

EASTERN DEVON PARTNERSHIP

MENTAL HEALTH for CHILDREN & YOUNG PEOPLE & their FAMILIES

May 2026



How we involved people

Multi-agency collaboration across Family Hubs, Esteem Team, schools, and partners

- Direct work with parents/carers via Family Hub sessions (home, centres, phone, Teams)
- Parenting programmes (e.g. Togetherness) and informal support such as coffee mornings
- Outreach through Esteem "CATCH on Tour" and Family Hub attendance at playgroups and transition sessions
- Communication with schools on transition support and available services
- Training includes Togetherness rollout, adolescent brain sessions, and Parental Minds delivery in schools
- Partnership work with community providers (e.g. LED Leisure) and organisations such as Sing and Sign
- Supporting peer connection – helping parents build networks ("find their people")
- Practitioner engagement through Family Hub forums on parental mental health
- Ongoing work to reach underserved families and reduce barriers to access

How has it made a difference?

- Improved early identification through outreach (e.g. Esteem in schools) and better understanding of service roles within schools
- Increased accessibility through flexible delivery (home, community, virtual) and stronger partnership working across services
- Greater focus on early help, supporting parents to understand and manage children's emotions
- Development of transition support across early years and adolescence, with increased inclusion in community activities (e.g. Active Champs)
- Positive impact from programmes such as *Normal Magic* and Togetherness, alongside greater use of lived experience in service design

Acronyms used:

CYP – Children and young people
Honiton CC – Honiton Community College
AWP – Attendance and Wellbeing Project
MH – Mental Health
EHCP – Education, Health and Care Plan
DCC – Devon County Council
TAF – Team around the Family meeting
MH- Mental Health
EHE – Elective Home Educated
ND – Neurodivergence

What themes are we seeing?

- * High levels of anxiety among children and young people (CYP), with increasing isolation and some unable to leave home or attend school. Rising EBSA, particularly in Exmouth, with some unable to walk past school due to anxiety.
- * CYP mental health is impacted by parental conflict and separation, with possible links to wider external pressures.
- * Increasing numbers of parents are withdrawing children to home educate, often as a response to anxiety or behaviour, though many later struggle with reintegration.
- * Patterns show absence reducing anxiety short term but creating longer-term barriers. Adult mental health and highly dependent parent-child relationships are also factors.
- * Referrals to services are often late, with needs already entrenched, alongside low engagement in some offers.
- * Geography continues to limit access to schools and services.

Who's here?

(highlighted people attended this month)

Action East Devon, Active Devon, Action for Children, CFHD participation, CFHD, Cranbrook Education Campus, DCC (& Public Health, Educational Psychology and Family Hubs), ECI Family Resource Project, Esteem Team. Heads Up, Kooth, Littleton School, Make Amends, Mental Health in Schools Team, NHS, Normal Magic, Parental Minds, Sid Valley Schools, Ted Wragg Trust, WellMoor CIC, YMCA, Exmouth Community College, Parental Minds,

Upcoming:

Ted Wragg to bring Lucy Jones to talk about 'Permission to Feel' work in schools: <https://marcbrackett.com/permission-to-feel/>

Next Family Hub Practitioner Forum is on Working with Parent/Carers with poor mental Health - <https://www.devonscp.org.uk/early-help/early-help-information-for-workers/early-help-resources-and-downloads/>

One Day Conference: <https://activedevon.org/event/navigating-pe-school-sport-and-physical-activity-in-a-changing-landscape/>

Let's Talk

about health and care

Meetings are monthly on Fridays 10-11:20am
26th June / 24th July / 28 Aug / 25 Sept