

## Healthy Lifestyle

### Parents will be told if their children are overweight

The Department of Health (DH) has announced that from September this year parents of children who have been weighed and measured at school through the National Child Measurement Programme could automatically receive their child's results. The programme weighs and measures the height of all primary school children in reception class and Year 6 (aged 4-5 and 10-11 respectively). This year, the government is urging Primary Care Trusts to send parents the results directly in a bid to get them to be more aware about healthy lifestyles, and help their children achieve a healthy weight. [DH press release >>](#)

### Healthy Weight, Healthy Lives: six months on

The Department of Health has published a newsletter to provide an update on progress since the publication of Healthy Weight, Healthy Lives, the cross-government obesity strategy for England published in January 2008. [DH Newsletter webpage >>](#)

### Kids need the adventure of 'risky' play

An ICM research report for Play England says that parents harm their children's development if they prevent them from taking part in adventurous play. It found that children are less likely to play outdoors than their parents had been when they were growing up. The research, which interviewed over a thousand children and young people, found that over half of seven to 12-year-olds are banned from climbing trees and four in 10 were banned from playing in their local park or recreational area without an adult present. 77 per cent of children want more opportunities to play adventurously. [Guardian article >>](#)

### Extra money to help more mums breastfeed

The government has announced that an extra £2 million will be invested to help more women in England breastfeed as rates in England are one of the lowest in Europe. The extra money will fund initiatives such as Breast Buddy - a campaign to encourage women, especially those who are aged 16 to 25 and from disadvantaged groups, to start and continue to breastfeed. [DH press release >>](#)

## Healthy Relationships and Sex

### Chlamydia drug over-the-counter

An antibiotic for chlamydia is to be made available from pharmacists, without a prescription. For the first time people aged over 16 will be able to buy the drug Clamelle after testing positive for the infection, or having sex with someone who tests positive. The medicines regulator has decided the drug will be made available over-the-counter later this year. [BBC article >>](#)

### Teenage Pregnancy Independent Advisory Group report

The Teenage Pregnancy Independent Advisory Group's (TPIAG) annual report 2007/8 calls for compulsory sex education classes which should include lessons on sexually transmitted diseases and contraception. It recommends that all young people should have access to appropriate contraception and sexual health services that are 'young people friendly', meet DH's You're Welcome standards, and are available in a diverse range of settings including schools and colleges. [TPIAG report >>](#)

### More school means fewer teenage mothers

New research published in Economics Journal supports government plans to raise the compulsory education or training age to 18 by claiming that making young people leave school later could reduce the number of teenage mothers. The study suggests that more educated young women are less likely to become mothers and being in school longer reduces the time available to engage in risky behaviour. [Guardian article >>](#)

## Alcohol and Substance Use

### Young people help shape drug policy - report released

A new report from Mentor UK's Youth Involvement Project summarises the work done by to actively engage young people in drug prevention policy development. In it young people discuss their ideas about how they would improve drug education. They recognise the need to support those most at risk from substance misuse, including young people living in deprived communities and those whose parents misuse drugs and alcohol.

[Mentor UK report >>](#)

## Mental and Emotional Wellbeing

### New report shows national suicide rate at record low

A new report from the National Institute for Mental Health has found that the national suicide rate is at its lowest ever level with a continued fall in suicide rates among young men. The report also expressed continued concern about the dangers of insensitive media reporting following recent events in Bridgend. [DH press release >>](#)

[release >>](#)

### Child and Adolescent Mental Health Services Review launches its Interim Report

The interim report from the Child and Adolescent Mental Health Services (CAMHS) has found notable improvements in how services promote and protect the psychological health and wellbeing of children and young people, but says there is still a great deal more to do. The review has identified six main areas for future recommendations; effective working practices; monitoring; access to provision; workforce development; resources; and cultural change and implementation. [DCSF press release >>](#)

### Even 5-year-olds are at risk from self-harm, parents are warned

A national survey by the National Institute for Clinical Excellence into self-harm has revealed that the proportion of young people who self-harm in the UK is now among the highest in Europe. The survey found that one in five of 11 to 19-year-olds has self-harmed and that the figure for girls is one in three. The survey also found that children as young as five are self-harming. [Guardian article >>](#)

### Teens cause parents greatest concern, reveals YoungMinds

Latest statistics from mental health charity YoungMinds show that almost half of parents contacting the YoungMinds Parents Information Service for advice are worried about their 12-16-year-olds. Almost a third called the YoungMinds helpline about a serious mental health problem, with suicidal thoughts and attempts causing greatest concern. [YoungMinds press release](#)

## Children and Young People's Services

### Guidance on improving delivery of the Youth Support Worker qualifications published

The Network of Regional Youth Work Units has published a guidance document to help improve youth worker training. The guidance focuses on improving delivery of the Youth Support Worker qualifications at levels 2 and 3 and has been developed by the South West Youth Work Unit for use across England. Advice includes a reminder that employers and students are likely to have to pay some of the fees as Learning and Skills Council funding is unlikely to cover the full cost. It also calls for partnership agreements between training providers and youth work employers so that training can be regularly reviewed.

[Guidance document >>](#)

### Guidelines on disability and sex

A team of youth workers from the Sheffield based project Stepping Stone has developed guidance to help disabled young people have sexual relationships. Aimed at youth workers, parents and carers the 40-page guide contains case studies and information outlining appropriate courses of action to take. It covers issues such as providing condoms to young people with learning disabilities and how to deal with homosexual relationships.

[Sexuality and Personal Relationships Policy & Practice Guidelines >>](#)

## Funding

### **DH third sector funding programme open for applications**

The Department of Health has published details of the Third Sector Investment Programme that replaces the Section 64 General Scheme of Grants. The two funding schemes that will be delivered under the new programme for 2009-10 are the Strategic Partner Programme and the Innovation, Excellence and Service Development Fund.

The closing date for stage one applications is **8 September 2008**.

[Further information >>](#)

### **Embrace – acting together on alcohol, families and domestic violence**

Embrace is a new project from Alcohol Concern that aims to encourage alcohol services to become more focused on children and families and more effective in dealing with issues of domestic abuse. Funded by the Big Lottery, the work is limited to eight pilot sites and application packs have already been sent out to over 90 agencies which have expressed an interest. Only voluntary sector alcohol services that are not already undertaking formal work with children, families or domestic abuse are eligible. Closing date for receipt of applications is **11 September 2008**

[Further information >>](#)

## Awards

### **Youth Action Network – Makin' It Real Awards**

Nominations are now open for Youth Action Network's Makin' it Real Awards, which are designed to reward and recognise young people and workers who have made a positive difference to their local communities. Awards are in two categories: the Young Volunteers' Award, for groups of two or more people under 25 for projects that have taken place in England during 2008; and the Worker's Award, for staff who have supported young people in developing a new project.

**The closing date for nominations is 31 October 2008.**

[Further information >>](#)

## Events/Training

### **Sex Education Forum**

#### **Celebrating Sex and Relationships Education: Past, Present and Future - 21st Birthday Conference 23 October, London**

The Sex Education Forum will be celebrating its 21st birthday with a national conference to examine and celebrate sex and relationships education past, present and future. The event will include keynote speakers from ministers.

For more information please email [Natasha Din-Gabisi](mailto:Natasha.Din-Gabisi@seforum.org), or telephone 020 7843 6441

### **Jan Norton Ltd/ Government Office North West**

#### **Changing up a gear**

**10/11 September, Manchester**

A two day conference to consider young people's sexual health and wellbeing, hosted by Government Office North West and delivered in conjunction with colleagues from Sweden. The main programme will consider historical contexts and potential learning from outside the UK. It will also consider protective factors of school and education and perspectives on young people's entitlement.

[Further information >>](#)

### **Local Wellbeing Project**

#### **Local Wellbeing Conference**

**9 September, London**

This conference will showcase the work of the Local Wellbeing Project a three year initiative jointly led by the Young Foundation, the Improvement and Development Agency and the London School of Economics Centre to test out practical ways of improving public wellbeing in three very different areas of the UK. This conference is aimed at those concerned with public wellbeing and involved in key service delivery areas and or policy areas that contribute to greater citizen happiness.

[Further information >>](#)

## Resources

### The Vegan Society

The Vegan Society, an educational charity, can arrange for speakers to visit youth groups to encourage discussion about veganism and related issues. It aims to raise awareness of veganism, to explain what it means and why people choose it, to give young people a chance to think about concepts that may be new to them and to consider how their actions have an effect on the wider world. Visitors can cover workshops and group presentations, cookery demonstrations or hold information stands. The society has produced a 'Youth Guide to Veganism' and other resources and free teaching materials are available through their website.

[The Vegan Society website >>](#)

### VideoJug

Videojug is a video learning site which enables users to view straightforward, helpful and informative videos on anything and everything in life – from bite sized 'How-to' films to advice on a range of topics. The website contains information films on all aspect of health including a recent film on Chlamydia. All videos can be viewed at no cost. [Videojug website](#)

### New smoking prevention guidance - NICE

The National Institute for Health and Clinical Excellence (NICE) has published new guidance on preventing the uptake of smoking by children and young people aged under-18.

[NICE guidance webpage >>](#)

### NTA Conference Booklet published

A booklet containing highlights from the speeches and presentations given at the National Treatment Agency's (NTA) Delivering the Drug Strategy conference which took place on June 11 2008 in London, is now available.

[NTA Booklet >>](#)

## Consultation/Research Proposals

### NTA – Consultation on new guidance

The National Treatment Agency is inviting comment via a consultation questionnaire on its recent guidance 'Young People's Specialist Substance Misuse Treatment: Exploring the Evidence'.

The deadline for comments is **20 August 2008**, an extension to the original deadline.

[Guidance document >>](#)

[Further information >>](#)

### Sexual exploitation consultation

The DCSF and Home Office have published draft guidance 'Safeguarding Children from Sexual Exploitation' for local organisations such as police, schools, social and health services as well as voluntary and community organisations, to help identify children at risk, protect them and take action against people intent on abusing and exploiting them. The revised consultation will be open until **10 October 2008**.

[Further information >>](#)

### Can 'Health News Summary' help you?

The YW4H team welcome contributions to Health News Summary. Please [email Roger Morford >>](#) if you have resources, events, practice examples funding opportunities etc that relate to young people's health.

### ...And finally

#### It was 20 years ago....

Roger Morford, Information Officer for the YW4H team, will be putting on his walking boots and 20 years to the week after the original venture, will retrace the 50 mile route of his Duke of Edinburgh's Award expedition route. His target is to raise £500 for the Youth Hostel Association's 'Breaks for Kids' charity which gives disadvantaged children and young people opportunities to enjoy the benefits of social, recreational and educational activities at YHA centres. **Visit Roger's Just Giving web page for more information -**

[www.justgiving.com/roger20 >>](http://www.justgiving.com/roger20)