



OUR BABIES, CHILDREN & YOUNG PEOPLE PLAN 2035

Nurturing bright beginnings, Ensuring healthy lives



Overview

About the Plan

The plan has been created by Cardiff and Vale University Health Board and their Youth Board.

This is one of the first of our long-term plans that helps to describe how we will deliver our vision:

- Help people to live healthier lives
- Make sure everybody gets a good health outcome, regardless of who they are
- Provide great quality care

This plan will help us make sure every baby, child and young person receives high quality care. It will develop over time as technology advances and needs change in the community.

Under the United Nations Convention on the Rights of the Child, every child has these rights:

- The right to the best possible standard of healthcare
- The right to have a say in matters which affect them including their healthcare

What you told us

To help us form this plan, we asked people what was important to them.

The top 5 things people felt would make a positive difference to healthcare were:

- 1. The best outcome for me/the patient**
- 2. Being seen quickly**
- 3. Seeing the right specialist**
- 4. Feeling supported**
- 5. Understanding what is happening**

People also said we need to improve on:

- Long waiting times
- Access to specialist care
- Child-friendly and teen-friendly spaces
- Communication with families and across healthcare providers and other organisations
- The transition to adult services
- More virtual and home-based care
- Staffing and training, especially for treating complex care needs
- Mental health and emotional support



Our Plan

Improving Population Health, Prevention and Early Intervention

We want to make sure a person's chance of leading a healthy life is the same wherever they live and whoever they are. We are making sure people have access to education and preventing poor health. We will work better with our partners to help people have better health at home.

We will do this by:

1. Making sure those pregnant have continued care before and after they have their babies.
2. Focusing on the first 1000 days of a child's life and providing support for vulnerable families, children with disabilities, and those at risk of harm. This is with Public Health Wales and our other partners.
3. Working with local authorities to improve mental health services and understanding mental health is just as important as physical health.

4. Promoting healthy lifestyles through schools. We will prevent obesity, smoking, vaping, and substance misuse. We will also encourage emotional wellbeing and good oral health.
5. Promoting vaccinations to protect and prevent serious disease
6. Making sure babies, children and young people have equal access to specialist care.
7. Making sure care can be accessed closer to home.
8. Targeting areas of high need to address health issues.



Our Plan

Mental Health

We believe good mental health is really important. We make sure to provide mental health and wellbeing support across our services. This helps babies, children, young people and become more resilient.

We will do this by:

- Becoming a leading training centre in Wales for mental health practitioners
- Making sure our colleagues are trauma-informed. This means understanding how bad past experiences can negatively impact people and communities. Trauma might make someone feel unsafe or struggle to have a good relationship with people providing their care.
- Working with partners to provide great care with a focus on mental health. This includes taking part in trials for new treatment.
- Providing services digitally and in the community so everyone has fair access.

Planned Care

Patients should be able to receive high quality care in good time with access to the right specialists. We will work across the organisation and with our partners to improve planned care. We will also develop services to meet growing needs and to make sure everyone has equal access.

We will do this by:

- Working collaboratively across the organisation and with our partners
- Making sure everyone has fair access, no matter where they live and who they are
- Expanding surgical and daycare services in the Children's hospital. This will help us reduce wait times, advance our surgery techniques, and allow people to have better health outcomes.



Our Plan

Emergency and Urgent Care

We want to make sure we offer the best service to critically ill children and their families. We will develop an excellent emergency and urgent care system that operates every day. This will ensure timely access for everyone.

We will do this by:

- Uniting all our children's services to make sure care is delivered in the right place
- Creating more support available at home and online virtually. This will mean people won't need to come to hospital as much for their appointments and reduce emergency visits.
- Providing more training for colleagues for trauma-informed care and care for patients with additional learning needs.
- Putting our resources in the right places to meet the needs of our patients.

- Working 7 days a week across all areas for babies, children, and young people in emergency and urgent care.
- Improving our digital systems.
- Making sure everyone has access to specialised care, no matter who they are.



Our Plan

Specialised Care

Children in Wales needing specialised care may receive their treatment in the Children's Hospital for Wales. They may also go to other hospitals based in England. There is work taking place by the Welsh Joint Commissioning Committee to improve specialised services in Wales.

To align with their goals, we are focusing on:

- Making sure our care is delivered in the most appropriate environments.
- Delivering high quality care.
- Working with commissioners to prioritise areas with the longest waiting times.
- Improving the transitions into and out of specialised care.

Moving into Adult Care

Moving into adult care can be scary for young people. The transition can be complex. We want to create an easy transition into adult care that helps young people feel confident. We will develop clear standards to make sure the move into adult care is clear and is centred on the individual.

We will do this by:

- Creating policies and procedures to support the process
- Supporting families and carers, especially when the patient has additional learning needs
- Making sure young people can access care without barriers



Our Plan

Rehabilitation

Rehabilitation helps people regain or improve abilities that they may have lost due to injury, illness, or surgery. These can be physical, mental, or social abilities. It can help people become independent, better their quality of life and live like they used to.

We want to help children and young people take part in rehabilitation activities that will have the best outcomes. Care should put them at the centre. We will provide assessments, plans, and support. We will also focus on accessibility and making sure colleagues across different departments are involved in the care.

We will do this by:

Putting rehabilitation services in community-based settings.

- Making sure we are better at signposting to services.
- Improving the way different services in the Health Board work together.
- Empowering children and their families.
- Providing excellent quality care and meeting the national standards for services.
- Collecting patient feedback and experiences.
- Providing digital tools for children and their families to help with their rehabilitation.

We will prioritise:

- Reducing long waiting times.
- Making sure everyone has access, no matter who they are or where they live.
- Care for people who are neurodivergent (for example, people who have autism, ADHD, dyspraxia, etc.)
- Activities during school holidays.
- Support for families.
- Using non-health spaces.
- Making sure our spaces are child-friendly.
- Mental health support.



Our Plan

Palliative Care

Palliative care is specialised care for people living with a serious or life-threatening illness. It can provide pain relief, help with the stress of the illness, and improve quality of life. Over 4000 children in Wales have life-limiting conditions. This accounts for most childhood deaths.

We want to make sure every child with a life-limiting condition has access to local and specialised services. They should have care that is tailored to them.

The All-Wales Paediatric Palliative Care Network will bring organisations together to make sure all children in Wales with life limiting conditions have the best care. This includes 24/7 access to specialist palliative care, at home, hospice, or hospital.

We will do this by:

- Making specialised teams in the areas most in need.
- Creating support to transition into palliative care.
- Making sure we work well together across our services.
- Using technology to help patients.
- Making sure our services can handle the number of people in need.
- Hiring more professionals that can provide palliative care.
- Providing training to non-specialists who care for dying children.



The Timeline

In 2024–2027, we will focus on:

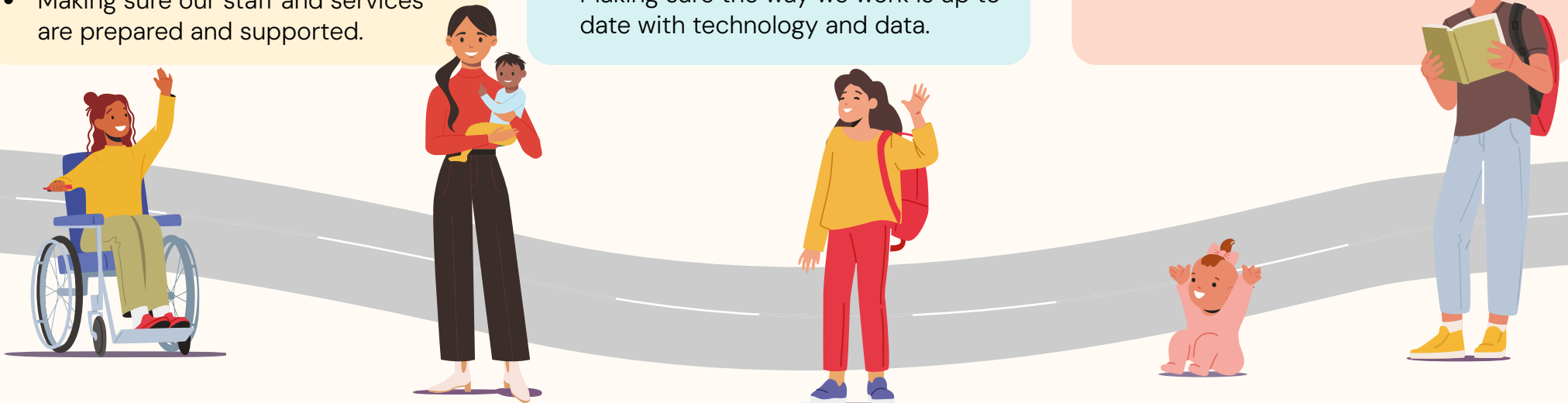
- Treating illness as early as possible.
- Preventing illness.
- Making sure services are available in the community.
- Making our hospital services better.
- Building a centre for people with complex needs.
- Working with schools for good health.
- Training our colleagues.
- Making sure transition between care is easy.
- Making sure the way we work with our partners across Wales is improved.
- Making sure our staff and services are prepared and supported.

In 2028–2030, we will focus on:

- Improving access to specialised care.
- Using the right technology to improve our services.
- Improving the Children’s Hospital for Wales.
- Making sure the way we work with our partners across Wales is improved.
- Improving our mental health services.
- Making sure transition to adult care is easy.
- Reducing waiting times.
- Making sure rehabilitation can be accessed in the community.
- Making sure the way we work is up to date with technology and data.

In 2031–2035, we will focus on:

- Using new and advanced technology for healthcare.
- Being a leader in research and health outcomes for babies, children, and young people.
- Being the gold standard of supporting young people moving into adult care.
- Creating a dedicated rehabilitation area in the Children’s Hospital for Wales.



What will it feel like?

We hope to see positive change because of our plan.

Colleagues should be able to say:

- "I feel like part of a valued team."
- "I am providing quality care."
- "I can create positive change."
- "I am meeting the needs of my patients."
- "I feel supported by the Health Board."
- "I am able to take part in training for my job."

Young people should be able to say:

- "I know how to keep myself healthy."
- "I know what is happening to me when I am ill."
- "I can help make decisions when I am unwell."
- "I feel safe and supported in my care."
- "I am confident to transition to adult care."
- "I am prepared for my treatment."

Families should be able to say:

- "I know how to keep my child healthy."
- "I can make informed decisions about my child's care."
- "I know what is happening to my unwell child."
- "I am aware of my options."

