

Edited chat from the CPG on Health Inequalities meeting on active approaches to health inequalities affecting children and young people, 1st February 2022

Una Mac Fadyen, Plus Forth Valley and Children's Health Scotland

- Is the Daily Mile still in place in all schools ?
- Is there data on reasonable adjustments made for children with disabilities?

Kirsty McNab, Scottish Sports Future

- It would be interesting to understand what standardised monitoring could be utilised across every sector. Any ideas?

Margaret Brown, NHS Highland

- Is there data on remote rural areas? Opportunities for active travel, access to sports facilities, etc. may be impacted by distance

Catherine Hughes, Health and Social Care Alliance

- Is there data about children with disabilities and special needs both in mainstream and special needs schools and how they have been impacted and how they differ both between mainstream versus mainstream and also overall how this differs between children with additional needs, regardless where go to school compared with those without additional needs?

Hilda Campbell, COPE Scotland

- Responding to Catherine Hughes: https://inews.co.uk/news/children-send-special-education-needs-disability-covid-lockdowns-1431218?ito=twitter_share_article-top

Fiona Pirrie, East Ayrshire Carers

- Did the research show differences between urban and rural locations ?

Hilda Campbell, COPE Scotland

This may also be of interest:

<https://twitter.com/TheEmpathyWeek/status/1447861306724438016> Empathy Week is a global schools programme that uses the power of film to develop the skills of empathy and leadership in students. Together, we're building the #EmpathyGeneration.

Meg Thomas, Includem

- This might also be of interest, <https://childreninscotland.org.uk/wp-content/uploads/2020/02/Health-Inequalities-Report-Chris-Ross.pdf>

Margaret Brown, NHS Highland

- Fundamental causes of health inequalities - <http://www.healthscotland.scot/health-inequalities/fundamental-causes/fundamental-causes-overview>

Helen Morrison, Paths for All

- 'Movement for Health' consider how people with long term conditions, of which young people with long term conditions need to be considered, are twice as likely to be inactive and face barriers to being active. Then don't get the benefits of physical activity.

Alana Harper, Deaf Links

- Just wondering if Avril and Gillian's teams included/involved deaf children and young people who use BSL in their research projects?

Una Mac Fadyen, Plus Forth Valley and Children's Health Scotland

- Years ago the Health Promoting Schools programmes had young people making real change in their own school to promote activity and improved health, using that evidence might avoid reinventing the wheel

Petra Biberbach, Planning Aid Scotland

- Take a look at the new Scottish Planning Act, it asks specifically to include young people to be involved in decision making shaping the places their live as per UN Charter of Rights of the Child.

Hilda Campbell, COPE Scotland

- To support the conditions for children and young people to thrive would it be worth revising the idea of locality plans which feed into city plans which feed into Government policy and children and young people are part of that, also by being locality based all needs are considered?

Maureen Kennedy

- Symptoms of long covid need to be regarded as a disability under the Equality Act 2010-young people and adults are affected by this.

Sarah Randell, Teapot Trust

- My understanding is there is no national date on chronic illness/disability in children. It's the relevant charities/advocacy groups that collate the extent of diagnosis/need and impact in young lives.

Alana Harper, Deaf Links

- Just responding to Brian's comment about participation and the issues with travel - for deaf children, it's the issue of being able to communicate with coaches and peers that is the barrier to them participating in physical activities.

Hilda Campbell COPE Scotland

- By considering neighbourhoods it helps identify issues and solutions specific to that area BUT it requires new ways of working together to make a vision become real

Sarah Randell, Teapot Trust

- Could the Disability Confident kitemark (for employers) be extended to schools, for instance - to empower children?

Pervin Ahmad, Saheliya

Has there been any analysis on children from black and ethnic minority communities and if their needs are being met; especially for girls who may be or may feel excluded due to dress codes and lack of role models over and above poverty and inequality etc.

Francesca Vaghi, Health and Social Care Alliance

- Were the principles of the UNCRC considered in designing the creative methods adopted in Gillian's project?

Christine Carlin, Home Start

- very much support the need to hear children's voices but too often we are asking the same individuals to repeat their stories time and time again.

Kirsty McNab, Scottish Sports Futures

- If we need more monitoring - what currently exists and could this be standardised, regarding levels of physical activity?

Ian McCall, Paths for All

- Movement for Health is a coalition of Scotland's leading health charities. Our aim is to make it easier for people with a long term health condition to be more active. <https://www.movementforhealth.scot/about>

Helen Morrison, Paths for All

- Are participants aware of Movement for Health? And how it could support health inequalities for those young people with long term conditions?

Una Mac Fadyen, Plus Forth Valley and Children's Health Scotland

- Could gamer developers/Abertay develop an active gaming app?

Catherine Hughes, Health and Social Care Alliance

- Has there been much data or research more recently into ACE's (Adverse Childhood Experiences)? And now since there is much more awareness of ACE'S how they impact more widely on health and wellbeing in the longer term if there is there data hS there been much improvement in measures? I do know it is difficult to measure preventative interventions but these are key to tackling inequalities.

Alana Harper, Deaf Links

- Thank Brian for voicing my question about Deaf CYP being involved in these research projects. Avril's response that her research didn't involve those with "additional needs" is disappointing. Access to language should not be considered an "additional need" as BSL is a recognised Language in its own right through the BSL (Scotland) Act 2015. This highlights how Deaf BSL users are left out throughout their life and why they suffer such huge health inequalities throughout their lives.

Sarah Randell, Teapot Trust

- Disability Confident is a kitemark with different levels of accreditation for what employers have in place and are committing to, to embrace people with disabilities, make reasonable adjustments etc. and demonstrate a mindset shift, becoming local advocates.

Christine Carlin, Home Start

- Are there any plans to feed back to the young people what has resulted from your research?

Pervin Ahmad, Saheliya

- It is disappointing as you say data around ethnic participation or lack of is so poor in all areas of life. In addition, through our work at Saheliya we know that women and children from minority communities face significant racism and exclusion around all areas of life including sport and physical activity. There is clearly a need to give this more attention as Brian says data is key and it needs to monitor and analyse in more depth.

Hilda Campbell, COPE Scotland

- There are networks that can gather and share data e.g. Drumchapel Children and Families network where we had a presentation on young people's priorities which then reflected on around how to respond then working with young people and partners see how we do something about it. A priority mentioned several times by the young people was to live a long life.

Helen Morrison, Paths for All

- Phones generally only collect data for those that can afford to have mobile data turned on when out and about. Another consideration of health inequality. However we support gather of more walking data.

Hilda Campbell, COPE Scotland

- More info on that piece of work
<https://www.gla.ac.uk/schools/education/research/researchprojects/childrensneighbourhoodsscotland/>

Sarah Randell, Teapot Trust

- Many charities working in children's health have a Young Voices stakeholder group (as we do) that could be used to share their experiences (qualitative data).

Margaret Brown, NHS Highland

- Another barrier [to children/young people's participation in sport] could be cost, eg equipment, clothing, shoes

Kirsty McNab, Scottish Sports Futures

- Physical activity on after school, to 5pm, would also help with childcare - consideration especially for those 'in work' poverty.

Kirstin Worsley, Breastfeeding Network

- Free buses now as well

Helen Morrison, Paths for All

- Movement for Health is keen to engage on a policy level and represent those people with long term conditions that are affected.
<https://www.movementforhealth.scot/about> Paths for All has a variety of ways they have piloted increasing walking and physical activity with young people, that have been very successful - lunchtime walking groups, step count challenges, supporting kids with bike maintenance.

Janis McDonald, the ALLIANCE (Sensory Hub)

- It seems to me the more barriers people face, including accessibility of information and the communication & language support challenges there is a disproportionate impact on all people but especially our children. What priority will be given to Inclusive Communication and enabling support across barriers?

Margaret Brown, NHS Highland

- Are there issues around cycle ownership - cost of buying one, but also having somewhere secure like a shed or garage to store it. May be a problem

Lily Craig, Leeds Playhouse

- We're really keen to chat to anyone about the creative inputs from the Creative Insights Project from a creative organisation perspective, please do get in touch if you fancy a chat: lily.craig@leedsplayhouse.org.uk

Claire Stevens, VHS

- We can follow up with Brian about the parliamentary debate, and provide a briefing, building on what has been discussed today, including in the chat.