



Using the Flourish framework to promote wellbeing

Some useful links....



[Children and Young People Strategic Alliance - Norfolk County Council](#)

(with links to the Flourish Anthem, Flourish Pledge, and Flourish Awards pages)

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(for Flourish support and implementation in your organisation)

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(where I post on Flourish activity across the county)



Welcome!



Please be aware that some of the sessions are being recorded for sharing later.

We want people to participate but please use the 'raise hand' facility to ask questions and contribute when others are talking.

Please be considerate to others - together we want to create a safe, open and reflective space to learn.

You can turn on live captions on by clicking on the 3 dots at the top of your screen if you need this.

Please do take the time to provide us with some feedback towards the end of the session.

Thank you!



Norfolk Multi-agency Practice Week



Feedback can be provided through the QR code on the left or through this link which will be shared in the chat:

<https://forms.office.com/e/EM5kEwrFLJ>



Outcomes for today

- Quick overview of Flourish
- It's use to promote wellbeing for children and young people
- Practice examples
- How might you use it ? (workshop in rooms)
- Group feedback
- A song !



What FLOURISH means

It is about our ambition for children, young people and families. Focusing on promoting their wellbeing

Each letter of
FLOURISH
reflects an
aspect of
children and
young people's
lives that they
have told us is
important to
them



We want Norfolk to be a county where every child can **flourish**:

family and friends

Children and young people are safe, connected and supported through positive relationships and networks

learning

Children and young people are achieving their full potential and developing skills which prepare them for life

oppportunity

Children and young people develop as well-rounded individuals through access to a wide range of opportunities which nurture their interests and talents

understood

Children and young people feel listened to, understood and part of decision-making processes

resilience

Children and young people have the confidence and skills to make their own decisions and take on life's challenges

individual

Children and young people are respected as individuals, confident in their own identity and appreciate and value their own and others' uniqueness

Safe and secure

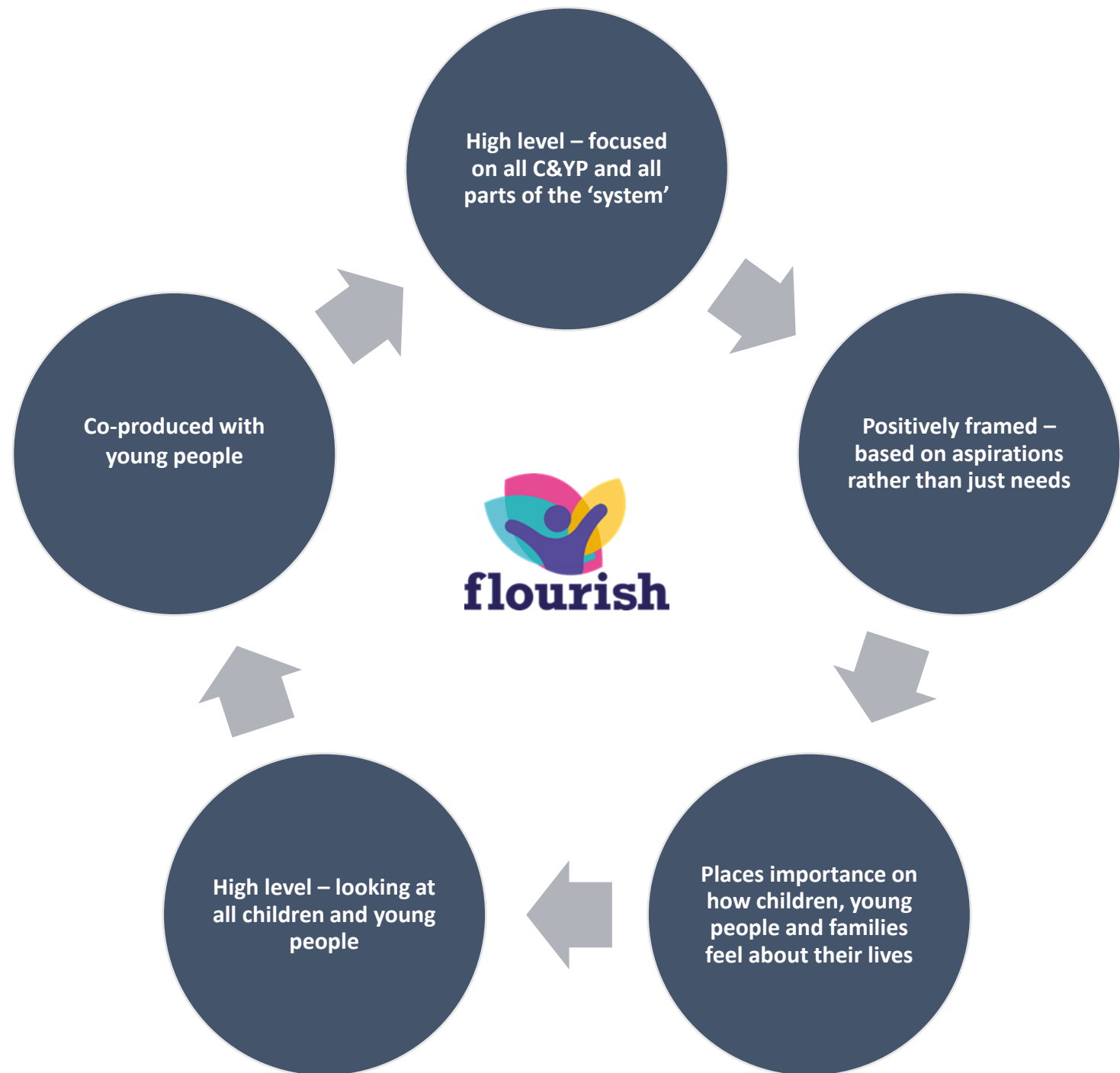
Children and young people are supported to understand risk and make safe decisions by the actions that adults and children and young people themselves take to keep them safe and secure

healthy

Children and young people have the support, knowledge and opportunity to lead their happiest and healthiest lives



FLOURISH is a roadmap to wellbeing



Flourish Outcomes Framework – Impact and Outcomes

F amily & Friends Children and young people are safe, connected and supported through positive relationships and networks	L earning Children and young people are achieving their full potential and developing skills which prepare them for life	O pportunity Children and young people develop as well-rounded individuals through access to a wide range of opportunities which nurture their interests and talents	U nderstood Children and young people feel listened to, understood and part of decision-making processes	R esilience Children and young people have the confidence and skills to make their own decisions and take on life's challenges	I ndividual Children and young people are respected as individuals, confident in their own identity and appreciate and value their own and others' uniqueness	S afe & Secure Children and young people are supported to understand risk and make safe decisions by the actions adults and children and young people themselves take to keep them safe and secure	H ealthy Children and young people have the support, knowledge and opportunity to lead their happiest and healthiest lives
<ul style="list-style-type: none"> • As many CYP as possible are able to live safely with family • Where CYP are not able to live with their family, they have the support they need to build a stable foundation of positive relationships • CYP have positive childhood experiences in their homes, schools and communities • CYP have the support they need from their parents and carers • CYP have positive role models and trusted adults in their lives • CYP have the skills and opportunities to develop positive friendships and relationships which support them throughout their lives 	<ul style="list-style-type: none"> • CYP establish a great early years foundation for learning and see the benefit in becoming lifelong learners • CYP enjoy learning and developing skills and feel positive about what they can achieve • CYP have good engagement with learning in and out of school, including attendance and extra-curricular opportunities • CYP make the best possible progress in learning and education • CYP are supported by families, professionals and communities at all stages of their development • YP are equipped with the skills and confidence to live as independently as possible 	<ul style="list-style-type: none"> • CYP have improved equity of opportunity through the removal of barriers including improved economic, geographical and digital inclusion • CYP have a wide range of education, employment, training, social and community activities available to them • All CYP, at every age and regardless of disability or additional needs, have access to opportunities that suit their needs and ambitions • CYP have the emotional, personal and practical support they need to make the most of the opportunities available 	<ul style="list-style-type: none"> • CYP are active, respected and included members of their communities as individuals and collectively • All CYP voices are influential in all decisions made about their lives • CYP feel adults respect their views and opinions and promote CYP influence • CYP know their rights, how to make their views known and are confident to speak up • CYP are confident that all strategies and services for CYP have their needs and ambitions at their heart • CYP are confident that their voice will make a difference and can see the impact they are making 	<ul style="list-style-type: none"> • CYP can understand and make good decisions and are empowered to do so • CYP know what independence entails and are able to transition in the best way for them • CYP are supported to try new things, have a variety of experiences and be curious and aspirational • CYP understand life can be complicated and know asking for help is OK • CYP can recognise when they need help and have choice and control over the support they receive • CYP have a range of options for support and advice 	<ul style="list-style-type: none"> • CYP are understood and valued as individuals and in their social groups • CYP understand and value each other • CYP and others on their behalf are able to tackle prejudice and discrimination • CYP have safe spaces to explore, develop and become confident in their identity as they grow • CYP's self-expression is prioritised, promoted and respected • CYP have a range of opportunities to influence the wider world 	<ul style="list-style-type: none"> • CYP are free from exploitation, abuse and neglect • Fewer CYP enter/re-enter the criminal justice system • CYP are safe and secure in all settings, including where they live • CYP feel that families, professionals and communities understand and carry out their role in keeping them safe • CYP trust the people and systems that are there to help keep them safe, know where to go for help and feel confident and able to do so • CYP know what to do to keep each other safe • CYP are supported to understand and take appropriate risks 	<ul style="list-style-type: none"> • CYP have the best achievable physical, mental and sexual health • CYP know how to get healthy and keep healthy and are confident in their own self care • CYP have choice in how they access health services, including the best possible virtual health experience • CYP are supported at the earliest possible stage, reducing crises • CYP know when and where to go for help with physical and mental health and have confidence and trust to do so

Flourish Outcomes Framework – Determinants

Universal Determinants – applicable across all FLOURISH impacts

- Effective early identification and intervention
- Skilled and understanding workforce
- Choice and control
- Effective, accessible information, advice and guidance
- Aligned, easy pathways
- Targeted support
- Integrated system working
- Accessible, engaging opportunities
- Sufficient, effective support networks

Tailored Determinants – particular to individual FLOURISH impacts

F amily & Friends	L earning	O pportunity	U nderstood	R esilience	I ndividual	S afe & Secure	H ealthy
<ul style="list-style-type: none"> • Effective, accessible universal preventative services • Risk and safety mitigation and management • Edge of care support • Safe, stable places to live • Healthy peer relationships • Trusted, safe relationships with adults 	<ul style="list-style-type: none"> • Effective, sufficient, high quality learning provision • Access to life-long learning and skills development • Inclusive and preventative practices • Peer support • Good home learning environments • Engagement with learning 	<ul style="list-style-type: none"> • Understanding of inequalities and barriers • Removal of barriers • Availability of pathways 	<ul style="list-style-type: none"> • System commitment to participation • Embedded co-production • Empowerment of children and young people • Engaging promotion • Children, Young People and Family-led planning • Feedback and encouragement • Advocacy of children and young people's views 	<ul style="list-style-type: none"> • Basic needs are met • Effective transition planning • Risk coaching and mitigation 	<ul style="list-style-type: none"> • Respectful relationships • Promotion of understanding and acceptance • Pro-active challenge from individual to system level • Safe environments • Peer support • Inclusive, person-centred service design and delivery 	<ul style="list-style-type: none"> • Safe environments • Effective perpetrator deterrent and prosecution • Preventative interventions • Effective safety promotion • Understanding of risk • Community and peer understanding and support • Effective, timely information sharing and communication • Trusted relationships with adults and agencies 	<ul style="list-style-type: none"> • Prioritisation of prevention and wellbeing • Holistic approaches to clinical and social needs • Healthy environments • Understanding risk and impact of choices on healthy lifestyles • Healthy behaviours

Examples.... Framework used to

- Create youth clubs and safe spaces
- CYP 'voice' – in hospitals and schools
- Provide body positive movement classes for young girls
- Protected space in parkland for neurodiverse families
- Book selection in libraries, exhibit curation in museums, environmental initiatives
- Building youth social capital for employment prospects

Use in your teams to.....

- Deliver team building activity
- Away days
- Frame staff development, supervision, appraisals, auditing
- Quality assurance
- Direct work
- Planning
- And.... The Flourish Pledge



BREAKOUT ROOMS

How might you use it ?



FEEDBACK FROM THE ROOMS

