

Report for Scrutiny Committee Meeting 4th September 2025

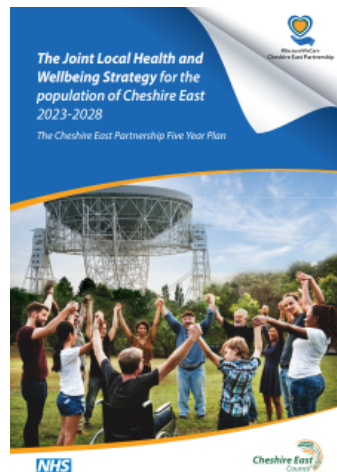
Summary of support services for Carers/Family members

Updates from lead officers:

- ***Mental Health Partnership Board***
- ***Self Harm and Suicide Prevention Board***
 - ***Cheshire East Carers Hub***
 - ***Children and Families***

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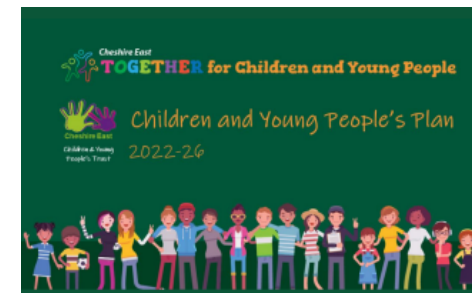
1. Governance, Partnership and Collaboration
2. Mental Health Partnership Board – update
3. Self Harm and Suicide Prevention Partnership Board – update
4. Cheshire East All Age Carers Hub – update
5. Children and Families – update



Cheshire East Self Harm and Suicide Prevention Plan 2025 - 2027

Cheshire East (CE) Self Harm and Suicide Prevention Action Plan 2025 - 2027				
Long Term Outcomes				
Reduced Suicide				Reduced Self Harm
Priorities	What are we doing?	Who supports this work?	Frequency	Short term outcomes
Governance, leadership, and partnership working	Effective and regular meetings with suicide prevention leads and frontline professionals both on a local and regional level	Cheshire and the Greater Public Health (GPH) Partnership Cheshire East Council Health and Social Care - Integrated Care Board (ICB) Voluntary, Community, Faith, and Social Enterprise organisations (VCFSE) Cheshire and Merseyside Partnership (CMP) Cheshire East (CE) Mental Health Partnership Board CE Self-Harm and Suicide Prevention Board (SHSB) Board	Monthly meetings with Local Quality Board (LQB) meetings (Q1)	Regional strategy renewed every 5 years Local action plan renewed at quarterly board meetings
Take analysis and monitoring (TAM)	Review and analysis of local and national surveillance (SPE) data notifications, shared by Cheshire and Merseyside ICBs (AMHS) and NHS	Cheshire and Merseyside Partnership (CMP) Cheshire East Council Cheshire and Merseyside Partnership (CMP) Public Health Merseyside Public Health Cheshire	Quarterly monitoring and reporting data	Review and strategy (SPE) data to inform response

OFFICIAL



Governance, Partnership and Collaboration

Both the Self Harm and Suicide Prevention and Mental Health partnership work together aligning priorities to the [Joint Health and Wellbeing Strategy](#)

- [Cheshire East Self Harm and Suicide Prevention Action Plan 25-27](#)
- [Cheshire East Place Mental Health Plan 2024-2029](#)
- [Children and Young People's Plan](#)
- [Cheshire and Merseyside ICB Children and Young People's Mental Health Plan](#)

Mental Health Partnership update

Mark Hughes - Programme Lead: Complex Needs (Learning Disabilities, Mental Health and Neurodiversity

Keith Evans - : Head of Service Mental Health and Learning Disability



Cheshire East Place Mental Health Plan (2024-2029)

The plan covers how we will strengthen our efforts to help people in Cheshire East stay healthy and thrive, whilst addressing the fact that we need to do more to support people with mental health problems, including those that live with severe and enduring mental illness.

The plan is monitored by the Mental Health Partnership Board, which consists of partners from across health, social care, the voluntary sector, carers and people with lived experience.

[Cheshire East Place Mental Health Plan](#)

Six key priorities that have been developed to deliver the plan vision:




Priority 1- Children and Young Peoples Mental/Wellbeing

- Undertake a **joint strategic needs assessment** to help us better understand the emotional and mental wellbeing needs of children and young people and ways we can support and work with families to improve emotional and mental wellbeing. This will include areas such as the impact of social media and bullying.
- Deliver a **more enhanced Early Intervention** Children and Young People Mental Health Service to bring together colleagues from early years, education, health and the voluntary sector to support children, families and professionals
- Deliver Multi-agency Institute of Health Visiting (IHV) Perinatal and Infant Mental Health Training via Champions to **promote understanding of the concepts of perinatal and infant mental health**, the impact it can have for the developing baby, infant, parents, wider family and society and what we can do to support good family mental health and wellbeing from the Antenatal period.
- Development of **Family Hubs** - with a focus on improving maternal mental health in pregnancy and during parenthood and children and young people's mental health
- Roll out a range of **evidenced based programmes** including the My Happy Minds Programme in Cheshire East to support all Local Authority primary schools and academies to deliver an effective curriculum that teaches children and young people the skills to thrive and the skills to bounce back when challenge hits.
- Develop **the connectivity between community mental health services and early help provision** to reduce the number of children who need additional support and care in hospital.
- Give **children, young people, their parents, and carers more opportunities to have their say** and ensure they become fully embedded in the development of mental health services at place and across the Integrated Care System.



Priority 4 - Building Sustainable Communities



Building Sustainable Communities

Reduce mental health inequalities across communities in Cheshire East

Actions – Increase mental health support for carers

Measured by - increase in the % of adult carers who report as much social contact as they would like (Fingertips Public Health data)

Progress update: Feedback from the Parent Carer Forum in Cheshire East has been that carers are experiencing a rise in mental health concerns. The forum are seeking greater collaboration and support with the Cheshire East Carers Hub to address this.

Self Harm and Suicide Prevention Partnership update

**Guy Kilminster - Public Health Improvement Head of Service
Lori Hawthorn – Public Health Improvement Officer**



Priority 3 – Early Intervention and Prevention



Early Intervention and Prevention

The Self Harm and Suicide Prevention Partnership action plan is part of **our all-age Mental Health Plan; priority 3**, early intervention and prevention.

Lead officers provide quarterly updates at the mental health partnership board are provided to achieve the best outcomes for Cheshire East.

Support after a Suicide - Postvention

Amparo is our immediate support service shared when there has been a death by suspected suicide.

2 wish offer support for those who have experienced a sudden death of a child or young person.

We have a lived experienced peer led support service called SoBS based in Crewe and a new group opened in 2024 in Macclesfield.



Papyrus / Samaritans

Papyrus are key members of the Self Harm and Suicide Prevention Partnership Board.

A debrief service is available, for everybody after they've had an encounter with suicide.

To debrief with one of our suicide prevention advisers, call **HOPELINE247** on 0800 068 4141, text 88247 or email pat@papyrus-uk.org. We are here for you 24 hours a day, 365 days a year.

Step by Step is a Samaritans service providing practical support to help schools prepare for and recover from a suspected or attempted suicide.

[Step by Step | Samaritans](#)



Pilot project: Keep Safe Cope Well plans

Parents can receive support from professionals to use the plan at home with their child.

An early intervention framework used in 8 Primary schools to prevent poor mental health in teenage/adulthood.

Key outcomes are for children to have understanding and awareness:

1. Coping well

2. Keeping safe

Longterm outcomes: decrease rates of mental health crisis in children presenting at A&E with self harm/suicidality.

Evaluation Autumn 2025.

The image displays four cards arranged in a 2x2 grid, each with a colored border and a house icon in the top right corner. The cards are titled 'Struggling', 'Help from others', 'Coping', and 'Helps me right now'. Each card contains a list of prompts for reflection or action, accompanied by small icons. The 'Struggling' card has a green border and a thought bubble icon. The 'Help from others' card has a pink border and a speech bubble icon. The 'Coping' card has a green border and a musical note icon. The 'Helps me right now' card has a blue border and a person icon.

Struggling	Help from others
My thoughts....	People at home I can talk to...
My actions are...	Services I can contact...
My Feelings are ...	

Coping	Helps me right now
What can I do...?	If I am feeling distressed, I can speak to...
How do I feel when I'm using these coping skills...?	The best way I cope in this moment is

Keep safe and cope well plan

Local and National support



[self-harm and suicide prevention and support](#)

Cheshire East All Age Carers Hub update

Alice Clark - Programme Lead



Cheshire East All-Age Carers Hub



Cheshire East Council commissions Making Space to run the Cheshire East All-Age Carers Hub. The service provides a single point of access for unpaid carers in Cheshire East including young carers (age 5 to 18), adults (18+), and parent carers (caring for a child with additional support needs).

Key service aims include:

- Ensuring unpaid carers of all ages have timely access to information, advice and a range of support services including an opportunity to take a break from their caring role.
- To improve the mental health and wellbeing of carers, including preventing and reducing occurrence of carer breakdown.
- Identifying unpaid carers across the borough

Professionals can refer a carer to the Carers Hub (or carers can self-refer) by completing their **online form** <https://cheshireeastcarershub.co.uk/> or via **telephone on 0300 303 0208**. They are based at Cheshire East Carers Hub, Crewe Business Park, Crewe, CW1 6GL.

Cheshire East All-Age Carers Hub: The Service Offer

Undertaking statutory Carers Needs Assessments on behalf of the Council, (for adult carers only, young carer assessments are undertaken by the Council's Young Carers Service).

Information and advice

1-1 support over the phone and face to face

Group based support / peer support/ activities – including Coffee and chat groups, activity/hobby sessions, male carers group, peer support/activity groups for young carers. These take place regularly across the borough see the [Carers Hub newsletter](#) for more details

Take a Break Service -enabling carers to get a break from their caring role

Access to tailored training to support people in their caring role, such as: understanding the cared for person's diagnosis; caring skills and coping strategies; managing challenging behaviour; managing stress; manual handling; lasting power of attorney.

Access to the Living Well Fund – funding to enable the carer to access support, activities, specific items that enable the carer to have a break from their caring responsibilities and promotes their health and wellbeing.

Developing emergency and contingency plans with carers

Cheshire East All-Age Carers Hub: Outcomes for carers



Improved knowledge and understanding through having access to relevant information, signposting, statutory and universal services and social capital that can support them in their caring role.

Maintain carer health, wellbeing and independence, with a life outside of their caring role.

Young carers will have the support they need to learn, develop, thrive and enjoy positive childhoods

Increase opportunity to remain in education, training and employment.

Increased levels of confidence through feelings of being recognised for their contribution as a carer, and actively involved in decisions which affect them and the person that they care for.

Improved physical health, enabling carers to make healthy lifestyle choices such as physical activity, falls / accident prevention, moving and handling and a healthy balanced diet

Increased levels of wellbeing through having opportunities to access services that provide a break from their caring role, reducing stress and isolation.

Children and family services update

Susie Roberts - Lead Public Health Consultant



Emotional and mental wellbeing need across Cheshire

Children and Young People's Emotional and Mental Wellbeing JSNA

The review involved extensive collaboration, triangulation of data, consultation, engagement with children, families and profession and service mapping.

Joint strategic needs assessment review has highlighted that across Cheshire East we need to:

- Work holistically to support the physical and mental wellbeing needs of the child, their families and professionals that work with them.
- Promote protective factors and resilience robustly.
- Intervene early on risk factors for mental health problems before mental health issues arise.
- Consider root causes as part of mental health presentations.
- Integrate care so it is easy to navigate and that empowers children and their families.
- Provide care for all with greater support to areas in greatest need.
- Continue to monitor emotional and mental wellbeing and robustly evaluate interventions put in place.

Working together to protect, promote, prevent, empower
and intervene early for all involved.

Led by Cheshire East Council, the NHS and our volunteer
communities



Cheshire and Merseyside Children's Mental Health Plan 2024-2026

Overseen by the Cheshire and Merseyside Children and Young People's Mental Health Programme Partnership on behalf of the Integrated Care Board Children and Young People Committee



INCLUSIVE:

Co-production with children, young people and families to support transformation and continuous improvement



TIMELY ACCESS:

For children and young people needing emotional wellbeing and mental health support



18-25 YEARS OFFER:

Design and develop an equitable offer of mental health support for young adults



EATING DISORDERS:

Children and Young People have timely and equitable access to high quality and evidenced based eating disorder support



CRISIS RESPONSE:

To anticipate and support children and young people who may experience mental health crisis or escalating needs



APPROPRIATE PLACES OF CARE:

Address gaps in our current support offer for children and young people with the most complex needs



SPECIALIST MENTAL HEALTH CARE

Provide high quality and evidence-based specialist mental health care based on the needs of our Cheshire and Merseyside population



INNOVATIVE:

System change and transformation to be actively driven through research and innovation

What does this look like so far in Cheshire East?



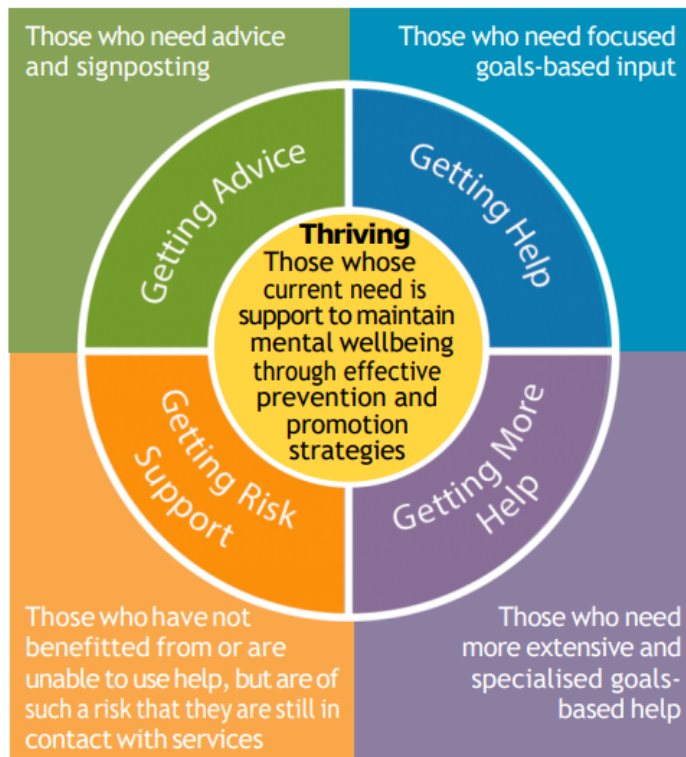
The THRIVE Framework conceptualises the mental health and wellbeing needs of children, young people and families into five needs-based groupings:



- **i-Thrive** is a system wide approach to navigate children and young people's mental health support.
- [Healthy Young Minds Service launched April 2024](#)
- Representatives from across Cheshire East including Integrated Care Board/ NHS trusts/Council/ VCFSE feed in to the [Healthy Young Mind's Alliance](#) and Senior Mental Health Lead Network and connections with the CESCPEarly Help Board/Self Harm and Suicide Prevention Board/SEND Partnership Board also. The goal of this is to increase connectivity and enhance early intervention Regular updates are provided to the **Mental Health Partnership Board**.

Key providers include supporting emotional and mental wellbeing in children and young people

The THRIVE Framework conceptualises the mental health and wellbeing needs of children, young people and families into five needs-based groupings:



- Schools and their Senior Mental Health Leads/Mental Health Support Teams where available
- Wellbeing for Education support to implementation of the [Whole School Approach](#) and the [iThrive directory](#) for schools.
- New digital offer for [proactive support for children and young people who may be neurodivergent](#)
- Family hubs, including the [family hubs digital offer](#) and Solihull Approach resources
- 0-19 service: face to face support, telephone support, text support.
- Visyon and Just Drop In
- Primary care
- Cheshire and Wirral Partnership NHS Foundation Trust for further specialist input via the Children and Young People's Mental Health Service (formerly known as CAMHS) including signposting and advice via the [Wellbeing Hub](#)
- In future- [Families First Partnerships](#)

Giving Children, young people, their parents, and carers more opportunities to have their say and ensure they become fully embedded in the development of mental health services at place and across the Integrated Care System.

- Children, young people, their parents, and carers are fully embedded in the development of services at place and across the Integrated Care System
- **Actions** -Increasing the involvement of young people on the Cheshire East Mental Health Partnership Board, Engagement and Co production to capture voice via Parent Carer Forum and Youth Groups on future service development
- **Measured by** - Engagement and Co production to capture voice via Parent Carer Forum and Youth Groups on future service development
- Parent Carer Forum continue to play a key role in the development of the MH Partnership Boar, providing the carer voice and ensuring this is included in future service development.

