

**REDCAR AND CLEVELAND LOCAL GOVERNORS' ASSOCIATION**  
**MINUTES OF MEETING HELD AT 6.30 P.M. ON MONDAY 23 FEBRUARY 2015**

**GOVERNORS PRESENT:**

Mrs R. Nicholls, Saltburn Learning Campus  
 Mr C. Marley, Riverdale Primary School  
 Mr D. Gallagher, Redcar Academy  
 Mrs Y Joy, New Marske Primary School  
 Mrs A. Clayton, Westgarth Primary School  
 Mrs M. Woods, St Margaret Clitherow's Catholic Primary Voluntary Academy  
 Mrs A Smallwood, Wheatlands Primary School  
 Dr D. Thomson, Kirkleatham Hall School  
 Mr D. Atkin, Nunthorpe Primary Academy  
 Mr B. Coulston, Sacred Heart School

**ALSO PRESENT**

Glennis Smith, Redcar and Cleveland School Governor Support Service (Minutes)  
 Mr J. Barnard, Child and Adolescent Mental Health Service (CAHMS) (for part of the meeting)

The Chair welcomed everyone to the spring term meeting of the Local Governors' Association, particularly those who had not attended before. Everyone present introduced themselves in turn.

1. **PRESENTATION FROM JOHN BARNARD ON CAMHS / CYPS**

- 1.1 The Chair welcomed John Barnard, Team Manager of the CAMHS service. Mr Barnard tabled copies of his PowerPoint presentation slides and would also e-mail them to Mrs Smith to be circulated to all representatives electronically. The presentation would provide an overview of the service both locally and across Teesside. Mr Barnard highlighted the alternative name for the service - CYPS (Children and Young People's Services) - which had been introduced to avoid the reference to mental health. The Redcar service was based at The Ridings.
- 1.2 There were four main elements to the service – prevention, first level intervention, assessment and treatment / therapy. Mr Barnard explained the pyramid model diagram, which showed the range of service from universal services to specialist services for young people with the greatest need. He indicated that most work undertaken related to Tiers 2 and 3. Young people referred to the service usually went through Tier 2. Primary mental health workers were aligned to school cluster groups. One of the key messages Mr Barnard wished to communicate was that young people no longer had to be referred through their GP. Schools and parents could make direct referrals. Young people would be expedited to Tier 3 if they were resistant to interventions.
- 1.3 Details were given of the composition of the Specialist CAHMS team used for more complex cases. There was one service for all young people,

Mr Barnard /  
Mrs Smith

including those with learning disabilities. Different members of the team had different skill sets and therapeutic approaches. Two or three different people might work with an individual child.

- 1.4 Four locality teams aligned to the four local authorities in Teesside. Each had a general core of staff with additional services and staff in some of the teams. Funding had formerly been driven by the PCT (Primary Care Trust) and Redcar had always been provided with a good level of funding for mental health services.
- 1.5 Mr Barnard gave details of various facilities available. The Newberry Centre was an in-patient facility for more resistive / mentally disordered young people, which could only be accessed by community teams. It was an open unit and most young people were admitted voluntarily. Mr Barnard emphasised that many young people had emotional difficulties rather than mental disorders. The Evergreen Centre was for young people with anorexia and bulimia. They tended to be resistive and this often led to compulsory admission under the Mental Health Act. The Westwood Centre was a national provision for young people with a forensic background who were a risk to the public. It was a secure unit and all young people admitted were subject to legal orders and had either committed or were at risk of committing a person-centred offence.
- 1.6 A governor queried the services available for younger children. Mr Barnard explained that his service catered for children aged 0-18. However, it was rare that residential provision was needed for younger children and this would be nationally commissioned if required. Adult services were introduced from the age of 17½.
- 1.7 Mr Barnard also managed the Looked After Children team and a significant part of their work involved supporting foster carers to ensure placements were stable. The Early Intervention in Psychosis Team was a Tees-wide service working with young people who were psychotic or at risk of developing psychotic illness. They worked with young people from adolescence into adulthood. Mr Barnard emphasised that genuine psychosis was now rare. Drug-induced psychosis was common but shorter lived and there was a good prognosis when the drugs were out of the young person's system. He gave examples of young people being psychotic after legal highs such as Salvia.
- 1.8 There was a Tees-wide service that assessed children and young people admitted to James Cook and North Tees hospitals as a result of deliberate self-harm. The Adult Crisis team would see over 16 year olds. The self-harm team contact Accident and Emergency every morning and visited any young people who had been admitted.
- 1.9 £750,000 of funding had been received to develop a 24/7 crisis and liaison team for June 2015. They would undertake face to face assessments and there would be open access to the service. There had been 500 referrals in South and North Tees for deliberate self-harm alone and there were approximately 800 young people using CAHMS services at any one time. However, based on population size, it was estimated that there should be

3000. The national figure was approximately 10%. So Mr Barnard was concerned that the services were not reaching all the young people they should be. Children and young people were accessing other services but Mr Barnard felt that the different services within the Borough were not sufficiently joined-up because of different commissioning arrangements. He anticipated that a lot of young people were “falling through the net”. Mr Barnard emphasised that the crucial time in a child’s life was early years and a lot of emotional and mental health issues stemmed from there.
- 1.10 Governors were given details of referral routes. Mr Barnard detailed some of the mental health, emotional and behavioural problems dealt with by the service. He reiterated that psychosis was rare. The main areas dealt with were emotional, mood, depression, anxiety and behavioural issues. Schools saw a lot of these issues manifesting themselves as aggressive and intimidatory behaviour. There was a large increase in autism, due to better identification. Mr Barnard emphasised that most difficulties stemmed from early years because parents were unable to parent, nurture and inspire their children because of their own history and background. There had been an increase in emerging personality disorder.
- 1.11 Governors were given figures relating to issues such as poverty, unemployment and obesity in Redcar and Cleveland, which compared very unfavourably with national figures. Some of these issues contributed to emotional and mental health problems, as did the media and relentless pressure to conform. Young people had unrealistic expectations. The biggest concern was that Redcar and Cleveland had almost double the national average admissions for self-harm and the figure was rising every year. The Chair asked how the figures compared with other authorities in the North East and was informed that Redcar and Middlesbrough were the top 2 authorities for self-harm. Three of the Teesside boroughs were in the top 5. Mr Barnard felt this related to areas of deprivation, so parts of London and other cities would have similar levels. He clarified that there were more males than females who completed suicide, but more girls who self-harmed. This was a cultural issue within some groups of young people, rather than an indication that young people were actually suicidal, which was rare.
- 1.12 A governor asked for more information about the work of CAMHS in schools and was informed that the service did not work and had never worked actively in schools. The role of the three primary mental health workers was to target the school clusters and identify training needs, as there were insufficient resources to work in every school. A training co-ordinator worked across the Teesside area. Ad-hoc training had been delivered in schools and visits had been made to discuss particular cases. Some schools commissioned their own support. In response to a governor’s question, Mr Barnard confirmed that there was a waiting list for CAMHS services, but the waiting time was a maximum of four weeks and the most recent data showed that 40% of young people were seen within 3 days.
- 1.13 A governor asked whether the service had managed to avoid funding cuts. Mr Barnard reported that CAMHS services had been underfunded for years.

It used to be the case that children's services were the first to be cut but the view was now to focus on prevention by targeting young people. The commissioners had tried to consistently maintain levels of staffing. However, the LA had been required to make large cuts to their funding, resulting in a loss of posts. Mr Barnard emphasised that the Tees commissioners were very forward thinking in allocating funding for the crisis team. This would cut admissions to James Cook hospital, which would benefit the health service by releasing beds.

- 1.14 A further question was asked about input with younger children and whether the primary schools were aware of CAHMS' services. It was noted that some primary schools had bought in counselling. Teachers had a greater awareness of mental health than ever before and spotted the signs earlier. Whilst most referrals were for older children, CAHMS was receiving referrals for children as young as 4 or 5 in relation to issues such as lack of socialisation, rigidity of thought and fear of change. There was an under 5's autism service. Problems with under 5s tended to be picked up by health visitors, but there was an increase in early detection from schools. Mr Barnard reiterated that the main message to pass back to schools was that children no longer had to be referred by their GP. This change had led to a 70% increase in referrals, which was a positive move.
- 1.15 A governor asked for further information on Mr Barnard's previous reference to drug induced psychosis. He reported that the three cases of psychosis in the last year had all been drug induced. Some young people had been smoking cannabis since primary age. With regard to legal highs such as Salvia, some young people could take it for years with no ill effects, but young people wrongly assumed that legal highs were safe because they could be bought over the counter.
- 1.16 The Chair thanked Mr Barnard for his presentation and emphasised that it had been interesting to explore a facet of children's wellbeing that governors might not be aware of. Mr Barnard encouraged governors to contact The Ridings if they required any further information or wanted to request specific training.

## **BUSINESS MEETING**

### 2. APOLOGIES FOR ABSENCE

Apologies for absence were received on behalf of the following governors:

- Mr M. Bloomfield, Belmont Primary School
- Mrs P. Taylor, Outwood Academy Bydales
- Mrs D. Falconer, Wheatlands Primary School
- Miss J. Parncutt, Hummersea Primary School
- Mr P. Kirkham, Galley Hill Primary School
- Mrs S. Nicholson, Riverdale Primary School
- Councillor M. Ovens, Green Gates Primary School and Pathways School
- Mr J. Tombs, Lockwood Primary School

3. MINUTES

RESOLVED that the minutes of the meeting held on 24 November 2014 be approved and signed by the Chair.

Clerk /  
Chair

4. MATTERS ARISING FROM THE MINUTES4.1 Secretary's Reports (Arising from Item 1.1)

Following the previous meeting, the Executive Committee had discussed further the reports produced by the Secretary and had agreed how they would be disseminated.

4.2 Presentation from John Dooris on the Pupil Premium (Arising from Item 1)

It was agreed that John Dooris had given a very interesting presentation at the previous meeting. The PowerPoint slides had now been e-mailed to all Association representatives.

4.3 Bank Mandate (Arising from item 4.1)

Progress had been made with changing the names on the bank mandate. Arrangements would need to be made to include the new Treasurer.

4.4 Topics for Future Meetings (Arising from Item 4)

Governors were encouraged to pass on ideas for topics for future Governors' Association meetings.

5. EXECUTIVE COMMITTEE MEETING

The minutes of the meeting of the Executive Committee held on 3 December 2014 had been circulated. Dr Thomson reiterated that the reason that Kirkleatham Hall was not yet available as a potential meeting venue was due to snagging problems with the new further education building.

6. RECOMMENDATION TO APPOINT SUE NICHOLSON AS TREASURER

6.1 Sue Nicholson, Chair of Governors at Riverdale Primary School, had volunteered to act as Treasurer for the Local Governors' Association. It was noted that she had previous experience as a Treasurer and was the Risk and Insurance Manager at Redcar and Cleveland Borough Council.

6.2 RESOLVED that Mrs Nicholson be appointed as Treasurer of the Local Governors' Association for the remainder of the 2014/15 academic year.

6.3 Mrs Smith would enable Mrs Nicholson to contact the former Treasurer for a hand-over and would let the Chair have her contact details. He would contact Mrs Nicholson regarding the necessary action in relation to adding her name to the bank mandate.

Mrs Smith /  
Chair

7. APPROVAL OF AUDITED ACCOUNTS FOR THE 2013/14 FINANCIAL YEAR

The Treasurer had taken the financial records to the auditor but the audited accounts were not yet available. Apparently there was a query from the auditor about a discrepancy and he was to contact Mrs Smith, but had not yet been in touch. Mrs Smith would liaise with the former Treasurer, Treasurer and auditor to ensure the audited accounts were available for the next meeting.

Mrs Smith

8. APPOINTMENT OF AN AUDITOR FOR THE 2015/16 FINANCIAL YEAR

RESOLVED to appoint Carl Snowball as auditor for the 2015/16 financial year.

9. CONFIRMATION OF ANNUAL SUBSCRIPTION FOR THE 2015/16 FINANCIAL YEAR

Mrs Smith had requested advice from NGA regarding reclaiming VAT but they had been unable to help. She had also contacted her colleague in Hartlepool about how this situation was managed with their Governors' Association, but they didn't use the services of the LA. Nevertheless, advice from Redcar and Cleveland LA's finance section was that VAT had to be charged. As governing bodies were already making decisions to subscribe to the Local Governors' Association through the School Governor Support Service's service level agreement it was agreed that the subscription for 2015/16 should remain at £40. Mrs Smith emphasised that it was too early to say which schools were signing up, as most full governing body meetings were scheduled for after half term, but she was not aware of any that had discontinued their membership. Mr Coulston hoped to be able to encourage academies within the Nicholas Postgate Academy Trust to join, as some were not currently members.

10. INFORMATION FROM THE NATIONAL GOVERNORS' ASSOCIATION

The Chair highlighted that the most recent issue of the NGA magazine "Governing Matters" included a copy of their Framework for Governance document. His own school also used the online facility The Key, which provided access to a huge range of information, including model policies. It also had the facility to answer specific questions, providing responses within two or three days.

11. CHAIR'S CORRESPONDENCE / REPORT

The Chair had no item on which to report.

12. ANY OTHER BUSINESS

It was noted that the next meeting of the Executive Committee was due to be held at 6.30 p.m. on Thursday 19 March 2015 at Sacred Heart School.

(The meeting closed at 7.50 p.m.)