



Royal College of
Paediatrics and Child Health
Scotland

Leading the way in Children's Health

A future for Edinburgh's children - a consultation by Edinburgh Voluntary Organisations' Council (EVOC): 'The Edinburgh Integrated Plan for Children and Young People's Services June 2017 – March 2020 V7.6'

Additional comments further to the ThinkSpace event held on 25 April 2017

2. Background

RCPCH Scotland have in recent publications [Why children die](#) and [State of Child Health](#) recommended that the Scottish Government ensure compulsory evidence based health and wellbeing programmes are embedded in all primary and secondary schools in order to foster social and emotional health and wellbeing, through building resilience and specifically tackling issues around social inclusion, bullying, and mental health.

State of Child Health report recommends:

To tackle childhood obesity effectively NHS Health Scotland and professional bodies should ensure that all health care professionals make every contact count by having that difficult conversation with C&YP and their parents and carers.

To maximise mental health and wellbeing throughout childhood professional bodies representing all those working with children and young people in education should equip their members with the necessary tools to identify mental health issues through the promotion of resources such as the [MindEd](#) portal.

4. Participation

The [RCPCH & Us®](#) engagement collaborative can provide reports, resources, and opportunities for children young people and families and professionals to get involved.

5. Insight

It's not clear how the Partnership plans to keep process of CYP&F engagement going forward to ensure feedback is a continuous process.

6. Outcomes and Improvement Objectives

Reduce the number of child deaths

Recommendations:

- Local authorities and health boards should prioritise children's safety and, through utilising resources such as health visitors, the family nurse partnership and home safety equipment schemes, educate and equip parents and carers to keep their children safe, with a focus on water safety, blind cord safety and safe sleeping.

Introduce statutory sex and relationships education in all schools

Recommendations:

- Introduce a statutory requirement for all schools to deliver comprehensive, evidence based, sex and relationships education across all primary and secondary schools.
- Ensure that compulsory evidence based health and wellbeing programmes are embedded in all primary and secondary schools which foster social and emotional health and wellbeing, through building resilience, and specifically tackling issues around social inclusion, bullying, drug and alcohol use and mental health.

8. Strengthen tobacco control

Recommendations:

- Extend bans on smoking in public places to school grounds and all sports fields and playgrounds.

Tackle childhood obesity effectively

Recommendations:

- NHS Scotland and professional bodies should ensure that all health care professionals can make every contact count by having that difficult conversation with their patients (whatever their age) who are overweight.
- Work with the Scottish Government to undertake an audit of local authority licensing and catering arrangements with the intention of developing formal recommendations on reducing the proximity of fast food outlets to schools, colleges, leisure centres and other places where children gather.
- Encourage physical activity for all children and young people and support parents and families to adopt healthy lifestyles by improving social and physical environments. Local authorities should ensure planning decisions include a public health impact assessment and should introduce 20 mph speed limits in built up areas to create safe places for children to walk, cycle and play.

10. Maximise mental health and wellbeing throughout childhood

Recommendations:

- Professional bodies representing all those working with infants, children and young people in health, social care, education, criminal justice and community settings should equip their members with the necessary tools to identify mental health issues through the promotion of resources such as the [MindEd](#) portal.

8. Governance and Partnership

Where you are including MSYP's in the Integration Children's and Young Peoples Services board could this include local representatives from the [RCPCH & Us](#)[®] engagement collaborative.

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