



Fullscope

Changing systems,
improving young lives

Fullscope strategic plan 2023-2026



We are building on our successes since the birth of Fullscope and considering what we have learned. We are learning from the world around us and are setting ourselves ambitious goals for the future.

What needs to happen in the world of mental health for children and young people?

Fullscope is ambitious for system change. We recognise that welfare, health and social care systems are large and complex, and change can be slow and incremental. However, we believe that innovative, transformational and radical change is both possible and urgently needed.

A comprehensive review of our first three years looked at areas of success and areas for change and has led to the development of a new three year plan.

This new strategic plan will focus on our core areas:

Learning

We listen and learn with children, young people and their communities.

We identify gaps and systemic challenges and innovate sustainable solutions.

We co-produce new projects to improve the mental wellbeing of more children and young people.

Amplifying and Influencing

We influence local policy and provision, using our collective voice.

We maximise quality and positive outcomes and share our good practice locally and nationally.



Who are Fullscope?

Fullscope is a consortium of organisations and individuals united by a vision of positive mental health for all, but especially for children and young people in Cambridgeshire and Peterborough.

The consortium organisations share the vision of positive mental health for all and believe this can only be achieved through collaboration between children, young people, families, specialist organisations and the wider community.

We deliver pilot projects, do research, and work closely with other organisations to make the important changes that we believe are needed in children and young people's mental health.

Our main ambition over our first three years has been to deliver system change through project work, shared learning and influencing. You can read about Fullscope's work by scanning the QR here:



Fullscope Collaborative

Fullscope Collaborative are active participants from the wider Fullscope Community who work actively with and advocate for Fullscope's mission, collaborating on fundraising, projects, research, evaluation and helping the wider community to learn.

Fullscope Partnership Board

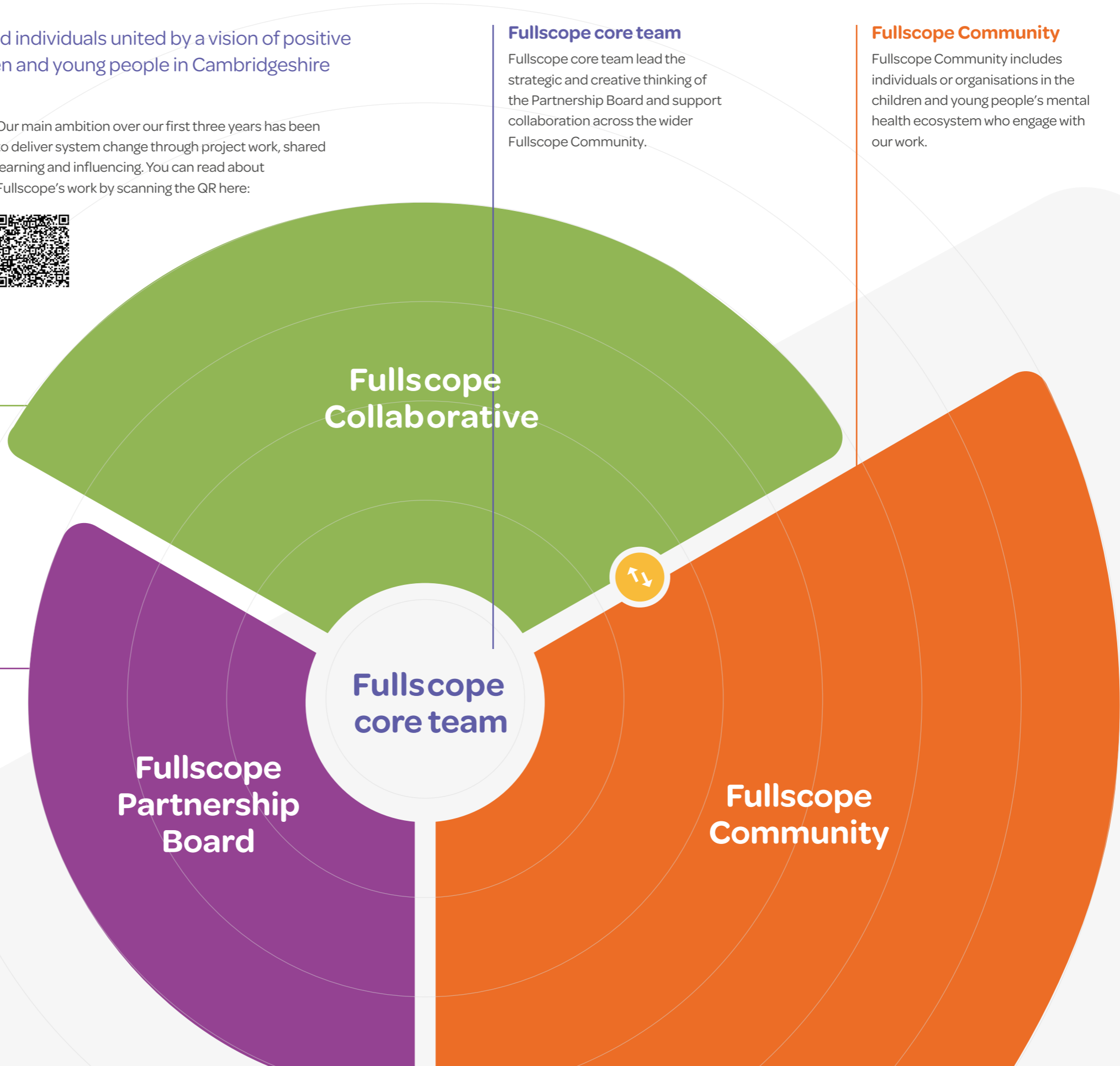
Fullscope Partnership Board are senior leaders from charities in the children and young people's mental health and wellbeing sector. The Board is a non-governing body which takes a leadership role in Fullscope's strategic direction and overall impact.

Fullscope core team

Fullscope core team lead the strategic and creative thinking of the Partnership Board and support collaboration across the wider Fullscope Community.

Fullscope Community

Fullscope Community includes individuals or organisations in the children and young people's mental health ecosystem who engage with our work.



Our vision and mission

Fullscope consortium members came together in 2018 to bring creative thinking to the children and young people’s mental health system.

Our Vision is a county in which children, young people and their communities are healthy, resilient and empowered around their mental wellbeing.

Our Mission, as a consortium of charities, is to affect a more accessible, relevant and equitable system to support children and young people with their mental wellbeing.

Our current partnership board



How do we work?

The Fullscope consortium approach – Fullscope uses collaboration to share knowledge and information, streamline support, and instigate system change for children and young people’s mental health and wellbeing.

There is a strong consensus that Fullscope is filling gaps that previously existed in the local ecosystem and that the consortium brings values beyond the sum of its parts.

“We are part of Fullscope because we realise that we can’t change the system on our own ... but together we are starting to see real change for children and young people” – Fullscope member

We are driven by Our Values

- 1. We empower** children, young people and their families

We strive always to enable children, young people and their families to exercise agency and control over their lives and services. We communicate positive, strengths-based narratives about mental health.

- 2. We challenge** health inequalities

We challenge health inequalities and work to overcome them. We take an intersectional approach to understanding the complex needs of individuals, always considering how their health is affected by inequalities in wider society.

- 3. We focus** on innovation for system improvement

We are creative, innovative and agile in our approaches. We think and work transparently, collaboratively and holistically, with each other and our diverse partners. We focus on long term change rather than short-termism.

Why does it matter?

What do we know about the mental health of children and young people in Cambridgeshire and Peterborough?



Data from local organisations shows:

↑ School refusal, separation anxiety and sleeping problems have increased post pandemic in this group.

↑ There are increases in numbers of young people reporting suicidal thoughts.

26%

The largest treatment offer for this age group is IAPT which only accepts 26% of referrals.

The age groups that have seen the biggest rise in mental health problems since the pandemic are primary age children and young adults.

11-17yrs
Children and young people's services are delivered most to young people between 11 and 17, and in the case of health services, particularly to 14- 16 year olds.

20-25yrs
Young people aged 20-25 are the most vulnerable group often requiring a crisis response.

Mental health operates with great health inequality

Some groups of children and young people are put at higher risk by their circumstances and experiences of inequality, stress or trauma.

Specifically those with experiences of:

- Financial hardship
- Adverse childhood experiences
- Interparental conflict and domestic abuse
- Lesbian, gay, bisexual, transgender (LGBT+)
- Being Young Carers
- Living with a parent who misuses substances
- Bullying
- Care leaving
- Being affected by abuse or neglect or a Looked After Child
- A physical or learning disability or neurodiverse condition
- Being a young parent
- Being homeless
- Parents in prison
- Being migrants or refugees
- Being from ethnic minority communities
- Alternative learning provision, school absence or elected home education
- Involvement in criminal activity or exploitation, or in contact with the criminal justice system

There are many more children and young people needing support than current "traditional" mental health services can reach.

- Demand for treatment is rising and services are under pressure.
- Children and young people are often receiving fragmented help, and many are missing out.

What does the future hold?

What we want to achieve over the next three years is summarised in our Theory of Change with the following main points:

- To listen to and learn with children, young people and their communities, enabling them to exercise agency and control over their lives and services.
- To identify gaps and systemic challenges.
- To innovate sustainable solutions. We will be creative, innovative and agile in our approaches.
- To influence policy and provision, using our collective voice.
- To share good practice and communicate positive, strengths-based narratives about mental health.
- To develop the Fullscope Consortium to ensure we have the right people, resources, structures and systems to enable us to effectively operate, develop and improve our impact.

Learning



Our Goals

- 1 To **listen** and **learn** with our communities.
- 2 To identify gaps and systemic challenges and **innovate sustainable solutions**.
- 3 To co-produce **new projects**, improving the wellbeing of more children and young people.



We will:

- 1 **Invest** in data to gain a high quality “picture” of mental health need.
- 2 **Articulate** a clear strategic approach to health inequalities.
- 3 **Identify** co-production, research and pilot opportunities, then deliver and evaluate them.
- 4 **Collate** our findings and recommendations in an impactful way.

Amplifying and Influencing



Our Goals

- 1 To **influence** local policy and provision, using our collective voice.
- 2 To **maximise quality** and positive outcomes.
- 3 To **share good practice** locally and nationally.



We will:

- 1 **Agree** an annual set of influencing priorities drawing on learning and evidence.
- 2 **Explain** and amplify our work with clear calls to action through:
 - Influencing and communications strategies and frameworks.
 - Annual impact reports and convenings.
- 3 **Establish** a framework to measure the impact of our work.



We want to create hope
in the mental health
system- a sense that good
outcomes for children and
young people at scale are
possible and achievable.



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**COMMUNITY
FUND**

If you would like to find out more
about our projects, please visit
Fullscope or contact us via:

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www.fullscopecollaboration.org.uk