



ABERDEENSHIRE CHILD POVERTY ACTION REPORT

2023-2024



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Foreword

Tackling Child Poverty is a priority within NHS Grampian's strategic plan; Plan for the Future. What we want is for families living in poverty to be supported to thrive and that outcomes for those living in areas of deprivation to be similar to those living in areas of affluence. NHS Grampian is committed to working with our partners in Aberdeenshire to contribute to the excellent and extensive work that is already underway, to plan future initiatives and to continue to learn from the lived experience of those family's experiencing poverty in Aberdeenshire. *Tracy Davis Child Commissioner for NHS Grampian.*

Introduction

In Aberdeenshire a partnership approach is vital in ensuring opportunities and services are accessible and relevant resulting in positive outcomes for children, young people, and their families.

Aberdeenshire Community Planning Board set up the Tackling Poverty & Inequalities Strategic Partnership and have delegated the lead role for Child Poverty to them. Poverty is much more than just low income.

The factors that generate poverty are wide-ranging and encompass many aspects of day-to-day life such as health, housing, educational attainment, employability, and access to services. This is a multi-agency partnership consisting of key council colleagues and external partners: Aberdeenshire Voluntary Action, Education & Children Services, Economic Development, Skills Development Scotland, Health & Social Care Partnership, Housing, NHS Grampian, Aberdeenshire Alcohol and Drugs Partnership, Police Scotland and NESCOL who ensure a coordinated approach is developed.

The partnership recognises the value of local experts, ensuring a rights-based approach underpins this area of work. Partners also recognise the importance of Place and support the empowerment of children, young people, families, and their communities not only influence/inform decisions but co-produce services to meet their needs.

This report is set out in 3 areas -

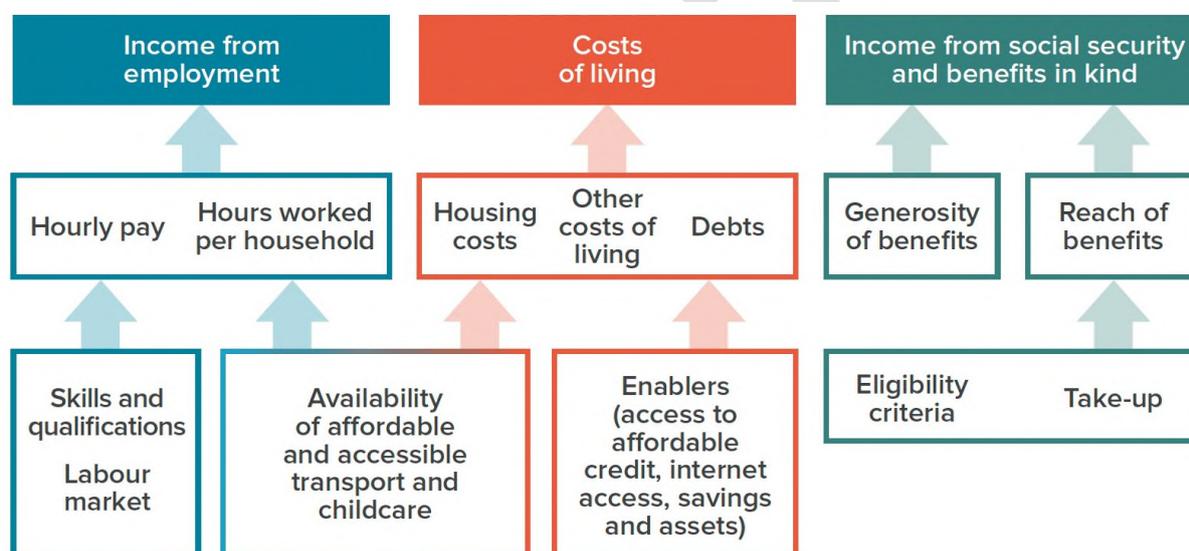
- Most recent data on child poverty and what we know in Aberdeenshire.
- Activities and Impacts from 2023/24 under three headings
 - Making Employment Work.
 - Making Every Opportunity Count.
 - Supporting the next Generation to Thrive.
- What is being planned 2024 and beyond.

Drivers of Child Poverty

Evidence tells us that the three drivers of poverty are income from employment, cost of living, and income from social security and benefits in kind. The Scottish Government state that impacting these drivers will impact levels of child poverty, and a focus on them is strongly encouraged.

In this report, we have highlighted which driver each activity aims to address. As stated in the Local Child Poverty Action Report guidance, supporting families means taking a holistic approach; often activities carried out by partners and communities will influence more than one driver.

Image of the Drivers of Child Poverty



[Best Start, Bright Futures: tackling child poverty delivery plan 2022 to 2026 - gov.scot \(www.gov.scot\)](http://www.gov.scot)

Strategic Connections

The Child Poverty Act came into force in February 2017, [Child Poverty Bill](#) to the Scottish Parliament, which sets out targets to reduce the number of children experiencing the effects of poverty by 2030.

The core principles of the Act are further strengthened by the:

- [Children and Young People \(Scotland\) Act](#)
- [Getting it Right for Every Child \(GIRFEC\)](#) Approach
- [Early Years Framework](#)
- [Commitment to Keeping The Promise](#)

They are all designed to ensure that children's interests and rights are placed at the centre of our policy considerations. In Aberdeenshire the Aberdeenshire Community Planning Partnership (CPP)

focuses on reducing socio-economic inequality, with strategies interlinked with the Children and Young People's Services Plan, the Local Outcome Improvement Plan (LOIP) 2017-2027, and the Child Poverty Action Plan. Coordinated across various sectors, including through 6 Local Learning Community Partnerships, this alignment indicates that the council is working collaboratively towards a more equitable society, demonstrating a comprehensive commitment to community welfare and child well-being.

The Children and Young People's Services Plan 2023-2026 in Aberdeenshire, with its five strategic priorities, reflects the council's proactive approach to addressing key areas. By focusing on mental health, support for children with additional needs, care experienced young people, whole family wellbeing, and safety in communities, the plan supports the creation of a supportive environment that fosters the wellbeing of children and young people.

Aberdeenshire's approach to planning and developing children's services is fundamentally rooted in a commitment to children's rights. This dedication becomes especially pertinent as the region anticipates the enforcement of the UNCRC Incorporation (Scotland) Bill. The strategy centres on amplifying opportunities for children and young people to claim their rights, enhancing rights awareness, and ensuring every decision reflects children's rights.

This commitment was clearly demonstrated during the consultation phase of the Children and Young People's Services Plan 2023-2026 with nearly 2,000 children, young people, and families in Aberdeenshire contributing to its development.

What we know – Child Poverty in Aberdeenshire

Aberdeenshire is one of Scotland's 14 rural authorities and is defined as 'mainly rural'. We are the fourth largest geographical local authority in Scotland. The economy of rural Scotland is both similar to, and tightly integrated with the economy of urban Scotland. However distinct differences, often related to distance and scarcity, remain between urban and rural economies. These differences may contribute to an even greater level of inequality particularly for low-income families. In Aberdeenshire families are living in poverty due to low wages, high living costs, lack of accessible affordable flexible childcare, affordable transport and the premium felt by those living in a remote and rural area.

Those who are not working overwhelmingly want to work, but face barriers to employment. Principally these are ill-health, transport, and childcare, but also caring responsibilities for family members. Parents worry about the impact poverty has on their children, particularly that they maybe stigmatised because of the circumstances in which they live. Young people report that they feel excluded, anxious and negatively targeted due to their families income which they feel needs to change.

Feeling stigmatised and the fear of being judged has resulted in families and young people not accessing services until they are at crisis point. which can result in reluctance to access support in future. Not all families living in poverty live in deprived areas however those that do have poorer

outcomes than their peers in more affluent areas. A number of children and young people experiencing poverty, with a level of unmet need will be living in these perceived affluent communities or rural or remote locations.

What the Data Says

Aberdeenshire witnessed an increase in relative child poverty from 7.6% to 12.1% between 2015 and 2022. Despite an increase in relative child poverty in Aberdeenshire between 2015 and 2022, the region remains below the Scottish average. This trend, mirroring wider UK developments, requires both local and national interventions. The Scottish Child Payment is a positive step, though its effectiveness may be hindered by external pressures such as rising living costs.

Aberdeenshire recorded approximately 5,888 children living in relative poverty, representing 12.1% of its child population, up from 7.6% in 2015. This stands in contrast with the wider Scottish rate, where 20.8% of children live in relative poverty, and increase on the 14.1% rate.

Fraserburgh and District reported the highest number of children in relative poverty in 2022, with 540 children. Peterhead North and Rattray followed closely with 532, and Peterhead South and Cruden had 418. These areas have the highest numbers of child poverty numbers in the context of the authority area. Understanding the root causes and implementing targeted interventions in these areas is vital for sustaining community resilience.

Home-Start North East Aberdeenshire

Home-Start NEA supports families with children under 5 in the areas with the highest levels of child poverty – Fraserburgh, Peterhead, Banff, Rattray and Cruden. Home-Start NEA secured funding which supported 68 families with food, money to reduce their energy bills or at least not increase their fuel debt, warm clothes and items such as slow cookers.

Case Studies

We were able to support a family with a contribution towards rent arrears. This is a two-parent household where both parents are in employment. They have a child with significant additional support needs. Due to the difficulties within the family home and the lack of sleep both parents are getting, Dad has had to take unpaid leave to support his own physical and mental health. As he has used all his annual leave, he is not entitled to any more paid support or leave. The family, because of the decreased income, are now struggling to cover rent costs as well as the other day to day financial obligations. We have been able to support by contributing towards their rent arrears which will reduce the stress the family are currently facing.

The heated blankets provided much more than physical warmth. One mum described how she had seen them online but couldn't afford to buy one and said now she has one it has provided an opportunity for her to snuggle with her children and they can read together and keep warm.

Every ward in Aberdeenshire saw a concerning rise in the number of children living in relative poverty between 2015 and 2022. All but one ward reported year-over-year increases in 2022, with Banchory and Mid Deeside being the exception.

The rising child poverty in Aberdeenshire and across the UK is a deeply complex issue requiring multifaceted solutions. There's no single cause or simple fix. Tackling this challenge requires a holistic

understanding of the economic, social, political, and cultural factors involved, and coordinated efforts from various stakeholders, including government, local authorities, community groups, and policymakers.

The data is only one aspect that is used to identify gaps and trends. Additional information gathered from those with lived experience highlights the complex nature of poverty and its effects on children, young people, and families, therefore those voices continue to inform services, policies and practice.

What Have We Done?

In Aberdeenshire our approach to tackling child poverty focusses on early intervention and prevention. Tackling the root causes of poverty and building families capabilities through income maximisation, employability and promoting positive life changes. A partnership approach is vital in ensuring opportunities and services are accessible and relevant. Preventative approaches to address children poverty ensuring they have a rural bias is a priority for Aberdeenshire.

This agenda is complex therefore streams of work have been developed to reduce inequalities and tackle child poverty. These areas of work are led through a range of partnership groups that are linked through the Tackling Poverty & Inequalities strategic partnership. The actions and outcomes of these work streams are highlighted within the Aberdeenshire Child Poverty Action Plan (The Action Plan).

The Action Plan was developed and informed by those priority families that have lived experience and the wider partners. The actions do reflect the rural challenges and are driven by the need to improve outcomes for priority families. This plan is being delivered by a strong partnership who are committed to collectively achieve outcomes that will reduce Child Poverty across Aberdeenshire. The most up to date version can be found in Appendix 2 of this report.

Making Employability Work

Universal Credit		
Single Parent Households	Families with 3+ Children	Disability Entitlement
811	4456	1232

Feb 2024

No One Left Behind (NOLB) is the Scottish Employability offer and comes through the auspices of Scottish Government and is administered through the Local Authority via the Local Employability partnership. Its aim is to deliver an employability system that tackles inequality in Scotland’s labour market, creating a responsive and aligned approach that helps people of all ages who face the greatest barriers to progress towards, into and to sustain work. Within Aberdeenshire NOLB helps local people gain employment, training or education and works with those furthest from the labour market.

The Parental Employment Support Fund (PESF) sits under the NOLB umbrella, and this money is targeted specifically at Parents to help them gain employment, upskill, retrain or move into education to better their employment opportunities.

Six Characteristics of Parental Employment Support Fund:

- Unemployed or under employed Lone Parents.
- Unemployed or under employed parents with disabilities or children with disabilities.
- Unemployed or under employed Ethnic Minority Parents.
- Unemployed or under employed parents with 3 or more children.
- Unemployed or under employed parents aged under 25.
- Unemployed or under employed parents with the youngest child aged under 1.

Over 70% of children and young people living in poverty are within working households, with at least one adult in employment, many are in low-paid and insecure employment. Using the PESF the Employability Support Team have recruited 3 Employability Child Poverty Workers who support those who are under-employed, low-paid, on zero hours, requiring wraparound childcare to secure and sustain their employment through reducing barriers such as Childcare and transport. They also have delivered a range of initiatives including a mentoring scheme to increase the number of Childminders across Aberdeenshire especially in rural and remote areas.

This scheme has attracted an additional 30 people, mostly parents who now wish to explore becoming a Childminder. A fund is being developed that will cover the set-up costs and the transition into self-employment for those interested in this career path. Experienced Childminders will be recruited to act as mentors to ensure the sector grows-to meet the needs of those in rural and remote areas.

Over the past 12 months the Employability partners have supported 318 parents to secure and sustain their employment. Outcomes achieved by the partnership include -184 clients entering employment, 7 entering self-employment, 1 entering a Modern Apprenticeship, 34 into Volunteering, 29 into accredited training and 36 into Further or Higher Education.

Case Study

M hadn't worked for over nine years as she had been raising her family. Her previous role was specific to the area she lived in at the time and there isn't demand for this role in Garioch. M had only worked in that one job and felt she didn't have experience to do any other job. We discussed her interests and what she would like to do for work and found that she had plenty of transferable skills.

M felt she would be well suited to a methodical, practical role and was looking for part-time work. She doesn't drive and wanted a job in her town, as it needed to fit in around her children and her partner's work hours. I found a vacancy as a Cleaner which offered flexible hours. The location was ideal as M could walk there from her house, meaning she wasn't reliant on public transport or lifts.

M didn't have much experience of applying for jobs, so I supported her with this. We had already created a CV and I suggested that we contact the employer to find out further information about the role and get a contact to send the application to. I contacted the employer and then discussed the role further with M. She felt that the role would be suitable, although she was apprehensive. I supported her to create a cover letter to send along with her CV. We discussed the role, researched the company, and practised some interview questions and answers in case she was invited for interview. Within days she had been invited for an interview and offered the role.

M is getting on well in the job and the part-time hours and flexibility suit her current circumstances.

Childcare

One of the biggest barriers facing low-income families, especially lone parents is the lack of affordable, accessible childcare that meets the needs of working parents. The Tackling Poverty & Inequalities strategic Partnership commissioned a piece of research - **Provision of Rural Childcare Research and Model Review for Aberdeenshire**. <https://www.ouraberdeenshire.org.uk/wp-content/uploads/2024/03/TPI-ekosgen-Provision-of-Rural-Childcare-Research-and-Model-Review-Report-30-01-2024.pdf>

The research engaged with parents, schools and the sector to identify what already existed, the gaps, barriers for working parents and future needs. It also highlighted good practice from other areas of Scotland and beyond so lessons could be learned when developing a model that would be effective in a large rural area.

The recommendations of the research highlighted the need for the supporting and increasing the workforce, sector development to include flexible wrap around care suitable for children with additional support needs, integration of policy and strategies around this sector at a local and national level, integrate resources around this sector and increase awareness of what already exists including breakfast clubs and after school activities.

This report is being used to develop a Childcare framework which will outline options, resources and financial support for parents. The Childminders initiative has already attracted a number of lone parents who are interested in developing this as an employment option.

Making Every Opportunity Count

Rising Cost of Living

The rising cost of living continues to effect low income families as the price of food, fuel and housing costs continue to rise especially in those rural communities that do not have access to good quality affordable food or have housing off the grid.

The data states that 15.9% families reported there is a child or adult within the household that has a disability, long-term physical or mental health issue. These households face heightened living costs especially around energy bills as a number of families can not reduce their energy consumption as there is life giving equipment that requires to be on. A high level of lived experience panel members have caring responsibilities for children who have complex needs or a disability and raised this issue and suggested a winter challenge fund to be set up for those organisations that support these families and an energy challenge fund that supports those households off the grid.

PAMIS – Promoting A More Inclusive Society

PAMIS ensures families and those who care for people with Profound and Multiple Learning Disabilities (PMLD) gain an understanding of the importance of good postural care and its impact on their health and mortality of their relative. Across Aberdeenshire PAMIS supports 75 families not

only with ongoing support but opportunities to develop skills and knowledge and facilitate safe social spaces to allow children and young people to thrive. They have also developed resources and delivered training events to increase capacity and understanding of the barriers faced by those children, young people and their families. One example is –

Access to Information to Reduce Health Inequalities: Through partnership working with NHS Grampian, PAMIS has facilitated access to tailored advice services for people with learning disabilities to ensure that people with PMLD and their family carers feel supported to access their appointments and they have a clear line of support in asking for the needed advice. A Question & Answer session around hospital appointments which took place on 12 March 2024. This session was fully booked which highlights the needs and concerns of these families. 17 families reported that this was a positive session with direct access to NHS staff who not only answered their questions but made them felt heard.

Some things PAMIS learned in 2023:

- Families really love getting outdoors together to explore their communities.
- It is important to families that their needs be considered before they go unmet.
- Families depend on third sector services to stay up to date with information.
- Rainy day pony rides are often a sensory joy!
- Family carers wish there was more understanding about their needs in service design and delivery.
- Health inequalities are an impactful of them on family dynamics, finances, employment and mental. health.
- Connecting with the community to learn and share knowledge is a key step to relationship building and signposting.
- “It’s hard to know where to look to find [the answer] but I know I can always reach out to PAMIS.”

Overall Outcomes from PAMIS can be found in Appendix 4

Specialist Pathways- Access to First Stage Formula Pathway

Over the last 2 years the number of parents presenting themselves at foodbanks asking for 1st stage baby milk has increased. Given this trend a targeted pathway was developed in partnership with NHS Grampian, foodbanks, and the Tackling Poverty & Inequalities Money Advice Welfare Rights Team. A number of welfare rights staff were already based within or linked to GP practices which gave them the opportunity to develop positive relationships with local Health Visitors and Community Midwives however those with lived experience highlighted that not all parents would engage with the council or health professionals for support as there was a fear of being judged as an unfit parent therefore any pathway had to include community partners and use inclusive language to reduce the stigma.

To increase confidence and knowledge a range of tools including crib sheets, process maps and training sessions were delivered to front line staff and volunteers. One of the tools used was the Worried About Money leaflet that staff and volunteers used to start that difficult conversation around finances. The pathway used a cash first approach and was implemented across Aberdeenshire then the other local authorities in Grampian.

In 2023 the process and tools used to develop the pathway was shared at a national level and used to develop national guidance for this area. In 2023, 8 families were referred into the pathway by health professionals all required additional financial support due to a delay in receiving child payments or benefits. All of the families were given funding to cover food, baby milk, electricity and essential items until their benefits were put in place. None have required any additional financial support.

Case Study

Referral was received from the Nursery School Health Visitor. Following a discussion with the parent it came to light that they did not have enough formula for their baby and had no funds to purchase more. Health Visitor contacted the Money Advice & Welfare Rights Officer attached to the Peterhead Medical Practice.

The client was a lone parent of 4 children. 10 year old, 7 year old, 3 year old & a baby boy.

As soon as the referral was received, the Money Advice & Welfare Rights Officer telephoned the parent, which was within a few hours.

It was confirmed during the phone call that the parent was in receipt of Child Benefit and Scottish Child Payment for all of their children. They also received Universal Credit however the parent was subjected to the benefit cap.

Benefit Check - Advice Given

Full benefit check was carried out to make sure that the parent was claiming everything they are entitled to. A Paypoint voucher be sent to the parent for £100.00, to allow them to get formula and to buy some food for the other children as well.

The £100.00 was successfully texted to the client. The client was contacted to make sure she had received the money.

Next Steps

Advised the client that as there is no ongoing work to be done, as they are in receipt of all benefits they are entitled to. The issue was the delay in receiving the benefit. The referral was closed, but they were told if they required any further assistance in the future to call to make an appointment.

Supporting the Next Generation to Thrive.

Aberdeenshire Youth Rights Committee (AYRC)

Aberdeenshire is committed to empowering local people including young people to have a voice which informs practice and encourages coproduction of services. Using a rights base approach AYRC has developed as a youth led group that represents young people across Aberdeenshire. The group explore issues that affect them and the co-produce tools and sessions that will benefit all young people. They have developed a Poverty & Inequalities workshop that has been delivered to 11 youth groups and events. They believe that through these awareness sessions generational change will happen and the stigma that they young people feel will be reduced.

Aberdeenshire Youth Rights Committee secured funding which they allocated to youth led groups that met at least one of the following priorities –

1. To empower young people of Aberdeenshire to have a voice in their community.
2. To improve mental and/or physical health in young people.
3. Put on free activities for the young people – Indoors or Outdoors. Day trips, life skill workshops, escape days, adventure activities etc.
4. To help young people express their creative side. E.g. arts & crafts, music, gardening, dancing.

The young people agreed to fund 16 projects, the total investment in 2023/24 was £12,768.20 to increase free activities. These projects benefited 478 young people across Aberdeenshire. The remainder of the funding is to be used to deliver a range of youth led events in 2024. These events will look at transport, cost of the school day, impact of stigma and the actions which can be taken at a local, shire and national level.

The Local Voices Forum agreed that they would fund projects that would deliver free activities and improve the health & wellbeing of children, young people, families, and the wider community. The wellbeing fund allocated £12,698 to 13 community-based groups which will support 444 children/young people, 135 families and 88 individuals.

The Youth Poverty Engagement Workers have supported 311 young people to have a voice and develop a range of opportunities. In 2024 they are focusing on increasing free activities for all young people, addressing stigma and reducing the cost of the school day.

Outcomes Achieved in 2023/24

The Aberdeenshire Employability Partnership have supported **318** parents to secure and sustain their employment.

There are a number of workstreams that support low-income households to reduce housing costs. These are support with food, fuel, wellbeing funds and Information & Advice services. The number of families supported to reduce their housing costs is **12,704** with a client financial gain of £.

Through specialist pathways **1193** clients and their families have been supported to secure additional financial support.

4737 children and young people being supported through the financial support available to families across Aberdeenshire.

401 local voices have been involved in over **15** developments including focusing on transport, reducing the need for foodbanks, reducing stigma and developing tools, training and policies for a range of partners including NHS Grampian who are developing their own engagement and participation strategy.

Priorities for 2024/25

Co-production of Policies with Lived Experience: There is a growing emphasis on the co-production of policies, services, and opportunities. Engaging with individuals who have firsthand experience of poverty ensures that policies are not just theoretically sound but practically effective and grounded in real-world challenges. A framework of participation is being developed with those local experts. A

number of new panels will be developed to support and develop the work around the Rural Poverty Premium and the Cash First Project.

Enhanced Access in Rural and Remote Areas: Aberdeenshire's diverse geography means that some residents live in rural and remote areas. Improving their access to services is critical to ensure that these services are not only reflective of local needs but are also inclusive, leaving no family unsupported. To reduce barriers for these communities and increase accessibility the recommendations from the Transport Report [Aberdeenshire-Transport-May-23-Jan-24-Final.pdf](#) ([ouraberdeenshire.org.uk](#)) and the Rural Childcare model will be actioned through the Tackling Poverty & Inequalities Strategic group and the wider partnership it represents.

Responsive Services: Improving the use of data will ensure that services and opportunities are targeting those families from communities least heard. Data driven services will also reduce the crisis interventions as families would be accessing information & support at an earlier stage.

Addressing Stigma: The feedback from the local experts has identified that the reason they do not seek advice and support at an early stage is they fear being judged for being a bad parent, not being able to feed and care for their children due to them having a low income. Stigma training and tools will be developed with partners, young people and families ensuring services become inclusive and non-stigmatising.

“Poverty is not a choice it is a change in circumstance which you can’t control or plan for”.
- Local Parent.

“The word poverty stinks we need to be there for everyone no judgment” – Young Person.

Appendix 2 – Child Poverty Action Plan

Action	Performance Measure	Key Driver	Progress	Lead
<p>Develop and deliver a range of employability programmes that supports those within priority families.</p>	<p>The number of priority families supported into employment.</p> <p>The number of priority families supported to enhance their employability.</p>	<p>Increase income from employment.</p>	<p>Parent CONNECT funded programmes commenced September 2023.</p> <p>Parent CONNECT consists of Employment Support Team Key Workers, Enable Works offering supported employment for Parents with disabilities or parents with disabled children. Aberdeen Foyer providing Wellbeing and Financial Inclusion support, Volunteering Matters offering Parent Mentoring, Robert Gordon’s University delivering the Women into Business programme to encourage parents to explore avenues for self-employment.</p>	<p>Aberdeenshire Employability Partnership.</p> <p>https://employmentconnect.org.uk/wp-content/uploads/2022/12/Aberdeenshire-LEP-3-Year-Plan-Overview-002.pdf</p>
<p>Recruit Child Poverty Employability workers who will use a place-based approach to identify and address barriers to securing or sustaining work. The workers will support families through developing positive relationships to address barriers such as transport, affordable childcare or digital access</p>	<p>The number of priority families supported through integrated flexible pathways.</p> <p>The number of working parents supported to reduce the cost of childcare and transport.</p> <p>The number of parents from the</p>	<p>Increase income from employment</p>	<p>3 members of staff recruited, 2 in August and 1 in November 2023.</p> <p>Established strong networking connections with both internal and external services.</p> <p>Conducted introductory meetings and community engagement with targeted marginalized communities to identify and address barriers families are currently facing, ensuring they are highlighted and offered solutions. Building strong connections with parent groups, childcare establishments, community councils and 3rd sector organisations.</p> <p>Researched the childcare sector and consolidated valuable data from existing</p>	<p>Aberdeenshire Employment Support Team</p>

Appendix 2 – Child Poverty Action Plan

Action	Performance Measure	Key Driver	Progress	Lead
	priority groups that secure or sustain		<p>resources and materials, centralizing them into accessible documents.</p> <p>Collaborating and communicating effectively with the wider Employment Support Team to provide a joined-up approach, maintain consistency and provide support for parents.</p> <p>Developed and piloted ideas and proposals with Employability partners, Early Years Establishments and Parent Groups.</p>	
Provide appropriate support to address in-work poverty by targeting support to help parents already in jobs to remain active in the workplace through accessing the Parental Support Fund, Tax Free Childcare and gain skills or additional qualifications which supports Career progression.	<p>The number of parents from priority families, who are in work, to enhance their skills or supported through career progression.</p> <p>The number of families accessing the Parental Support Fund to support them to stay in work.</p>	Increase income from employment	<p>Parent CONNECT programmes are also available to parents who are underemployed they can access the support through any of the programmes.</p> <p>Using the PESF funding underemployed parents can access funding for training, and upskilling. PESF has also been utilised to pay for emergency childcare costs to enable parents to remain in employment.</p> <p>Promoting the 'Worrying about Money leaflet' within local communities.</p> <p>Highlighting and promoting the 'Employment Connect Grant Programme' and 'Parent Connect'</p>	Aberdeenshire Employability Partnership.

Appendix 2 – Child Poverty Action Plan

Action	Performance Measure	Key Driver	Progress	Lead
			<p>to offering a package of tailored support to eligible parents within the six criteria groups.</p> <p>Promoting and organising 6 Area information sessions with parents to highlight the support available and how to access it.</p>	
<p>Develop a partnership with local employers to increase the number of local businesses who are Living Wage employers.</p>	<p>The number of employers that have been engaged with to support them to become a living wage employer.</p> <p>The number of Living Wage employers who operate within Aberdeenshire</p>	<p>Increase income from employment</p>	<p>There are 81 accredited Living Wage employers in the Aberdeenshire area as at 22nd March 2024</p>	<p>Aberdeenshire Employability Partnership. Procurement.</p>
<p>Encourage all businesses that are delivering services which have been procured by Aberdeenshire's Community Planning Partners to be living wage</p>	<p>The number of employability opportunities delivered through procured services</p>	<p>Increase income from employment</p>	<p>Through procurement 171 employers are paying their staff the living wage this is an increase of 23% from previous years. 01 July 2023: All employed staff, including apprentices and any other workers engaged in delivering the grant-funded activity must be paid at least the real</p>	<p>Aberdeenshire Community Planning Board. Procurement</p>

Appendix 2 – Child Poverty Action Plan

Action	Performance Measure	Key Driver	Progress	Lead
employers with a diverse workforce which has no gender pay gap			<p>Living Wage.</p> <p>Aberdeenshire Council gained accredited status in October 2023</p> <p>https://online.aberdeenshire.gov.uk/apps/news/release.aspx?newsid=9176#:~:text=Aberdeenshire%20Council%20has%20been%20accredited,at%20%C2%A310.42%20per%20hour.</p>	

DRAFT

Appendix 3 – Child Poverty Action Plan

The below actions are aligned to Our Plan for the Future: People

Priority area: Children

What do we want to see ten years from now

- Young people enter adulthood with the capabilities and support to maximise mental health and wellbeing.
- All children facing adverse childhood events (ACEs) in their lives are supported by a joined up multi-agency approach from us and our partners.
- The inequalities gap between Care Experienced and non-Care Experienced young people is reduced.
- The outcomes for those children living in areas of deprivation are similar to those living in areas of affluence (beyond clinical outcomes).
- Families living in poverty are supported to thrive.
- Tackle intergenerational propagation of substance use and related illnesses (such as FASD – very underdiagnosed)

Action	What we need to do to deliver our action in Year 1?	Responsibility	Timescales	Measures and Evidence
Deliver on the child poverty plan	Deliver against year 1 actions within the Child Poverty Action Plan	Action Leads	March 2024 (See specific timescales to actions within linked report)	<u>Child Poverty Action Plan</u>
	Complete evaluation of income maximisation work in children services and use learning to upscale in other areas	Tracy Davis Child Health Commissioner	March 2023	Evaluation complete
	Develop clear actions for expansion of early years financial inclusion pathway based on recommendations from local research.	Tracy Davis Child Health Commissioner	March 2023	Action plan agreed

Objective:

The household income of 80% of families with children who access health services and are experiencing financial hardship is maximised by 2024.

Actions:

We will promote opportunities for financial support across all health settings.

- 1.1 Identify a mechanism to provide staff with up-to-date information and regular training updates on benefit entitlement changes
- 1.2 Ensure that all professionals have easy access to a benefits calculator
- 1.3 Facilitate at least one whole system learning event per year with a focus on poverty/ financial inclusion

Every opportunity is being taken to ensure that families are in receipt of their full social security entitlement.

- 2.1 Evidence of need from: 'Midwives, health visitors, family nurse practitioners and women's experience of NHS Grampian's Financial Inclusion Pathway in practice: A qualitative investigation of early implementation and impact.
- 2.2 Evaluated engagement activity with mothers and carers.

Progress:

- 1.1 The Financial Inclusion Teams (FIT) within each of our partnerships maintain financial inclusion and benefits information on their corporate websites. NHS Grampian staff are signposted to these website as relevant to their locality. Learning and training opportunities (local and national) for staff have been scoped and collated. The next phase of this work is to form a SLWG to develop a 'knowledge and skills' type framework to these learning opportunities.
- 1.2 The websites referred to above all have links to benefits calculators. FIT's are available to offer advice and support to professionals.
- 1.3 Not achieved (yet) although work to implement The Promise includes a particular focus on poverty. Children's Services Plans are framed around The Promise and as such present a useful vehicle for keeping poverty/financial inclusion current and relevant across multiple forums.
- 2.1 The Early Years Financial Inclusion (EYFI) and Infant Feeding in a Crisis (IFIC) pathways are being delivered in full across Grampian. This includes agreement with partners to provide data which will enable us to understand how many families have been supported and how much household income has increased in monetary terms.

The research presented widely both locally and nationally. The experience and stories of families through participation in the research project has informed planning for further scale up. An application was made to the Child Poverty Accelerator Fund in 2023 to provide capacity to enable us to roll out the Financial Inclusion Pathway across Public Dental Services. Unfortunately the application was unsuccessful so we are

exploring how we can scale up this work within existing capacity.

The Social Determinants questionnaire is being routinely used within Tier 3 Child Healthy Weight services. (I've a meeting with Kerstin next week to understand findings etc)

- 2.2 While we have not evaluated our engagement activity there has been some engagement work undertaken over the last year that informs planning and support for families living in poverty. In addition to the research referred to above there has been:
 - I. Case studies of families referred for support through the Income Maximisation pathway
 - II. Lived experience of families who have a child who is neurodiverse or regularly dysregulating
 - III. Lived experience of birth parents who have had a child permanently removed from their care

Objective:

The opportunities for families to access advice and support in relation to financial support that they can have had confidence in by 60% by 2024.

Actions:

Our workforce will be well equipped to offer support and/or referral to families.

- 1.1 Staff will receive an ongoing programme of training and support.
- 1.2 Run a pilot training programme of poverty awareness/ poverty sensitive practice for staff to test its usefulness and impact on confidence and practice.
- 1.3 The appropriate strategic group/ governance structure will be identified to ensure this work is delivered to a high standard and supported by the organisation.
- 1.4 The network between healthcare professionals, relevant third sector stakeholders and welfare rights officers will be enabled and encouraged in order to enhance local knowledge and understanding about income maximisation and services and supports.
- 1.5 The language and definitions used to describe financial services and supports will be harmonised in order to facilitate appropriate referral
- 1.6 A centralised digital resource will be developed and maintained, that is accessible for all staff and personalised to the three local authorities

Progress:

- 1.1 Training and support offers are available through partnership networks. In addition to this, the SLWG referred to above will consider the promotion of learning and training to the workforce, alongside the development of a knowledge and skills framework. Links have been made with the We Care team to explore further opportunities to support our workforce, both in being well prepared to

- support families but also in regard to their own financial health. Next meeting Wednesday 24th of January.
- 1.2 This is delayed to allow the completion of a knowledge and skills framework. The intention is to identify a test cohort within the workforce, to develop a simple survey which will capture pre-learning/training confidence and post learning/training confidence.
 - 1.3 The Child Poverty Action Plan sits within the wider NHS Grampian Health Inequalities Action Plan and is delivered through the Children's Board. Governance is through the Population Health Portfolio Board and Committee. The statutory requirements within the Child Poverty (Scotland) Act (2017) require us to prepare joint plans with our local authority partners. These sit within Children's Services Plans and governance is through the respective Children's Services Partnership Boards.
 - 1.4 The FIP and Infant Feeding in a Crisis pathways provide the basis for this work with networks and relationships having developed as the pathways have become more established. Learning from this will inform other opportunities for broadening networks and routes of communication.
 - 1.5 This is consistent across our plans and resources.
 - 1.6 Beyond the partnership websites this has not progressed. The usefulness given what already exists is no longer clear.

Objective:

90% of families asked, will report confidence in discussing financial issues with health professionals as a result of the normalisation of financial enquiry by 2024.

Actions:

Families will not feel stigmatised when raising financial concerns or seeking support.

- 1.1. Motivational interviewing and 'Having Effective Conversations' training will be offered to staff as part of a rolling programme of training
- 1.2. Review the type of training that may be included in such a programme to determine its suitability to deal with the complex issues and barriers that inhibit routine enquiry about financial challenges, e.g. perceived and actual risks of exacerbating partner violence, financial control and coercion, and parental concerns about triggering Child Protection concerns
- 1.3. Establish appropriate messaging to help de-stigmatise the notion of claiming benefits, or of seeking financial help, amongst young parents

Progress:

- 1.1 MEOC continues to be promoted widely. Recent conversation with Integrated Families Portfolio highlighted a need to understand what MEOC

looks like/or could look like within an acute setting. This will be taken forward.

The above training is included within the scoped learning/training offer to staff.

- 1.2 Partnership resources and pathways have been informed by lived experience and developed in collaboration with families, therefore we know that the language used and approach taken is acceptable to families experiencing poverty.

DRAFT

Local authority level data on child poverty and its drivers

Background

The Child Poverty (Scotland) Act 2017 sets out four high-level targets to tackle child poverty by 2030. In order to demonstrate how it is meeting these targets, the Scottish Government is required to produce a series of delivery plans and annual progress reports, describing the measures taken and how they contribute toward meeting the child poverty targets. Throughout the period to 2030, there will be three delivery plans. The first delivery plan *Every Child, Every Chance* covers the period 2018-2022.

The Act also introduces a requirement for local authorities and each relevant health board to jointly prepare a Local Child Poverty Action Report, as soon as practicable after the end of each reporting year.

Local data vs. national data

The *Every Child, Every Chance* delivery plan sets out the three key elements of the approach to monitoring and evaluating progress at the national level:

1. Monitoring child poverty - using data from the Family Resources Survey and Understanding Society, which provide statistics at national (Scotland) level only
2. Monitoring the drivers of child poverty - using data from the Child Poverty Measurement Framework
3. Assessing the impact of policies and external factors on poverty and its drivers

This dashboard provides data to help local partners monitor child poverty and its drivers at local authority level. It does not provide guidance on assessing the impact of policies and external factors on poverty and its drivers.

How to use the dashboard

This dashboard contains a selection of indicators available at local authority level. These indicators do not measure child poverty directly in the same way as the indicators used for the national targets, but they can be used to understand the local context and how that might be changing. The indicators chosen also provide some evidence on drivers of child poverty, along with information on the groups of people that are more at risk of experiencing child poverty.

These indicators are grouped into three sections:

Headlines - this sheet contains data that should assist with local monitoring of child poverty. Statistics from DWP/ HMRC 'children in low income families' have been identified as a headline indicator, because they are based on a robust source and available as time series. In addition, child poverty estimates published by the End Child Poverty Coalition are reported here. The DWP/ HMRC and End Child Poverty data are also available at sub-local authority level on their relevant websites. 'Proportions of households managing well financially' from the Scottish Household Survey are also reported in this section, as this measure can be seen as a proxy of financial resilience of households.

Select the local authorities from the drop-down menu on this sheet, and the selection will feed through to the other sheets.

Drivers – this sheet contains a selection of indicators of child poverty drivers (i.e. income from employment, income from social security and cost of living). The indicators selected do not provide a comprehensive and complete list of factors that drive child poverty, but may help with an overall understanding of the context.

People – this sheet contains indicators on groups of people who may be more at risk of experiencing child poverty. As above, the indicators selected do not cover all the priority groups as identified in *Every Child, Every Chance*, as there is limited routinely produced local statistics for all the groups. Regardless of data availability for each of these groups, it is important to have an understanding on who these groups are for services development, in terms of needs assessment and Equality Impact Assessment (Note: the priority groups are children living in lone parent households, households with 3 or more children, households with a disabled adult or child, minority ethnic households, households where the youngest child is aged under a year, households with a mother aged under 25).

Data sources – this sheet contains information on the data sources for the indicators used, along with information on the reasons for using such indicators, links to the relevant publications and guidance on how to access the specific data needed.

Underlying data for tables and charts are in hidden spreadsheets which can be unhidden if required.

However, users are advised to refer to the most recently published source data when reporting actual figures as data will be periodically updated and possibly revised.

The indicators are presented as a mix of charts and tables. Charts are useful to present time series in order to understand how the indicators vary over time and to provide a meaningful context for the latest data. Tables are used to provide a quick, visual illustration of the latest local authority figures against Scotland for indicators that tend to change only marginally over time. In the tables cells are colour-coded to show when the local figure is better than the national average (green) or worse (red).

This dashboard can be used to facilitate discussion among local partners around local needs and actions to address these and does not aim to provide a comprehensive picture of the issue of child poverty locally. Other relevant information will be available to local authorities and health boards through local sources, including research and operational information on service delivery.

Other useful resources

There are many sources that provide local-level statistics. These include:

Scottish Government Open Data platform: <https://statistics.gov.scot/home>

Scottish Government Scottish Household Survey local authority tables: <https://scotland.shinyapps.io/sg-scottish-household-survey-data-explorer/>

Scottish Government School Education Interactive Dashboards: <https://www.gov.scot/collections/school-education-statistics/>

ISD Scotland/NHS Health Scotland Scottish Public Health Observatory profiles: <https://www.scotpho.org.uk/comparative-health/profiles/online-profiles-tool>

Improvement Service Community Planning Outcomes profiles: <http://www.improvementservice.org.uk/community-planning-outcomes-profile.html>

ONS Nomis data platform: <https://www.nomisweb.co.uk/>

DWP Stat-Xplore data platform: <https://stat-xplore.dwp.gov.uk/webapi/jsf/login.xhtml>

If you have any questions or comments about this resource, please contact Elizabeth Fraser (elizabeth.fraser@gov.scot)

Local authority level data on child poverty - Headlines

Local authority

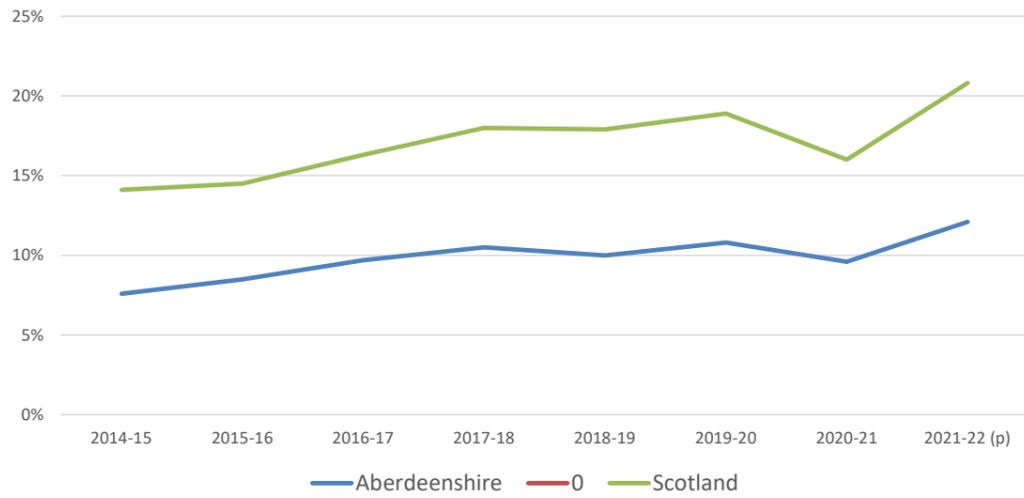
Use this drop-down menu to select your local authority of interest

Use this drop-down menu to select a second local authority for comparison

Aberdeenshire

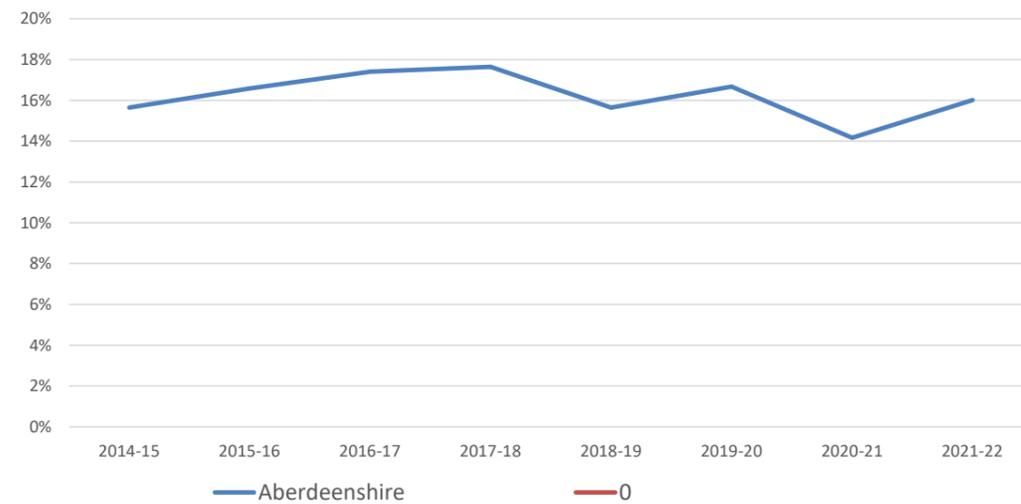
This sheet contains indicators that can be used as 'proxy' measures of child poverty locally

% Children in low-income families



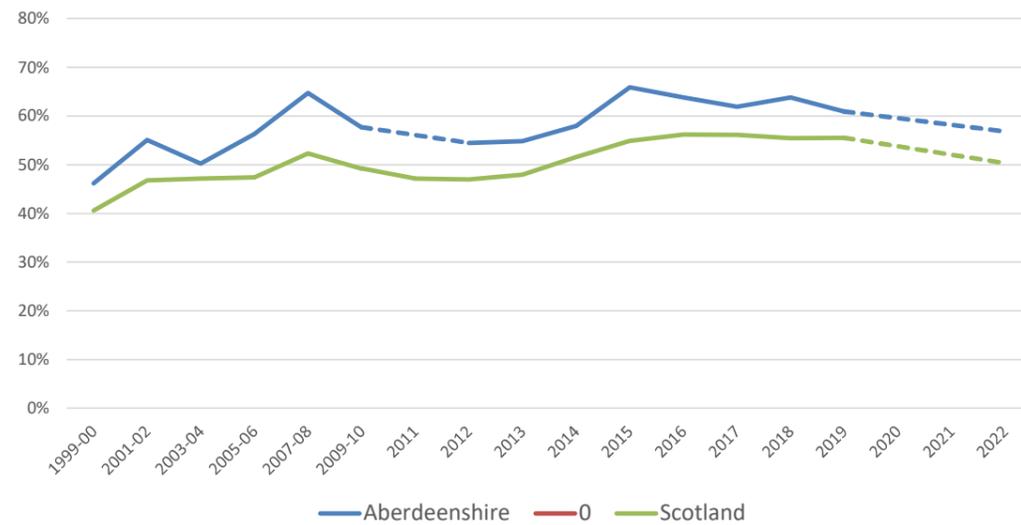
Source : DWP/HMRC children in low-income families local measure (Relative poverty before housing costs)
[Click here for more info](#)

Child poverty estimates (% after housing costs)



Source : End Child Poverty Coalition child poverty estimates (after housing costs)
[Click here for more info](#)

% Households managing well financially



Source : Scottish Government, Scottish Household Survey - Adults dataset
[Click here for more info](#)

Local authority level data on child poverty - Drivers

Local authority

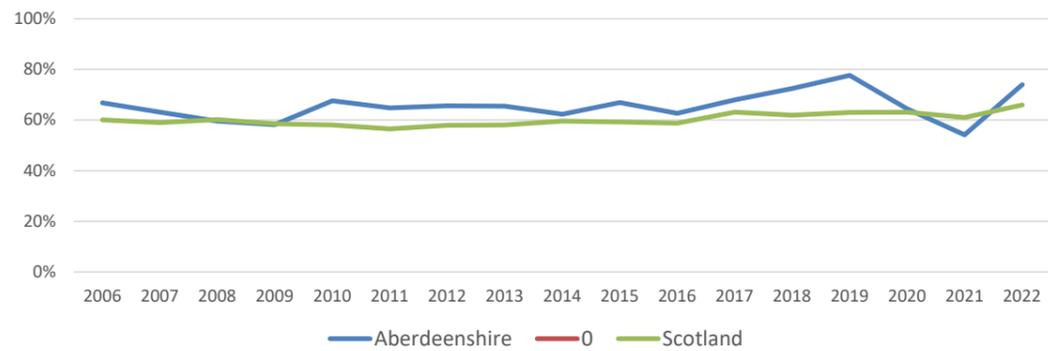
Aberdeenshire

0

This sheet contains a selection of indicators of child poverty drivers. These do not provide a comprehensive list of factors that drive child poverty, but may help with an overall understanding of the context

Work & earnings

% Children in working households

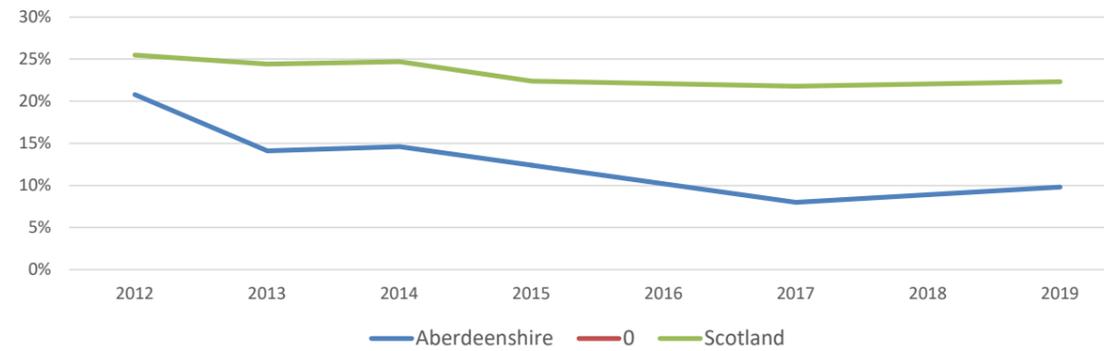


Source : ONS Annual Population Survey, household economic activity status

[Click here for more info](#)

Cost of living

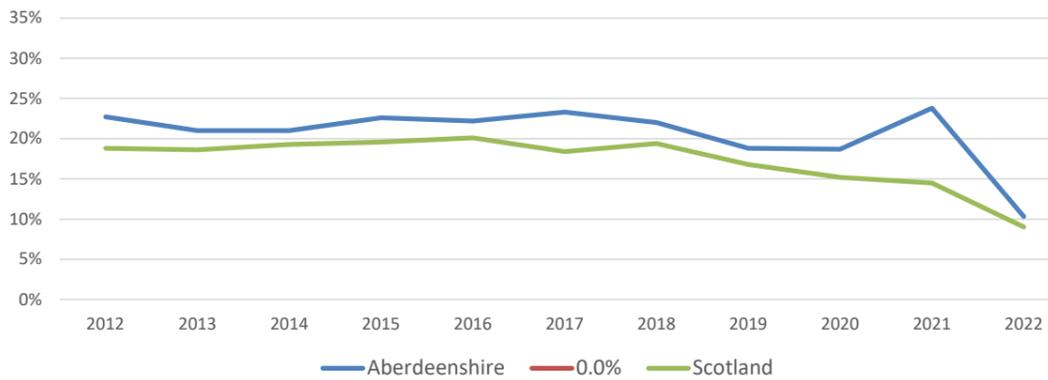
% Adults with no savings



Source : Scottish Government, Scottish Household Survey - Adults dataset

[Click here for more info](#)

% Employees (18+) earning less than the living wage



Source : ONS Annual Survey of Hours and Earnings

Data are not available for some areas and years due to small sample sizes.

[Click here for more info](#)

Additional context

Employment in 'lower paid' occupations

(% of all in employment)

Aberdeenshire	0	Scotland
19%	#N/A	27%

Source : ONS Annual Population Survey, year to Jun 2023

[Click here for more info](#)

Median full-time gross weekly earnings

Aberdeenshire	0	Scotland
£709	#N/A	£622
£640	#N/A	£622

Resident analysis

Workplace analysis

Source : ONS Annual Survey of Hours and Earnings, 2022 data

Underemployment of 16+ population (%)



Local authority level data on child poverty - People

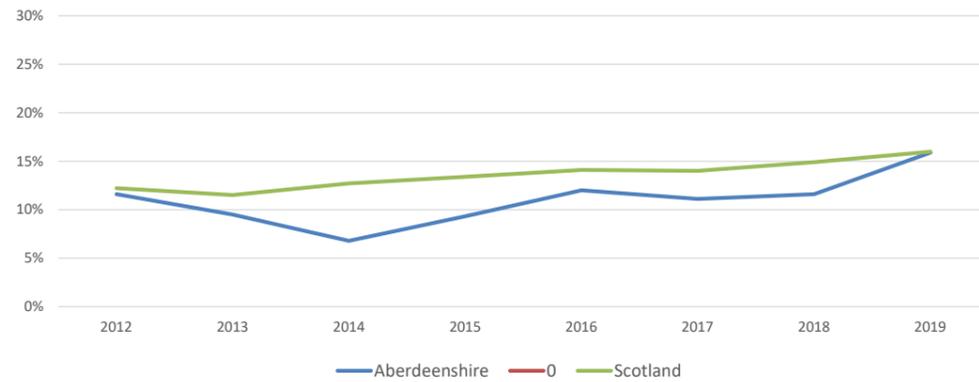
Local authority

Aberdeenshire

0

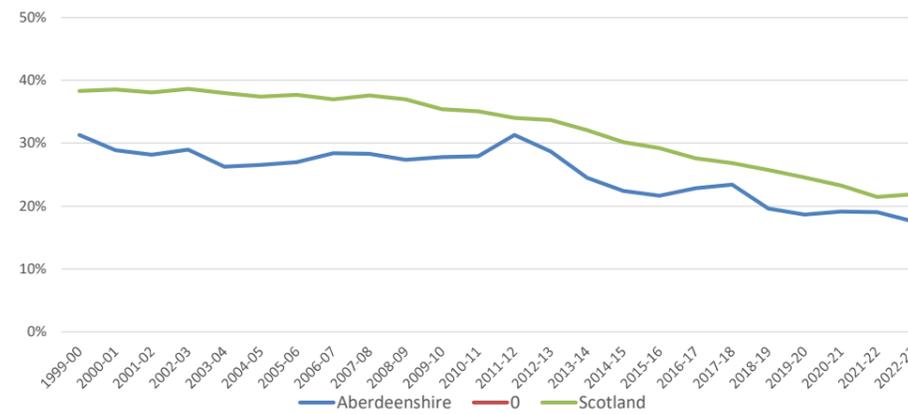
This sheet provides context on the priority groups identified in 'Every Child, Every Chance' and profile information on child population.

% Adults reporting a limiting long-term physical or mental health problem - households with children



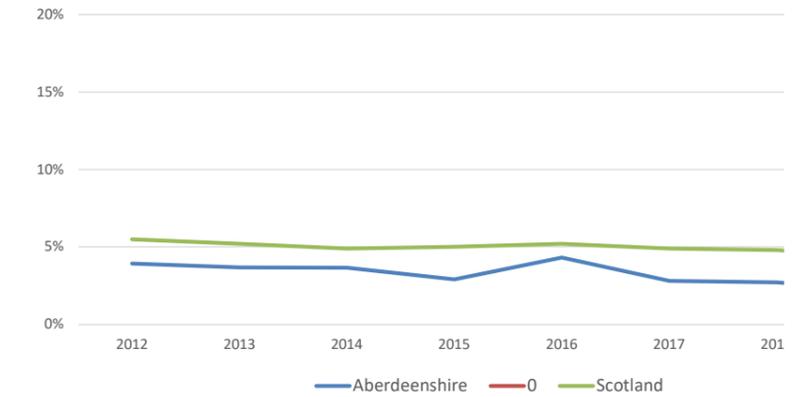
Source : Scottish Government, Scottish Surveys Core Questions
[Click here for more info](#)

% First time mothers under 25



Source : Public Health Scotland, Scottish Morbidity Record 02
[Click here for more info](#)

% Single parent households



Source : Scottish Government, Scottish Surveys Core Questions
[Click here for more info](#)

Non-white minority ethnic - % of total population

	Aberdeenshire	0	Scotland
Non-white minority ethnic group	1%	#N/A	5%

Source : Scottish Government, Scottish Survey Core Questions 2019

* Figure missing due to small sample size

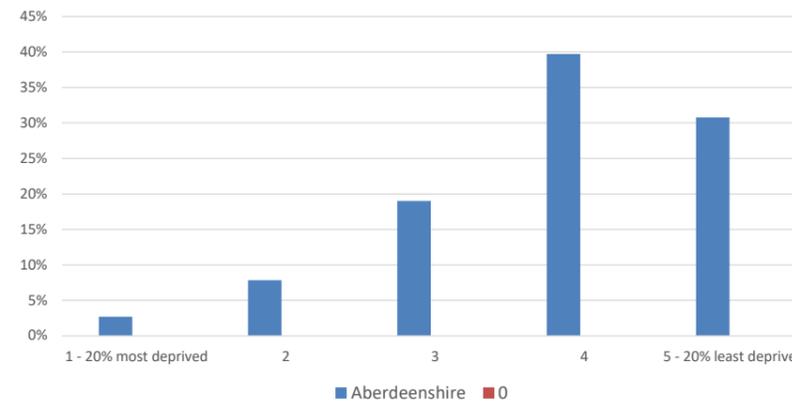
[Click here for more info](#)

Children under 16 - Population estimates

	Aberdeenshire	0	Scotland
Children under 16 - population estimates	48,578	#N/A	916,783
Children under 16 as % of total population	18.5%	#N/A	16.8%

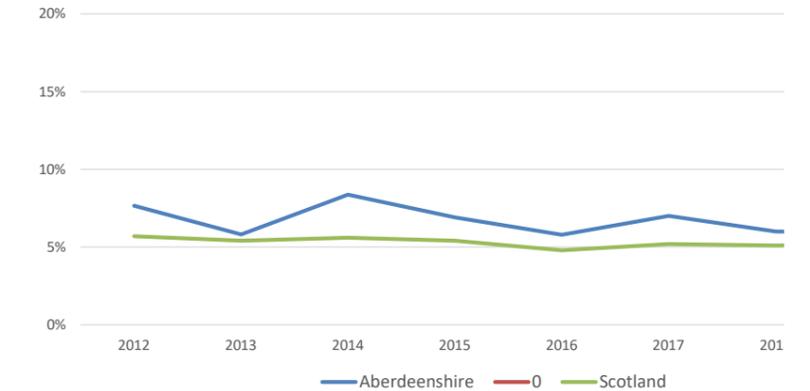
Source : National Records of Scotland, mid-2021 population estimates

% Children under 16 by SIMD 2020 quintile



Source : National Records of Scotland, 2021 small area population estimates and Scottish Index of Multiple Deprivation

% Large family households



Source : Scottish Government, Scottish Surveys Core Questions

People Selection of profile indicators on priority groups	Adults reporting a limiting long-term physical or mental health problem - households with children	Proportions of adults reporting a limiting long-term physical or mental health conditions is one of the indicators from the Scottish Surveys Core Questions (SSCQ), which is the result of a harmonised design across the three major Scottish Government household surveys.	Contextual information on priority group.	Scottish Government Scottish Surveys Core Questions	At the link provided, select measure type: Percent Age: All Gender: All Household Type: With Children Limiting Long-term Physical or Mental Health Condition: Limiting condition Type Of Tenure: All Download as CSV file.	Annual however the covid pandemic has affected data continuity.	A post COVID update will be provided in Spring 2024
	First time mothers under 25	Proportion of first time mothers who are aged 19 and under. The 3 year aggregate shown is for financial year ending 31 March and refers to the year of discharge from hospital.	Contextual information on priority group.	ISD Parity dataset	The link provided gives the full table for all age ranges. Local authority codes are provided instead of labels: these are included in the hidden data sheet in this workbook.	Annual	Not specified
	Single parent/large family households	A single parent household is defined as a household which contains one adult of any age and one or more children.	Contextual information on priority group.	Scottish Government Scottish Survey Core Questions	Download the supplementary tables Excel file and refer to Table 3.1.	Annual however the covid pandemic has affected data continuity	A post COVID update will be provided in Spring 2024
	Children (under 16) population estimates	Data from NRS mid-year population estimates for children under 16.	Contextual information on child population.	NRS mid-year population estimates	Table 2 gives the population estimates by sex, single year of age and administrative area. You can sum the number of people of age from 0 to 15 in order to obtain the number of children under 16. Then divide by the total local authority population to get proportions.	Annual	Usually released in August
	Children (under 16) by SIMD 2020 quintile	Data from NRS mid-year population estimates for children under 16 by Scottish Index of Multiple Deprivation (SIMD16) quintile.	Contextual information on child population.	NRS mid-year population estimates by SIMD	Table 2 shows the local authority population estimates by age and SIMD decile. The under 16 population was calculated and a pivot table used to convert the deciles to quintiles and calculate the percentages. This pivot table can be found in the hidden sheet in this workbook.	Annual	Usually released in September
	Non-white minority ethnic population	Non-white minority ethnic group is defined as 'Asian' and categories within the 'Mixed or Multiple Ethnic Group', 'African', 'Caribbean or Black', and 'Other Ethnic Group' sections.	Contextual information on priority group.	Scottish Government Scottish Survey Core Questions	Download the supplementary tables Excel file and refer to Table 4.2 for information on ethnicity. Non-white minority ethnic group is defined here as 'Asian' and 'All other ethnic groups' combined.	Annual however the covid pandemic has affected data continuity.	A post COVID update will be provided in Spring 2024



THE DIFFERENCE WE MAKE

March 2024 Year 2 Annual Impact Report Appendix

Fairer Aberdeenshire: Tackling Poverty and Inequalities Fund

pamis
promoting a more inclusive society

Aberdeenshire
COUNCIL



PAMIS (Promoting a More Inclusive Society)

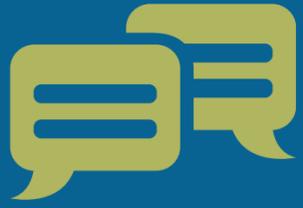
PAMIS, promoting a more inclusive society, is the only charity that solely supports children, young people and adults with profound and multiple learning disabilities (PMLD) and their families to lead healthy, valued and included lives doing the things they want to do within their community.

PAMIS understand the complexity of care and support required for individuals with PMLD and offers a range of projects and programmes including: Family support services; education and development; research and practice development; inclusive culture and leisure; campaigns; information sharing and an extensive library including the PAMIS multisensory stories; and resources to support technology enabled care.

Profound means deep, wise and expert. PAMIS believe people with profound learning disabilities teach the rest of us how to care, how to act with compassion and how to work as a team.



Watch our Profound Film on YouTube!



5

New Family Referrals



12

Outdoor Leisure Events



3 + 1

3 new Digital Passports, 1 Updated



19

Home Visits



163

Enquiries Received



74

Families on Our Books



19

Online Events

ABERDEENSHIRE BY THE NUMBERS

We hosted a number of events for people with PMLD, their family carers and professionals

pamis Aberdeen COUNCIL

We invite you to
Pony Axe S in Aberdeenshire
 Monday 9th October Fraserburgh Beach
 Tuesday 10th October Duthie Park- Aberdeen
 Thursday 12th October Dunnottar Woods- Stonehaven

Q & A SESSION
 WITH NURSE JACKIE

12 MARCH 2024
10:30-12:00
ONLINE

Exclusively for PAMIS family carers, this interactive session will be a chance to get advice and ask your questions about accessing reasonable adjustments, preparing for appointments and getting support when you need it.

WHAT IS A REASONABLE ADJUSTMENT WHEN I SEE A DOCTOR?

pamis cuppa and a chat:
POSTURAL CARE
 RELAXED EVENING INFO SESSION

POSTURAL CARE IS IMPORTANT FOR PEOPLE WITH MOVEMENT DIFFICULTIES.

LET'S CHAT ABOUT IT OVER A CUPPA WITH FRIENDLY FAMILY CARERS JENNY & CAROLYNNE WHO ARE PASSIONATE ABOUT DELIVERING POSTURAL CARE TRAINING TO THE PEOPLE WHO NEED IT MOST.

WITHOUT POSTURAL CARE, PEOPLE WITH MOVEMENT DIFFICULTIES ARE MORE LIKELY TO EXPERIENCE:

- CHANGES IN BODY SHAPE
- PAIN AND DISCOMFORT WHEN SITTING AND LYING DOWN
- CHEST AND BREATHING PROBLEMS
- NEED FOR SURGERY

DATE: []
 WHERE: ONLINE VIA ZOOM
 TIME: 07:30 PM- 09:00 PM
Free!

pamis Aberdeen COUNCIL Funded by: The **Stafford Trust**

PAMIS Aberdeenshire
Pony Axe S Events

Fraserburgh Beach – Monday 7th August
 Duthie Park, Aberdeen – Tuesday 8th August
 Dunnottar Woods, Stonehaven Thursday 10th August

pamis presents
BENEFITS AWARENESS SESSION
 Aberdeenshire Council's Advice and Welfare Rights Team
 10:30-12:30

if you want to know more about:

- Keeping warm and saving money
- Disability Benefits and Payments
- How to get support when you need it

pamis Aberdeen COUNCIL Funded by: The **Stafford Trust**

DISABILITY BENEFITS

Aberdeenshire Council Money Advice & Welfare
Benefit Awareness Session for
 Tuesday 18th April 2023 from 10:30am to 12:30pm

We know how puzzling the welfare system can be. Aberdeenshire Council Money Advice & Welfare are hosting an online Benefit Awareness session which aims to help family carers with the current disability benefits system, providing information on upcoming changes plus advice on where to go for more in-depth help and support.

I am in charge of my life

Story & Narrative:
 A powerful tool to put people back into paperwork

pamis Aberdeen COUNCIL Funded by: The **Stafford Trust**

PAMIS Aberdeenshire
Pony Axe S Events

Fraserburgh Beach – Monday 15th May
 Duthie Park, Aberdeen – Wednesday 17th May
 Dunnottar Woods, Stonehaven Thursday 18th May

pamis Aberdeen COUNCIL

Cuppa & Chat about Postural Care

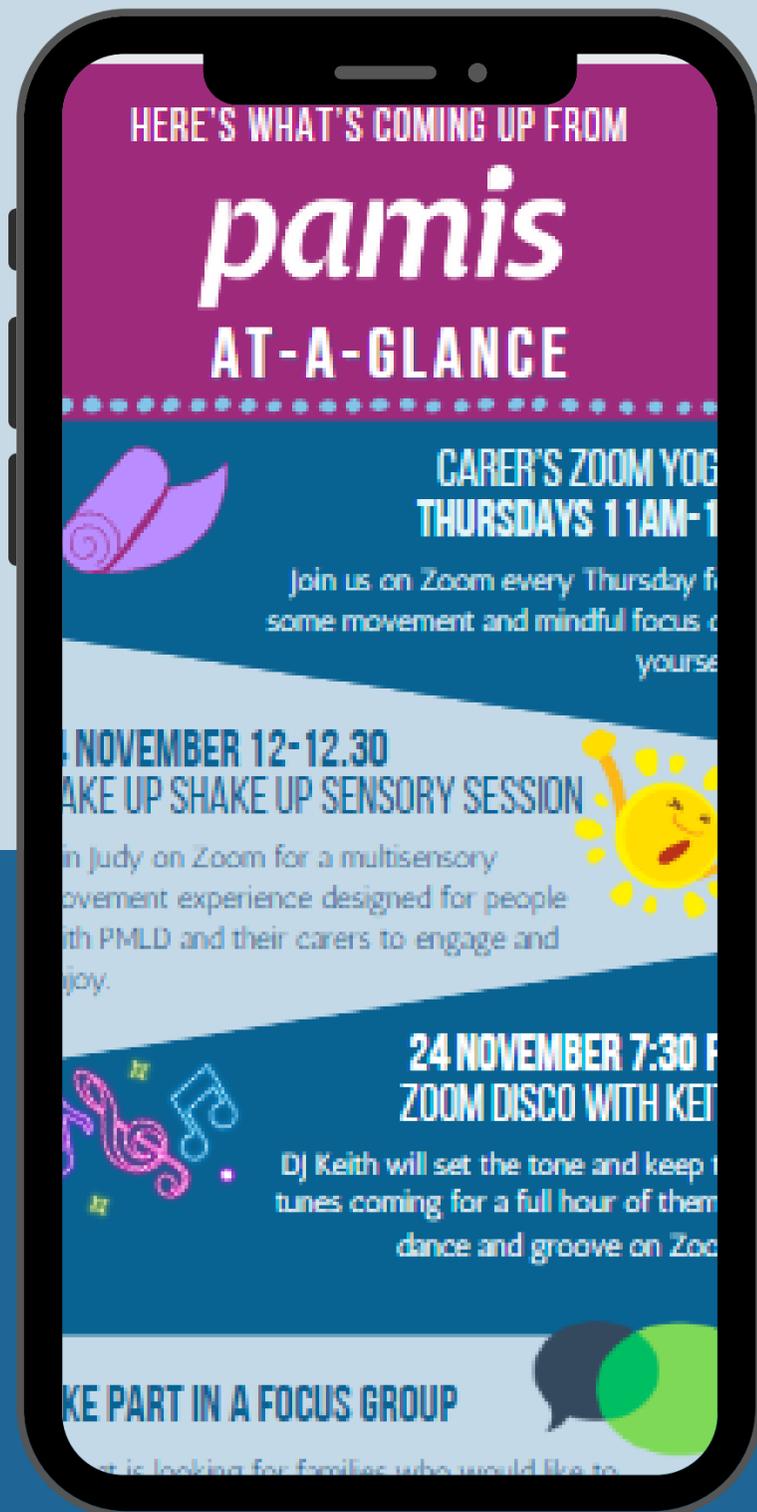
Join us for a coffee chat with friendly parent and carer Jenny and Carolynne who will share the importance of finding out about postural care.

isn't part of a 24 hour day with movement changes in the body can lead to pain when sitting and lying down causing breathing problems, chest and breathing problems, and need for surgery.

in place 24 hours to improve the quality of movement

Date: Tuesday 19th September
 Time: 7:30pm to 9pm
 Location: Zoom

elle.shull@pamis.org.uk
 or with questions



“I can save it to my phone and refer back!”

We trialled a visual newsletter, which received positive feedback initially for the easy-to-reference nature.



However, ultimately we have decided to return to list-based text format emails in order to ensure information can be shared more quickly. The shareable, easy to use visuals are still a part of our sharing, primarily for events and information sharing.



PONY AXE S



Themes and quotes from conversations with Aberdeenshire families this year



- Feeling Heard
- Excited to contribute
 - Positive feelings about support
 - Happy to have information about health and benefits
 - More opportunities available lately



- Bills are high
- Too many processes changing without notice
- Weather is bad, don't want to get out
- Not enough support, no carers

“

“It's hard to know where to look to find [the answer] but I know I can always reach out to PAMIS.”

”



“

Getting out without much pressure to spend money is a lot less stressful.

”

“

*We love coming to Pony Axe S!
It's the only way that [our daughter] can get into the woods and she loves the bumps.*

”

Accessibility is important for social inclusion!

We share information we think could help families in reducing financial burden and isolation, as well as opportunities to share their lived experience in research spaces.

Danielle from PAMIS
27 November 2023 · 🌐

Are you a family caregiver?

What is the research?
I am passionate about what compassion means to family caregivers of individuals with a learning disability who have additional needs*, and display behaviours of concern**. There are no right or wrong answers!

***Additional needs** may include individuals who receive intensive support, and support with health care, sensory processing, communication, mobility, and daily living tasks. Individuals may have previously received a diagnosis of 'Severe, Profound and Multiple Learning Disability'.

**** Behaviours of concern**, previously referred to as challenging behaviour or behaviours that challenge, refers to many different behaviours, some of which may be hair pulling, hitting, head banging, smearing, removing clothes, and a range of other behaviours that might negatively affect the health, safety or quality of life of the person or others around them.

What would I have to do?
The research will consist of an online or a face-to-face interview (your preference!), to discuss what compassion means to you, and how you experience compassion. The interview may last approximately up to one hour. With your consent, the interviews will be audio recorded only.

What are the benefits of taking part?
We are hoping that the research will be helpful in improving the ways that professionals, friends and family members can support caregivers, and provide the best possible support in the future.

If you are interested in taking part or if you have any questions, please email me on: c.n.barber-2021@hull.ac.uk. Emailing me does not mean that you must take part – I can give you more information and it is your decision. All information will be kept completely anonymous, safe and confidential.

Pamis
24 November 2023 · 🌐

"Please read and share!"

Hi, my name is Charlotte and I am looking for participants to take part in my research as part of my Doctorate in Clinical Psychology. ... [See more](#)

Danielle from PAMIS
3 September 2023 · 🌐

FAMILY FUND & INDEPENDENT LIVING FUND

Information Event

The Family Fund Charity and ILF will be holding an information event on the grants and support they can offer to families with seriously-ill or disabled children

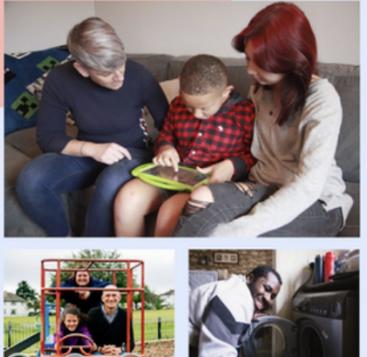
50 YEARS OF SUPPORT

Family Fund
Helping disabled children

Wednesday 13th September 2-4pm

COMMUNITY ROOM, ROWLANDS PHARMACY, MARKET STREET, ELLON

Organised by **Clr Louise McAllister**



Danielle from PAMIS
29 January · 🌐

Pamis
24 January · 🌐

Families could be entitled to a "child winter heating payment" of £235.70, if they have a child or young person under 19 and are in receipt of certain benefits.... [See more](#)

mygov.scot

MYGOV.SCOT

Child Winter Heating Payment

Find out about Child Winter Heating Payment, when it is paid and h...

Brenda Garrard
4 July 2023 · 🌐

PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE 6 WEEKS SUMMER HOLIDAYS 2023

moneysavingcentral.co.uk/kids-eat-free

ASDA Kids eat for £1 All Day. Every Day at Asda cafes, with no adult spend required.	MORRISONS Spend £4.49 & get one free kids meal all day, every day. FREE Crumpets also available
TESCO Kids eat free with a purchase of 60p+ from Mon 24th July - Fri 1st September 2023	GORDON RAMSEY RESTAURANTS Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants
SAINSBURY'S CAFES Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.	PRETO Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms
BEEFEATER & BREWERS FAYRE Two children under 16 can get a free breakfast every day with one paying adult!	BILLS 2 kids eat FREE Monday - Friday from Monday 24th July - Friday 1st Sept 2023
THE REAL GREEK Kids under 12 eat FREE every Sunday for every £10 spent by an adult	BELLA ITALIA Children eat for £1 with an adult main. The offer is valid 4-6pm Mon to Thurs.
M&S Free Kid's Munch Meal when you spend £5+ on non-kids food or drink at M&S Cafés	WHITBREAD INNS Two kids under 16 eat for FREE with every adult breakfast purchased
TRAVELODGE & PREMIER INN Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free	BREWDOG Kids under 13 eat free until August 25th 2023 with one adult's main meal when you pre-book with code: KIDS EAT FREE
SIZZLING PUBS Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.	TABLE TABLE Two children under 16 can get a free breakfast every day with one paying adult!
TGI FRIDAYS Kids Eat Free When 'Stripes Rewards Members' purchase a full priced adult's main meal (App needed)	PAUSA CAFE @ DUNELM Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm
HUNGRY HORSE Kids eat for £1 on Mondays	YO! SUSHI From Mon 17th of July until Fri 11th of Aug kids eat free with every £10 adult spend
IKEA Kids get a meal from 95p daily from 11am	FUTURE INNS Under 5s eat for free with any adult meal.

Copyright of MONEY SAVING CENTRAL

Money Saving Central
3 July 2023 · 🌐

Places Where Kids Eat Free (or for £1) During The 6 Weeks Summer Holidays!
Full List & Updates <https://moneysavingcentral.co.uk/kids-eat-free>

Brenda Garrard
1 September 2023 · 🌐

SENSORY SCHOOLWEAR

specialy adapted for disabled children
- looks identical to traditional uniforms!



Contact - For families with disabled children
31 August 2023 · 🌐

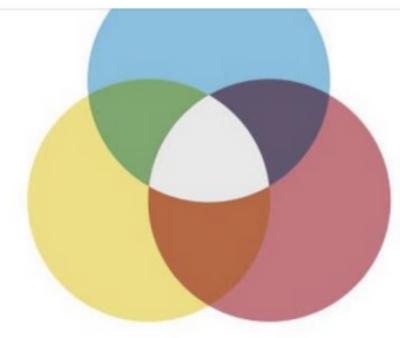
If your disabled child has sensory issues that make traditional school uniforms feel uncomfortable, give this these adaptive clothes and shoes a try bit.ly/Sen... [See more](#)

Pamis
6h · 🌐

Are you a parent, guardian or carer for a young disabled person between the ages of 16-29?

If so the [University of Glasgow](#) would like to invite you to participate in their research project exploring the experiences of young disabled people dealing with the transition into adulthood.

"This research is being done in partnership with Newcastle and York Universities. We are keen to interview you about your experience supporting a young disabled person. The interview would be about an hour long and can be done in person or online. You can find out more from our website Exploring the Inequalities and Diversities in Disabled Young Adult Transitions. Please feel free to contact me for more information at 07405 767 464 or at jane.cullingworth@glasgow.ac.uk"



Disability and Youth Transitions

DISABILITYANDYOUTHTRANSITIONS.CO.UK

Disability and Youth Transitions

Exploring the Inequalities and Diversities in Disabled Young Adult Transitions Disabled young people ...



Partnership working



**Information
&
Knowledge**

**Shared
Events**

**Advice,
support and
research**

Together, we can include and improve things for everyone.

Over the last year, we have invited curiosity into conversations about some of the challenges facing our families, the services they receive, and statutory services.

HERE ARE SOME OF THE THINGS WE LEARNED:

- Families really love getting outdoors together to explore their communities
- It is important to families that their needs be considered before they go unmet
- Families depend on third sector services to stay up to date with information
- Rainy day pony rides are often a sensory joy!
- Family carers wish there was more understanding about their needs in service design and delivery.
- Health inequalities are an impactful of them on family dynamics, finances, employment and mental health.
- Connecting with the community to learn and share knowledge is a key step to relationship building and signposting.

WE ALSO LEARNED THAT FAMILIES WOULD REALLY LIKE TO DO SOME SPORTING, SOME COOKING, AND SOME LEARNING TOGETHER.

We'll use this info to adapt and design our Year 3 service delivery to meet project need and expressed family interest.

HERE'S WHAT'S COMING IN YEAR 3

We recognise that building meaningful relationships cannot be rushed, so in Year 3 we will keep this focus at the core of everything we do so that we can meet outcomes with care and intention.



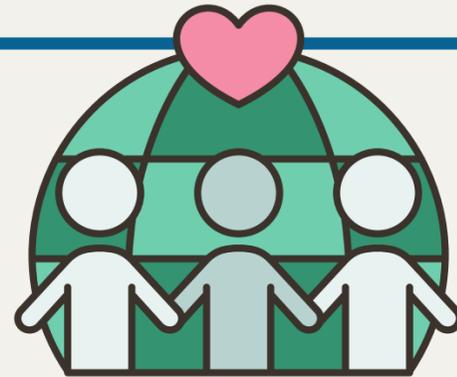
We will begin engaging with Aberdeenshire family experiences, adding them to a Scotland-wide picture of carer-positive employment opportunities, needs and challenges.

EMPATHETIC ROUTES TO EMPLOYMENT ROUTES INTRODUCED

A FOCUS ON MEANINGFUL RELATIONSHIP BUILDING

CONTINUED PARTNERSHIP WORKING

Together we flourish, so this year we will work with our partners to action the identified challenges in the ways we work and share



LEARNING AND DEVELOPMENT

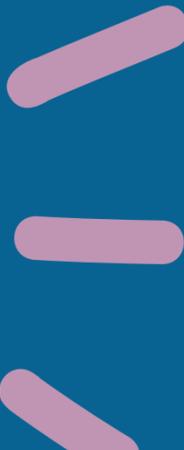
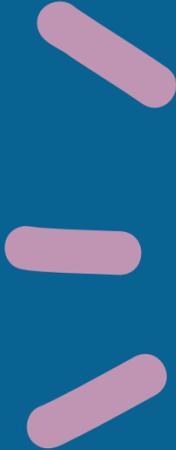
We are in talks with Rainbow Rogues to deliver postural care training to their organisation, and we are working to organise access to Sporting Opportunities for Multiple Abilities (SOMA) training in Stonehaven.

We hope to build new relationships and opportunities to share knowledge.



Thank You from **pamis**

Fairer Aberdeenshire Tackling Poverty and Inequalities is making the difference in the lives of people with PMLD and their family carers by funding PAMIS, and we hope you have enjoyed a glimpse into what we're doing along the way.



Annual Report assembled on 12 March 2024 for
Annette Johnstone and the TPI team.
Thank you for your support.

FAMILY SUPPORT DIRECTOR:
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