

Dumfries and Galloway

Children's Services Plan

2023-2026





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Arabic

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Introduction

Our joint vision for our children and young people in Dumfries and Galloway is that all children and young people in Dumfries and Galloway will be treated with kindness, love and respect, and given the right support at the right time to enable them to reach their full potential. This plan sets out how we will work towards achieving this vision between 2023 and 2026.

Our previous children's services planning cycle, 2020-23 was affected by the Covid-19 pandemic which impacted many aspects of service-provision for children and young people. We delivered some notable successes through our 2020-23 Children's Services Plan, but the pandemic impacted on delivery of some of our planned actions. Where we have outstanding work from our previous plan that we still need to prioritise, we have included it within this plan.



Dawn Roberts, Chief Executive of Dumfries and Galloway Council



Jeff Ace, Chief Executive of NHS Dumfries and Galloway



Carol McGuire, Chief Superintendent of Police Scotland, Dumfries and Galloway Division



Julie White, Chief Operating Officer, Dumfries and Galloway Health and Social Care Partnership

In the aftermath of the pandemic, we face a changing and uncertain landscape. The pandemic led to an increased demand for services for children and young people, and had some immediate impacts on them, but there are also potential longer-term impacts that are not yet quantifiable. More families are being affected by the rising cost of living. There are national developments on the horizon such as the introduction of a National Care Service in Scotland. We recognise that looking ahead there are challenges and uncertainties, but in developing this plan we have followed a rigorous process centred on a sound evidence base and stakeholder involvement. Through this, we are confident that we have the right priorities and workstreams in this plan that will allow us to deliver on our vision for children and young people.

We are optimistic for the future and support the vision and outcomes highlighted within the 2023 – 2026 Children's Services Plan for Dumfries and Galloway. For this vision to be realised, it is essential for the voices of children, young people and families who are working with services to be heard by and acted upon. We look forward to strengthening the partnership between Dumfries and Galloway Youth Council and the Children's Services over the duration of this plan to do more to ensure that young people are aware of Children's Services Planning, what it means for them and the support available when needed.

Dumfries and Galloway Youth Council

Summary of our Plan

Our Vision

All children and young people in Dumfries and Galloway will be treated with kindness, love and respect, and given the right support at the right time to enable them to reach their full potential.

Our Focus

Our plan will concentrate on improving outcomes for children and young people in Dumfries and Galloway

Our Commitments

We will:

- Keep our children safe.
- Implement The Promise.
- Incorporate UNCRC and human rights into all areas of our work.
- Seek to achieve positive destinations for all our young people.

Our Priorities

We will prioritise:

- Early intervention by identifying needs and providing support at the earliest opportunity.
- Improving outcomes for children and young people most in need of support.
- Meaningful engagement with, and involvement of children and young people.

Our Workstreams

- Family Support
- Disabled children with complex care needs
- Mental health and wellbeing
- Care experience
- Poverty
- Getting It Right For Every Child

How we will measure progress

Scottish Government Core Wellbeing Indicators:

- Mean score on Stirling wellbeing scale for P5-S1 children/Warwick Edinburgh Mental Wellbeing Score for S2-S6 children (WEMWBS)
- Percentage of S2-S6 children with slightly raised, high or very high Strength and Difficulties score
- Percentage of P5-S6 children who agree that adults are good at taking what they say into account
- Percentage of P5-S6 children who eat both fruit and vegetables every day
- Percentage of children with a concern at their 27-30 month review (as a % of children reviewed)
- Percentage of P5-S5 children who say they always have an adult in your life who they can trust and talk to about any personal problems
- Relative child poverty rate after housing costs
- Percentage of settings providing funded Early Learning and Childcare achieving Care Inspectorate grades of good or better across all four quality themes
- Percentage of P5-S6 children who say they feel safe when out in their local area always or most of the time
- Percentage of S1-S3 children participating in positive leisure activities (participation in at least one from list)
- Percentage of P5-S6 children who agree that their local area is a good place to live

- Percentage of P5-S3 children who were bullied in last year
- Number of children subject to Interagency Referral Discussions
- Number of children in temporary accommodation at 31 March
- Percentage of P5-S6 children that had at least one hour of exercise the day before the survey
- children achieving expected CfE levels in literacy (reading, writing, listening and talking)
- Percentage of P1, P4 and P7 children achieving expected CfE levels in numeracy
- Percentage of all school leavers in positive destinations at 9-month follow-up
- Proportions of all children under 16 who live in households that contain at least one person aged 16 to 64, where all individuals aged 16 and over are in employment.
- Percentage of P7-S6 children who have access to the internet at home or on a phone or another device
- Percentage of P5-S4 children who agree that their friends treat them well.
- Other local indicators to be developed.

Purpose of this plan

The requirement to produce a Children's Services Plan was established in legislation in 2014 as part of the Children Scotland Act 2014 and charged NHS and Local Authorities to jointly develop and deliver a plan. The central aims of children's services planning are to

- Safeguard and support the wellbeing of children and young people in Dumfries and Galloway.
- Promote early intervention and prevention to address needs at the earliest opportunity or to prevent them arising.
- Deliver services that appear as integrated as possible to the children, young people and families who use them.
- Make best use of resources.
- Ensure that related services, for example Housing and Alcohol and Drug services are also delivered in a way that as far as possible promotes children's wellbeing.

The Dumfries and Galloway Children's Services plan sets out the way in which we will work together to achieve the aims of Children's Services Planning and our joint priorities for 2023 to 2026.

This high-level strategic plan sets out the shared joint priorities for services for children and young people in Dumfries and Galloway and provides a roadmap for delivery. This document is the overarching plan and is consequently supported by more detailed plans that will deliver our commitments and priorities.

Our vision

All children and young people in Dumfries and Galloway will be treated with kindness, love and respect, and given the right support at the right time to enable them to reach their full potential.

A breakdown of this vision, that explains what it means for children, young people, families, and staff is given in **Appendix 1**.

The focus of our plan

Our vision is for all children in Dumfries and Galloway, and the majority of our children will experience this vision with preventative support and early intervention provided by our universal services. However, at any point in their journey to adulthood, children and young people and their families may have needs arising that require support above that which is provided by universal services. Therefore, in order for this vision to be realised by all children and young people, we are focusing in this plan on those who may need additional support in order to attain it.

Context for the plan, and links with national policies and approaches

The Scottish Government's ambition, as stated in **The Promise** is that Scotland will be the best place for children and young people to grow up – that every child will grow up loved, safe and respected so they realise their full potential. The aim is that better outcomes for children and young people will be achieved through Getting it right for every child (GIRFEC), Scotland's approach to improving child wellbeing. The upholding of rights is the foundation for better wellbeing, and GIRFEC is underpinned by rights, and is aligned with the United Nations Convention on the Rights of the Child (UNCRC).

Our plan aligns with this ambition with its focus on improving outcomes for all those children and young people who may need additional support to achieve improved wellbeing. We have a commitment to incorporate UNCRC and human rights into all areas of our work. In Dumfries and Galloway Getting it right for every child is well embedded, but with the release of revised guidance in late 2022 we will review our multi-agency processes and revise these where necessary to ensure that these continue to reflect national guidance.

Other national developments include Framework for Inclusion; the introduction of a **National Service Specification** for Child and Adolescent Mental Health Services (CAMHS); and **The best start**: five-year plan for maternity and neonatal care. In Education, we have a Framework for Inclusion Working Group which will lead on actions aimed at improving outcomes for children and young people with additional support needs.

The following section describes our region, and the issues that we face locally in Dumfries and Galloway.



Our region

Rurality and deprivation

- Dumfries and Galloway is:
 - the third largest region in Scotland, characterised by small settlements of 4,000 people or less spread across a large area
 - one of the most rural areas of mainland Scotland, after Argyll and Bute and the Highlands, with 21% of the population living in remote rural locations
 - over a quarter of the population (28.6%) lives in an area considered to be remote (further than 30 minutes' drive away from a large town of population 10,000 or greater).
 - The largest town is Dumfries (population 33,300), followed by Stranraer (10,500).
- 45.9% of homes in Dumfries and Galloway are off-grid for gas. There are 12,895 properties dependent on oil for central heating and 10,227 with electric heating.

Population

- In 2021 our estimated population of children and young people aged 0-21 was 25,712.
- Dumfries and Galloway has lower birth rates, as a rate per 1000 population (7.7 per 1000 in 2019) than Scotland (9.9 per 1000 in 2019).
 Birth rates are falling in Dumfries and Galloway and nationally.



Economy and employment

- Dumfries and Galloway has the lowest weekly wage in Scotland (full-time, all employees male and female). This was £549.80 a week in 2021 compared with a national average of £622.67.
- The largest share of employment in Dumfries and Galloway is 'Caring Personal Service Occupations' at 12% of employment in the region, employing 7,500 people.
- Local research commissioned by Third Sector Dumfries and Galloway in 2020 indicated that up to 30% of the population in Dumfries and Galloway could be digitally excluded by lack of access, skills or motivation

Our challenges

In recent years, we have had some notable successes in our delivery of services for children and young people in Dumfries and Galloway.

We responded quickly and effectively to the Covid-19 pandemic, ensuring that our most vulnerable children were protected.

We have focused on implementing strengths-based approaches in Dumfries and Galloway, and we are piloting the use of the Signs of Safety approach in Scotland.

We adopted the Bright Spots programme and had remarkably high levels of participation by children and young people in our Bright Spots survey. This is shaping our Corporate Parenting Plan.

Despite the challenges presented by the pandemic, we were still able to develop new services, for example peri-natal and infant mental health services. Service-users with lived experience of peri-natal mental health issues are involved in these developments.

Despite our successes, as a Community Planning Partnership, Dumfries and Galloway faces a range of significant challenges which impact on the effective delivery of children's services to secure positive outcomes for children and young people. Our stated intention is to give children the best start in life and ensure that they are provided with every opportunity to fulfil their potential and become successful learners, confident individuals, responsible citizens and effective contributors. The Partnership recognises the particular issues that exist across Dumfries and Galloway making success more challenging. The key challenges are as follows:

Geography – Dumfries and Galloway has a specific issue around rurality. Our population is widely scattered across small settlements with very few densely populated areas. The two largest towns are 75 miles apart and have different profiles. This affects both delivery of, and access to services. This hinders our ability to deliver responsive and timely support to some of the more rural parts of Dumfries and Galloway. Flexible solutions are required to overcome this particular difficulty and to address the issue of equity of provision.

Population - our population is declining and ageing, and we will have fewer people of working age to support an increasing elderly population. The beauty and rurality of Dumfries and Galloway which is attractive to older people is less so for the younger generation and this has contributed to the desire of young people to leave the area. In the 10,000 Voices Survey carried out in 2018, 55% of young people said they intended to leave Dumfries and Galloway in future for work, study or travel. In this regard both geography and population have a direct impact on the workforce.

Workforce - as outlined above there is an interconnectivity between geography and population and workforce planning. Over the years Dumfries and Galloway has faced significant challenges across all agencies and services, ranging from front line to senior managers, in recruiting and retaining staff. This has required us to be innovative and work together to overcome these difficulties. Despite some initial successes the problems have persisted and can be acute in key areas such as the west of Dumfries and Galloway.

Poverty – Dumfries and Galloway, as with many other areas across Scotland, has an increasing issue with the impact of poverty which is made worse by a low wage economy. Although we have 16 datazones within the 20% most deprived in Scotland, the vast majority, 80%, of income or employment deprived people in Dumfries and Galloway live outwith the most deprived datazones. We, therefore, have a very dispersed model of poverty which means that it can be difficult to target services and resources effectively.

Cost-of-Living

At the time of developing this plan, Scotland and the UK were facing a 'cost-of-living crisis' with large increases in energy, fuel, and food costs, and inflation of over 10%. The impact of this is forcing many more families into financial hardship. For some families, these financial pressures are contributing to crisis, and families who would not previously have required additional support – including Social Work involvement - are now in need of this. While the cost-of-living crisis is affecting the entire UK, as with poverty, the situation in Dumfries and Galloway is made more difficult by rurality and geographical factors. A third of the population is resident in small villages with limited public transport and high levels of dependency on car ownership. Rural housing stock can include a relatively high proportion of older housing which tends to be less energy efficient.



Recovery from the Covid-19 Pandemic

As with other authorities, we are dealing with the impacts of the pandemic and its effects on our children and young people, recognising that we cannot confidently predict or quantify any potential longer-term impacts. The Report 'Casting Long Shadows', published in November 2022 by the First 1001 Days Movement and the Institute of Health Visiting found that [within the UK] babies born in the pandemic are falling behind in social skills, and more have identified abuse and neglect. We know that in Dumfries and Galloway, Education are seeing an increase in children aged 3-4 exhibiting distressed behaviours, and that there is an increase in mental health referrals for children and young people. As with the issues described above, our particular issues around geography and workforce planning in Dumfries and Galloway exacerbate the challenges we face in meeting the needs of children and young people post-Covid, and we have capacity issues across our services.

Our Partnership

Children's Services Planning in Dumfries and Galloway is led by the Children's Services Strategic and Planning Partnership (CSSaPP)

[Appendix 2]. CSSaPP comprises an Executive Group and a Planning and Delivery Group. The Executive Group leads the joint planning, development, improvement, and scrutiny of children's services in Dumfries and Galloway, and the Planning and Delivery Group provides a platform for multi-agency planning, development and improvement in relation to children's services.

We work closely with Third Sector Dumfries and Galloway who are represented on CSSaPP. The third sector have been involved in the development of this plan, and engagement will continue with Third Sector Children and Young People's Forum. In Dumfries and Galloway, one of our long-standing issues involves the challenges of delivering services across a wide rural area, and we have an aspiration to work more closely with the third sector over the course of this plan to address this issue.

We have other strategic multi-agency partnerships in Dumfries and Galloway that are leading on specific themes. These include our:

- Public Protection Committee
- Poverty and Inequalities Partnership
- Employability Partnership
- Community Learning and Development Partnership
- Promise Partnership

Our Public Protection Committee (PPC) has an ambition for individuals and communities across the region, particularly the most vulnerable, to be safe and protected. The strategic priorities of the PPC are:

- Multi agency management of the response to and recovery from Covid-19 pandemic, the impact of the cost-of-living crisis, and impact of the war in Ukraine.
- Profile of demand on services
- Priority activity areas
 - Sexual exploitation, Human trafficking,
 - Domestic Abuse
 - Financial harm
 - Neglect, self-neglect, and hoarding
- Learning from practice
- Continued support to and collaboration with local partnerships on shared priorities

Dumfries and Galloway Alcohol and Drug Partnership (ADP) is a multiagency partnership which includes the NHS, Council, Community Justice Partnership, Police, Prison, Third Sector, Employment Services and Violence Against Women and Girls. Its role is to implement national strategies and priorities set out by the Scottish Government and to commission services to provide drug and alcohol treatment services as well as prevention interventions and recovery opportunities. The ADP is responsible for

ensuring the support needs are met for both adults and children and young people who use or are affected by someone's drug or alcohol use. Prevention initiatives cover a whole population approach from festivals and events to ensuring information on the harms of drug and alcohol use is available for staff to use in educational settings.

Drug Deaths have been declared a Public Health Emergency in Scotland, with ADPs having a key role to help reduce the ever-increasing numbers. In Dumfries and Galloway in 2021 there were 35

drug related deaths, the highest recorded for the region; 15 children lost a parent in 2021 due to a drug death. Dumfries and Galloway Strategic Drug Death Group have highlighted that more should be done to support bereaved families including children, after a drug death. Police Scotland V Division have already put processes in place to engage with families for

a period of time post a suspected drug death, however there is still more that can be done in particular with supporting children and young people who have been impacted by the death of a loved one.

Families on a whole are a key national priority. ADPs need to ensure that a whole family approach is taken to reduce harm from drugs and alcohol. Work is underway with Dumfries and Galloway Children and

Families Social Work to ensure families affected by drugs and alcohol are supported. The Third sector also play a crucial role in providing one-to-one support for families, with a dedicated service already in existence. Dumfries and Galloway ADP has recognised that families can play a key part in treatment and recovery and their voices will play a key role in shaping future services for both adults and children and young people.

The ADP strategy is currently in development. An engagement exercise will be conducted to ensure people with lived/living experience, including families, have the opportunity to help set the local priorities. Key stakeholders across the region, including partners

from Children's services, Third Sector, Health, Education and other services will be included as part of the engagement exercise to ensure links to other plans are joined up, and that as a region we are delivering the appropriate services for our families.



Our Poverty and Inequalities Partnership has a remit:

- To drive forward the Community Planning Poverty and Inequalities Strategy through a shared Action Plan
- To work on and develop collaborative projects that tackle poverty and inequalities
- To share advice from a "lived experience" perspective
- To access expertise from other areas and at national level and share our work with them
- To identify any hidden barriers to access and participation and ways of overcoming them
- To create opportunities for engagement between partner organisations and people experiencing poverty
- To act as a forum for consultation, engagement and information exchange
- To take a partnership approach to the monitoring and evaluation of the shared Action Plan reporting to the Community Planning Partnership Board

The role of our **Local Employability and Skills Partnership (DG LEP)** is to support people in Dumfries and Galloway into fair, sustainable jobs. Employability services are pivotal to avoiding the widening of social and economic inequalities by supporting those who are most vulnerable. Partners within DG LEP recognise the vital role that a range of public, private and third sector organisations across the employability landscape play and are committed to working together to ensure a diverse range of provision and ensuring that the right support is put into place for those who rely on these services.

This includes supporting the Young Person's Guarantee and its commitment to bring together employers, partners and young people. The Young Person's Guarantee works to connect every 16- to 24-year-old in Scotland to the opportunity of a job, placement, training or volunteering with employers committed to the Guarantee. The ambition of the Young Person's Guarantee is that, within two years, every person aged between 16 and 24, based on their own personal circumstances and ambition, will have the opportunity to study; take up an apprenticeship, job or work experience; or participate in formal volunteering.

Within Dumfries and Galloway and in terms of support to children and young people LEP priorities have been agreed based on research and analysis as:

- young people most at risk of not participating in education, training or employment
 - particularly those who are care experienced
- families, with children, experiencing poverty
- those with physical and mental health conditions
- and with a place-based focus on all children and young people in:
 - Lochside and Lincluden
 - Dumfries Central
 - Stranraer West
 - Summerville
 - Annan East
 - Upper Nithsdale

These priorities, plans and links to national and local strategies are detailed within Dumfries & Galloway's Local Employability & Skills Delivery Plan (2022 – 2027) available here.

Our Promise Partnership has a remit to lead on the opportunity to make sure every child and family in Dumfries and Galloway has what they need to thrive - making a fundamental shift rather than incremental change. It is critical to the lives of our young people as well as our success that, as we emerge from a public health emergency, we make sure we build the universal support that prevents crisis in the lives of children, young people and families, and that care, support and love for our children is at the heart of this.

The objectives of the partnership are to:

- Support our children, young people, adults, and families who are care experienced, recognising that experience of care has an effect on people throughout their lives.
- Support our children, young people, adults and families who we know are at risk of being taking into care, recognising that the right support at the right times will help keep families together and avoid the need for care.
- Support all our children, young people, adults and families, recognising that if we get the services that everyone uses right then the level of engagement with the care system will be reduced.



Our **Promise Agenda and Plan** will be delivered in line with Plan 21-24 and the Change One Programme, with members/lead officers identified to ensure crossover and alignment with the work of the Corporate Parenting Group and leads of key strategy plans.

Our **Community Learning and Development (CLD) Partnership** leads on our Dumfries and Galloway CLD Partners' Plan and drives forward the priority areas in the action plan. Planning nationally revolves around 3-year planning cycles linked to the CLD (Scotland) Regulations 2013 and the current Dumfries and CLD Partners' Plan covers the time period 2021-2024.

The guidance on preparing CLD Plans highlights the important role that CLD Partners play in areas such as Raising Attainment, Curriculum for Excellence, Outdoor Learning, Family Learning, Employability and Skills, Health and Wellbeing along with many others.

Some examples of key work ongoing to support children and young people and which will continue to be a focus throughout the lifetime of this plan include:

- Family Learning through ante-natal and PEEP development programmes, Families Connect and Roots of Empathy (pre-birth to Primary 1);
- Reviewing how we can provide a more universal Family Learning offer in partnership with our schools;
- Training and upskilling for CLD Practitioners around Children's Rights;
- Empowering our young people through the Dumfries and Galloway Youth Council;
- Providing a variety of accredited opportunities to support future employability;
- Increasing awareness and involvement around the Climate Emergency.

How we identified our priorities and workstreams

In developing this plan, our approach was to produce a Strategic Needs Assessment and engage with stakeholders to discuss the findings and identify some initial proposals for priorities that could then be tested further with a wider range of stakeholders.

Early in the development process, discussions took place with Dumfries and Galloway Youth Council, about how they wanted to be involved in the production of the plan. Advice from Youth Council representatives was that they expected officers to carry out initial work to assess needs and identify priority options that could then be presented to the Youth Council for discussion and comment. We followed this advice and consulted with the Youth Council and Third Sector Dumfries and Galloway on our draft priorities and workstreams. Both were supportive of these.

A Strategic Needs Assessment was produced over the summer of 2022 and the full document is available online at link to document on the Dumgal children's services page.

In producing the Strategic Needs Assessment, we looked at data on our region as a whole, and our universal population of children and young people. We then looked at data on vulnerabilities that affected children, young people, families, and communities.

By 'vulnerabilities' we mean things that can result in a child, young person or family needing additional help over and above that which is provided by universal services like Health Visitors and Schools.

The findings of the Strategic Needs Assessment confirmed that the majority of children and young people in Dumfries and Galloway mostly have good outcomes supported by universal services. By 'good outcomes' we mean that children are safe, they are as healthy as possible, they achieve their full potential, they are loved and cared for, they are active, they are respected and responsible, and they are included. Children with good outcomes go on to become successful learners, confident individuals and responsible citizens and effective contributors.

In Dumfries and Galloway, children have developmental needs picked up at an early stage by their Health Visitors so that any needs can be met as early as possible. We have high levels of immunisations and most children have good dental health. We have good quality schools and early years providers as evidenced by inspection reports. Most young people go on to positive destinations after school.



The findings of our needs analysis led us as a partnership to agree two over-arching statements and the focus of our plan:

Over-arching statements:

Most of our children and young people in Dumfries and Galloway have good outcomes.

Our plan will focus on improving outcomes for children and young people in Dumfries and Galloway most in need of support.

Our commitments

Before deciding what to prioritise in our plan, we agreed on the things that we are committed to doing – the things we are determined to deliver whatever else we prioritise. Our commitments are that we will:

- Keep our children safe
- Implement The Promise*
- Incorporate UNCRC and human rights into all areas of our work
- Promote positive destinations for all our young people

We already have arrangements and plans in place to deliver all these commitments, so we have not prioritised them within our Children's Services Plan. Our Public Protection Committee is leading on keeping children safe. We have a Promise Board that is leading on implementation of The Promise in Dumfries and Galloway. A working group is leading on implementation of UNCRC. Our

The Promise is our promise to our children and young people who have experience of the care system. The Promise is based on the findings of Scotland's Care Review and in it we say all the things we will do to improve the lives of the children that we care for.

local Employability Partnership is leading on the promotion of positive destinations for all our young people.

As a partnership, we are confident that we have the structures and governance arrangements in place to deliver on our commitments, and that our Children's Services Strategic and Planning Partnership will be kept regularly informed and updated on progress.

Our approach

Our approach is that we are meeting the needs of most children through our universal services, and through these, most of our children and young people achieve positive outcomes. However, in our joint working, we need to focus on those children and young people who are in need of support over and above that which is provided by universal services. Our approach is predicated on the early identification of need through our Getting it right for every child processes, and underpinned by our adoption of strength and relationship-based practice and approaches; and transformational change through Framework for Inclusion. We are committed to embedding the United Nations Convention on the Rights of the Child (UNCRC) throughout our partnership, and an Elected Member-Officer Working Group is leading on this, with our Youth Council.

The Scottish Government and COSLA are leading the national ambition to develop a trauma informed and responsive Scotland and in Dumfries and Galloway we have funding of £100,000 over two years ring-fenced for the activity required to honour the national pledge. This involves:

- Working with others to put trauma informed and responsive practice in place across the workforce and services.
- Delivering services that wherever possible are actively informed by people with the lived experience of trauma.
- Recognising the central importance of relationships that offer collaboration, choice, empowerment, safety and trust as part of a trauma-informed approach.
- Responding in ways to prevent further harm, and that reduce barriers so that people affected by trauma have equal access to the services they need, when they need it, to support their own journey of recovery.

In Dumfries and Galloway, we will co-ordinate and implement a programme of training and development across the workforce. We will audit, review and adjust our organisational processes, policy, practice and activities - to ensure trauma-informed good practice is consistently implemented across services and organisations. The involvement of those with a lived experience of trauma will be crucial in this work.

Our priorities

Our priorities were shaped by the findings of our Strategic Needs Assessment and by consideration of the achievements in our 2020-23 Children's Services Plan, and any work that we needed to continue to build on. However, we need to ensure that we provide support to people at the earliest opportunity. Therefore, the first of our priorities is Early intervention, with needs identified and support provided at the earliest opportunity. This includes early identification of need, providing support in the early years, preventative approaches and also statutory support. Our aim is to provide support to children, young people and families in ways that suit them rather than as a 'service response'.

Our children and young people who are in need of additional support come from many backgrounds and have many different needs. Issues affecting these children and young people include: poverty; care-experience; disability; complex needs; and being a Young Carer. Evidence shows us that these children and young people are less likely to achieve high levels of attainment and to go on to positive destinations after school, so the second of our priorities is Improving outcomes for children and young people who are most in need of support.

We need to improve the way that we involve children and young people in their own individual care-planning; and also in the design and delivery of the services that they use. As a result, our third priority is meaningful engagement with and involvement of children and young people.



Examples of this include one to one conversation, building relationships to include children and young people in the recruitment process for key roles, children and young people being involved in policy and service development, and working collaboratively with existing groups including the Youth Council; Listen2Us; and the CAMHS Youth Forum. We will ensure that the voice of children and young people, in whatever form that needs to take, will be evident in all that we do.

Our Workstreams

There are six threads running through our priorities that will be delivered through the following workstreams.

The first workstream is **Family Support**. This involves targeted early intervention with vulnerable families using Whole Family Support funding. Family support was a priority in our 2023-26 plan and work will continue on this, led by the Whole Family Support Group.

In our previous 2020-23 Children's Services Plan, work was in progress to enable children with disabilities, including complex healthcare needs to reach their full potential. There were notable successes, including the development, piloting and roll-out of our new Neuro-developmental Assessment and Diagnostic Service. However, there was further work needed on Transition and the development of a strategy for Autism Spectrum Disorders. This work needs to continue, and so our second workstream is **Disabled Children with Complex Care**Needs. This workstream will be led by the Disability Strategy Group.

Mental Health was a priority within our previous Children's Services Plan, and with the increase in referrals to mental health services, our focus on this continues with **Mental Health and Wellbeing** as our third workstream. In our previous plan, development work was successfully delivered. This included: the development of a Mental Health Pathway; the use of funding for low-level mental health services such as Counselling in Schools and Community-based services; the development of mental health resources through co-production with young people; and the development of Peri-Natal and Infant Mental Health Services. However, we need to build on the previous work by implementing and embedding it into practice, and setting up processes to evaluate impact and respond to feedback from children and young people. This work will be led by the Mental Health Strategy Group.

Care-experience is our fourth workstream. We are committed to improving outcomes for our looked-after and care-experienced children and young people. We participated in a Scottish pilot of the Bright Spots programme with very high levels of participation from our children and young people, and we responded to what they told us by developing our Promise (appendix). This workstream is led by the Corporate Parenting Group.

Dumfries and Galloway has the one of the highest rates of child poverty in Scotland, at 22.9%. The cost of living crisis has further exacerbated this, resulting in many more families living in or at risk of poverty. Increasing energy, fuel and food costs combined with limited public transport and childcare options, have had the greatest impact on priority families living in rural areas where support is often more difficult to access.

Poverty was a priority in our previous plan and will continue to be a workstream in 2023-26. Poverty is led by Sub-group 4 of our Poverty and Inequalities Partnership and details of how we will seek to address child poverty are set out in the action plan for this group.

In Dumfries and Galloway, our Getting it Right for Every Child (GIRFEC) processes were well-embedded. However, the Scottish Government produced a 'refresh' of GIRFEC in October 2022, with the release of revised statutory and non-statutory guidance. We need to review this guidance and update our multi-agency processes to ensure that it is reflected in them. Our final workstream therefore, is **Getting**It Right For Every Child. This work will be led by the GIRFEC Leadership Group.

The following section of this plan sets out the outcomes, improvement aims, high-level actions and high-level performance measures for our workstreams.

Our Plan

Family Support Workstream



In 2021-22,

551 families

were involved in our Peep blended learning approach via Peep Sway Newsletters. 100%

of parents, who returned feedback, felt that Peep sessions had increased their confidence in their ability to support their child's learning.



A 2022 audit of child protection plans found that the number of plans that were shared in a child-friendly way had increased year-on-year to

82%

91% of plans included family/friends/community.



In January 2022, 92 families, including

153 children

were receiving
support from the
Family Support
Service in Dumfries
and Galloway.



Since the Family Support Team began in 2020, there have been referrals for

425 children in 271 families.

Outcomes

- Families will be able to access very early support that will build confidence and prevent isolation.
- Families will know where to go to for support after other services have completed their involvement when things are going well, this will help them to sustain progress made.
- Families will be able to access supports/ have social contacts/group activities in their own communities
- Ensure families can access support wherever they live. Mapping
 and co-ordination of services provided to families to enable easy
 identification of the best support to a family at the right time,
 preventing gaps and duplication. Professionals to be aware of
 supports available to direct families to the right provider for them.
- All vulnerable families in Dumfries and Galloway to have access to Family Support when and if they require this.
- Family Support to be available to help families in their homes and local communities.
- Families (adults and children) should be able to access programmes that will help address identified support needs

Improvement Aims

- To develop better links with our communities, helping families to engage in community groups, events and supports. This would also mean that community groups can encourage and support families to access additional supports from professional agencies when needed and would allow for trust to be developed and reduce stigma and fear when needing support from services such as Social Work.
- Families will access support easily when they need it.
- Supports will be co-ordinated across agencies and communities.
- Family Support: developing a cluster model as part of service integration will allow for thresholds and criteria to be developed and the right service to be identified to help a family. Spending time in schools and community settings alongside colleagues from health, education, youth services and third sector providers will help build relationships, identify appropriate thresholds for services and referrals.
- We will listen to families to help us understand their needs and how to help, we will involve families in our planning and delivery of support.
- Identify programmes and groups currently running and any gaps in provision, consider programmes that previously ran with evidence of the benefits. This will be supported by the Lifelong Learning Parenting Co-Ordinator

Disabled Children with Complex Care Needs Workstream



In 2021-22 in Dumfries and Galloway, there were 10,092 children in primary schools. Of these,

322 (3.2%)

were assessed or declared as disabled.



In 2021-22 in Dumfries and Galloway, there were 8,594 children in secondary schools. Of these,

361 (4.2%)

were assessed or declared as disabled.



In July 2022 there were

125 children

with disabilities receiving financial support from Social Work.



Since the launch of the Neuro-Developmental Assessment Service, the service has received on average

80 referrals each month.

Outcomes

- Disabled children with complex care needs will have their healthcare needs met in education settings, allowing them to fully participate in their learning
- Disabled children with complex care needs will experience a smooth transition through major life course stages
- Families of children and young people with neurodevelopmental disorders will receive support and access to services that meet their needs based on the GIRFEC approach.
- Disabled children with complex care needs and their families will have access to a range of support options to meet individual needs

Improvement Aims

- Children and young people will have a coordinated multi-agency child's plan with actions for their healthcare needs to be met during the early years/ school day
- We will improve the support to disabled children and young people at stages of transition to early years/primary school/secondary school/ volunteering/ further and higher education/ employment or selfemployment, and to adult services
- We will incorporate the support available to disabled children and their families into the wider Whole Family Support mapping to enable families/ practitioners to easily know where to access support from in Dumfries and Galloway
- Children and young people requiring diagnostic assessment will have access to this within 18 weeks of referral in line with SG recommendations (known as Referral to treatment RTT)
- Families will be able to access tiered support that is timely and proportionate from a multiagency team to support them to understand and manage their child/ren's needs.

Mental Health and Wellbeing Workstream



Between August 2021 and June 2022 there were

399 referrals for oneto-one support
from the Youth
Counselling Service in secondary schools, and 378 young people received support in this time.



In the same time period,

58 group work sessions

were carried out by the Youth Counselling Service in Secondary Schools. These were attended by 125 young people.



Mental health and wellbeing scores from the 2022 Health and Wellbeing Survey illustrated that female learners were more likely than males to be in the 'low category' for mental wellbeing.

53% of female learners were in the low wellbeing category, 45% were in the average category and
2% were in the high wellbeing category.

29% of male learners were in the low wellbeing category, 64% were in the average category and 7% were in the high wellbeing category.

Outcomes

- All children and young people have access to the mental health and wellbeing support that they need when they need it. This includes a breadth of access, close to home and in a timely manner, matched to the needs expressed.
- Perinatal and infant mental health needs are identified and early intervention provided at the earliest opportunity.
- Access to perinatal and infant psychological and mental health services is Improved.

Improvement Aims

- Through a wellbeing hub model, we will provide support to children and young people, and those working with them, regarding mental health and wellbeing. This will include awareness-raising, brief, targeted and specialist interventions. This will include the development of a pathway to include universal well-being, strengths based approaches, remote and online resources accessible to all.
- Work with the Third Sector to build capacity to work with us, and support our work.
- Deliver a programme of engagement and awareness-raising.
- We will address national priorities including the implementation of a range of counselling approaches.
- Develop an integrated care pathway that addresses identified gaps in specific areas.

Care Experience Workstream



In 2021-22 631 children were referred to the Children's Reporter in Dumfries and Galloway. The main reasons for referral were:

- Lack of parental care.
- Exposure/potential exposure to persons who could cause harm or negatively affect the child's wellbeing.
- Exposure/
 potential
 exposure to
 domestic abuse.



309 of our children in Dumfries and

in Dumfries and Galloway were looked-after.



In 2021

71%

of our looked-after children and young people had a health assessment within 4 weeks of becoming looked-after.

Outcomes

- In Dumfries and Galloway, we fully understand and deliver our duties as corporate parents and have high aspirations for our looked-after children and young people.
- All of our children and young people will have an equal chance to flourish.
- Services will be shaped by the active participation of our children and young people.
- All our children and families feel valued, loved, encouraged and have supportive relationships

Improvement Aims

- We will work in partnership with Who Cares Scotland delivering training on duties and responsibilities for corporate parents together with the development of an E-Learning platform.
- We will refresh our Corporate Parent Plan following participation and engagement activity including Bright Spots Health and Wellbeing Survey, Collaborative Audits.
- We will further improve our processes to ensure that all children and young people's views are listened to; and that processes are in place to identify actions for improvement and evaluation of policy and strategy.
- We will align our approach to supporting children, young people and families, and external providers, with a focus on strengths-based, trauma-informed practice.
- Our workforce across Dumfries and Galloway Council and our multi agency partners will have a consistency of approach, values and understanding, demonstrating embedded trauma-informed practice in supporting our children and families.

Child Poverty Workstream



In 2020/21 **22.89% of children**

in Dumfries and Galloway were in poverty. This equated to 5171 children living in poverty.



7th highest local authority area in Scotland for child poverty.

Dumfries and



In the 2021/22 academic year, a total of

4,405 children

were in receipt of free school meals. This was **20.6%** of all children of nursery and school age.



Universal Credit claims rose sharply from 6,500 in January 2020 to **11,700** by the end of December 2020.

By the end of December 2021, there were **11,400**Universal Credit Claims.

Outcomes

- Parents and carers have access to support to increase their income from employment
- Parents and carers are supported to maximise their income from the social security system
- Families in poverty have access to support with the cost of living

Improvement Aims

- Deliver the actions set out in the Dumfries and Galloway 2022-26
 Child Poverty Action Plan
- Develop new actions which respond to emerging needs such as those associated with the cost of living
- Listen to the view of those with lived experience of child poverty to inform future activity

Getting it right for every child (GiRFEC) Workstream



In 2021-22 in Dumfries and Galloway, there were:

10,092 children in primary schools and 8,594 children in secondary schools.

582 Primary pupils had a Child Plan and

519 Secondary pupils had a Child Plan.



There are around

80 individuals

in the role of named person in secondary schools.



In Health, there are around

50 individuals

in the role of named person, and our primary age population is approximately 6000. Our GIRFEC approach is well embedded in Dumfries and Galloway, but in October 2022, the Scottish Government released new statutory and non-statutory guidance on GIRFEC. Work commenced in late 2022, with multiagency stakeholder engagement to identify:

- What is currently working well?
- What do we need to build on, or need to develop or change?
- What do we prioritise and what actions do we need to take to deliver on this?
- What else do we need to think about?

Outcomes

- Children and young people and their parents or carers can access the right support at the right time
- Children and young people and their parents or carers know who they can contact within universal services for support and advice
- The voices of children and young people and their parents or carers are reflected in individual child's plans

Improvement Aims

- Review and update local guidance, processes and practice taking account of national GIRFEC Refresh and new guidance
- Develop updated local training and development programme taking account of national GIRFEC Refresh and new guidance.
- Develop new local GIRFEC Communication Plan for staff, children and young people, and parents or carers taking account of national GIRFEC Refresh and new guidance

Children's Rights

Our Children's Services Strategic and Planning Partnership are committed to ensuring that the rights of children in Dumfries and Galloway are respected, protected and fulfilled through all aspects of our activity in line with the United Nations Convention on the Rights of the Child. In recognition of children's rights extending beyond children's services an Elected Member, Youth Council and Officer working group which includes Officers from Dumfries and Galloway Council and NHS Dumfries and Galloway was formed in January 2023. This group will support an evaluation of children's rights in Dumfries and Galloway, with the output from this contributing to a Joint Rights Report for the period 2020-23 which will be published as soon as practicable after 31 March 2023. This work will also support the identification of improvement actions so that a Children's Rights Plan for the period 2023-26 can be developed. The Children's Rights Plan and Children's Services Plan will be complimentary to each other but given the Children's Rights Plan will extend beyond children's services it will be progressed and reported separately.



Youth Democracy

In 2019, a new Dumfries and Galloway Youth Council was established as part of the legacy from the 2018 Year of Young People. The Youth Council is an elected Council of 35 young people, with all of the young people voted onto the Youth Council by their peers aged 12- 25. There are 2 positions per Council ward known as Ward Youth Councillors. The last elections took place in November 2021 alongside the national elections for Scottish Youth Parliament.

There are 7 nominated representatives on the Youth Council, known as Nominated Youth Councillors, for young people who had identified by youth steering group as being 'seldom heard'. These include young people who represent their peers from each of the following groups:

- Young Parents
- LGBT Community
- Young Carers
- Gypsy Travelling Community
- Ethnic Minority
- Additional Support Needs and Disability Groups
- Care Experienced (Champions Board)

The purpose of the Youth Council is to:

- Ensure that young people have the skills, ability and confidence to speak out, to take part and to make a difference
- Talk with, listen to, and value our young people
- Ensure that young people have opportunities and given the choices to actively take part in decisions that affect their lives.

The 4 members of the Scottish Youth Parliament for Dumfries and Galloway (2 per Scottish Parliamentary constituency) also have designated positions on the Youth Council in addition to the positions above.

The goal of our youth democracy structures is to reduce the gap between policy intention and practice reality. These structures exist to ensure that young people can influence and shape services. To support this goal, In November 2022, Dumfries and Galloway Council agreed a refreshed **Youth Participation and Engagement Strategy for 2022-27**. The strategy sets out clearly what progress we have made, our ambitions for the future, the ways in which young people can get involved and guidance for any person looking to engage with young people in Dumfries and Galloway.

How our plans link together

National Performance Framework	Children and You People We grow up loved safe and respecter so that we realise of full pote	we ur	Communitien ommunitien at are nclusive, mpowered esilient and	es d, d safe	Culture We are creative and our vibrant and diverse cultures are expressed and enjoyed widely	Economy We have a globally competitive, entrepreneurial, inclusive and sustainab economy	contribute t	Environm We value, enjoy, protect an enhance o environme	d ur nt	Fair Work and Business We have thriving and innovative businesses, with quality jobs and fair work for everyone	Health We are healthy and activ	Human We resp protect fulfil hu rights a live free discrimi	ect, and man nd from	We are connected make a contrib	e open, cted and a positive oution ationally	Poverty We tackle poverty by sharing opportunities, wealth and power more equally	
Improv	vay Outcome vement	of Living for those who are affected				Reduce hea	Reduce health inequalities in the areas of our region which experience			Improve the health and wellbeing of our citizens through targeted approaches.				Work together as partners to eliminate child poverty.			
Plan (LOIP) Dumfries and Galloway		We will prioritise:															
Childre Service Prioriti	en's es Plan:	Early intervention – by identifying needs and providing support at the earliest opportunity				Improving outcomes for children and young people most in need of support					Meaningful engagement with, and involvement of children and young people						
Dumfri		Our Workstreams:															
Gallow Childre Service Workst	en's es Plan:	Family	Family Support Disabled Children with Complex Care Needs			Mental Heal Wellbeing			Care experience		Poverty			Getting It Right For Every Child			
Other suppor		CAMHS Improv Plan	vement		er-Officer Working – Plan	Employability Partnership Plan	Social Work Business Plan	Child Protection Business Plan	Fo	amework or Inclusion an	CLD Strategic Plan	Education Business Plan	and	uth Part d Engag ategy	cicipation gement	The Promise Plan	

Our performance framework

How we will measure progress

Self-evaluation is a complex area which involves the measurement of what we do (actions), what we deliver (outputs/products), and the difference that this makes to children and their families (outcomes and impact).

In children's services planning, both in Dumfries and Galloway and nationally, one of the challenges has been to focus more effectively on outcomes for children and their families. We can measure our outputs, systems and processes but demonstrating the impact of these in terms of improved wellbeing outcomes is more difficult. In practice, there may be many different actions and process improvements that together lead to improvement in one or more outcomes, and it is not always possible to evidence a direct linear relationship between activity and outcome.

This challenge led the Scottish Government to work with stakeholders to develop a Children, Young People and Families (CYPF) Outcomes Framework to provide an overall holistic picture and understanding of children and young people's wellbeing in Scotland. The CYPF Outcomes Framework will sit below Scotland's National Performance Framework at an intermediate level and will be aligned to this. The aim is that the proposed framework will contain a 'core' suite of indicators which authorities will supplement with their own local indicators. Use of these core indicators will allow us to compare the holistic picture of children and young people in Dumfries and Galloway with that of other authorities in Scotland.

The proposed core suite of indicators from the Outcomes Framework is shown below. We are using these in this plan along with our own locally-identified. We are using these in this plan along with our own locally-identified indicators which will be developed. Any changes to the final suite will be reflected as our Children's Services Plan is reviewed and revised.

Scottish Government Core Wellbeing Indicators:

- Mean score on Stirling wellbeing scale for P5-S1 children/Warwick Edinburgh Mental Wellbeing Score for S2-S6 children (WEMWBS)
- Percentage of S2-S6 children with slightly raised, high or very high Strength and Difficulties score
- Percentage of P5-S6 children who agree that adults are good at taking what they say into account
- Percentage of P5-S6 children who eat both fruit and vegetables every day
- Percentage of children with a concern at their 27-30 month review (as a % of children reviewed)
- Percentage of P5-S5 children who say they always have an adult in your life who they can trust and talk to about any personal problems
- Relative child poverty rate after housing costs

- Percentage of settings providing funded Early Learning and Childcare achieving Care Inspectorate grades of good or better across all four quality themes
- Percentage of P5-S6 children who say they feel safe when out in their local area always or most of the time.
- Percentage of S1-S3 children participating in positive leisure activities (participation in at least one from list)
- Percentage of P5-S6 children who agree that their local area is a good place to live
- Percentage of P5-S3 children who were bullied in last year
- Number of children subject to Interagency Referral Discussions
- Number of children in temporary accommodation at 31 March
- Percentage of P5-S6 children that had at least one hour of exercise the day before the survey
- children achieving expected CfE levels in literacy (reading, writing, listening and talking)
- Percentage of P1, P4 and P7 children achieving expected CfE levels in numeracy
- Percentage of all school leavers in positive destinations at 9-month follow-up

- Proportions of all children under 16 who live in households that contain at least one person aged 16 to 64, where all individuals aged 16 and over are in employment.
- Percentage of P7-S6 children who have access to the internet at home or on a phone or another device
- Percentage of P5-S4 children who agree that their friends treat them well.

How we will report.

In terms of governance and reporting on the Plan each identified Workstream Lead is required to report on a regular basis on delivery of their agreed priorities to the Executive Group of the Children's Services Strategic and Planning Partnership (CSSaPP), in the first instance. This Group has delegated accountability to ensure timely delivery of the Plan and evaluation of the impact and outcomes. This information is used to form the annual reporting requirements to Scottish Government and the wider stakeholders. In addition to the annual reporting there are established reporting lines to the Chief Officers Group, Community Planning Board, the Integrated Joint Board and Dumfries and Galloway Council. This provides the necessary accountability and makes sure that the plan remains on track.

Appendix 1

Our Vision - for children, young people, families, and those who work in services for children and young people:

All children and young people in Dumfries and Galloway will be treated with kindness, love and respect, and given the right support at the right time to enable them to reach their full potential.

This is what the vision means if you are a child or a young person....

When we talk about children and young people, we mean from when you are born up to when you turn 18. However, some young people are entitled to support after they turn 18. If you are a Care Leaver, you are entitled to additional support until you turn 26. Some young people with complex health needs or disabilities could be entitled to additional support until they turn 21.

Our vision means that you should grow up in a home where you are loved and cared for. If you can't live with your family for any reason, you should live in a place where people treat you with kindness, love and respect.

You should get the help you need to have a good life. Your school will help you, but you might need more support from other people – like nurses, counsellors, social workers or others.

These are some of the things that can make it harder for you to have a good life –

- Your family might not have enough money.
- You might have a disability, or health conditions.
- You might need support with your mental health.
- Your family might have problems that make it difficult for them to look after you well. You might need to live with another family member, or with other people.
- You might need extra help at different points in your life when there
 are changes like moving from Primary School to Secondary School. We
 call these 'transitions'. If you have complex health needs, you might
 need extra help when you move from using services for children to those
 for adults.

If you need help from other people, you should get the right help as quickly as possible. We want to make sure that you get help before you start to have problems, or in time to stop any problems from getting worse.

As a child or young person, you have rights which people have to respect. You have a right to be involved in any decisions that affect your life. You have a right to say what you think about any help that you are given. The people helping you must ask you what you want to happen and listen to what you say. People helping you might not always be able to do what you want. If they cannot do what you want, they will explain to you why this is.

This is what the vision means if you are a parent or carer....

You might need support in caring for your child or children so that they grow up with kindness, love and respect. Many families are trying to cope with the cost of living, and if you have other difficulties in your life this can make things even harder. For parents and carers, our vision means that we provide support to help you give your child the best possible home-life. If we offer support, we will always listen to your views and aim to work together with you to build on your strengths.

If your child needs extra help, their needs should be identified as quickly as possible so they can be offered support. For both you and your child, our vision is about trying to prevent difficulties from developing or getting worse. Our aim is that there will be different types of support for you, as a parent/carer, within your community, and that you will have information about what support is available and how to get this.

If your child needs help from several services, they should work together with your child at the centre of any help that they give. You should not have to keep telling your child's story to lots of different professionals. We will share information appropriately, in line with legislation, to make sure that those working with your child know just what they need to know in order to provide the right help.

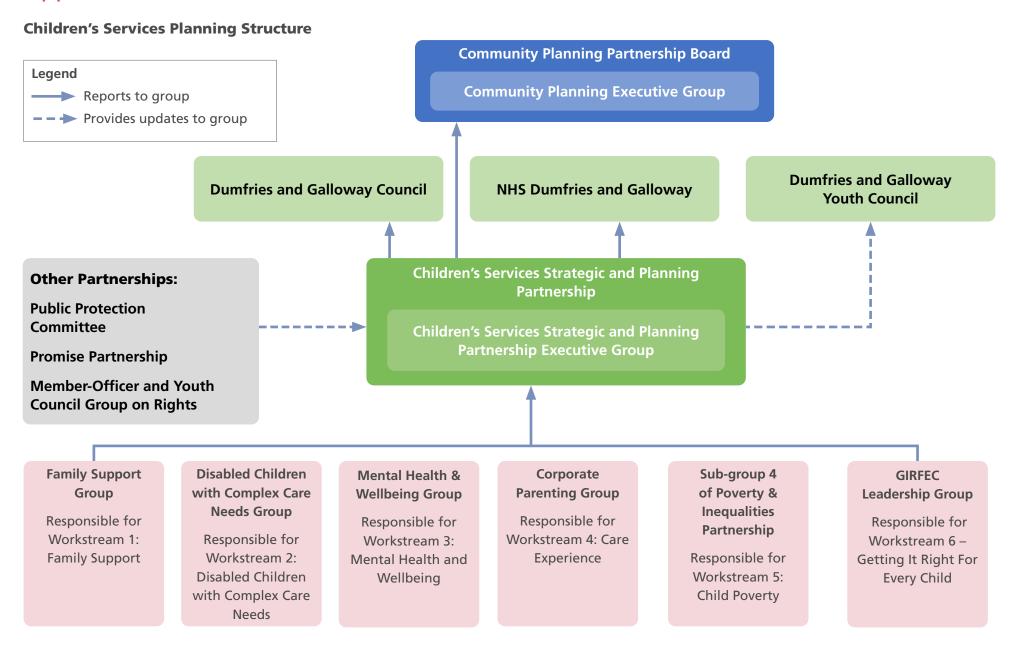
This is what the vision means if you work in services for children and young people....

We are committed to delivering **The Promise** for children and young people in Dumfries and Galloway. We will prioritise early intervention, with a focus on children and young people who may need support over and above that which is provided by universal services. We will review and refresh our local implementation of **getting it right for every child (GIRFEC)**. We will focus on support for vulnerable families through our whole family support programme. We will further develop our relationship-based practice approaches in order to build on children and families' strengths. The aim is that through our continued focus on Whole Family Support, we will see fewer children requiring statutory intervention for care and/or protection.

The delivery of our Children's Services Plan will be underpinned by meaningful participation with those who use our services. Children, young people and their families will have their voices heard in individual decisions about their lives, and in the planning and delivery of the services they use.

We are committed to embedding and promoting children's rights in Dumfries and Galloway, in anticipation of the incorporation of UNCRC into Scots Law.

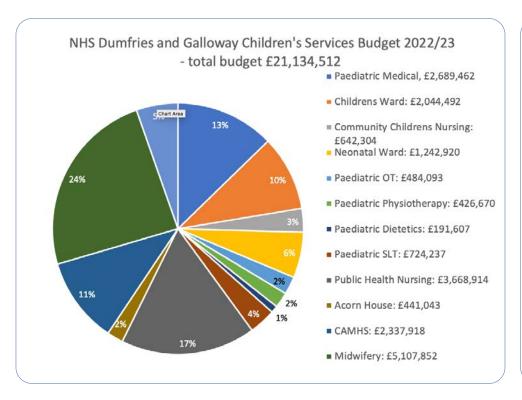
Appendix 2

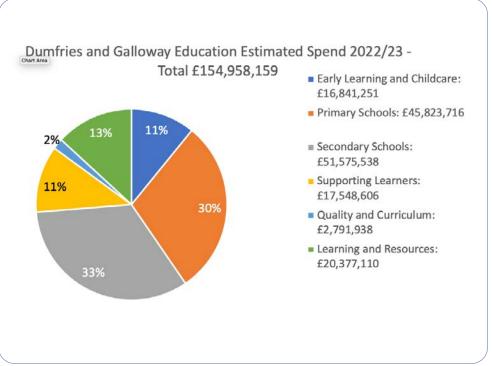


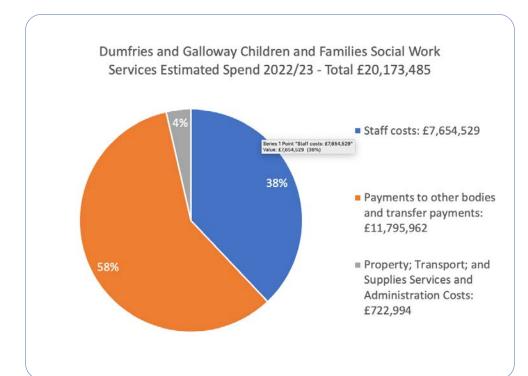
Appendix 3

Indicative Resources – projected spend in 2022-23

Below is indicative spend based on 2022/23 budgets for Health, Education and Social Work.







Children and Families Social Work have a budget of £20,173,485, with £7,654,529 of this as fixed staffing costs.

Staff deliver the following services: Child Protection; Looked-after Children; Children in Need; Children with Disabilities; Youth Justice; Family Support; Children's Houses; Family Placement; Continuing Care; Care Leavers; and Chairing and Reviewing.

Although these costs are 'fixed' resources are moved according to emerging need.

The remainder of the budget is used for agency residential and fostering placements, and direct support to families, including self-directed support options.

