

16th November 2023

Dear Colleague

RE: Portsmouth Diocesan Council for Social Responsibility – Emotional Health programme of learning for parents, care-givers and young people

Portsmouth Diocesan Council for Social Responsibility (CSR) has undertaken a range of exploratory conversations with local statutory and voluntary sector colleagues and after careful consideration proposes, 'developing a programme of learning for parents, carers, family members, VCS organisations and young people themselves, that would expand understanding of the mental health issues faced by young people and how to respond'.

Emotional health needs faced by children and young people is a national challenge and there are high levels of local need for children within the area covered by the Diocese. Portsmouth Diocesan CSR wants to be part of the solution.

This work will build upon and be consistent with the efforts undertaken by Councils and NHS partners in the Hampshire and Isle of Wight Integrated Care System (ICS) to develop a universal emotional health training for the workforce that supports children, young people and families.

This project will extend that thinking by focussing explicitly on the learning needs of children, young people, parents and carers and the wider care-givers (significant others) that have relationship with children, including extended family, friends and communities. The programme of learning is also likely to be of benefit to the wider workforce who have not yet accessed other parallel emotional health training e.g., local people, staff in schools, community and youth groups, etc.

We would really appreciate your engagement and support with this programme in the following ways:

- If you have **feedback from children, young people, parents or carers from previous emotional health consultations or co-production discussions** that you would like to share with us (to make best use of the experiences and insights our community has already shared and avoid consultation fatigue) we would really appreciate receiving your summaries.

- Please could you **help us to distribute this short online survey to local children, young people and parents or care-givers** that you come into contact with to ask for their help in co-designing this learning programme. The survey <https://forms.office.com/e/m2JvGw57TV> will take about five minutes to complete, and **we welcome all returns by the 14th December 2023.**
- If you are able to **share this brief online survey with parents and care-givers:** <https://forms.office.com/e/7v7tLAQ2fm> , we would really appreciate your help. The survey will only take a few minutes to complete and **all returns are welcome by 14th December 2023.**
- Please could you **help us to distribute this short online survey** <https://forms.office.com/e/BAAMLYQGQQ> **to local volunteers or staff who come into regular contact with children and who have not yet had access to emotional health learning, development or training. We welcome all returns by the 14th December 2023,** the survey will take a few minutes to complete.

We recognise that the experience of children and young people, and their care-givers, who experience prejudice, marginalisation or exclusion in the UK and in local communities, is imperative for us to understand. Experiences of rejection, exclusion and isolation increase the likelihood of poor emotional health developing. We also recognise how much harder it can be to ask for help when you are concerned that you might be misunderstood, mistreated or excluded.

In light of this, we would particularly welcome building relationship through discussion together with local groups of children, young people, parents or care-givers with these experience who are willing to build a relationship of trust and co-design with us. This might include, but is not limited to, the following children and care-givers:

- Unaccompanied Asylum Seeking Children and Refugees
- Neuro-Diverse and SEND (Special Educational Needs and Disability) children and families
- Global majority, but UK cultural and ethnic minority children and care-givers (in partnership with existing trusted community groups/leaders)
- LGBTQ+ children and care-givers (in partnership with existing trusted community groups/leaders)
- Children and care-givers living in poverty and insecure housing

If you have suggestions on established groups that we could reach out to, particularly in the Portsmouth and Isle of Wight areas, please do email us at: andrea.king@csrnet.org.uk . We welcome any offers to become involved in the co-design and co-production of this programme, please do get in touch if you are interested in getting involved. If you have any queries or comments, please do contact us at: andrea.king@csrnet.org.uk

We will provide an update on the outcome of our consultation and co-design conversations in early January.

Thank you in advance for your support and involvement in this development in this innovative work.

Yours faithfully,

A handwritten signature in black ink that reads "Nick Ralph". The signature is written in a cursive, flowing style.

The Revd Canon Nick Ralph
Executive Director, CSR