

Spotlight
Session



SELFFA

YOUR LOCAL CHILDREN'S CHARITY



Where do children and young people go to for support in Craven?

VCSE Services

- Carer's Resource (Young Carers)
- SELFA Children's Charity
- Homestart Craven (0-5's)
- North Yorkshire Youth
- IDAS - Independent Domestic Abuse Service
- Compass (Phoenix & Buzz)
- Youth in Mind (Mind in Bradford & SELFA)
- Wellbeing Network (VCS Alliance & SELFA)
- Safe Spaces (Mind in Bradford & SELFA)
- Yorkshire Dales Millenium Trust
- Cruise Bereavement Support
- Relate - Time to Talk (Keighley)
- Sleep Tight - Together Trust
- NY Rise - drug & alcohol service

North Craven Schools

- Settle Primary - 221 pupils
- Ingleton Primary - 186
- Bentham Primary - 160
- Kirkby Malham Primary - 55
- Giggleswick Primary - 73
- Austwick Primary - 62
- Hellifield Primary - 64
- Long Preston Primary - 50
- Settle College - 617
- Cedar House (independent specialist school) - 88

NHS Services inc. Primary Care

- 6 GP surgeries (Bentham & Ingleton, Crosshills, Settle, Grassington, Skipton Dyneley House, Skipton Fisher Medical)
- Children's Social Prescribers and Health Coaches
- GR8Minds - RISE Counselling Service
- Airedale Hospital - Children's Therapies & Hospital Buddies (Youth in Mind)

Skipton Village Schools

- Embsay Primay - 207 pupils
- Carleton Primary - 168
- Connonley Primary - 150
- Thorton-in-Craven Primary - 95
- Gargrave Primary - 94

Please note: figures may be subject to change and are as accurate as possible.
Last updated: February 2023

Sources: 2023 Census, IMD 2019 and Ofsted. Please let us know if you want to be added to the map

This map was created by Emma Pears from SELFA Children's Charity - www.selfa.org.uk
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NYCC Services

- Early Help Service
- Children's Social Care
- Disabled Children's Team
- Special Educational Needs and Disabilities (SEND) locality hub
- North Yorkshire Voice
- NY Libraries
- Virtual Offer (Solihull & Healthy Families - Brimhams Active)

Over 1/3 of young people in Craven live in sparsely populated rural areas, increasing to 70% in North Craven

Early Years Providers

- 23 Childminders
- 12 Day Nurseries
- 5 Pre-School Playgroups
- 19 School Early Years providers

24hour Support (Mental Health)

- Guideline (phone & live chat)
- Night Owls (phone & live chat)
- First Response (urgent crisis support)
- Kooth (online)

25% of people in Craven live more than 30 minutes by public transport from their GP surgery

Harrogate & District NHS Foundation Trust

- Health Visiting Service (0-6)
- Healthy Child Service (0-19)

Bradford District Care Trust NHS

- Specialist CAMHS
- Mental Health Support Teams in schools (EMHP's)
- School Nursing Special Needs Team
- Children's Learning Disability Nursing Team

Upper Wharfedale Schools

- Threshfield Primary - 102 pupils
- Grassington Primary - 54
- Kettlewell Primary - 26
- Boyle & Petyt (Bolton Abbey) - 83
- Burnsall Primary - 50
- Cracoe & Rylstone - 34
- Upper Wharfedale Secondary - 356

Craven is joint second-least densely populated local authority area across England

Skipton Schools

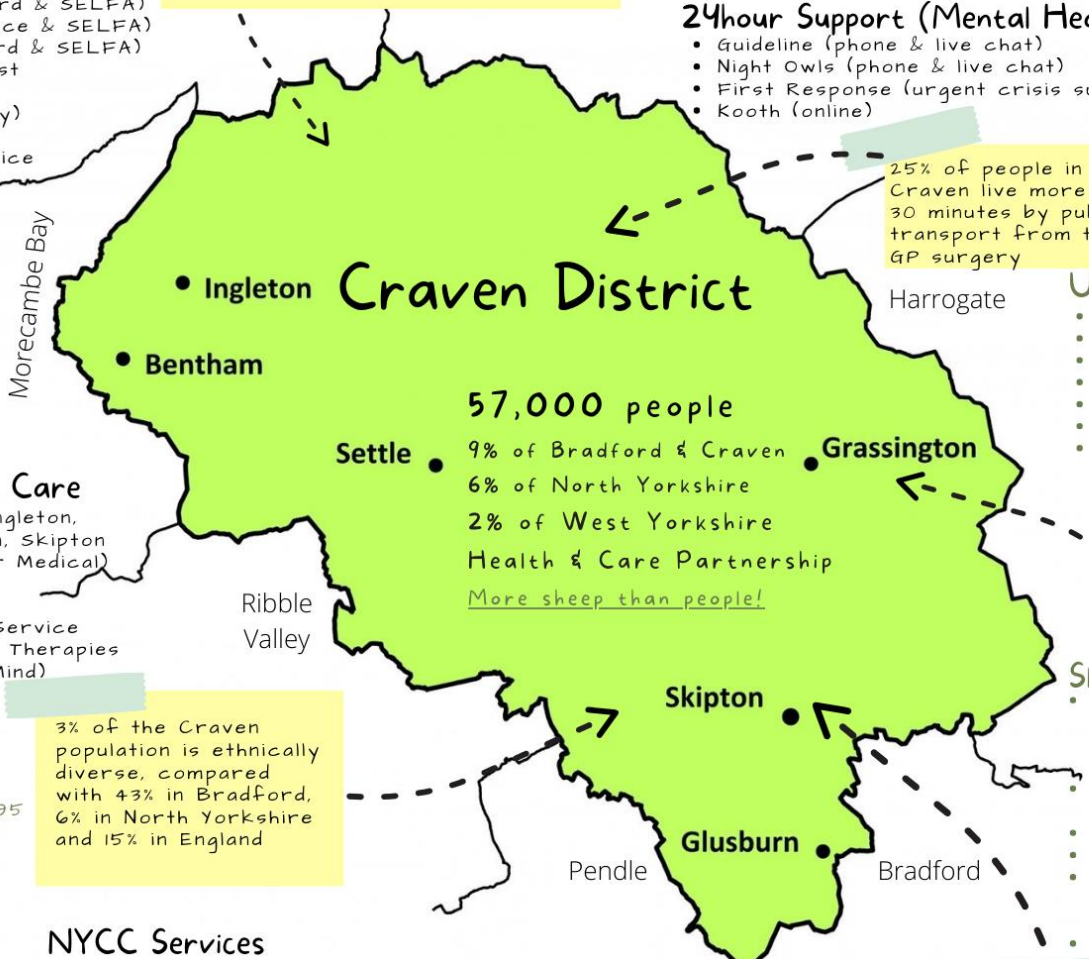
- 5 primary schools (Water Street - 220, St. Stephens 158, Christ Church - 140, Greatwood - 216 & Parish 230)
- 2 nursery schools - Otley St - 67, Brougham St - 53
- Brooklands Special School - 87
- Skipton Academy Secondary - 474
- Selective schools - Ermysted's Grammar - 838, Skipton Girls' High - 889
- Craven College (FE)

Greatwood and Horseclose in Skipton is the most deprived area in Craven and ranks in the 20 per cent most deprived areas in England.

• = Schools with an EMHP (Educational Mental Health Practitioner)

South Craven Schools

- Sutton CofE Primary - 107 pupils
- Lothersdale Primary - 123
- Sutton Community Primary - 207
- Glusburn Primary - 405
- Kildwick Primary - 143
- Cowling Primary - 139
- Bradley Primary - 133
- South Craven Secondary - 1873



Craven District

57,000 people

9% of Bradford & Craven
6% of North Yorkshire
2% of West Yorkshire
Health & Care Partnership

More sheep than people!

3% of the Craven population is ethnically diverse, compared with 43% in Bradford, 6% in North Yorkshire and 15% in England

Craven is joint second-least densely populated local authority area across England

Greatwood and Horseclose in Skipton is the most deprived area in Craven and ranks in the 20 per cent most deprived areas in England.



Vision

A community where all children and young people are celebrated and know they belong.



Mission

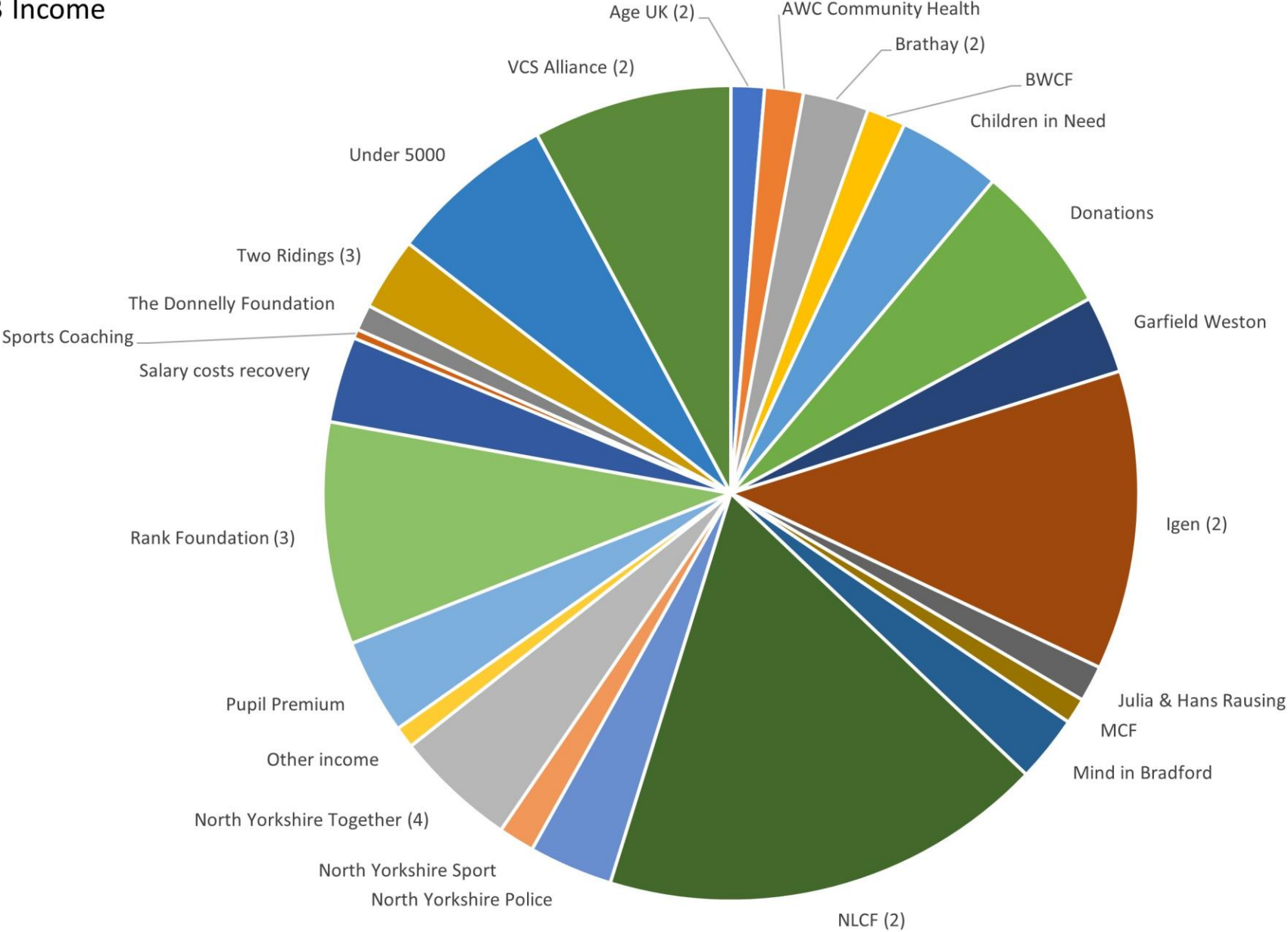
To support children and families experiencing vulnerabilities, to build resilience, thrive and achieve.



Services

We support children, young people and parents through health and wellbeing programmes, peer support groups, one-to-one mentoring, targeted holiday workshops and trips and residential breaks.

2022-23 Income







SELFA'S TERM TIME ACTIVITIES

SELFA Springboard

Supported volunteering programme at SELFA for 19-25 year olds.

Referral

Can be made by a parent, professional or young person. Criteria: age 4-25 and live/go to school/be registered with a GP in Craven District.

Children & Young People can access our clubs on an ongoing basis and we may be able to help with transport in some situations



Screening & Assignment

Completed by SELFA's Senior Administrator and assigned to a Children & Young People's Worker

Skipton

Primary Age 4-11

- **SELFA Starters**
Reception & Year 1 Nurture group
- **SELFA Smile**
Inter-generational group at Ashfield Care Home for Year 2-5
- **SELFA Active**
Sports, fun and games for all abilities for Year 3-5
- **Community Champs**
Social Action & Community Projects for Year 3-5
- **SELFA Inspire**
Year 6 Transition Group

Secondary Age 11-19

- **SELFA Wellness**
Girls well-being group
- **SELFA Youth**
Weekly youth-led activity group
- **SELFA Youth Active**
Sports and games for all abilities
- **Youth Council**
Social Action and Youth Voice Group

SEND Age 4-25

- **SELFA Sensational**
 - **SELFA Leaders**
 - **SELFA Shine**
Groups to suit every ability & support needs
 - **Family Sports**
 - **Family Music**
 - **Rebound Therapy**
Including siblings, parents and carers
- Saturday & Sunday during term-time.*

North Craven

Settle

- **Settle Primary**
For primary school age with a focus on building self esteem & positive relationships
- **Settle Youth**
For age 11-19 with a focus on increasing independence & raising aspirations

Bentham

- **Bentham Primary**
For primary school age with a focus on building self esteem & positive relationships
- **Bentham Youth**
For age 11-19 with a focus on increasing independence & raising aspirations

Additional Mental Health Support Within SELFA

- One-to-one
- small group

Additional Support Required?

To be agreed by SELFA staff, young person and parent.

SELFA To Support Referral To Outside Agency

SELFA'S MENTAL HEALTH PROVISION

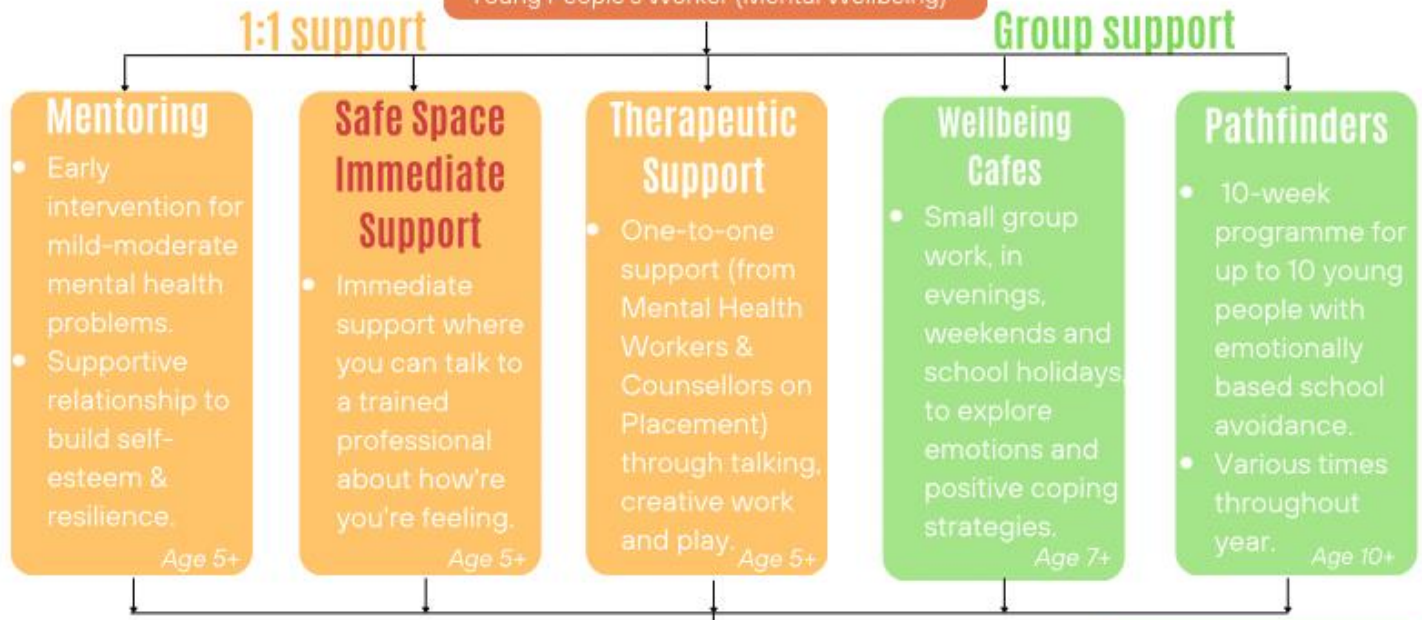
SELFA Mindful
Mental health support for schools
6 or 10 week mental health & wellbeing programme delivered in primary and secondary schools across Craven.

Referral
Can be made by a parent, professional or young person. Criteria: age 5-19 and live/go to school/be registered with a GP in Craven District.

If you know a young person that would benefit from the support below, please don't hesitate to get in touch with SELFA.



Screening & Triage
To be completed by SELFA's Senior Children & Young People's Worker (Mental Wellbeing)



Exit Strategy In Place
Exit strategy to be agreed with young person including transition into an ongoing SELFA term-time group.

NO

Longer Term Support Required?
To be agreed by SELFA staff, young person and parent.

YES

Additional Support Within SELFA?
SELFA To Support Referral To Outside Agency



Measuring our Impact

507

children, young
people and
parents accessed
our services

2852

hours of groups,
holiday activities
and counselling



170

workshops, trips
and residentials

664

after-school and
weekend project
sessions

469

one-to-one
mentoring and
therapy sessions



81%

saw an
improvement in
resilience and
self-esteem

88%

developed positive
relationships and a
sense of belonging

86%

became
significantly more
independent

1 ENCOURAGE
INDEPENDENCE



2 SUPPORT POSITIVE
RELATIONSHIPS



3 BUILD
SELF-ESTEEM



4 IMPROVE
WELLBEING



5 GIVE A SENSE
OF BELONGING



6 BUILD
RESILIENCE

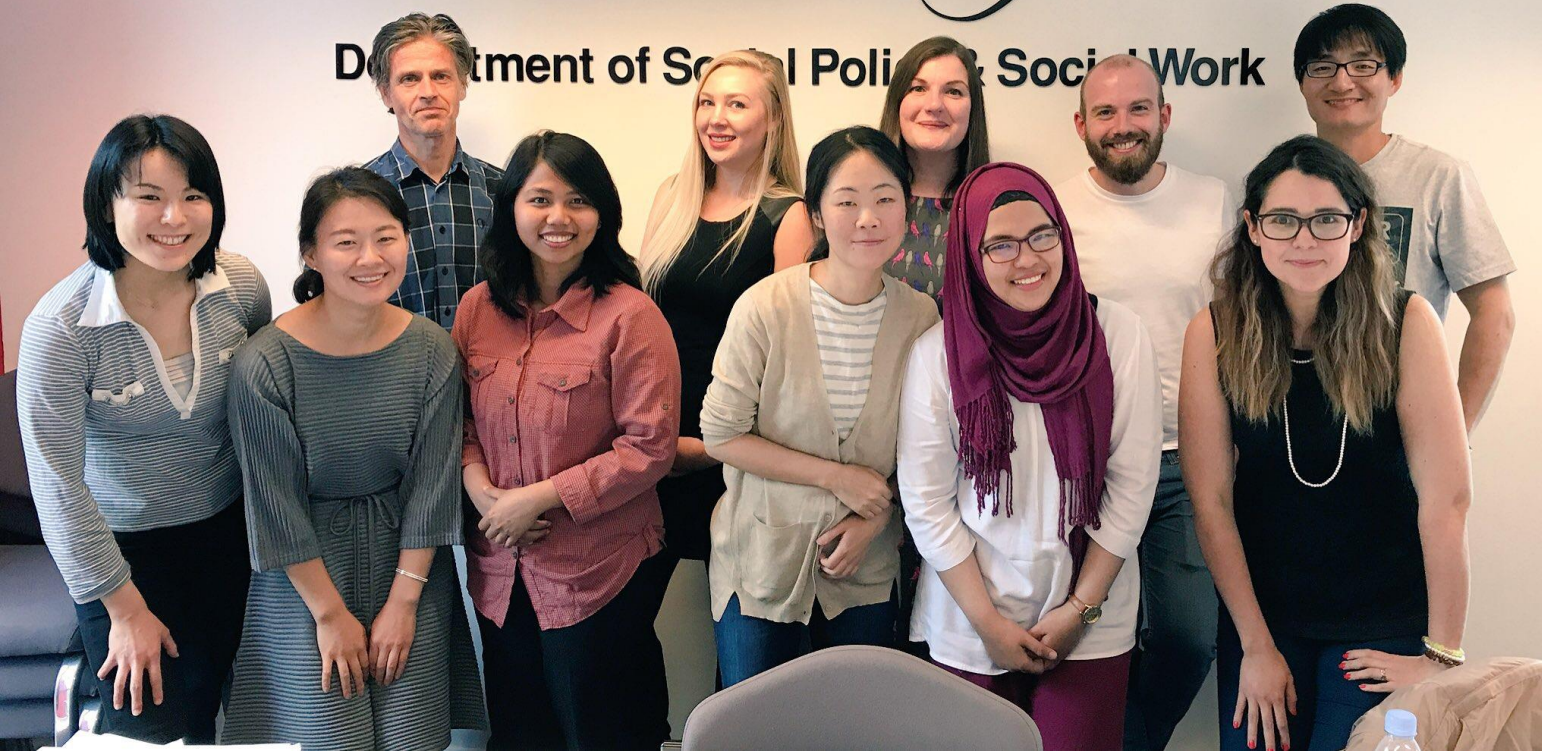


7 PROMOTE
ASPIRATIONS



UNIVERSITY of York

Department of Social Policy & Social Work

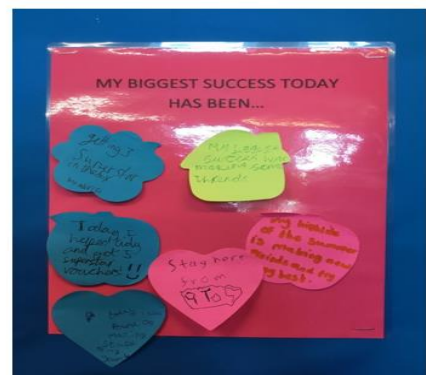
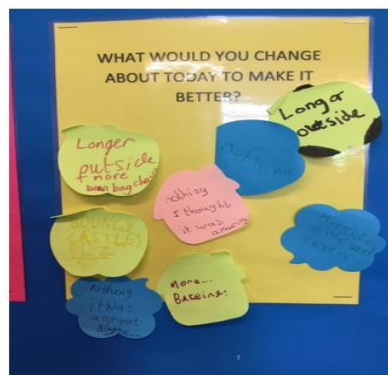
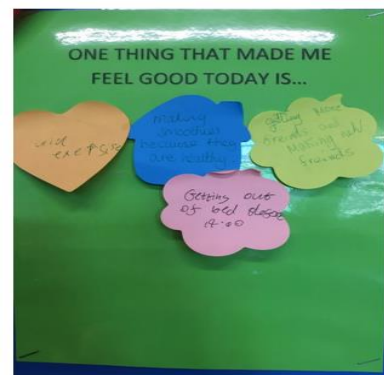


**MEASURING
THE GOOD**
Learning Labs

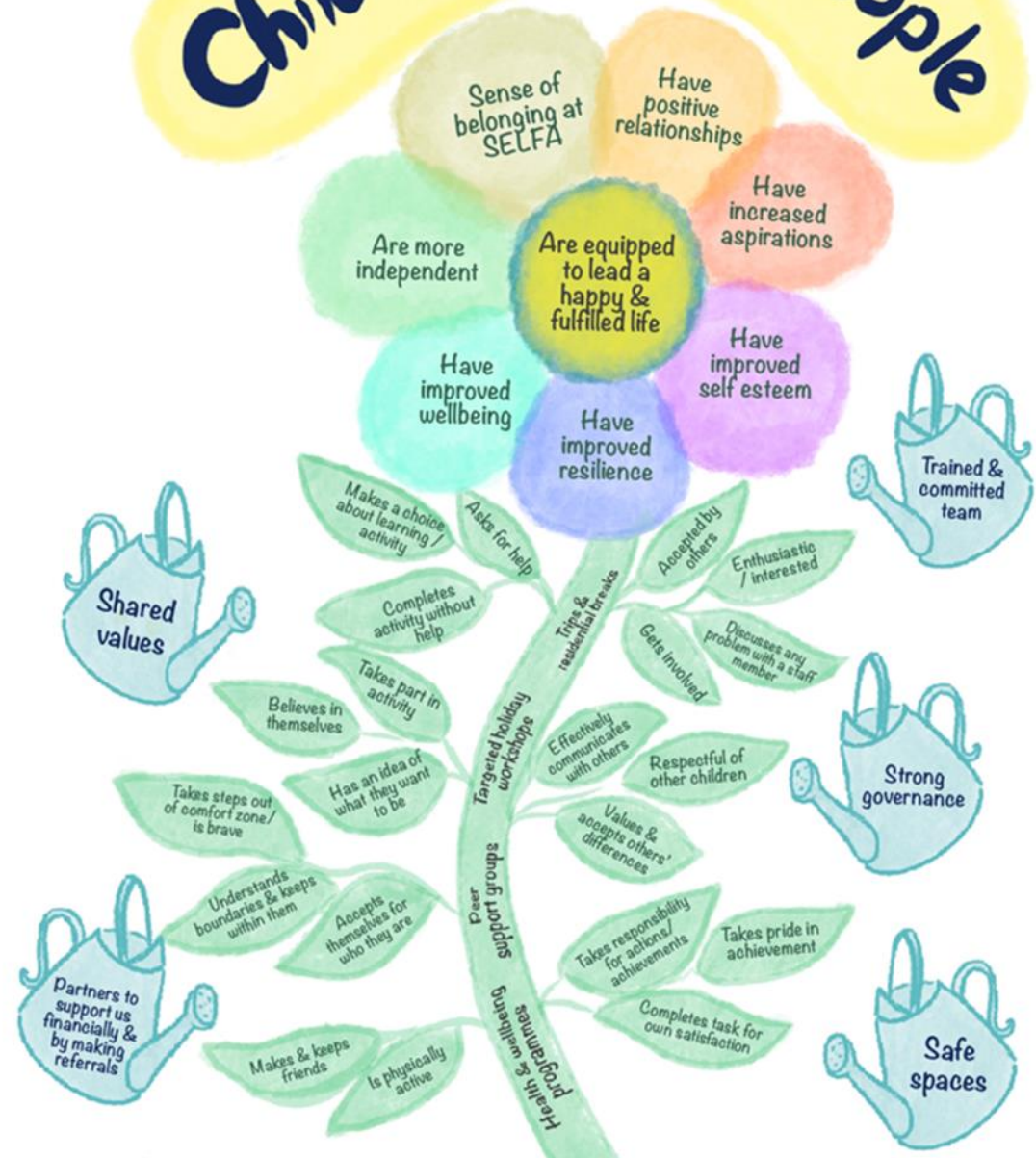
Creative data collection methods

Dr Angela Schlenkhoff-Hus, Coalition for Efficiency

Emma Pears, SELFA



Children & Young People





Children and Young People, Parents and Families

KEY THEMES ABOUT SELFA FROM CHILDREN AND YOUNG PEOPLE



Social Skills -
making friends
and feeling
better able to
talk to new
people



27% said they always know what to expect when coming to SELFA and when we followed this up in one to one conversation some said this can be a worry for them sometimes. The importance of children feeling well informed and knowing what to expect is picked up in the Areas for Development section below.



Having fun -
doing activities
they enjoy and
feeling more
confident



"It's made me actually believe in myself. I can actually do stuff. It made me brave about standing up for myself. I stuck up for myself."
-Mya, Age 8



Developing independence and feeling braver

Understanding more about other people (having empathy and kindness)



90%

of referrers found the referral process good or excellent

What partners say about the referral process at SELFA

"It is easy for us to make referrals-it's not a complicated process, so we are inclined to do it when we think a child would benefit. There is nothing that would put us off from making a referral."

-Primary School

96%

of parents felt that they get the information they need from referrers

"Our families, more often than not, accept referrals. On the rare occasion they have had concerns, we are confident we can persuade them because we know the value of the service and know how it will help each individual child, and their family."

-Primary School

78%

OF CHILDREN

said they look forward to attending SELFA, and mention the excitement they feel when they know it is a "SELFA day"

70%

OF CHILDREN

said they feel listened to by staff and volunteers with one young person describing how they influence activity content "We all put in what we want to do and make our own decisions."

65%

OF CHILDREN

said they made friends at SELFA and describe that making friends has not always been something they have found easy in the past

Mental Health Services for Children and Young People in Craven



A report on a consultation carried out by SELFA on behalf of the Craven Emotional Wellbeing Strategy Group with funding from the Stronger Communities Team at North Yorkshire County Council



SOUNDDELIVERY MEDIA
Amplify - Understand - Influence

Spokesperson Network 2022
#SDMNetwork

CHILDREN & YOUNG PEOPLE'S MENTAL HEALTH IN RURAL CRAVEN

(Timely Access to Services)



Prepared by Emma Pears for the Health Equity Fellowship Programme

November 2022

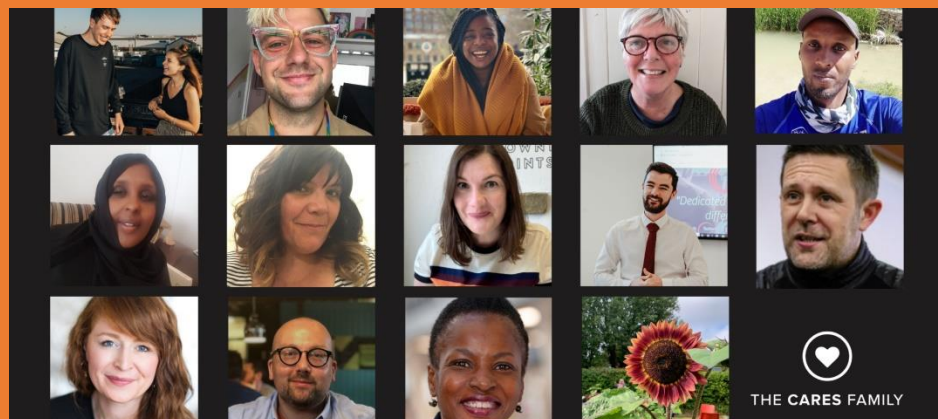


Core20PLUS5: a co-ordinated approach to reducing inequalities for children and young people

30 May 2023



By Emma Pears, founder and CEO of SELFA Children's Charity based in the Craven district.



dsc directory of social change **helping you to help others**

Fundraising Management & leadership Personal development Finance & law Governance Marketing & communications Policy, campaigns

Fundraising

Speaking out on the burden of reporting and what funders can do to lighten the load

Emma Pears, Founder and CEO of the children's charity SELFA, shares her recommendations for funders who want to do better.



Any questions?

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