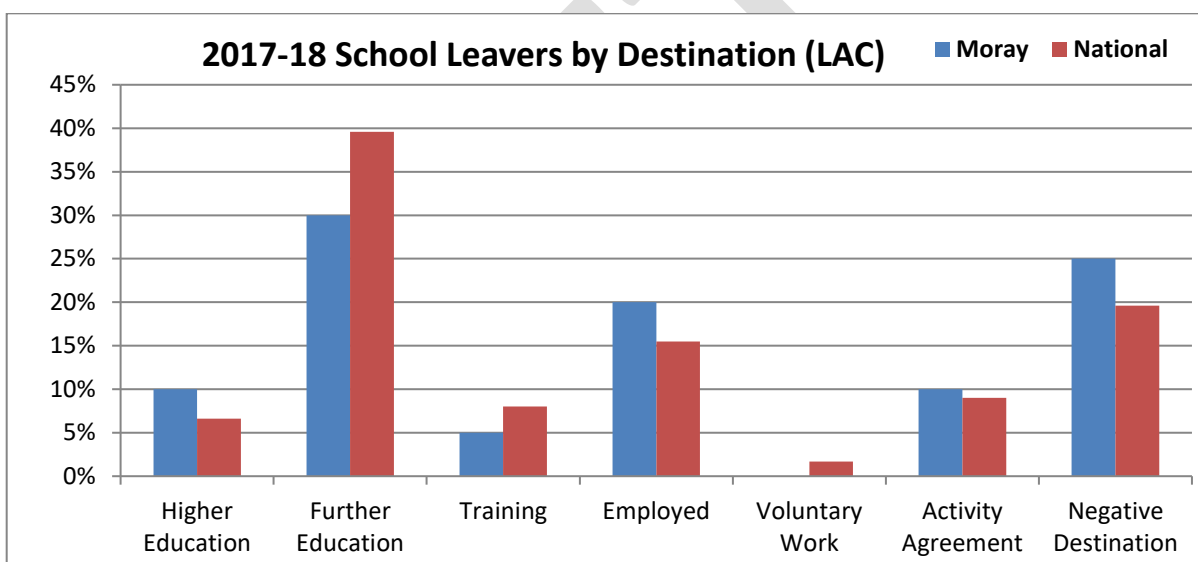
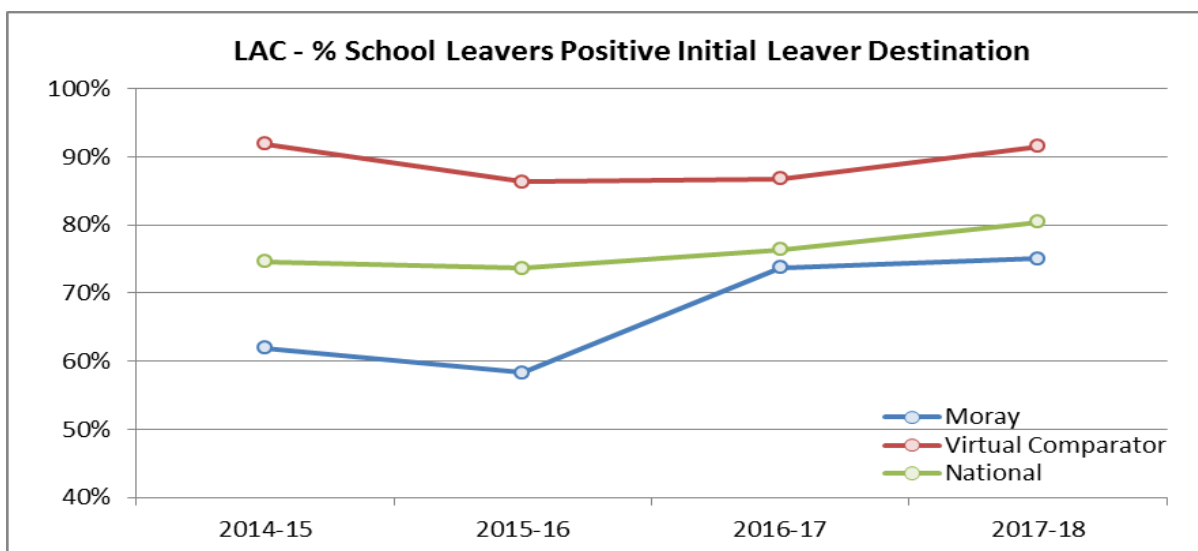
There is a profound difference between looked after children and non-looked after children in their school attainment across all levels. Whilst this is the common experience across Scotland it is an issue that warrants further examination and action.

Scottish national data demonstrates differences in educational achievement depending on where looked after children are accommodated.



	Looked after leavers					
	% No passes at SCQF 3 or better	% with 1 or more qualification at SCQF				
		Level 3 or better	Level 4 or better	Level 5 or better	Level 6 or better	Level 7 or better
<b>In the community (children with one placement)</b>						
At home with parents	27	73	49	14	*	*
With friends or relatives	13	87	77	38	13	0
With foster carers provided by LA	2	98	96	68	25	5
With foster carers purchased by LA	6	94	92	61	22	0
In other community <sup>(2)</sup>	*	*	*	*	*	0
<b>Residential Accommodation (children with one placement)</b>						
In local authority home	16	84	69	31	*	0
In voluntary home	20	80	80	*	*	0
In other residential <sup>(3)</sup>	35	65	58	*	*	0
More than one placement	11	89	81	32	*	0
<b>All looked after full year</b>	<b>14</b>	<b>86</b>	<b>76</b>	<b>39</b>	<b>12</b>	<b>1</b>

Children looked after at home with parents do significantly worse than other groups, with children fostered by carers provided by the local authority doing best of all.



In June 2019, Scottish Government published positive follow up destinations for the thirteen school leavers looked after for the full year in 2017-18; 62% were in a positive destination at follow up survey (9 months after leaving school), below the 76% recorded nationally and a drop off from the 85% in a positive destination at the initial 3 month survey.

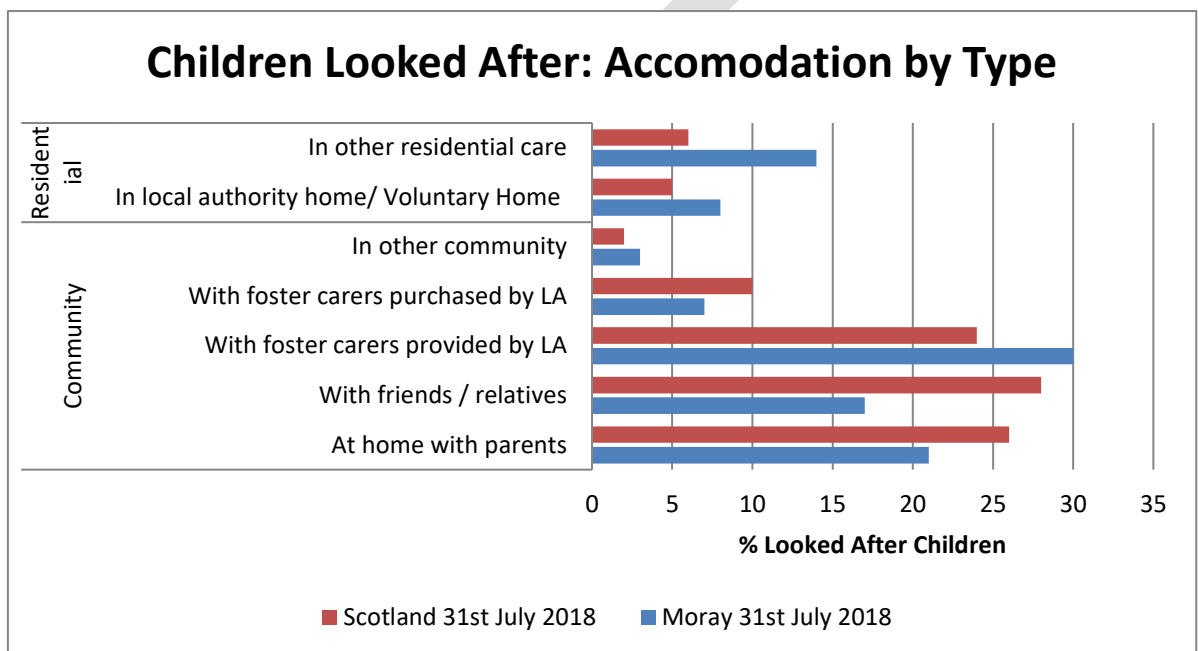
In Moray looked after children are accommodated as follows (as at 30 September 2019).

<b>Community</b>	<b>Number</b>	<b>Percentage</b>
Under Home Supervision	36	17.9%
Kinship Care	45	22.3%
Moray Council Foster Care	58	28.8%
Independent Fostering	14	7.0%
Placed for Adoption	8	3.9%
<b>Total</b>	<b>161</b>	<b>79.9%</b>

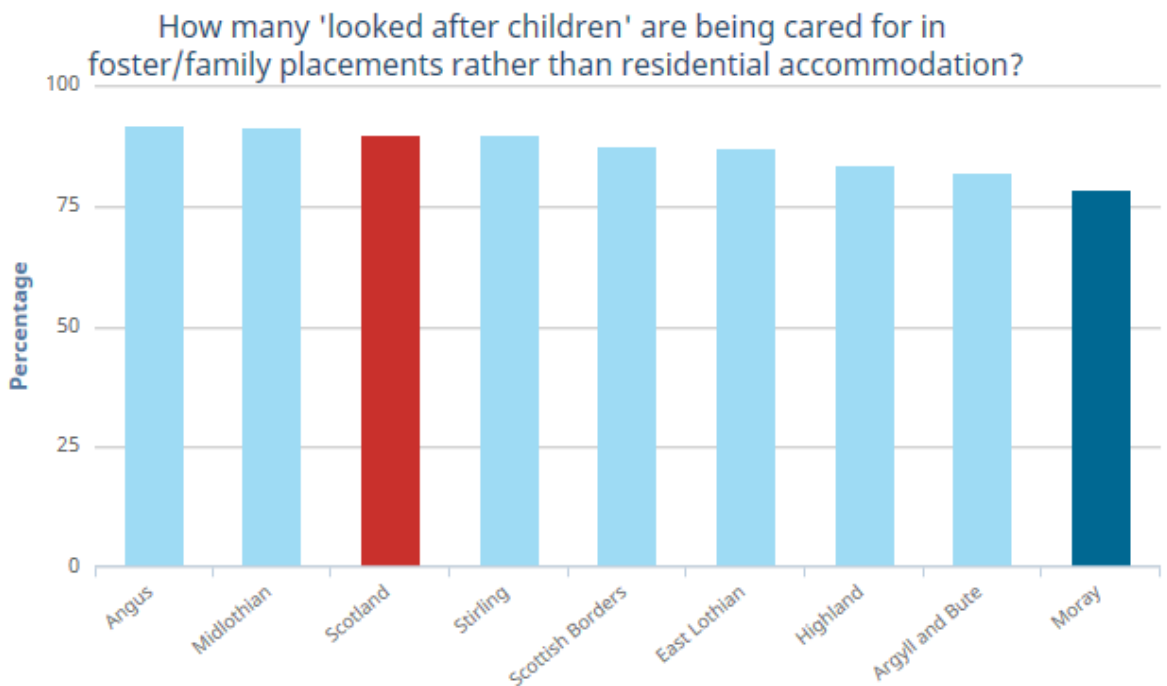
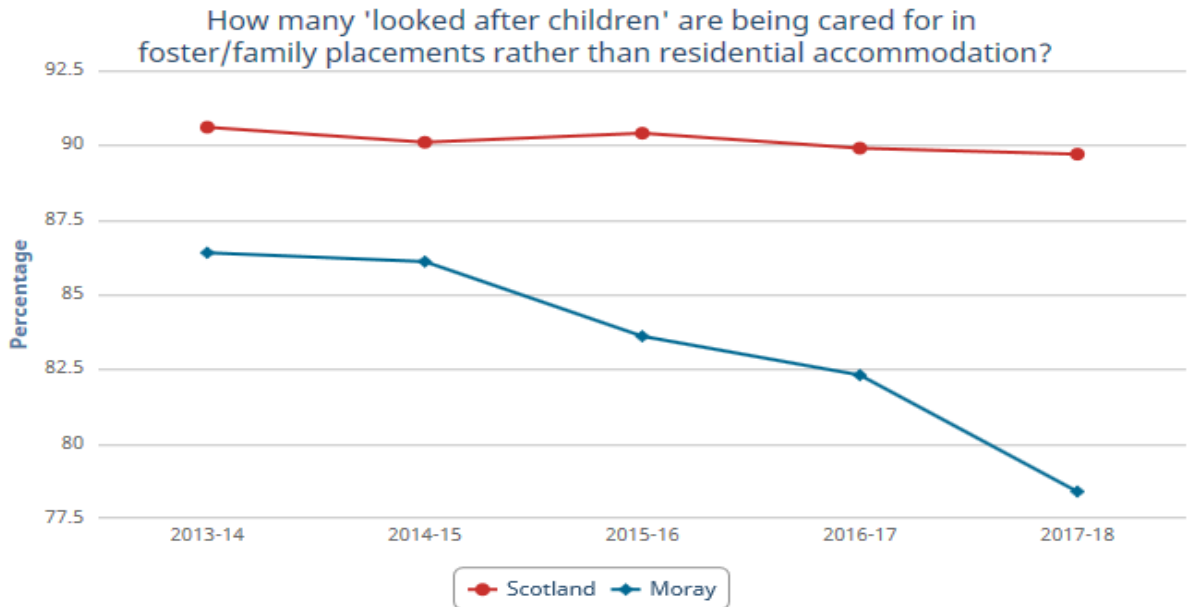


<b><u>Residential Placements</u></b>	<b><u>Number</u></b>	<b><u>Percentage</u></b>
Placement in Moray	22	10.9%
Placement outwith Moray	18	9.0%
Secure Accommodation	0	0%
<b>Total</b>	<b>40</b>	<b>19.9%</b>
<b>Total Looked After Children</b>	<b>201</b>	

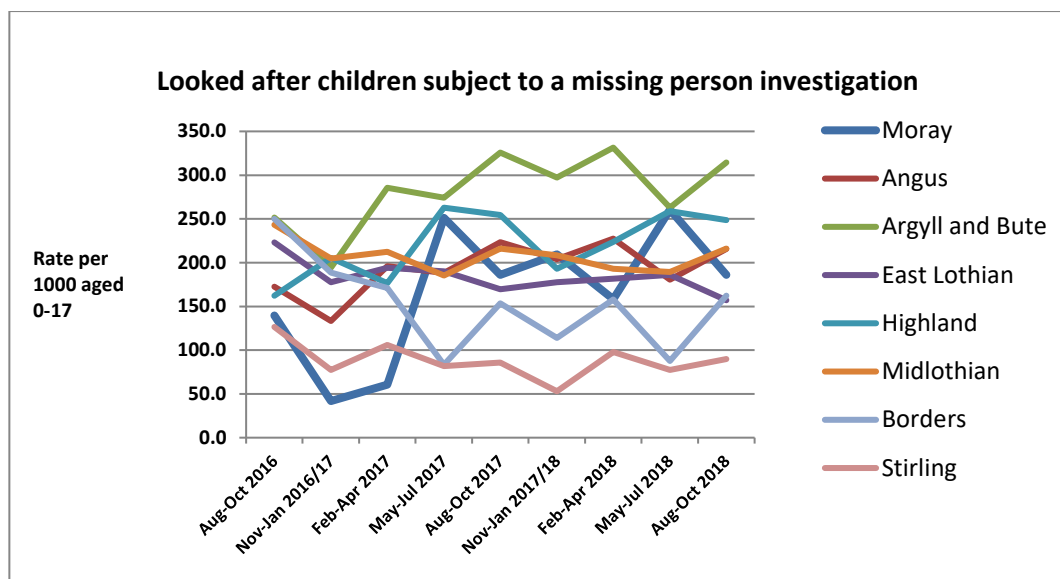
Comparator data of accommodation by type is available as at July 2018 -



Local Government Benchmarking Framework data on the percentage of looked after children being cared for in a community setting allows comparison over time and with comparator authorities.



It is of course clear that the adversities that some looked after children have experienced may impact on where they live and their academic experience. However, in general terms it would seem that trying to place as many looked after children in local authority provided foster care would lead to some improvements in educational attainment.



In Moray looked after children are around ten times more likely to be missing from home as their non-looked after counterparts. Whilst it is likely that this is due to the same factors that resulted in them being looked after, foster carers and residential care establishments have a clear protocol to be followed when a child goes missing from their care, which includes reporting them missing, there is a possibility that children who are not looked after do not get reported missing so promptly or frequently.

### 7.3 Young Carers

Quarriers Carers Support Service provides advice and support to unpaid young carers with high level needs throughout Moray.

As at December 2019, there were 60 young carers were registered with the service. Carer's ages range between 9 and 17 years with the majority (77%) of secondary school age.

Quarriers are seeing increasing numbers of young people where concerns raised are not linked to their caring role; emotional support and space to talk are most frequently sought by young carers supported; with access to community activities also requested indicating the impact of poor or declining mental health and emotional wellbeing of our young people.

Realigning Children's Services survey data reveals 12% of secondary pupils identified themselves as a young carer, equating to around 320 pupils (sample representative of 75% of all secondary pupils).

### 7.3 Children with complex health needs

In Moray there are 94 children who received support from social work who have a disability; there will be other children with a disability in Moray that are not known to social work

<u>No. of children with a disability supported by Social Work</u>	<u>Totals</u>
Number identified with a Learning Disability	86
Number identified with a Physical Disability	6
Number identified with a Disability due to Medical reasons	1
Number identified with a Visual impairment	1
	<hr/> 94

**NB.** These are primary categories of disability and some children have multiple diagnoses that contribute to their overall disability.

Of the 94 children in receipt of support, 19 are looked after children living primarily out with their family home. The remaining 75 children are in receipt of support as 'children in need'.

The supports provided are varied and put in place to reduce the inequality experienced by children and families where disability is a feature. Supports are provided for the child; however those supports in turn provide short breaks for parents / carers and siblings where this is appropriate.

#### HEADLINES

- Emotional abuse the most common child protection concern on registration.
- Proportion of Looked After Children is in line with comparators.
- Looked After Children's school attendance and attainment levels are below and exclusions levels are above non Looked After Children's results.
- Better outcomes for children looked after in a home setting.
- Unmet need in support for young carers.

## APPENDIX 1 DATA SOURCES

SHQS	<a href="https://www2.gov.scot/Topics/Statistics/SHCS/keyanalyses/LATables1517">https://www2.gov.scot/Topics/Statistics/SHCS/keyanalyses/LATables1517</a>
Wages hourly	<a href="https://www.celcis.org/files/7214/6366/6197/CELCIS-new-analysis-Looked-after-children-statistics-April-2016.pdf">https://www.celcis.org/files/7214/6366/6197/CELCIS-new-analysis-Looked-after-children-statistics-April-2016.pdf</a>
Education outcomes – national	<a href="https://www.gov.scot/publications/education-outcomes-looked-children-2017-18/pages/3/">https://www.gov.scot/publications/education-outcomes-looked-children-2017-18/pages/3/</a>
Families with limited resources	<a href="https://www.gov.scot/publications/children-families-limited-resources-scotland-2014-2016/pages/5/">https://www.gov.scot/publications/children-families-limited-resources-scotland-2014-2016/pages/5/</a>
SIMD	<a href="https://simd.scot/2016/#/simd2016/BTTTFTT/8/-4.0724/56.0322/">https://simd.scot/2016/#/simd2016/BTTTFTT/8/-4.0724/56.0322/</a>
Domestic abuse	<a href="https://www.gov.scot/publications/domestic-abuse-recorded-police-scotland-2017-18/pages/9/">https://www.gov.scot/publications/domestic-abuse-recorded-police-scotland-2017-18/pages/9/</a>
Drug related deaths	<a href="https://www.nrscotland.gov.uk/statistics-and-data/statistics/statistics-by-theme/vital-events/deaths/drug-related-deaths-in-scotland/2018/list-of-tables-and-figures">https://www.nrscotland.gov.uk/statistics-and-data/statistics/statistics-by-theme/vital-events/deaths/drug-related-deaths-in-scotland/2018/list-of-tables-and-figures</a>
Teenage pregnancy	<a href="https://www.isdscotland.org/Health-Topics/Sexual-Health/Publications/2018-07-03/2018-07-03-TeenPreg-Report.pdf">https://www.isdscotland.org/Health-Topics/Sexual-Health/Publications/2018-07-03/2018-07-03-TeenPreg-Report.pdf</a>
Children's reporter	<a href="https://www.scra.gov.uk/stats/?=undefined&amp;areas%5B%5D=Moray&amp;measures%5B%5D=Children%20referred">https://www.scra.gov.uk/stats/?=undefined&amp;areas%5B%5D=Moray&amp;measures%5B%5D=Children%20referred</a>
Migration and churn	<a href="https://scotland.shinyapps.io/nrs-local-area-migration/">https://scotland.shinyapps.io/nrs-local-area-migration/</a>
Housing quality	<a href="https://scotland.shinyapps.io/ScotPHO_profiles_tool/">https://scotland.shinyapps.io/ScotPHO_profiles_tool/</a>
Maternal Health	<a href="https://scotland.shinyapps.io/ScotPHO_profiles_tool/">https://scotland.shinyapps.io/ScotPHO_profiles_tool/</a>

# **Realigning Children's Services: Health and Wellbeing Surveys Summary Report**

Summary findings from the Realigning  
Children's Services Wellbeing Surveys  
in Moray

# Contents

Introduction	<b>1</b>
1. Physical health and health behaviours	<b>2</b>
2. Mental wellbeing	<b>4</b>
3. Family relationships	<b>6</b>
4. Peer relationships and friendships	<b>8</b>
5. Learning environment	<b>10</b>
6. Local area	<b>12</b>

# Introduction

The Realigning Children's Services (RCS) programme is a Scottish Government programme which aims to improve outcomes for children by supporting Scotland's Community Planning Partnerships (CPPs) to make better joint strategic decisions about services for children and families.

In early 2019, a total of 5,247 school pupils in years P5 to P7 (2,525) and S1 to S4 (2,722), accounting for 81% of all eligible primary pupils and 75% of all eligible secondary pupils in Moray, agreed to take part in an online health and wellbeing survey.<sup>1</sup> They also agreed for their responses to be linked to local authority administrative data<sup>2</sup> through a secure process.

This report presents summary findings from both the primary and secondary surveys in Moray which are grouped around six key themes: physical health and health behaviours, mental wellbeing, family relationships, peer relationships and friendships, learning environment and local area.

Further information on the findings can also be found within the RCS Wellbeing Survey Thematic Report, the bulk data tables for Moray and the Technical Report.

## Definitions of key terms used in the report:

- **Primary pupils:** Those pupils in P5-P7 who agreed to take part in the survey.
- **Secondary pupils:** Those pupils in S1-S4 who agreed to take part in the survey.
- **Pupils with a child's plan:** Includes all children who are in receipt of children's services, including those who have a looked after status, as recorded on the local authority's social work information management system.
- **Pupils with additional support needs:** Includes all children with a Coordinated Support Plan or Individualised Education Plan, as well as pupils with any other additional support needs as recorded on the local authority's education information management system.
- **Pupils eligible for free school meals:** Includes all children who are registered as eligible for free school meals by the local authority.
- **Urban:** Includes large and other urban areas with settlements of 10,000 people or more.<sup>3</sup>
- **Small towns:** Includes accessible, remote and very remote small towns with settlements of between 3,000 and 9,999 people.<sup>3</sup>
- **Rural:** Includes accessible, remote and very remote rural areas with populations of less than 3,000 people.<sup>3</sup>

1. Note that pupils were allowed to skip any question they did not wish to answer. Thus, these numbers do not necessarily reflect the actual number of pupils responding to a particular question. In addition, where information was provided through linkage with administrative data, responses are only given for pupils where linkage was successful.

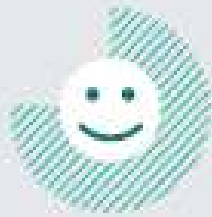
2. Administrative data (in contrast to survey data) refers to data taken from educational and social work records, or geographical data based on the pupils' home postcodes. Further information on the linkage can be found in the Technical Report.

3. Methodology and definitions for the Urban/Rural classification are available at: <https://www2.gov.scot/Topics/Statistics/About/Methodology/UrbanRuralClassification>. Readers should note that the three-fold collapse used in this report and the RCS data is not the standard three-fold classification.

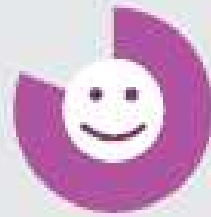


# 1. Physical health and health behaviours

**76%** of secondary pupils rated their health...



**81%** of primary pupils rated their health...



...as good or very good

- At secondary school, the proportion of pupils who rated their health as good or very good decreased from 84% in S1 to 73% in S4.
- Among secondary pupils, the proportion who rated their health as good or very good was lower among pupils eligible for free school meals (69%, compared with 77% of those not eligible) and those with a child's plan (57%, compared with 77% of those with no child's plan).

**69%** of primary pupils ate vegetables every day or most days



- Among primary pupils, those eligible for free school meals were less likely to eat vegetables every day or most days (58%, compared with 71% of those not eligible) as were those with a child's plan (59%, compared with 69% of those with no child's plan).

of primary pupils drank fizzy drinks most days or daily



- Those eligible for free school meals were more likely to drink fizzy drinks most days or daily (27%, compared with 16% of those not eligible).

**63%** of secondary pupils ate vegetables at least 5 days a week

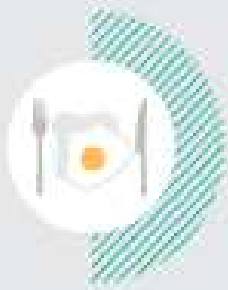


- Secondary pupils who were eligible for free school meals were less likely to eat vegetables at least 5 days a week (57%, compared with 64% of those not eligible) as were those with a child's plan (53%, compared with 63% of those with no child's plan).

of secondary pupils drank sugary drinks more than once a day



- Those eligible for free school meals were more likely to drink sugary drinks more than once a day (15%, compared with 9% of those not eligible) as were those with a child's plan (17%, compared with 10% with no child's plan).



**50%** of secondary pupils ate breakfast every day

- The proportion who ate breakfast every day was lower among the oldest pupils (47% in S3/S4; 54% in S1/S2).
- Those eligible for free school meals were less likely to eat breakfast every day (33%, compared with 52% of those not eligible).
- Those with a child's plan were also less likely to eat breakfast every day (29%, compared with 51% of those with no child's plan).
- Girls (25%) were almost twice as likely as boys (14%) to never eat breakfast.

**17%** of secondary pupils were active for at least 60 minutes every day



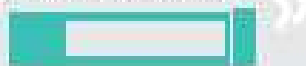
- Girls (14%) were less likely than boys (20%) to be active for at least 60 minutes every day.
- The proportion of all secondary pupils who were active at least 60 minutes every day decreased with age (from 23% in S1 to 12% in S4).

**40%** of primary pupils were physically active<sup>4</sup> every day



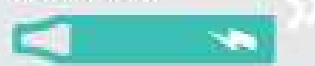
- Those with additional support needs were less likely to be physically active every day (35%, compared with 42% of those with no additional support needs) as were those pupils who were eligible for free school meals (34%, compared with 41% of those not eligible).

**24%** of secondary pupils had ever smoked a cigarette



- 10% of secondary pupils were current cigarette smokers.<sup>5</sup>
- The proportion who were current smokers increased with age (from 1% in S1 to 18% in S4).
- Those secondary pupils with a child's plan were much more likely to be current smokers (31%, compared with 9% of those with no child's plan).

**26%** of secondary pupils had tried e-cigarettes



**29%** of secondary pupils had drunk alcohol in the last week

- The proportion of secondary pupils who had drunk alcohol in the last week increased with age (16% in S1 had drunk alcohol in the last week, compared with 36% in S4).
- Those with a child's plan were more likely than those with no child's plan to have drunk alcohol in the last week (44%, compared with 29% with no child's plan).
- Current smokers were more than twice as likely than non-smokers to have drunk alcohol in the last week (55%, compared with 23% of those who did not currently smoke).



**60%** of secondary pupils had ever been drunk

Proportion of secondary pupils that had ever been offered drugs:



Proportion of secondary pupils that had tried at least one drug:



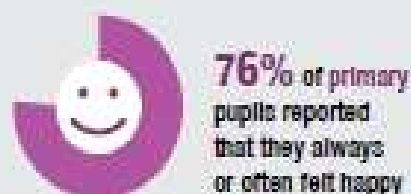
- The proportion of secondary pupils who had ever taken drugs increased with age (from 4% in S1 to 25% in S4).
- Current smokers were ten times more likely to have ever used drugs (70%, compared with 7% of those who did not currently smoke).

4. Pupils were asked how often they spent doing active things, including doing sports, playing with friends, or walking to school.

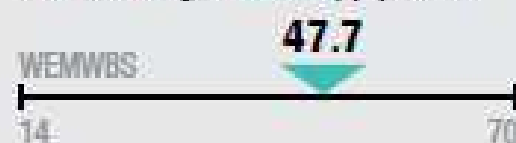
5. Current smokers defined as those who stated that they smoked at all, regardless of frequency.

## 2. Mental wellbeing

Overview of mental wellbeing among pupils in Moray:

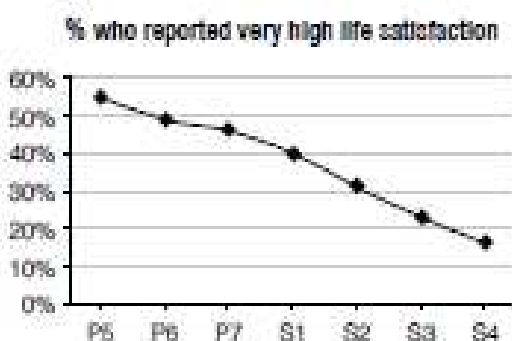


The mean WEMWBS<sup>8</sup> score, reflective of overall mental wellbeing, for secondary pupils was

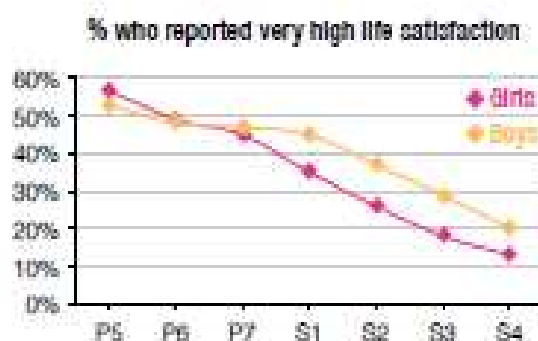


Key variations in reported levels of mental wellbeing:

Older pupils were much less likely than younger pupils to report very high life satisfaction



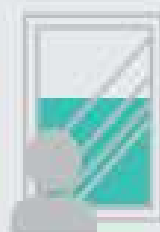
Among secondary pupils, girls were less likely than boys to report very high life satisfaction



**66%** of primary



**59%** of secondary



...were very or fairly happy with their appearance

- Although there were no gender differences at primary school in terms of how happy pupils felt about their appearance, a big gap was evident at secondary school, where 71% of boys were very or fairly happy with their appearance compared with just 48% of girls.
- Those pupils with a child's plan were less likely to be fairly or very happy with their appearance (57% among primary pupils, compared with 66% of those with no child's plan; 48% among secondary pupils, compared with 59% of those with no child's plan).

6. Responses to questions about life satisfaction were combined and grouped into three categories: 'low/medium', 'high', and 'very high'. Further details are available in the Technical Report.

7. Based on Goodman's Strengths and Difficulties Questionnaire Total Difficulties score. Scores were divided into the following categories: 'close to average', 'slightly raised', 'high' and 'very high', with 'very high' indicating multiple problems identified. Further details available in the Technical Report.

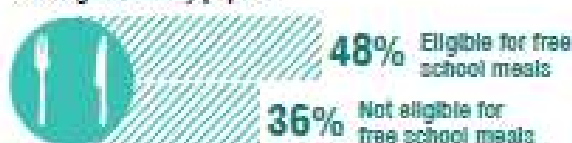
8. National WEMWBS figures for secondary school pupils are available in SALUS National Statistics 2018. WEMWBS is also used as an indicator of mental wellbeing at a national level in the Scottish Health Survey. See more here: <http://www.healthscotland.scot/health-topics/mental-health-and-wellbeing/wemwbs>

**Pupils eligible for free school meals reported lower life satisfaction than those not eligible**

% who reported low/medium life satisfaction among primary pupils



% who reported low/medium life satisfaction among secondary pupils



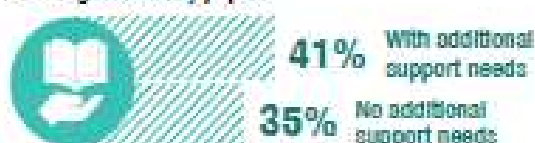
- Among secondary pupils, 54% of those eligible for free school meals also had higher than average social, emotional and behavioural difficulties, compared with 40% of those not eligible.

**Pupils with additional support needs reported lower life satisfaction than those with no additional support needs**

% who reported low/medium life satisfaction among primary pupils



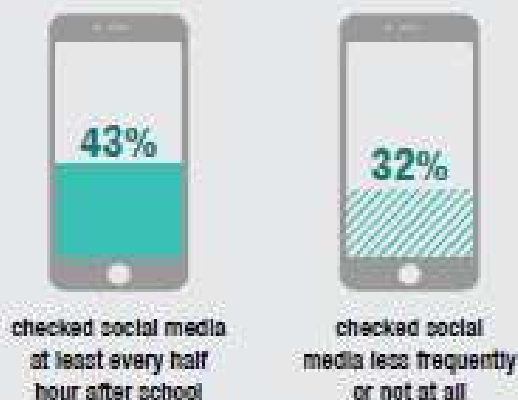
% who reported low/medium life satisfaction among secondary pupils



- Among secondary pupils, 31% of those with additional support needs also reported above average levels of conduct problems, compared with 20% of those with no additional support needs.

**Secondary pupils who checked social media at least every half hour after school reported lower life satisfaction than those who checked social media less frequently**

% who reported low/medium life satisfaction among secondary pupils



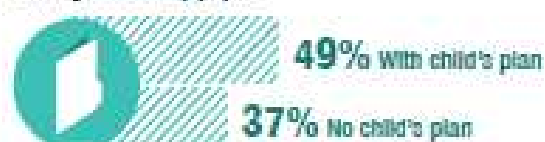
- Those who checked social media at least every half hour were also more likely to have above average levels of social, emotional and behavioural difficulties (52%) than those who checked social media less often (34%).

**Pupils with a child's plan reported lower life satisfaction than those with no child's plan**

% who reported low/medium life satisfaction among primary pupils

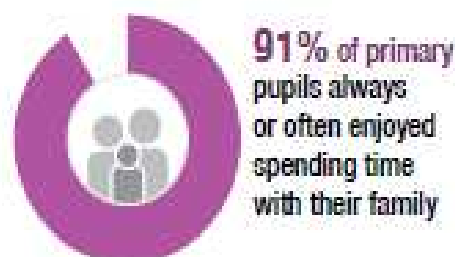
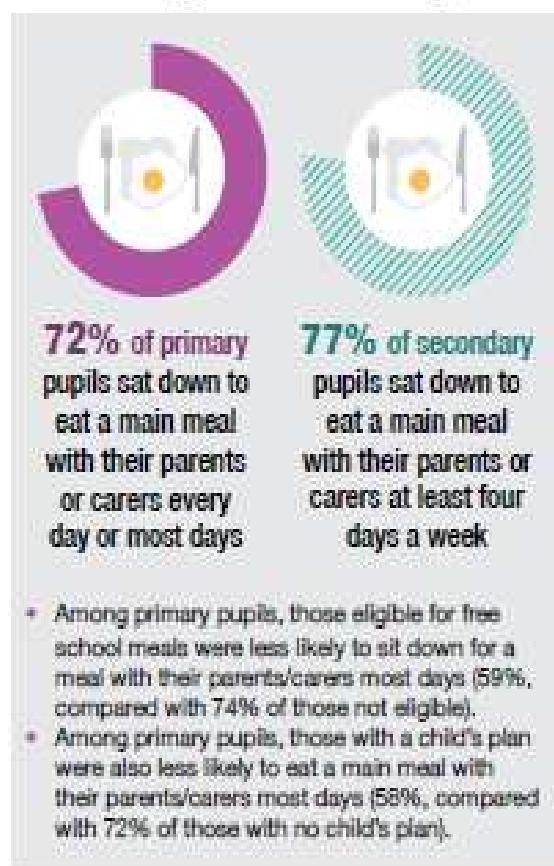


% who reported low/medium life satisfaction among secondary pupils

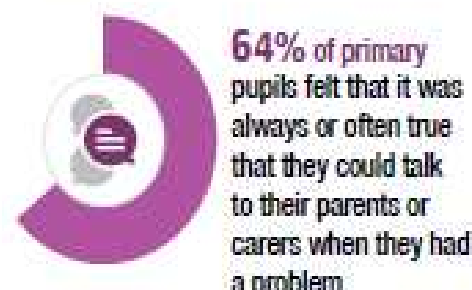


- Among secondary pupils, 70% of those with a child's plan also had higher than average social, emotional and behavioural difficulties, compared with 40% of those with no child's plan.

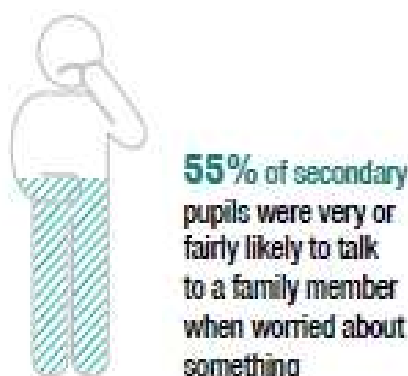
### 3. Family relationships



- Primary pupils with a child's plan were less likely to say they always or often enjoyed spending time with their family (75%, compared with 92% of those with no child's plan).



- Primary pupils with a child's plan were also less likely to say that it was always or often true that they could speak to their parents/carers when they had a problem (53%, compared with 65% of those with no child's plan).



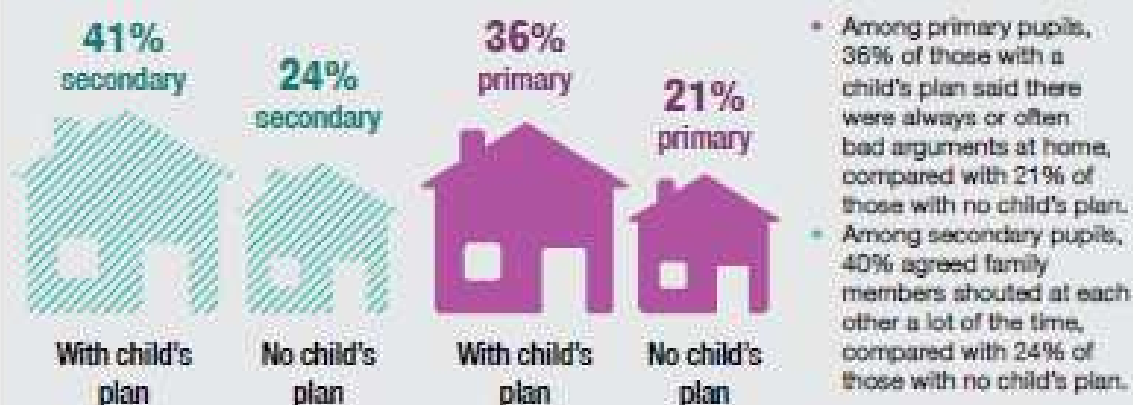
- The proportion of secondary pupils who strongly agreed they enjoyed spending time with their family decreased with age (from 65% in S1 to 44% in S4).
- This decrease applied for both boys and girls, and irrespective of eligibility for free school meals.



- Those eligible for free school meals were more likely to identify as young carers (29%, compared with 11% of those not eligible).
- Those with a child's plan were also more likely than those with no child's plan to identify as young carers (21%, compared with 12% of those with no child's plan).

9. Defined as caring for or looking after someone in the home because they have a long-term illness or disability.

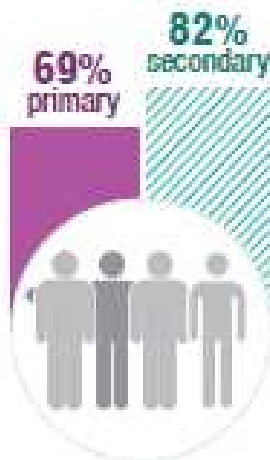
Across school stages, those pupils with a child's plan were more likely to report frequent bad arguments or shouting at home<sup>10</sup>



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## 4. Peer relationships and friendships

Pupils who had at least three close friends



- Among primary pupils, those eligible for free school meals were less likely to have at least three close friends (61%, compared with 71% of those not eligible).
- Among secondary pupils, the youngest pupils were more likely to report having at least three close friends (88% in S1, compared with 80% in S4).

**77%** of secondary pupils had close friend(s) they could speak to about things that are really bothering them



- Girls (85%) were more likely than boys (69%) to agree that they had close friend(s) they could confide in.

Among secondary pupils, those with at least three close friends reported better mental wellbeing



- The average mental wellbeing score (WEMWBS) among those with at least three close friends was 48.7, compared with 43.7 among those with fewer close friends.

Among secondary pupils those with at least three close friends were also more likely to report very high life satisfaction:



**52%** of primary pupils experienced some form of bullying at least once a month



- 39% reported being called names or made fun of.
- 33% reported being left out of games and chats.
- 24% reported being physically bullied or having someone pick a fight with them.
- 8% reported being picked on via email, text, or in online posts.

**48%** of secondary pupils were bullied in the last month



- 14% were physically bullied.
- 13% were teased or called names online or by phone, and 24% in person.
- 13% had rumours or lies spread about them and/or were excluded online or by phone, and 24% in person.

Among primary pupils, those with a child's plan were more likely to experience bullying at least once a month than pupils who did not have a child's plan

% among primary pupils who experienced some form of bullying at least once a month



- In particular, those primary pupils with a child's plan were more likely to be teased and called names (52%, compared with 39% of those with no child's plan) and were more likely to be left out of games and chats (48%, compared with 32% of those with no child's plan).

Across primary and secondary pupils, those experiencing high levels of bullying<sup>11</sup> recorded lower levels of life satisfaction

% among primary pupils reporting low/medium life satisfaction



% among secondary pupils reporting low/medium life satisfaction

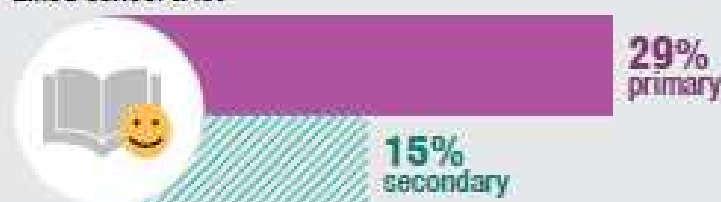


11. A 'high' level of bullying is defined as experiencing any form of bullying once a month or more among primary pupils and experiencing any form of bullying in the last month among secondary pupils (Note: questions differed for primary and secondary school pupils on this measure).

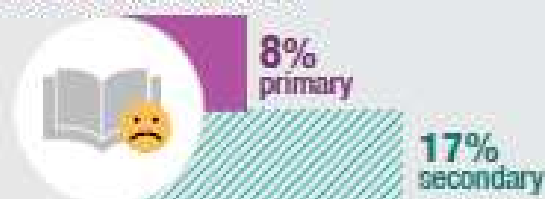


## 5. Learning environment

Liked school a lot



Did not like school at all



### Primary pupils

- Among primary pupils, girls (36%) were more likely than boys (22%) to like school a lot. Conversely, boys (11%) were more likely than girls (4%) to say they did not like school at all.
- Those with a child's plan were more likely to like school a lot (35%, compared with 29% with no child's plan).
- Those with additional support needs were less likely to like school a lot (25%, compared with 31% of those with no additional support needs).

### Secondary pupils

- Among S3/S4 pupils, girls (9%) were less likely than boys (14%) to like school a lot. Conversely, girls in S3/S4 (23%) were more likely than boys in S3/S4 (15%) to say they did not like school at all.
- Those with a child's plan were less likely to like school a lot (6%, compared with 15% with no child's plan) and twice as likely to say they did not like school at all (34%, compared with 17% of those with no child's plan).
- Those with additional support needs were a little more likely to say they did not like school at all (21%, compared with 16% of those with no additional support needs).

**25%** of secondary pupils strongly agreed that their teachers cared about them as a person



- The proportion who strongly agreed decreased with age (from 34% in S1 to 16% in S4).

**33%** of secondary pupils felt pressured by their schoolwork a lot of the time



- Girls (39%) were more likely than boys (26%) to have felt pressured by schoolwork a lot of the time.
- The proportion who felt pressured by schoolwork a lot of the time increased with age, especially among girls (from 27% of girls in S1/S2 to 51% of girls in S3/S4). This compared with 22% of boys in S1/S2 to 31% of boys in S3/S4.

**86%** of primary pupils always or often got along with their teachers



- Girls (91%) were more likely than boys (82%) to report always or often getting along with their teacher.
- Those with additional support needs were less likely to report always or often getting along with their teacher (83%, compared with 88% of those with no additional support needs) as were those with a child's plan (80%, compared with 86% no child's plan).

**11%** of primary pupils always or often got into trouble with teachers at school



- Boys (16%) were three times as likely as girls (5%) to always or often get into trouble with teachers.
- Those with a child's plan were twice as likely to always or often get into trouble with teachers (27%, compared with 10% with no child's plan).

**11%** of secondary pupils misbehaved all or most of the time



- 12% of boys misbehaved all or most of the time, compared with 8% of girls.
- Those with a child's plan were more than twice as likely to misbehave at school all or most of the time (27%, compared with 11% of those with no child's plan).

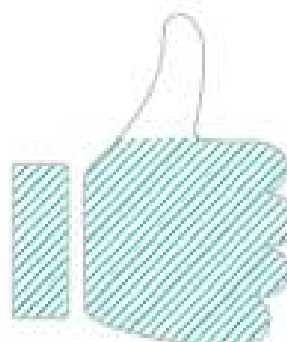
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## 6. Local area



**88%** of primary pupils liked their local area a lot or quite a lot

- Those eligible for free school meals were less likely to like their area a lot or quite a lot (81%, compared with 89% of those not eligible).
- Those with a child's plan were less likely to like their area a lot or quite a lot (70%, compared with 88% of those with no child's plan).
- Those living in urban areas were less likely to like their area a lot or quite a lot (83%, compared with 90% of those living in small towns and 91% of those living in rural areas).



**66%** of secondary pupils agreed that their local area was a really good place to live

- The proportion who agreed decreased with age (from 78% in S1 to 57% in S4).
- Boys (70%) were more likely to agree than girls (63%).
- Those eligible for free school meals were less likely to agree (59%, compared with 66% of those not eligible).
- Those living in rural areas were more likely to agree (69%, compared with 62% of those living in urban areas and 63% of those living in small towns).

**54%** of secondary pupils spent time in natural open spaces in their local area at least once a week



- Younger secondary pupils were more likely to do so than older secondary pupils (65% of S1s compared with 46% of S4s).
- Boys (58%) were more likely to do so than girls (52%).
- 68% of those who were physically active for at least 60 minutes every day spent time in natural open spaces at least once a week, compared with 52% of those who were not physically active at least 60 minutes every day.
- No notable variations were evident by whether pupils lived in urban areas, small towns or rural areas.



**54%** of primary pupils reported that they had lots of places to play outdoors near to where they live

- Older primary pupils were more likely to state that this was the case than younger primary pupils (60% in P7 compared with 51% in P5).
- Those eligible for free school meals were less likely to say this was the case (49%, compared with 55% of those not eligible for free school meals).
- No notable variations were evident by whether pupils lived in urban areas, small towns or rural areas.

## APPENDIX 3 – FURTHER ENGAGEMENT AND SURVEY WORK

### 1. ENGAGEMENT WITH PARENTS - KEY MESSAGES

#### ➤ **Parents of younger children - 105 parents completed the survey across 15 nurseries/schools**

- High level of awareness amongst parents of preschool children of supports available for them as parents
- Parents want support, in particular health and behaviour related support
- The main reasons parents access support is to connect with parents experiencing similar issues , to reduce isolation, get reassurance they are doing the right thing and to get the specific advice they feel they need
- The majority of those who access support have a positive experience
- Of those who feel they need support, the key reasons they weren't accessing support were; it wasn't available or accessible, work commitments / time, they already know what to do as it's not their first child / they have other children so can't engage. Highlighted that support needed to be community based with no cost barriers
- Prefer to hear about support through word of mouth, social media, health visitors and via nursery /primary school info sources
- Those who don't access support feel they don't need it because it isn't their first child or is not relevant to them

#### ➤ **Engagement with parents of school age children - 959 respondents to online survey**

Overall the same as the above re: awareness of supports, issues re: accessing support, communication method and the reason for accessing support

- Parents felt supports were targeted at those with preschool children and those they had accessed were targeted at pre-school children and families
- General lack of awareness of supports to them as parents of older children
- Parents wanted support / to be skilled up to better support their child's mental wellbeing. This demand increases as the child got older i.e. highest for those with teenage children
- Also demand for support to manage children's behaviour / support for children with ASN
- Low cost community based support required

## 2. ENGAGEMENT WITH CHILDREN

### ➤ Engagement with younger children

**Face to face engagement with nursery and early Primary School age children (P1-4). This was undertaken by nursery staff, using age appropriate tools. 194 children were surveyed (75 from nursery schools and 119 from primary schools)**

#### **Key Messages**

- 97% of children stated that their parent(s) keep them safe at home
- 16% of nursery school pupils and 24 % of primary school pupils reported that they have been bullied
- 23% of nursery pupils reported they never feel sad
- 30% of primary school age pupils identified issues at home made them sad
- Feeling isolated from their peers/left out was a key concern of primary school age children and the aspect of school/nursery they enjoyed the most was the socialising with peers.
- In relation to outdoor play and physical activity, 44% of nursery pupils and 36% of primary pupils reported playing outside.
- Boys reported being more physically active when inside a higher percentage of boys reported being on screens.
- When asked what makes you happy the majority of primary school children stated “ feeling cared for” and “playing with friends and feeling included”

### ➤ Engagement with young people

#### **Key messages from young people – Moray Youth Matters**

***NB.** This engagement work was undertaken once the RCS data, stats and guidance were all reviewed and priorities identified. Young people were asked what would make a difference under each priority.*

#### **Wellbeing (Physical)**

- Single gender physical activity provision
- Reduce/remove costs to access sporting provision and increase flexibility re: timing
- Access to healthier, affordable food

#### **Wellbeing (mental)**

- Support for mental health in and out of school
- Wellbeing (social)
- Sex education delivered in a more informal way in smaller groups (school based)

- Support in school – workload related

### **Wellbeing (Social)**

- Support to deal with social media and body image
- Community engagement/learning

### **Safe and free from harm**

- Safe spaces in schools/safer schools
- More visible police in the community and more engagement with them
- Evening public transport/affordable public transport for those living more rurally
- Road safety precautions e.g. lollipop people and speed checks on roads around schools
- Alternatives to being on the streets

### **Impact of poverty is reduced**

- Affordable school - uniform, trips, transport, widen access to free school meals
- Improved job opportunities during school for teenagers and post school
- Increased support to pay bills, access food.
- Better use of community resources - Identified the potential of intergenerational linkages, better use of community facilities

## **3. ENGAGEMENT WITH FRONT LINE PRACTITIONERS**

**57 Frontline practitioners attended one of two workshops.**

### **Key messages**

- Focus on support for parents to develop their confidence and ability to support their child, especially in relation to addressing early signs of poor mental wellbeing.
- Need for lower level / early intervention, easily accessible mental wellbeing supports for young people experiencing poor mental wellbeing. It needs to be accessible weekends, evenings etc. need and not exclusively Elgin focused.
- Coordinated and focused support to families experiencing poverty. Recognition that the issue is working poor so need to consider how this is done.
- Need for professionals to support the development of community based wellbeing supports - not all service led. More coordinated approach between children, young people, families, communities and service providers to co-design and deliver the required community based supports.

- Address the need to have a centralised and accessible source of information/supports which are currently available to children, young people and families.
- Better communication of what's available and what's working to avoid duplication. Use methods which work for children, young people and families.

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