

COMMUNITY VOICES: CHILDREN & YOUNG PEOPLE WITH ASTHMA

Community Voices enabled local VCSEs to act as trusted partners, discussing the management of asthma with people in their communities and feeding back to the ICB for further change.

TIMELINE	???
LOCATION	Norwich & Great Yarmouth
BUDGET	£
MAIN FUNDING SOURCE(S)	Norfolk & Waveney ICB
NO. OF PEOPLE BENEFITTED	229 took part in conversations

EMPOWER COMMUNITY-LED
APPROACHES TO HEALTH &
WELLBEING

LEAD CROSS-SECTOR
PARTNERSHIPS TO TEST &
EVIDENCE INNOVATIVE
COMMUNITY-BASED
SOLUTIONS TO HEALTH &
WELLBEING

INCREASE AWARENESS OF
THE ROLE OF THE VCSE IN
SERVICE DELIVERY

ENABLE CAPACITY FOR
COMMUNITY
ORGANISATIONS TO IMPACT
SOCIAL DETERMINANTS OF
HEALTH



KEY PROJECT AIMS

This programme aimed to empower families in disadvantaged areas with better knowledge of asthma management and the confidence to take control of their condition. It also encouraged children and young people with asthma to participate more fully in everyday activities, including sport and social groups, where they may otherwise feel excluded. Delivery was concentrated in communities in Great Yarmouth and Norwich, with work led by a range of VCSE organisations, from food hubs and youth charities to sports clubs and carers' services. These partners brought their deep local knowledge and trusted relationships to create meaningful conversations around asthma in everyday community settings.

Furthermore, VCSEs were to provide feedback on these conversations to the ICB to help design programmes to further reduce health inequalities in Norfolk. This is part of the broader Community Voices strategy, which aims to listen and respond to feedback from local communities by giving trusted communicators resources to engage communities, signpost to information and services and gather their insights. There is a focus on cross-organisational collaboration.

OUTCOMES & IMPACT

Through training and support, community groups were equipped to deliver informed conversations about asthma and offer practical signposting to further help. This partnership approach enabled the ICB to gather valuable community-level insight, while allowing groups to build trust and make broader connections for local families. Of those engaged:

- 30% were signposted to information on asthma management and care planning.
- 21.3% were directed to training opportunities.
- 21.3% received guidance on housing issues such as damp and mould.
- 40% were signposted to other essential services, including GPs.

VCSEs were also able to use relationships built over time to encourage and support people to take positive action to improve their health, and to seek further help where needed.

LEARNING AND NEXT STEPS

Key learnings:

The reflections gathered will shape how asthma is supported across local communities. Seven key recommendations have emerged, including the need to increase awareness of diagnosis and to address wider environmental and social determinants of health.

Next steps:

Many groups plan to repeat these conversations, reflecting a growing confidence and capability in the sector. The findings are informing future ICB strategies and have helped strengthen a shared understanding of how to create meaningful, community-led change in health outcomes.

The full report can be accessed via the ICB website: <https://improvinglivesnw.org.uk/get-involved/community-voices/>

HEALTHY YOUNG MINDS

The Healthy Young Minds Fund supported continuing care in the community for children and young people who had a mental health need, and who may have experienced health access inequalities.

TIMELINE	July 2023 to August 2024
LOCATION	Norfolk & Waveney
BUDGET	£243.450
MAIN FUNDING SOURCE(S)	Norfolk & Waveney ICB
NO. OF PEOPLE BENEFITTED	1,091

EMPOWER COMMUNITY-LED APPROACHES TO HEALTH & WELLBEING

LEAD CROSS-SECTOR PARTNERSHIPS TO TEST & EVIDENCE INNOVATIVE COMMUNITY-BASED SOLUTIONS TO HEALTH & WELLBEING

ENABLE CAPACITY FOR COMMUNITY ORGANISATIONS TO IMPACT SOCIAL DETERMINANTS OF HEALTH



KEY PROJECT AIMS

It was recognised by the ICB that the VCSE sector plays a vital role in understanding and responding to the wellbeing needs of the children and young people they support, often providing early intervention and prevention programmes that can avoid the need for clinical care. This Fund aimed to support and strengthen this work. Funding was available over one year.

Funded interventions varied hugely. It ranging from nature based interventions for those leaving clinical settings to 1:1 psycho-therapeutic work for individuals facing challenges such as eating disorders or presenting with self-harm.

The Fund was keen to benefit those who may experience health access inequalities, which could include children and young people who were:

- Lesbian, gay, bisexual or transgender
- Black, Asian and minority ethnic
- Rurally isolated
- Neurodiverse
- Asylum seekers/ refugees
- Gypsy Roma and Traveller

OUTCOMES & IMPACT

Grants of up to £25,000 were awarded to voluntary, community and social enterprise (VCSE) sector organisations to deliver mental health interventions for children and young people who:

- Priority One – have a moderate-to-severe mental health need, or have otherwise been identified as in crisis, or most at risk.
- Priority Two – identify as having an emerging and/or mild-to-moderate mental health need. This might include (but not be limited to) low mood, anxiety, low self-esteem, or presentations of self-harm.

Of the 16 projects, almost half directly benefitted children and young people known to experience health access inequalities, including individuals who are LGBT+, neurodiverse, asylum seekers/ refugees and Black, Asian or minority ethnic.

Each group provided reporting on the impact of interventions on recognised scales, such as RCADS and WEMWBS.

LEARNING AND NEXT STEPS

Key Learnings:

- Importance of fostering and maintaining partnerships between VCSEs, statutory services and networks being key to success. VCSEs pointed to the value of creating referral networks among other funded members, and members of the Foundation's Coalition for Young People.

Next steps:

- Norfolk Community Foundation harnessed the learning to shape future funding priorities through our Youth Mental Health Mission. While no follow-on funding programme was planned, insights from the fund (such as the value of nature-based approaches) have informed initiatives with partner funders, like the Handelsbanken Mental Health Fund. Our continued mission to support young people's mental health drives our work with local charities and strengthens partnerships with statutory bodies to ensure lasting impact.