

Community Foundation for Surrey
Mental Health Scale Up - The Listening Phase



Discovery Report

Compiled by Prosper Communities CIC

August 2022

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The Listening Phase - An Introduction

The purpose of this 'Listening Phase Discovery Report' is to provide the Community Foundation for Surrey (CFS) with knowledge and insights into the current successes, barriers and potential 'scalable' areas for growth across the Voluntary, Community and Social Enterprise (VCSE), faith and public sector mental health provision in Surrey for children, young people and young adults up to aged 30 years. The information gathered will inform and populate the CFS outcome targets for the new Mental Health Scale Up Fund.

For over 15 years CFS has been bringing together those within the county in a position to give, with those who are driving local action. CFS bring together local donors and those acting to provide positive solutions in our communities for local people and disadvantaged individuals.

The new CFS 'Mental Health Scale Up Fund' (MHSUF) seeks to produce step change improvement in mental health and in particular the MHSUF will fund scalable projects which demonstrate clear, measurable impact and ability to reach:

- more beneficiaries, or
- beneficiaries in cohorts that are experiencing particular challenges in mental health, or
- beneficiaries that struggle to access support, or
- beneficiaries across a wider geographic area.

Prosper Communities Community Interest Company (CIC) began working with the Community Foundation for Surrey in May 2022 to carry out the MHSUF Listening Phase. We have been involved in a comprehensive process of investigation, exploration and mapping - approaching organisations and representatives from the voluntary, community, public and faith sectors. We have identified many key stakeholders both at scale and place. Listening with representatives from a range of sectors and organisations began in June and is continuing to take place throughout the Autumn of 2022, and indeed beyond.

This 'Discovery Report' unveils our early findings, uncovering 'common themes' in terms of the current 'service provision landscape' regarding mental health in Surrey. As we continue to listen, our knowledge and insights deepen, encouraging us to explore and investigate pathways which will lead to greater insights and precision. In turn, this should inevitably lead to, and help to, direct funding towards scalable projects and organisations, enabling more people aged up to 30 to receive effective support for their mental health and, most importantly, to thrive.

“Our vision is to build a strong movement of local philanthropists, connecting them with local charitable organisations – together to ensure that every individual in Surrey has hope”

Community Foundation for Surrey - 2022

The Listening Phase Process

From May 2022 Prosper Communities CIC worked closely with the team at CFS identifying key stakeholders to listen to. Further work was carried out to widen and deepen listening with cross sector stakeholders both at place and scale. Listening has taken place through face to face engagement, virtual meetings, surveys, partnership meetings and gathering information/data from a range of mental health reports. No additional research data was obtained by us during the Listening Phase. In combination, the listening to stakeholders, the reports and the data provide a secure evidence base for the barriers, successes, opportunities and recommendations identified within this report.

By their very nature, many of these conversations were fluid and informal, however questions were routinely asked about what were the current successes and barriers in mental health support. We also listened to stakeholder's ideas as to what would best serve our cohort's mental health if a lack of finance, staff or volunteers were not a barrier - with feedback being recorded, collated and analysed.

Community Development is inherently an organic, dynamic and reflective process and therefore a 'listening phase' can never be 'finished'. Whilst reading this report it is important to recognise that the findings contained within it should not be seen as a set of results or conclusions but rather a means of capturing a moment in time - a reflection of how the mental health service provision looked, felt and sounded during the Listening Phase period thus far. Similarly, Prosper Communities does not claim to have exhaustively contacted everyone with a stake or interest in mental health. We are confident however that our research process has secured enough formal and informal information to identify common, shared themes which accurately reflect the mood and priorities of the stakeholders and people they serve.

Finally, it is worthwhile noting that through the Listening Phase process many stakeholder contacts and connections have been made. Within this report it is increasingly apparent that all stakeholders benefit from collaborative working, listening and learning together. We hope that our listening is innately contributing to an increasingly collaborative approach across Surrey's Public, Health and VCSE sectors.

Our sincere thanks and appreciation to those stakeholders who have taken the time to share their experiences and insights. We hope that this report will help to inform the Community Foundation for Surrey's drive to scale up successful mental health provision for children, young people and young adults within Surrey.



The Current Landscape in Surrey

In 2021 CFS became increasingly aware of the huge impact on young people's mental health of the Pandemic on young people's mental health. Funding applications received by CFS for projects supporting mental health increased by 260% in one year. In the 2022 'Young People's Grant Round' over 25% of funding applications received were for work with young people's mental health; and were 8 times oversubscribed.

Prevalence data for England shows approximately 1 in 7 children and young people aged 11–18 experiences at least one mental health disorder. This equates to 40,000 CYP in Surrey [Ref. Surrey Heartlands, Children and Young People Emotional Wellbeing and Mental Health Local Transformation Plan 2021-22](#) . The number of suicides has been rising in Surrey over the last few years. In 2019, 98 people took their own lives across Surrey, an average of around two suicides a week - up from 84 the previous year, and 73 in 2017. Mental Health outcomes are poorest in the boroughs/districts where there is greatest economic deprivation [Ref. Samaritans, Suicide Data Factsheet](#). In total there were 386 A&E attendances due to self harm for 10–19-year-olds due to self-harm during the pandemic in quarter 1 (April – July 2021). There is a notable increase for 10, 11, 12 and 13-year-olds, with the highest being for 19 year olds in quarter 1 than there was for both pre and post Covid [Ref. Children and Young People Emotional Wellbeing and Mental Health Local Transformation Plan 2021-22](#). The number of young people with eating disorders in England ending up in hospitals have risen during the pandemic. There were 4,238 hospital admissions for children in the UK with eating disorders aged 17 and under from April to October 2021 - a 69% rise on the pre-pandemic year of 2019 [Ref. ITV news online, Jan 2022](#).

It is clear from listening and cross-sector data that areas of poor mental health outcomes in the county are directly correlated to areas of most economic deprivation. Since we emerged from lockdown there has been a significant increase in the demand for counselling and family support services across the county, with the voluntary sector struggling to recruit sufficient counsellors to meet demand. There have been significant mental health impacts in already vulnerable communities such as neurodivergent young people, young carers, excluded children, LGBTQ+ young people, and those with siblings with a physical or learning disability.

The Surrey County Council (SCC) and National Health Service (NHS) 'Emotional Wellbeing and Mental Health Strategy 2019-2022' (<https://www.surreyheartlands.org/children-and-young-peoples-mental-health>) provides a comprehensive outline of Surrey's landscape and has the following aims;

- We want to break the correlation between areas of economic deprivation and lack of access to support for mental health – everyone who needs support should be able to access it. In practice this would mean that:

- Where there are pockets of excellent practice in either crisis support or preventative programmes these are grown and developed to reach across the county to those who need them most.
- Where there is a need to provide wrap-around, child-centred support, organisations are incentivised to work together to develop solutions that grow and develop with the child over as long a period as they are required.

This strategy is undergoing a review during the Autumn of 2022. Collaborative approaches through the MHSUF Listening Phase to date have acted as a catalyst with CFS, SCC and Public Health aiming to listen together through 'inquisitive enquiry' and 'shared learning'. Surrey Youth Focus is playing a key role in connecting partners.

The Transformation Programme, driven by Surrey County Council and Surrey Clinical Commissioning Groups (CCGs), has launched an extensive programme of work to design and deliver a coordinated whole system transformation programme.

It is clear that the reinvigoration of Child and Adolescent Mental Health Services (CAMHS) and development of the Mindworks Partnership is facilitating more practical and effective working across the sectors in Surrey - particularly incorporating the VCSE. That said it is still early days and many of the VCSE organisations whom we have listened to highlighted delays in young people receiving the support they need.

SCC is developing and implementing the countywide, all age Mental Health Investment Fund which currently stands at £10.5 m which is to be focused on prevention and early intervention, supporting new and or existing non statutory community based service providers. There are other strategies, consultations and funds being developed and implemented including the Local Transformation Plan, NHS Pulling Together Fund, Early Help Strategy

Refresh, Emotional Wellbeing and Mental Health Strategy Refresh, Special Educational Needs and Disabilities (SEND) Self -Evaluation, Children's Community Health Services (CCHS) recommissioning.

The Surrey Safeguarding Children's Partnership Mindworks Alliance Reference Group is currently gathering information on Suicide and Early Help and Early Intervention on across the system feed into the Mindworks Partnership to help improve the way that children and young people with mental health challenges are safeguarded.

This Autumn key meetings taking place include YMCA CYP Event, Charity Chief Executive Officers (CEO) Meeting, Family Resilience Networks, Surrey Charities Forum, VCSE Alliance Board, Charity Mash Up, Third Sector Safeguarding & SEND Network meetings, Family Voice Surrey Annual Event and Annual General Meeting (AGM), Lord Lieutenant Network Event, Children and Family Health Surrey (CFHS) Voluntary Sector Workshop, Early Help Charities Event.

In addition there is a Surrey Local Area Coordination Board. SCC is employing 'Local Area Coordinators' in key places to approach, or be introduced to people, who may be isolated, causing concern or are at risk of needing formal services with a view to supporting them.

In our 'listening' we have discovered one clear message from public, health, education, faith and VCSE representatives - those we spoke with value and desire deeper cross sector collaboration and relationship. Holding the young people that each aims to support at the centre of solution based

collaboration must be the way forward if they are to thrive.



Listening To Date...

Creative Response Farnham

Voluntary, Community, Social Enterprise, Faith...

YMCA East Surrey
Head 2 Head, Sensory Theatre
Surrey Coalition for the Disabled
I'm All Ears
Eikon
Independent Health Network
Volunteer Woking and Surrey Voluntary Actions
RASASC - Rape and Sexual Abuse Support
Mindful Ninja
The Green Hub Project for Teens
Belong Community
Byfleet United Charity
Change of Scene
Social Care Farm, Change of Scene
Surrey Youth Focus (SYF)
Soldiers, Sailors, Airmen & Families Assn (SSAFA)
Cherry Trees
Learning Space
Transform Housing and Support
We Are With You
Catalyst
Phyllis Tuckwell Hospice
Home-StartActive Prospects
SMEF - Surrey Minority Ethnic Forum

Voluntary, Community, Social Enterprise, Faith...

Oakleaf Enterprises
Home-Start Guildford
Home-Start Elmbridge
Spelthorne Rentstart
Mediation Surrey
Barnardo's

Partnerships and Forums

Surrey Charities Forum
Surrey Wellbeing Partnership
Guildford and Waverley Mental Health Group
South Mole Valley Family 'Early Help' Partnership
Surrey Infrastructure Organisations

**We Hope
And Plan To
Listen To Many**

More...

Public, Education and Health

Surrey Heartlands Integrated Care System
Joint Strategic Commissioning Convener
SCC Targeted Youth Support Service
NHS Heartlands MH Wellbeing and Commissioning
Children's Commissioning
- Surrey Heartlands CCG and SCC
NHS Heartlands CCG
Surrey and Borders Partnership NHS Foundation
Trust
Children and Adult's Mental Health Commissioning,
NHS Surrey Heartlands/ SCC
Surrey Police Mental Health Portfolio Lead
Mole Valley Family Centre
Home School Link Workers
Surrey Police Youth Officer
Waverley Training Services
St John's C of E Primary School
SCC Councillor - Cabinet Adult Social Care and Public
Health
NHS 0-19s locality team lead



Successful Approaches and Provision in Surrey

What works well in your organisation in supporting children and young people's mental health and wellbeing, and why?

- Commitment across organisations - Mindworks Alliance including Third sector, Surrey Partnership (youth), Surrey Wellbeing Partnership
- Primary school age – some good practice in a few places but many gaps
- Continuing of transition support from primary to secondary school in some places
- Involving those with 'lived experience' (e.g. videos of those with lived experience shared at decision-making board)
- Fostering community connections, sometimes through schools
- Consistency in provision
- Voluntary sector involvement
- Mindworks
- Longer term commitment, not short bursts of support
- Early interventions in some places
- Providing support 'at place' e.g. suicide prevention in small areas
- Carer support
- Work Experience Programmes (WEP) e.g. Head2Head
- Drug and alcohol prevention is positive, with good commissioning
- Multidisciplinary teams around schools and non-school attendance support in some areas
- 1-1 support is good in some places, e.g. We are With You, in response to increasing demands 17-25 years, but with no waiting lists.
- Safe Havens crisis support for 18-25 years, but not across Surrey
- Child-focused, co-production provision in some areas
- Wider family involvement e.g. Learning Space offers holistic support for children and parents
- Goals-oriented support e.g. towards jobs and employment
- Some are focusing well on neurodiversity
- Accessible therapies, where and when needed, now online too (Silver Cloud), reaching more people quicker e.g. Improving Access to Psychological Therapies (IAPT), Cognitive Behaviour Therapy (CBT). There is a need to promote these services more.



Successful Approaches and Provision in Surrey

What are the wider strengths of mental health support in your area and across Surrey?

- A few organisations feel that little is working well or didn't feel able to answer this question
- Post pandemic – places where good practice is taking place, community assets, social prescribing
- Activities in parts of Surrey such as sport, music, motor mechanics reduce stigma and provide potential 'friends and purpose' – e.g. Leatherhead Youth Project, Change of Scene, Oakleaf, YMCA projects at the Preston Phoenix Centre. Age ranges vary.
- Alliances – e.g. Mental Health Alliance
- Partnerships – but could be strengthened particularly with the Third sector
- Mental Health support in schools (Third sector and multidisciplinary) – but not all across Surrey, and pace is challenged
- Mindworks has begun well; the inclusion of the Third sector is helpful
- Child-focused, co-production provision in some areas
- There are more integrated workforces
- Data – more available, should re-evaluate the metrics of how we gather information
- Investment in community assets
- Drop-in, accessible safe places with activities, but these are not available everywhere
- 1-1 mentoring conversations – but needed everywhere
- Greater emerging sense of strategic partnership agreement to prioritise support for mental health
- Training is good, but could be further developed as there is a need for more upskilling
- Current work exploring mental health and prisons



Barriers Faced by Children, Young People and Young Adults Challenged by Mental Ill Health

- Gaps in the workforce – health, social care, allied professionals, Third Sector
- Waiting times need to be reduced across all sectors, with earlier interventions (General Practitioners (GPs), CAMHS, Third Sector capacity etc)
- Mapping needed of provision and ‘who does what’ across the county
- Systems can be complicated and hard to access, ‘access and advice flow’ needs re-modelling
- Need more listening to those with ‘lived experience’
- School exclusion impact on those most vulnerable
- More ‘across Surrey’ working needed, eg integrated workforce
- Cross sector training – resilience, ‘consequence’, Continuing Professional Development (CPD), MH First Aid, Neuro-developmental training, perinatal support 0-3 years
- Central, long-term funding for independent organisations to access more easily. Many are taking time to hunt down funds
- ‘Systemised’ processes across county – not ‘demonstrating that we truly care about children and young people’
- Lack of enough early intervention in children (under 11s)
- Lack of early prevention and intervention funding and provision for children and young people in and through schools
- Lack of consistent family support, services can be provided in ‘silos’
- Lack of support for some minorities eg: ethnic minorities (in particular men), gypsy, Roma (suicide levels are concerning); asylum seekers and refugees
- Lack of support for those transitioning into adulthood
- Lack of enough prevention and early intervention increasing level of complicated risk in cases of young people and young adults
- Not enough focus on local, grassroots support and provision
- Lack of cross sector connection and effective partnership with education settings, due to pressure on schools’ workforce
- Lifespan of support for those with mental ill health can be too short to be effective for them
- Not enough support for carers
- Rape and sexual abuse support is seeing a marked increase in need, with consequent waiting lists, and cannot meet demands
- Transport is not available when and where needed
- Services are often not available at weekends or evenings, and may shut down during holidays when they are really needed
- Those who are better off appear to access more support



Alex is 6 - what does Alex need to thrive?

- A place to feel safe, supported and listened to
- Practical and mental health support for Alex's family
- A family and school that know how to access support
- A parent/carer/adult who is well and able to listen and respond consistently
- Consistent and ongoing support
- Available support including early peer access, therapeutic practitioners with less waiting time



Ash is 24 - what does Ash need to thrive?

- Access and knowledge of where to go for support, information, training and employment
- Short or non-existent waiting times for support - capacity needs improving through funding
- Transport that is affordable, accessible and reliable
- Increased resources to increase eligibility for young people to access support; 'thresholds' are set too high for some
- Resolve waiting lists with GPs and support services, which are under pressure



The Magic Wand - what is really needed to enable children, young people and young adults to thrive?

- Those with 'lived experience', service users are central to design and delivery
- Sustainable funding solutions, not year on year, providing consistency, trust and stability
- Mapping of provision and 'who does what' across the county, to make best use of resources
- Transport available to ensure all can access provision e.g. electric buses run for this purpose, involving the voluntary sector
- Develop more support and develop appropriate training, so that everyone in the 'circle' around a young person knows where to go and who to contact
- We have built a Surrey-centric system, we need a community-based system and a community we understand better
- Invest at neighbourhood level including the Third sector and developing community partnerships
- Mentors available for children, young people and young adults with mental ill health for as long as they need it, and 1-1 as appropriate
- Every child, young person and young adult needs a trusted adult
- Ensure all key people know where to signpost to a choice of interventions when an issue is raised, reassured that someone will be there providing support
- Promote key services together to keep things simple
- Value all workers across different sectors equally
- School-based hubs where young people can access support anytime (5-18s)
- School based practitioners to support mental health in vulnerable children and young people, including neuro diversity
- Open access provision (clubs, centres, drop-ins, safe havens) for children and young people in localities to aid identifying and targeting the most vulnerable
- CAMHS do more work with funded voluntary organisations in communities to reduce waiting lists
- Investment in 18 plus young people to enable them to succeed.
- Activities without stigma - sport, music, creative available across the county eg Active Surrey, Park Runs, programmes of events and activities online and face to face
- Suicide prevention and intervention to be delivered across Surrey



Priorities for the CFS Mental Health Scale Up Fund

Through the listening to date, funding is needed to scale up in the following areas:

- Preventative and early interventions for every vulnerable child
- 5-11 year olds need more mental health support in schools, through schools and beyond the gates of primary schools
- 11-18 years need more school based support as well as in their communities
- 18 years plus need to have ensured, clear, support mechanisms
- All ages living with neurodiversity need accessible provision and support
- Emotionally based non-school attendees and care leavers support
- Suicide prevention and early intervention provision
- Consistent family support for those around the child/young person/young adult
- Mental health training for Cross Sector frontline workers and volunteers
- Neighbourhood level investment in the voluntary sector and community partnerships
- Smaller VCSE organisations need simpler pathways to funding streams to increase capacity and delivery
- Reduce waiting lists across the sectors

It is clear that ‘scaling up investment’ should be set within an environment of:

- Learning and involvement from those with ‘lived experience’
- Clarity on where support is available, clear signposting
- Longer term funding, support and intervention where required
- Integrated workforces and collaboration
- All partners being valued equally
- Transport that is accessible, affordable and reliable
- Recognising the value of smaller scale projects in the hidden pockets of Surrey

Conclusions

The landscape of cross sector mental health support across Surrey is complex and the 'jigsaw' of cross sector support is equally convoluted.

Without collaboration and committed, purposeful listening to those with lived experience as well as to stakeholders, the 'jigsaw' may not reach its potential. A shared drive to listen, plan and work together across sectors, alongside those with lived experience at the heart, is crucial if we are to truly help enable those aged under 30 with mental ill health to thrive. This needs to be both at scale and at place ensuring those smaller VCSE organisations and projects have achievable pathways to both maintenance funding and to scaling up their worthy service provision.

It is clear that whilst there is growing investment in a more place based, localised, community development approach, particularly from Surrey County Council and Public Health, there is a 'vocalised need' expressed by many VCSE stakeholders to increase local collaboration, partnership and connectivity. There needs to be a consistency in approaches and delivery in localised areas. In some areas this is working better than in others. One of the pathways to further explore will be what, why and who contributes to the more successful areas.

Within Surrey there is potential to harness the talents and skills of our existing practitioners and beyond - upscaling, training and co-developing a workforce equipped to serve the increasing demands from a society whose children suffer the consequences of a lack of preventative support and early intervention help to combat mental ill health.

The purpose of the Mental Health Scale Up Fund is to 'scale up what we know is already working' in order to support those aged up to 30 years old. The impact of the Covid 19 pandemic and increased 'cost of living' is leading to more young people experiencing mental ill health. It is clear from listening to mental health stakeholders, that the tide could be slowed, or even turned, if successful interventions were to be scaled up. In particular those from early years, and those in their primary school aged years, would benefit from earlier interventions and preventions. Additionally more secondary aged young people need support and those stakeholders working with young adults could scale up services with investment. This would prevent many over 18s from 'dropping off the radar'. Stakeholders agree that no child should be excluded from realising their potential and thriving. We must act together.

Schools provide the widest 'gateway' to supporting children and young people. Scaling up existing cross sector provision taking place both within school time and beyond the school gate would give more children the chance to succeed and would make a significant impact. Education settings are facing hard cut backs as budgets are spent on energy costs and finances which offer mental health interventions to children are dwindling.

We know from listening, that children, young people and young adults need relational consistency and proven interventions to thrive. The CFS Mental Health Scale Up Fund can offer a positive pathway to more of those struggling with their mental health, releasing potential and enabling Surrey's children of today to become thriving citizens of tomorrow.

As listening continues, there is no doubt that we will see the 'jigsaw' of mental health provision across Surrey change and develop. As this unfolds, we recommend that notice is taken, and support is given, to those smaller organisations helping those most in need within the 'hidden pockets' of Surrey.

A Selection of Background Reports, Links and Documents...

SCC NHS Emotional Wellbeing and Mental Health Strategy 2019-2022 - [A thriving community of children and young people in Surrey](#)

Royal College of Paediatrics and Child Health - <https://www.rcpch.ac.uk/resources/covid-19-us-views-rcpch-us>

NHS Transformation Plan - [Surrey Heartlands](#)

THRIVE - [Our new approach - introducing THRIVE :: Mindworks Surrey](#)

The High Sheriff of Surrey - [School exclusion: 'You can't delete a child' - High Sheriff of Surrey](#)

In and Out -

<https://mail.google.com/mail/u/1?ui=2&ik=fe52a90f5b&attid=0.1&permmsgid=msg-f:1742048531679870608&th=182cffe8e844fe90&view=att&disp=safe>

Safe Haven Surrey -

<https://mail.google.com/mail/u/1?ui=2&ik=fe52a90f5b&attid=0.3&permmsgid=msg-f:1742048531679870608&th=182cffe8e844fe90&view=att&disp=inline>

SCC Children's Strategic Leadership Board -

<https://mail.google.com/mail/u/1?ui=2&ik=fe52a90f5b&attid=0.4&permmsgid=msg-f:1742048531679870608&th=182cffe8e844fe90&view=att&disp=safe>

Surrey Wellbeing Partnership V4 -

<https://mail.google.com/mail/u/1?ui=2&ik=fe52a90f5b&attid=0.5&permmsgid=msg-f:1742048531679870608&th=182cffe8e844fe90&view=att&disp=inline>

CFS Hidden in Plain Sight - <https://www.cfsurrey.org.uk/hips-webinar-series-children-and-young-peoples-mental-health/>

Surrey Heartlands Health and Social Care Partnership -

<https://www.surreyheartlandscg.nhs.uk/documents/documents/about-us/our-publications/transformation-plans/762-211004-children-young-people-ewmh-local-transformation-plan-surrey-2021-22-syheartlandscg/file>

SCC - <https://www.surreyscp.org.uk/documents/helping-families-early-strategy-2020-2023-final/>

Children's Mental Health Week - [Five hopes for children's mental health](#)

SCC - [Children and Young People's Mental Health Needs Assessment – Surrey-i](#)

Action for Children - [Report: Brighter future ahead? | Action For Children](#)

Stakeholder (charities/schools etc) Survey: <https://www.surreysays.co.uk/adult-social-care-and-public-health/cyp-ewmh-survey-stakeholders>

Parents/Carers Survey: <https://www.surreysays.co.uk/adult-social-care-and-public-health/cyp-ewmh-survey-parentsandcarers>

Children and young people survey: <https://online1.snapsurveys.com/cyp-emotionalwellbeingmentalhealthsupport>

CFS Mental Health Fast Facts Data - April 2022

Poverty

- In Surrey 23,000 children live in poverty. In total, 10% of children in Surrey are impacted by income deprivation. ([Ref. Surrey-i, Economy, Employment and Deprivation, 2017](#)).
- 16% of households are classified as living in poverty compared to 21% nationally. ([Ref. Surrey County Council, December 2022](#))
- Over 6,000 people in Surrey live in the 10-20% most deprived wards nationally (IMD) – mostly in Reigate and Banstead, Woking, and Guildford ([Ref. Surrey Live based on English Indices of Deprivation 2019](#)).
- It is estimated that approximately 18,360 children in Surrey are eligible for free school meals. This is calculated on the fact that 9.5% of all school children in Surrey were eligible for free school meals in the 2019-20 academic year and the school population (in 2017) was 193,263 (School Organisation Plan 2018 by Surrey County Council). These 18K children are living in households who receive income-related benefits, such as Universal Credit, because their household income is so low. Due to the pandemic, the number of people seeking Universal Credit or Job Seekers Allowance has increased by over 300% in some areas of Surrey. Therefore, the 18K children is likely to have significantly increased due to the pandemic ([Ref. Strikey Stork grant application](#)).
- Eligibility for Free School Meals (FSM): This has steadily increased over the past 3 years, with 2,630 more young people eligible for FSM in 2019/20
- Special Education Needs (SEN) Support: There has been an increase in SEN provision nationally, with Surrey sitting higher than the national average with 3.9% (national is 3.3%). ([Refs above Children and Young People Emotional Wellbeing and Mental Health Local Transformation Plan 2021-22](#)).
- Life expectancy is 5.8 years lower for men and 4.7 years lower for women in the most deprived areas of Surrey than in the least deprived areas ([Ref. Surrey Public Health Profiles, 2019](#)).
- 33% of Surrey residents have experienced a drop in income in the last 12 months and there has been a three-times increase in the number of families claiming Universal Credit ([Ref. Surrey County Council, COVID-19 impact report, November 2020](#)).
- “It is clear that poverty generally – and child poverty in particular – has been rising in every district and borough in the county for the past five years” “But positively, the research also demonstrates that Surrey has an extensive network of council and community initiatives to support families in need.” ([Ref. below](#))

- The number of Universal Credit (UC) claimants has increased significantly across Surrey since the pandemic began – and since the last official estimates of children in low income were made. Total claims more than doubled from March 2020 to August 2021, increasing from 21,148 to 49,679, a staggering increase of 235% on immediate pre-pandemic levels. Claims that had dependent children also increased significantly: virtually doubling from 10,978 to 21,739 by August 2021 (up 198%). ([Ref. below](#))
- Research into the experience of residents found that various new regrettable strategies emerged: parents cutting back on food (61%), skipping meals (26%), not replacing children's shoes (19%) & winter coats (14%), and using debt to make ends meet (80%). ([Refs above, Surrey County Council Report to Cabinet on Child Poverty, Jan 2022](#)].
- From Aug 2020 - Aug 2021, the [Community Foundation for Surrey](#) showed a 400% increase in grants awarded to support poverty and disadvantage compared to previous years.

Domestic Abuse

- There are an estimated 35,400 victims of domestic abuse in Surrey ([Ref.Surrey Police via CrimeStoppers](#))
- 15% of all crime in Surrey is domestic abuse.
- Almost 1 in 3 women aged 16 to 59 will experience domestic abuse during their lifetime
- Two women per week were killed by a partner or previous partner during the year ending March 2019, and 1 in 6 women experienced domestic abuse during the same period.
- The cost to the public purse of domestic abuse in England and Wales was estimated to be approximately £66bn in the year ending March 2017, including services, lost workdays, police, ambulances, hospital care etc.
- By March 2021, Your Sanctuary had recorded a 31% increase in calls to their support helpline, compared to the previous financial year. Rape & Sexual Abuse Centre (RASAC) and Your Sanctuary recorded a 200% increase in calls to their helplines in last 12 months, and RASAC has a 2-year waiting list for counsellors ([Refs above EOG reports via RASC and Your Sanctuary, no web link](#)].
- August 2020 - On average, Surrey Police recorded 28 domestic abuse crimes every day ([Ref. Surrey Police via CrimeStoppers](#))

Mental Health

Young people

- Latest prevalence data for England shows approximately 1 in 7 children and young people (CYP) aged 11–18 experiences at least one mental health disorder. This equates to 40,000 CYP in Surrey as the CYP population is approximately 280,000. ([Ref. Surrey Heartlands, Children and Young People Emotional Wellbeing and Mental Health Local Transformation Plan 2021-22](#))

Suicide, Self-harming and eating disorders

- Suicide – There has been a 100% increase since the previous 6-year reporting period (1st April 2009 - 31st March 2014). 9 of the children and young people were male (75%) and 3 females (25%). 5 (42%) were aged 10-14 years. The youngest was fourteen years old. ([Ref. Surrey Heartlands, Children and Young People Emotional Wellbeing and Mental Health Local Transformation Plan 2021-22](#))
- The suicide rate doubled in one area of Surrey over a one-year period according to new research. The number of suicides has been rising in Surrey over the last few years. In 2019, 98 people took their own lives across Surrey, an average of around two suicides a week - up from 84 the previous year, and 73 in 2017. Mental Health outcomes are poorest in the boroughs where there is greatest economic deprivation: **Spelthorne saw the biggest rise, doubling from five suicides in 2018 to 10 deaths the following year. The number of deaths also increased in Woking, (from 5 to 8), Reigate and Banstead (from 9 to 14), Runnymede (from 5 to 7), Elmbridge (from 9 to 12) and Epsom and Ewell (from 9 to 11).** ([Ref. Samaritans, Suicide Data Factsheet](#))
- A&E attendance due to Self-harm: In total there were 386 A&E attendances for 10–19-year-olds due to self-harm during the pandemic in quarter 1 (April – July 2021). There is a notable increase for 10-, 11-, 12- and 13-year-olds, with the highest being for 19 years olds in quarter 1 than there was for both pre and post Covid. (*1 above). ([Ref. Children and Young People Emotional Wellbeing and Mental Health Local Transformation Plan 2021-22](#))
- The number of young people with eating disorders in England ending up in hospital has risen during the pandemic, a BBC investigation has found. Data obtained from NHS Digital showed the number of under-20s admitted over the past year topped 3,200 - nearly 50% higher than in 2019-20. ([BBC News July 2021](#))
- Referrals to eating disorder inpatient settings and emergency admissions to acute hospitals have increased by a fifth and waiting times have doubled since the pandemic in the south of England. ([Royal College of Psychiatrists report](#))
- 4,238 hospital admissions for children in the UK with eating disorders aged 17 and under from April to October 2021. The 2021 figure is also a 69% rise on the pre-pandemic year of 2019. From April to October 2019, there were just 2,508 admissions for those aged 17 and under.
- Overall, the data shows there were 23,302 admissions for eating disorders among all age groups in the financial year 2020/21, up 13% from 20,647 admissions in 2019/20. ([Refs above, ITV news online, Jan 2022](#)).

Human Trafficking

- Surrey is in the top third of all police force areas in terms of the number of modern slavery victims coming forward.
- Location 'hotspots' within Surrey identify Walton on Thames and Chertsey, Guildford, and Woking as prevalent trafficking areas. Epsom, Leatherhead, and Reigate are also areas of concern.
- Over the last 2 years, Justice and Care has been advising on over 300 Police investigations in Surrey with open links to modern slavery and human trafficking.
- By October 2020, Surrey Police had opened 200 new investigations into human trafficking, averaging 5 a week ([Refs above Justice and Care Charity and CFS website](#))

Homelessness

- From July–September 2020 there were 324 households assessed to be homeless in Surrey. 779 households were considered to be either homeless or threatened with homelessness in the next 56 days [Source Surrey County Council].
- There is disparity in the current level of homelessness among Surrey's districts and boroughs, with Spelthorne, Epsom and Ewell presenting significantly higher rates (taken from Q3 2020). [Source Surrey County Council]
- Surrey is responsible for having huge housing inequality gaps across its wards. For many, this leads to crisis situations such as homelessness. The median cost of renting a 2-bed flat in Elmbridge is £1,200 a month – almost double that for England as a whole which equates to £700 a month. ([Refs above ONS, Dec 2020](#))

Young People and Children's Education

- Between September 2018 and December 2020, 200 pupils in Surrey were excluded; 21% were female, 79% were male, ages ranging from 5-18 years.
- The five most common indicated reasons for exclusion were persistent disruptive behaviour (34%), physical assault against a pupil (16%) or adult (15%), drug and alcohol related (12%), and verbal abuse/threat against an adult (7.5%).
- The north-east of Surrey had the highest frequency of exclusions (32%), followed by the north-west (27%), south-west (21%), south-east (13%) and out of county (7%).
- 57% of children who are permanently excluded from school in Surrey were eligible for free school meals at December 2020. ([Refs above, RHUL Summit Data Summary 2021](#))
- 41% of people serving sentences have been excluded from school. And 90% of boys with a father in jail – who subsequently go on to be excluded, end up in jail. Its 60% if there is no exclusion.
- 27% of people serving sentences have been in care. ([Ref. 5. & 6. above, CREST Children of Prisoners Report, Feb 2019](#))



Stakeholders listened to date - hyperlinks

Voluntary, Community, Social Enterprise and Faith Organisations

YMCA East Surrey - <https://www.ymcaeast Surrey.org.uk>

Head 2 Head, Sensory Theatre - <https://www.h2hsensorytheatre.com>

Surrey Coalition for the Disabled - <https://surreycoalition.org.uk/>

I'm All Ears - <https://www.imallears.community/>

Eikon - <https://eikon.org.uk/>

Independent Health Network - <https://surreycoalition.org.uk/special-interest-groups/independent-mental-health-network/> Network of people with lived experience of mental ill health and their carers

Surrey Community and Voluntary Action - Surrey Community Action - <https://surreyca.org.uk>

Central Surrey Voluntary Action - <https://centralsurreyvoluntaryaction.co.uk>

Voluntary Support North Surrey - <https://voluntarysupport.org.uk>

Voluntary Action South West Surrey - <https://voluntaryactionsws.org.uk>

Voluntary Action Reigate and Banstead- <https://varb.org.uk>

Volunteer Woking- <https://volunteerwoking.org.uk>

Tandridge Voluntary Action - <https://tva.org.uk>

RASASC - Rape and Sexual Abuse Support - <https://www.rasasc.org/>

Mindful Ninja - <https://www.facebook.com/people/The-Mindful-Ninja/100057559174594/>

The Green Hub Project for Teens - <https://greenhub.org.uk/>

Belong Community - <https://www.belongcommunity.org/>

Byfleet United Charity - <https://byfleetunitedcharity.org.uk/>

Social Care Farm - Change of Scene - <https://www.changeofscene.org.uk/>

Surrey Youth Focus (SYF) - <https://surreyyouthfocus.org.uk/>

SSAFA - Woking area - <https://www.ssafa.org.uk/surrey>

Cherry Trees - <https://www.cherrytrees.org.uk/>

Learning Space - <https://www.learningspace.org.uk/>

Transform Housing and Support - <https://www.transformhousing.org.uk/>

We Are With You - <https://www.wearewithyou.org.uk/>

Catalyst - <https://www.transformhousing.org.uk/>

Phyllis Tuckwell Hospice - <https://www.pth.org.uk/>

Home-Start - <https://www.home-start.org.uk/home-start-surrey>

Active Prospects - <https://activeprospects.org.uk/>

Creative Response Farnham - <https://www.creativeresponsearts.org/>

Oakleaf Enterprises - <https://www.oakleaf-enterprise.org/>

Spelthorne Rentstart - <https://www.spelthornerentstart.org.uk/>

Mediation Surrey - <https://mediationsurrey.org/family-mediation>

Barnardo's - <https://www.barnardos.org.uk/>

Public, Education and Health

Surrey Heartlands Integrated Care System - <https://www.surreyheartlands.org/>

SCC Targeted Youth Support Service - <https://www.surreycc.gov.uk/children/support-and-advice/young-people-and-their-families/court-orders-to-protect-children>

NHS Heartlands MH Wellbeing and Commissioning - [Update on children and young people's emotional wellbeing and mental health services in Surrey](#)

Children's Commissioning a Surrey Heartlands CCG and SCC - [Emotional Wellbeing and Mental Health Service for Children and Young People - Background](#)

NHS Heartlands CCG - [About Us](#)

Surrey and Borders Partnership NHS Foundation Trust - <https://www.sabp.nhs.uk/>

Children and Adult's Mental Health Commissioning, NHS Surrey Heartlands/ SCC - https://www.surreyheartlands.org/?option=com_content&view=article&id=191&catid=12

Mole Valley Family Centre - <https://www.molevalleyfamilycentre.co.uk/>

Home School Link Workers - <https://www.dorking-schools.net/Home-School-Link-Workers/>

Surrey Police - <https://www.surrey.police.uk/>

Waverley Training Services - [Waverley Training Services](#)

St John's C of E Primary School - <https://www.stjohnsdorking.uk/>

SCC Councillor - Cabinet Adult Social Care and Public Health - [Contact details](#) - Cabinet Member for Adults Social Care, Public Health and Domestic Abuse Decisions

NHS 0-19s locality team lead - [Health Visiting](#)

Partnerships and Forums

Surrey Charities Forum - <https://www.surreyca.org.uk/facilitating-and-networking/>

Surrey Wellbeing Partnership - <https://surreywellbeing.org/>

Guildford and Waverley Mental Health Group- <https://voluntaryactionsws.org.uk>

South Mole Valley Family 'Early Help' Partnership - no website

Surrey Coalition of Disabled People - <https://surreycoalition.org.uk>

Surrey Minority Ethnic Forum - <https://smef.org.uk>

CFS Mental Health Scale Up Fund Discovery Report Authors:

Prosper Communities CIC - Prosper Communities is a 'not for profit' Community Interest Company, specifically established to promote, develop and deliver Community Development focussed on disadvantaged communities within Surrey.

www.prospercommunities.org.uk