

## Easy Read Summary of Calderdale's Local Emotional Health and Wellbeing Transformation Plan

2015 - 2020

### Question One: What is our Local Transformation Plan (We shorten this to LTP)?

#### Answer:

- A plan on how we are going to improve our Emotional Health and Wellbeing Services for children and young people in Calderdale over the next five years.

### Question Two: What is Emotional Health and Wellbeing?

#### Answer:

'Good' Emotional Health and Wellbeing can mean;

- You feel happy and in control of your emotions.
- You can talk to someone you trust about your worries and discuss where to get help and advice.
- You can help others to deal with their worries.

'Not so good' Emotional Health and Wellbeing can mean;

- You might feel stressed out or worried about something
- You might feel out of control.
- You might feel emotional.
- You can't sleep well.
- You can't eat well.
- You feel like hurting yourself or others.
- You feel lonely.

If you have 'not so good' Emotional Health and Wellbeing this may affect;

- Your School work and School Friendships.
- Your Home life and family relationships.

- Your Social life and wider friends.
- Your diet.
- Your confidence and self-esteem.

### **Question Three: Why do we need a plan?**

#### **Answer:**

- Because we want to provide better emotional health and wellbeing support for you.
- We want to have the most helpful Emotional Health and Wellbeing services for all our children and young people. We want you to be healthy, Happy, Safe and Successful.
- If we can help and better support you to work towards having 'good' Emotional Health and Wellbeing, this will be really helpful for you now and when you become older and into Adulthood.

### **Question Four: How did we write our plan?**

#### **Answer:**

- We listened to young people, parents, carers, GP's, schools and a whole range of people who work with children and young people about what works well, what could work better for you and what is missing.
- We looked at what is working well in other areas both locally and nationally to see if we could learn from this 'best practice'.
- We explored the gaps you told us about.
- We took the actions from the 'Future in Mind' document – please follow the link \*\*\*\* for the easy read version of this document.

## **Question Five: How were children and young people involved in this?**

### **Answer:**

- A number of groups helped us with this work including the Youth Parliament and the Tough Times Reference Group.
- You may have completed a survey at your school.
- We used other surveys which children and young people complete such as the eHNA survey in schools.
- We did some group work with young people. You were really helpful we couldn't have done it without you.

## **Question Six: What does this mean for me and my friends?**

### **Answer:**

- You should see services getting better.
- You will have more choice and control over the services you receive.
- You won't have to wait as long if you need an appointment.
- We will make better use of IT – we know you like it.
- We will give you help so you can support yourself and your friends.
- Staff who work with children and young people will receive training so they can give you the help you need.
- Services will be friendly.

## Question Seven: What do we want our plan to do?

### Answer:

- Have better access to support and information earlier, which might mean in Schools, GPs, Police Stations, Out of School Clubs, Holiday clubs, Child-Care Settings, Children Centres, Youth Clubs and other places you may visit.
- Make you feel able to ask for help and support from a wide variety of people and services.
- Provide services that are flexible and who offer lots of different types of support and help to best suit you.
- Provide opportunities for you to work with the professionals to develop your own plan of action, set your own goals and safely work out how to reach them.
- Build a call centre that can answer all questions about Emotional Health and Wellbeing, and who will work out with you or the professional, to find out which service is best for you.
- Reduce our waiting lists into services.
- Get services talking more with each other so you don't need to keep repeating why you would like support.
- Have a local Eating Disorder service. Eating Disorders can mean
  - Not eating at all
  - Not eating the right foods.
  - Eating too much.
- Make our Self-Harm information and support better.

## Question Eight: How will we know our plan is working?

### Answer:

- We will ask you on a regular basis and monitor how we are improving every month.

If you would like to know more or would like to be involved please contact  
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