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Healthy Kids Summit

Where's our next generation heading?

A one-day summit for senior professionals, exploring holistic approaches to wellbeing for children and young people.

Speakers Include: Rt Hon Ed Balls MP, secretary of state for children, schools and families
Professor Sir Albert Aynsley-Green, 11 Million
Camila Batmanghelidjh, Kids Company
Anne Weyman, FPA (Family Planning Association)
Maggie Atkinson, Gateshead MBC



Date

Monday Oct 15, 2007

Place

Radisson SAS Portman Hotel, London

societyguardian.co.uk/healthykidssummit





Healthy Kids Summit



- ★ **Discover** how taking a holistic approach can help you improve the overall health of young people
- ★ **Ensure** your services are tailored and accessible by hearing from service users
- ★ **Learn** how to work efficiently and effectively across services
- ★ **Explore** new approaches to tackling childhood obesity and encouraging play and activity
- ★ **Recognise** how to encourage children to make healthy choices
- ★ **Use** the experience of other organisations and countries to enhance your strategies
- ★ **Share** challenges and explore solutions with your peers
- ★ **Look** into the roles and responsibilities of the voluntary sector and establish the best methods of working together
- ★ **Understand** the commitment from the government and how it will impact on your organisation

This must-attend summit brings together everyone committed to exploring holistic approaches to children's wellbeing, whether working in the public, private or voluntary sectors.

Who should attend?

- ★ CEOs
- ★ Directors of children's services
- ★ Directors of education services
- ★ Healthy schools managers
- ★ Teenage pregnancy advisers
- ★ Sexual health advisers
- ★ Outreach workers
- ★ Youth programme managers
- ★ Food and health workers
- ★ School nurses
- ★ Child protection officers
- ★ Headteachers
- ★ School governors
- ★ Heads of policy

Register today at:

societyguardian.co.uk/healthykidssummit



Programme

8.30 Registration and coffee

9.00 Opening address

Chair: David Brindle, public services editor, the Guardian

9.10 Ministerial address: **Healthy children for a healthy future**

Rt Hon Ed Balls MP, secretary of state for children, schools and families

9.40 Panel session: **The role of the voluntary sector and the challenges of multi-agency working**

- ☆ Developing a common language and shared understanding of pressures, needs and opportunities
- ☆ Using the expertise of different services to maximum impact
- ☆ Embracing diversity and different dynamics

Maggie Atkinson, director of children's services, Gateshead metropolitan borough council

Shaun Bailey, co-founder, My Generation

Karen Turner, programme director, children and young people's public health programme, Department of Health

Anne Weyman, chief executive, FPA (Family Planning Association)

10.40 Morning coffee break

11.00 STREAMED SESSIONS

Please choose from sessions on physical, emotional or sexual health outlined on opposite page. Sessions will be repeated in the afternoon.

12.15 Staying happy and healthy

- ☆ How can we persuade children to make the healthy choice?
- ☆ Taking the service into the front line: does it still stand up? What services do children want?
- ☆ Understanding your audience and providing relevant and effective services
- ☆ Embracing the link between health and happiness

Professor Sir Albert Aynsley-Green, children's commissioner, 11 Million

13.00 Lunch

14.00 STREAMED SESSIONS

Please choose from sessions on physical, emotional or sexual health outlined on opposite page. Sessions are repeated from the morning.

15.15 Afternoon coffee break

15.40 Discussion session: **Capturing and sharing good practice: making sense of the kaleidoscope of physical, mental and sexual health**

In mixed groups, delegates will assess how the discussions and presentations they have heard can be applied to develop a better coordinated approach toward health and wellbeing. What are the barriers and how can shared interests and common solutions be facilitated?

Professor Margaret Talbot, PhD OBE FRSA, chief executive, Association for Physical Education

16.20 What matters to every child

- ☆ Evaluating the impact of neglect, abuse and lack of loving relationships on physical and emotional health
- ☆ Taking a holistic approach to health and wellbeing
- ☆ Exploring the structures and implications of health services for children
- ☆ What new constructs are required to provide a health service for vulnerable children?

Camila Batmanghelidjh, founder director, Kids Company, and founder, The Place To Be

17.00 Chair's closing remarks and end of summit

Streamed sessions

STREAM 1 Physical health

Panel session:

The importance of physical activity and play to a healthy child

- ☆ Does responsibility for physical activity lie with children, parents, schools, services or central government? How can each group have an impact?
- ☆ The impact of play on child development
- ☆ Engaging children to enjoy physical activity and make it an integral part of growing up
- ☆ How does keeping active affect other areas of health and development?

Neil Armstrong, professor and deputy vice chancellor, University of Exeter

Gareth Dix, MSc, leisure officer, North Cornwall district council

Cllr Rita Krishna, cabinet member for children's services, Hackney borough council

Geoff Samuels, sports development officer, North Cornwall district council

Case study:

Looking beyond the scales: tackling childhood obesity

- ☆ Recent media attention has made childhood obesity a topical issue – dealing with the challenge in a high-pressure environment
- ☆ Encouraging prevention rather than concentrating on cure to reduce cases of childhood obesity
- ☆ Working across services to help obese children lose weight and grow in confidence
- ☆ Benchmarking your progress against national levels

Professor Paul Gateley, professor in exercise and obesity, Leeds Metropolitan University and director, Carnegie Weight Loss Camp

STREAM 2 Emotional wellbeing

Case study:

Improving emotional wellbeing in children and young people

- ☆ Opening new avenues for support and discussion to make services less intimidating
- ☆ Reduce stigma by giving young people an understanding of mental health issues
- ☆ Using open and frank discussion to improve emotional wellbeing, particularly among young men
- ☆ What needs to happen at a national level to improve emotional wellbeing in children today?

Rosalind Turner, director for children and young people, Suffolk county council

Case study:

Helping children develop through effective social, emotional and behavioural skills

- ☆ Encouraging a whole-school approach to SEAL
- ☆ Embedding SEAL and PHSE within the curriculum
- ☆ Matching SEAL to diverse learning needs

Julie Coulthard, PHSE and drug education consultant, Bristol PCT

Sarah Young, healthy schools programme manager, Bristol PCT

Case study:

Examining the role of self-esteem and emotional wellbeing on child development

- ☆ How can self-esteem affect all aspects of health? What evidence do we have?
- ☆ What is the role of education in improving self-esteem?
- ☆ How is emotional wellbeing tackled in higher and further education, and how do we work with those not in the HE/FE system?
- ☆ Effective strategies and practice in the classroom

Speaker to be announced

STREAM 3 Sexual health

Case study:

Using education to improve sexual health

- ☆ Encouraging frank discussion about sex and relationships to remove embarrassment
- ☆ What can the UK learn from our neighbours?
- ☆ What attitudes do teenagers have towards sex? Where have these come from and how can we change them?

Ineke van der Vlugt, senior consultant and head of programme sex education, Rutgers Nisso Group, Netherlands

Case study:

Decreasing teenage pregnancy rates

- ☆ Should UK schools be teaching about sex and relationships, not just biological facts?
- ☆ Ensuring teenage pregnancy is not glamorised: understanding the full implications of parenthood
- ☆ Making advice available to teenagers in a non-judgmental, easy-to-access way

Tunde Olayinka, teenage pregnancy coordinator, Royal borough of Kensington and Chelsea

Karen Tyerman, director for community learning, Royal borough of Kensington and Chelsea

A user's perspective

Feedback on case studies from young people involved in Brook's Sexual Health Advocacy and Research Project



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