

## How to Manage: Childhood Poverty

Date | **Wednesday 11<sup>th</sup> March 2026**

Location | **Online, via Zoom**

Audience | **Paediatric trainees, SAS doctors, Consultant paediatricians, GPs and Allied health professionals**

08:50	Registration	
<b>Chair: Ailbhe Cashman</b> Poverty Proofing Healthcare Team Coordinator, Children North East.		
<b>Clinical course lead: Dr Ian Sinha</b> , Consultant Respiratory Paediatrician, Alder Hey Children's Hospital		
Time	Session title	Teaching faculty
09.00	Welcome and introduction	<b>Dr Ian Sinha</b>
09:15	<b>Overview of Children North East and why this work matters</b> <ul style="list-style-type: none"><li>- Definitions of poverty</li><li>- Extent of poverty and child poverty in UK and the regions</li></ul>	<b>Lesley Barron</b> , Poverty Proofing Healthcare Team Coordinator at Children North East
10:00	<b>Causes &amp; Consequences of Child Poverty</b> <ul style="list-style-type: none"><li>- Behavioural vs structural causes of poverty exploring the narratives.</li><li>- Identifying and understanding the consequences of poverty.</li><li>- Poverty and decision making.</li></ul>	<b>Ailbhe Cashman</b>
10:45	<b>Break (15 minutes)</b>	
11:00	<b>Poverty &amp; Health Inequalities</b> <ul style="list-style-type: none"><li>- Exploring health inequalities and the wider determinants of health.</li><li>- The NHS' role in addressing poverty and the Core20+5 strategy.</li></ul>	<b>Ailbhe Cashman</b>

12:00	<b>Poverty Proofing© Health</b> <ul style="list-style-type: none"> <li>- Background &amp; context to Poverty Proofing©</li> <li>- Exploration of Poverty Proofing© methodology and how it works in practice, ethos and principles.</li> </ul>	<b>Lesley Barron</b>
12:35	<b>Screen break (10 minutes)</b>	
12.45	<b>Case Study – Paediatric Diabetes</b>  Hear from clinicians whose service has been ‘poverty proofed’ and the impact it had	<b>Dr Jude Reid</b> , Paediatric Associate Specialist Gateshead Health NHS Foundation Trust. Children & Young Persons Diabetes Service Lead <b>and Dr Sanjay Gupta</b> , Consultant Paediatrician (Diabetes and Endocrinology) Honorary Senior Clinical Tutor at HYMS Hull University Teaching Hospitals NHS Trust
13:30	<b>Lunch (45 minutes)</b>	
14:15	<b>Common Themes &amp; Impact</b> Insights and learning on some of the most common physical and socio-emotional barriers relating to healthcare settings.  Themes include; <ul style="list-style-type: none"> <li>- Travel</li> <li>- Navigating and negotiating the system</li> <li>- Communication</li> <li>- Health related costs</li> <li>- Patient empowerment</li> <li>- Staff awareness and guidance</li> <li>- Housing</li> <li>- NHS Workforce poverty</li> </ul> A chance to think through some real-life case study scenarios.	<b>Lesley Barron</b>

15:00	<b>Screen Break (10 minutes)</b>	
15:10	<b>Top Takeaways</b>  This section will share with clinician's guidance on steps they could consider implementing in their settings to remove barriers or alleviate impact of poverty in relation to: <ul style="list-style-type: none"> <li>- Travel</li> <li>- Appointments</li> <li>- Communication</li> <li>- Health related costs</li> <li>- Patient empowerment</li> <li>- Staff awareness and guidance.</li> </ul>	<b>Ailbhe Cashman</b>
15:55	<b>Reflective Practice</b> Clinicians will have some protected time to think about their work and how the learning could be applied in their practice	<b>Ailbhe Cashman</b>
16:35	Summary & Close	

## Course aim

The two main aims of this training is that clinicians have an understanding and an empathy for young people and their families suffering the effects of poverty, and that they start to understand and unpick the impact poverty may have on the accessibility of their work and the work of their team.

**We suggest course participants attend in pairs where possible** so that they can consider together what learning they can take back to their setting and what they may do to implement change.

## **Learning outcomes**

- To have an overview of who CNE are and why this work matters
- To understand definitions of poverty
- To have an awareness of the extent of poverty and how that plays out nationally and regionally and look at some of the drivers behind this
- To understand and identify what the consequences of poverty are
- To have explored the root causes of poverty
- To understand the impact of poverty on health
- To gain insights into the development of Poverty Proofing© and where it sits within a health context and see a case study from Poverty Proofing Paediatric Diabetes.
- There will be a chance for reflective practice and for clinicians to explore their current role and identify some of the barriers they identify for individuals living in poverty within their own practice and that of their healthcare setting

## **Course Delivery:**

### **Ailbhe Cashman – Poverty Proofing Healthcare Team Coordinator at Children North East.**

Ailbhe has gained extensive experience providing advice, advocacy and support to vulnerable adults and families during roles at the Citizen's Advice Bureau and in the mental health sector. She recently completed a masters degree focussing on the links between inequalities experienced in early years and wellbeing throughout later life.

### **Clinical course lead:**

**Dr Ian Sinha**, Consultant Respiratory Paediatrician, Alder Hey Children's Hospital

Ian is a Consultant Respiratory Paediatrician at Alder Hey Children's Hospital as well as a Professor within the Division of Child Health at the University of Liverpool, where he researches paediatric asthma and neonatal lung disease. He is particularly interested in the impact of social and health inequalities on children.

This course has been approved in accordance with the current RCPCH CPD guidelines.

Please note that due to unforeseen circumstances, sessions and presenters may be subject to change.