

5. Early life and family life[CH]

This section covers key aspects of the health and wellbeing of children and young people aged from birth to school leaving age (i.e. 0 to 18). It also deals with matters relating to family structure and maternity.

Influences on health and wellbeing begin before birth. Our development, the environment we grow up in and the behaviours and attitudes we take on in our early years impact on our health and wellbeing for the rest of our lives. As we get older, the influences of our education, socialisation, peer pressure and support, and the difficult transition from adolescence to adulthood become more important.

[C]Key findings

- There are relatively few families and few births in the City. The majority of households in the City are single people.
- Of the children and young people aged 0–19 in the City, 43% are from black and minority ethnic (BME) backgrounds.
- The City has a good record of caring for looked-after children.
- Children in the City have excellent early years provision and perform very well in primary school.
- In the City's one maintained school, 100% of school pupils participate in at least 2.5 hours of organised physical education per week.
- Local figures identify that 21% of children living in the City are in low-income households. Previous national figures calculated that 19% of children in the City live in poverty.
- 22.3% of primary school children are eligible for and claiming free school meals.

[C]Recommendations

- It is an important period to monitor evidence-based outcomes in children, in order to assess the impact of recent policy and service provision changes.

[C]Questions for commissioners

- How are commissioners preparing for the transfer of public health responsibility for 0 to five-year-olds to the local authority in October 2015?
- A total of 43% of children and young people are from BME backgrounds. How can commissioners ensure that these young people and their families are supported effectively and are receiving appropriate services?
- Are commissioners and commissioned services fully utilising the City's resources to support families out of poverty?

[A]Young people

[B]Local policy context

The Children and Young People Plan (CYPP) 2013 reflects the City's ambition to use the power of partnerships and multi-agency working to improve outcomes for all children and young people, with a particular focus on preventative services. The CYPP is a strategic plan that supports service planning and delivery against seven key priority areas. These are:

- Stronger Safeguarding
- 'Early Help'
- Children's Workforce Development
- Healthy Living
- Achievement and Learning
- Partnerships
- User Engagement

The City's Education Strategy 2013–15 also sets out a vision, which is:

To educate and inspire children and young people to achieve their full potential.

Four key themes from this strategy define the City of London Corporation's approach to education:

- a commitment to creating a family of schools from its schools portfolio, which will have a shared culture and a common ethos
- a commitment to improving the governance and accountability frameworks of the education offer
- recognising the role the City of London Corporation can play in its outreach provision across London and seeking to strengthen this offer
- confirming the City of London Corporation's commitment to providing pathways to employment and bridging the gap between education and employment, making use of the lively and business links within the Square Mile

[A]Population

[B]Demographics

The population data from the Census 2011 shows that there are 269 primary age (four to 10) and 147 secondary age (11 to 16) children living in the City of London, out of an estimated total of 843 0 to 19-year-olds.¹ Of these 843 young people, 361 (43%) are from BME backgrounds.²

The City's Resident Insight Project recorded that in November 2012 there were 898 young people aged 0 to 19 resident in the City, of whom 604 were aged 0 to nine and 294 were aged 10 to 19. Out of these 898 children and young people, 21% were identified as living in low-income homes, i.e. homes with a low income supplemented by benefits.³

¹ ONS mid-year estimates for 2013

² City of London Corporation (2013) *Primary Education in the City of London: Annual Report 2013*

³ *ibid*

At the age of 11, when children leave the local state primary school, it becomes harder to track their whereabouts in terms of schooling. Although around 18 children per year register to attend state maintained schools outside the City, it is not known whether these children remain City residents as they grow into older teenagers. Additionally, it is not known whether other children, who do not register, are going on to attend private schools outside the City, or whether the whole family is moving out of the City and becoming resident in another borough with more suitable housing for teenagers.

[C]Disabilities

There were fewer than 10 children and young people with disabilities known to the City in 2013. The City's Special Educational Needs and Disability (SEND) Strategy 2013–17 describes the City's strategy for children and young people aged 0 to 25 with SEND. A disability register is also currently under review.

[C]Looked-after children

The City has a good record of caring for looked-after children. All looked-after children in the City have stable placements and accommodation.

There were fewer than five children (aged 0 to 16) looked after by the City of London in 2012/13.⁴ All the children in the City who had been looked after for at least 12 months as of March 2013 had up-to-date health checks, immunisations, dental checks and health assessments. This maintains the 100% record of the previous year.

No resident children of the City of London were made subject to a court order, adopted or accommodated in 2012/13.⁵

Table 5.1. Number of children looked after by the local authority, 2009-13

| Year | Number |
|-------------|---------------|
| 2009 | 15 |
| 2010 | 15 |
| 2011 | 10 |
| 2012 | 5 |
| 2013 | 5 |

[C]Physical activity

In the City's one maintained school, 100% of school pupils participate in at least 2.5 hours of organised physical education per week. They also have access to further physical activities if they so choose, through playtimes (up to four hours per week) and after-school clubs (up to four hours per week).

⁴ City of London Corporation (2013) *Safeguarding Children Annual Report, 2012/13*

⁵ *ibid*

[A] Education and training

[B] Schools

The City of London has one maintained primary school and three sponsored city academies in neighbouring boroughs. It also supports three independent schools based in the City.

The one maintained primary school is Sir John Cass's Foundation Primary School, which includes the Cass Child & Family Centre, the City's sole children's centre. Of the pupils attending the school, many of whom do not live in the City, 68% (971) are from BME backgrounds. Primary aged children attend Sir John Cass and a small number of schools in Islington, Camden and Westminster. Secondary age children attend a range of schools, including Islington secondaries and schools in other neighbouring local authorities such as Tower Hamlets and Hackney.

The City currently funds fewer than five children to be educated outside mainstream local authority provision.

In terms of youth 'not in employment, education or training', numbers in the City are too low to report with accuracy.

[C] Primary school performance

In the City, 75% of eligible children aged five achieved at least 78 points across the Early Years Foundation Stage (2012), with at least six points in each of the scales in personal, social and emotional development and communication, language and literacy. These results are the second highest in the country and the highest in London.

The 2011 Ofsted inspection of City of London Corporation children's services found that all provision for early years education and childcare was good or outstanding, with all provision for early years education judged to be outstanding. Achievement at age five was found to be well above average and continues to improve far more quickly than it does nationally. Sir John Cass's Foundation Primary School's most recent Ofsted inspection was in April 2013, when it was deemed to be outstanding in all aspects.

[C] Attainment in higher education

The number of young residents (aged 18 to 24) entering the first year of their first undergraduate degree at a UK higher education institution (either full-time or part-time) decreased over the five-year period from 2007/08 to 2011/12 (Figure 5.1). In the 2010/11 academic year, within six months of completing their higher education 33% were in full-time employment, 16.7% were in part-time employment and 11.1% were self-employed. A total of 22.2% were not employed and were not looking for work, while only 5.6% were unemployed and looking to be employed.⁶

Figure 5.1. Young residents progressing to higher education, 2007/08 to 2011/12 (Higher Education Statistics Agency)

⁶ City of London Corporation (2013) *The higher education journey of young residents*



[B]Apprenticeships

Apprenticeships are about helping young people fulfil their potential through personal and social development. Apprenticeship programmes can help tackle youth unemployment by matching the skills demanded by employers with those available among the population, especially young workers.

The City of London Corporation provides a free apprenticeship placement service to support businesses in employing young people who are starting their careers. Unemployed school leavers aged 16 to 18 are eligible.

This service gives candidates a first experience of the workplace while also boosting employer performance. The programme supports apprenticeships within the Corporation, as well as with recognised names in banking, insurance, property and many other sectors.

[A]Child poverty and deprivation

According to previous national figures, 145 City children (19%) were living in poverty in 2010. This figure was calculated using the relative poverty measure, which is defined as the proportion of children living in families in receipt of out-of-work benefits or tax credits whose reported income is less than 60% of the median income.

In July 2013, the Resident Insight Project revealed that 960 children were living in the City of London, of whom 21% (197) were in low-income households (defined as households in receipt of low-income-based benefits). These locally derived figures are slightly higher than the official estimates; this may be due to undercounting in the national figures. Because these two figures use different definitions of poverty, they are not directly comparable. Of the 197

The City of London Corporation will be conducting a new Child Poverty Needs Assessment in 2014.

This will be used to review the delivery and targeting of services to better meet families' needs.

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children living in low-income households, 76 (39%) were in workless households, with the remaining 61% in working households. This reflects the national figures, where the majority of children growing up in poverty (63%) have at least one parent or carer who is in work.² This is an increase from 2000/01, when 51% of poor children nationally (on the relative low-income measure) were from working households.

Although the Resident Insight Project does not identify particular concentrations of child poverty in the City, there is likely to be a higher rate in the areas of social housing around Portsoken and Golden Lane.

[B]Free school meals

In the City of London, 22.3% of primary school children were eligible for and claiming free school meals. This is lower than the level in inner London and London as a whole, but just over 5% higher than the national average. There is one maintained primary school in the City, Sir John Cass's Foundation Primary School, and no maintained secondary schools. Of the children attending this school, 22% are entitled to free school meals.⁷ A total of 73 out of 1,428 children at the school are City residents aged three to 11.

Table 5.2. Free school meals in state-funded primary schools

| Location | % eligible for and claiming free school meals |
|-----------------|--|
| City of London | 22.3 |
| Inner London | 31.9 |
| London | 23.7 |
| England | 18.1 |

[B]Early years support

Local estimates from the Resident Insight Project show that there are 364 children aged 0 to four currently residing in the City of London, of whom 79% are registered with the early years system Synergy Connect.

In total, 44 of the 364 children live in a home with a low income: 82% of this group are registered with the children's centre system and 26 are regular users of the Cass Child & Family Centre.

Twenty-seven of the 364 children live in a home where workless benefits are being claimed: 74% of this group are registered with the children's centre system and 26 are regular users of the Cass Child & Family Centre.

There were 2,635 visits to the Cass Child & Family Centre in the period April to August 2013. Of these, 42 were related to targeted family support.

⁷ School Census 2013

The number of City of London children and families requiring statutory social care interventions is low compared with other local authorities. Very few children (six) were subject to a child protection plan in the City of London in 2012/13.⁸

[B]Youth services

In 2012, youth services changed from being provided in-house to being a commissioned service. Since 1 April 2013 the City of London's youth services have been delivered to 10 to 19-year-olds (and to those with special needs up to the age of 25) by commissioned providers. There are five strands of youth services in the City, run by three service providers who took over contracts in April 2013. The services contracted are: provision of information, advice and guidance; universal youth services; targeted youth services; youth participation; and provision of a client caseload management information system. These changes are expected to improve outcomes-based results and offer better value for money.

[B]Child and adolescent mental health services

Mental health services for children and adolescents in the City are provided jointly with Hackney. As of 2013/14 the services encompassed the following:

- community child psychology services
- specialist child and mental health services
- integrated clinicians in other services for young people

The CAMHS Framework 2013–15 outlines the vision for the development of CAHMS and for improving emotional health and wellbeing, including an action plan with measurable outcomes aligned with wider national policy.

S came into care five years ago. Before coming into care, she had witnessed several incidents of violence between her mother and her mother's boyfriend. She was engaging in unsafe play and displayed aggressive behaviour towards adults and other children. She was referred to anger management services to help her come to terms with her past experiences.

Accessing the service

When concerns arose about S, the carer and social worker discussed these with child and adolescent mental health services (CAMHS), who were willing to see her.

S was seen by CAMHS for individual sessions and her carer was also offered support to help her deal with S's behaviour effectively. An improvement in S's behaviour was observed; for example, she previously displayed outbursts of anger, but this behaviour has now ceased both in school and at home. She has been given strategies to deal with her emotions in a more appropriate way and she has been observed doing this effectively by her foster carer and social worker. In discussions with her therapist and with her foster carer and social worker, it was decided that S could stop attending sessions with CAHMS; her progress was then reviewed at a meeting with her foster carers, CAMHS worker, social worker and S herself. All were in agreement that she had made significant progress and that she should be discharged by CAMHS. Should it be necessary, it was made clear that she could be referred again in the future.

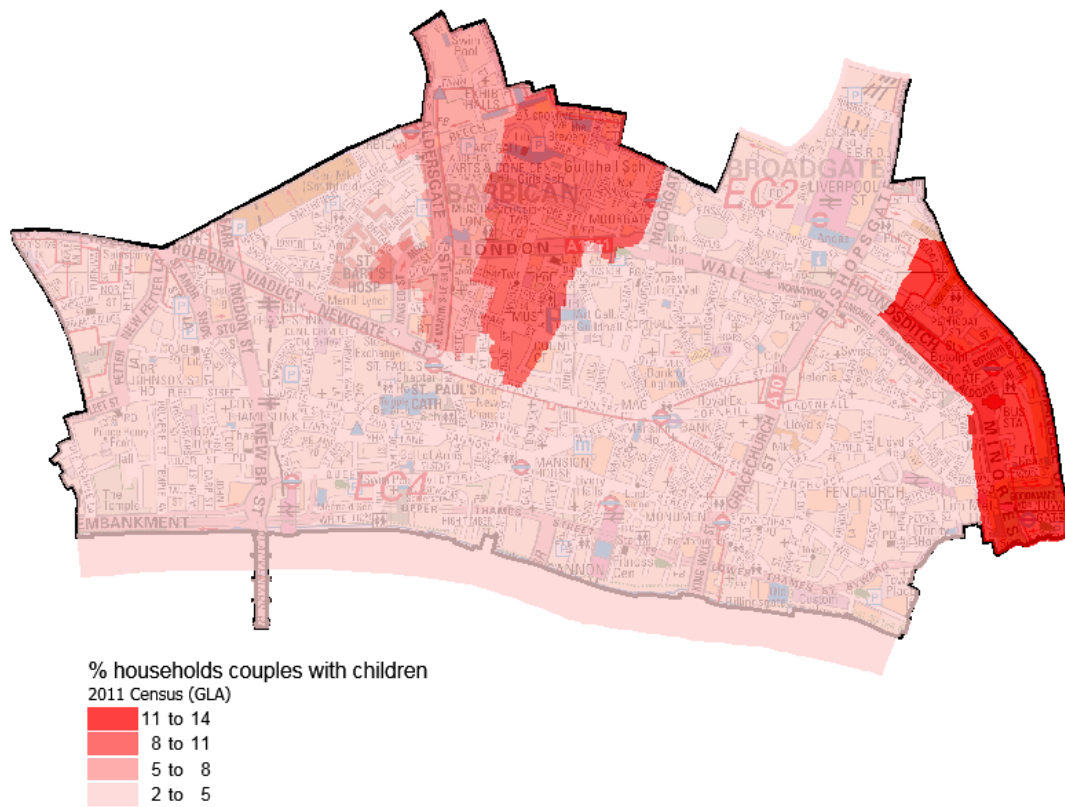
⁸ City of London Corporation (2013) *Safeguarding Children Annual Report, 2012/13*

[A] Families and households

The type of housing available in the City is not particularly suited to family life, particularly for older children. For example, 50% of accommodation has two bedrooms or fewer. Additionally, there is just one state school in the City, which is for primary aged children only. Despite this, there are some families in the City, with particular concentrations in the areas around Barbican, Golden Lane, Mansell Street and Middlesex Street.

The Census 2011 includes detailed information about household structure within the City. Single people are the predominant group (60%) seen throughout the City (see Appendix 7). Almost 30% of households in the north of the City are couples without children. 'Others', which mainly includes those in shared housing, are concentrated in the east on the Mansell Street and Middlesex Street Estates. Couples with children are mainly concentrated in the east, with some in the north.

Figure 5.2. Household structure in the City: percentage of couples with children



[A]Maternity

[B]Smoking and pregnancy

In 2010/11 none of the pregnant women resident in the City reported being smokers at the time of delivery.

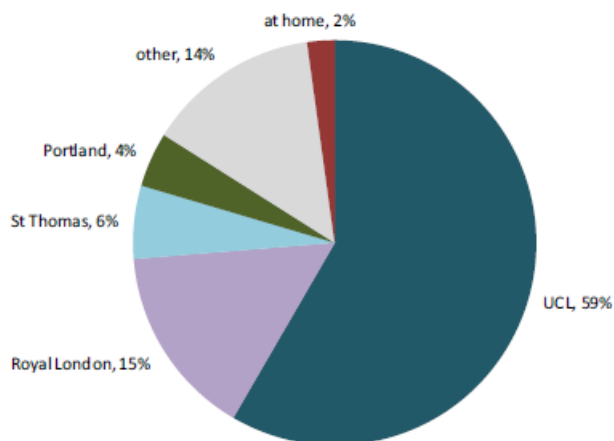
[B]Antenatal care

Over the six months from April to September 2011, 21 women from the City registered for maternity care. Three-quarters had registered by the 12th week of pregnancy.

[B]Place of birth and delivery method

Between January 2010 and October 2011, 98% of births to City residents took place in hospital, mainly at University College London Hospitals and the Royal London Hospital.

Figure 5.3. Place of birth of babies with mothers living in the City, Jan 2010 to Oct 2011 (hospital data)



[B]Terminations

The abortion rate for City residents in 2012 was 11.7 per 1,000 women, which is much lower than the national and London averages.

[B]Breastfeeding

In 2010/11 all babies born to City mothers were recorded as being breastfed at the age of six to eight weeks.