



Sefton Council Public Health - Annual Report - 2026.

Easy Read Summary.

Making Life Better for Children and Families in Sefton.



This report explains what life is like for children and families in Sefton

What is Poverty?

Poverty means families do not have enough money for the things children need to grow up healthy and safe.

This includes:

- Good food
- Warm homes
- Clothes that fit
- Joining in with school and local activities





Poverty is not only about money.

It also means missing out on:

- School trips
- After-school clubs
- Birthdays and treats
- Chances to meet friends
- Going online.



More than 1 in every 5 children in Sefton live in poverty.

In some areas, even more children do not have enough.

Poverty makes life harder for children.



Feelings.

Children and parents often feel:

- Stressed
- Anxious
- Worried
- Ashamed



Families worry about paying the bills.



Your body's health.

Children in poverty are more likely to:

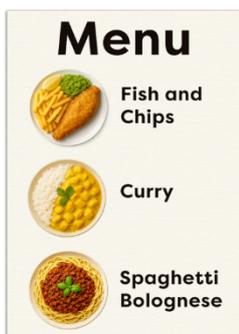
- Be unwell
- Live in cold or damp homes
- Be hungry
- Go to hospital more
- Have sore teeth.



Education.

Poverty makes learning harder because:

- Hungry children find it harder to listen
- Many families cannot afford laptops or Wi-Fi
- Children may miss school
- Home can be cold, busy, or noisy.



Some children in Sefton learn much less than others.

Some children who get Free School Meals learn more slowly than other children.



Social life.

Many children miss out on:

- Clubs
- Trips
- Holidays
- Doing things with other people.



This causes loneliness and might make someone feel bad about themselves.



Why Poverty Happens.

Poverty has many causes.

These include:

- Not enough money from work
- A job that can stop at any time
- Things costing too much
- Support is hard to understand
- Being unwell for a long time
- One grown-up looking after the children
- Some families have to pay more for things



Many families work hard but still don't have enough money.



What needs to get better.

Sefton has a plan with 3 big ideas.

1. POCKETS – Money and Costs.

Goal: Help families have enough money.

We work with many people to:

- Help parents get good, safe jobs
- Make it cheaper to go to school
- Make sure families get the money they should get
- Make food, bills and other things cost less.



2. PROSPECTS – Learning and doing well.

Goal: Help children and grown ups learn and do well.

We work with many people to:

- Help parents help their children learn
- Help every child learn at school
- Help children come to school more
- Make things cost less.



3. PLACES – Safe, Healthy, Happy Communities.

Goal: Make places in Sefton good for children to grow and be happy.

We work with many people to:

- Improve housing
- Make transport better
- Have nice parks and green places
- Streets that are safe.
- Local places that are easy to get to.



What Sefton Is Already Doing Well?

These are some of good things we are doing now.

Poverty Proofing the School Day.

This means we are helping schools see that some things in school cost too much.

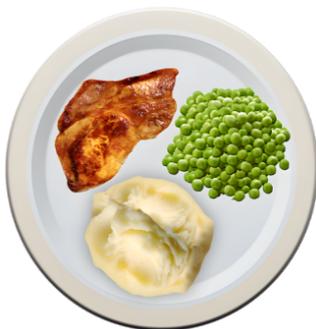
This helps all children join in and feel part of the school.



Free School Meals.

We are contacting families and helping them get Free School Meals.

By doing this, 164 extra children now receive a hot meal each school day.



Helping people get money.



We are using the Low Income Family Tracker (LIFT) to find families who are not getting money they should get.

We then help them get this money.

Child Poverty training.



We are helping all council staff learn about child poverty.

This will help them make things easier for families.



Other areas and organisations think Sefton is doing well in helping children and families who do not have enough help and support.

We still need to make things better.

Things that are still hard:

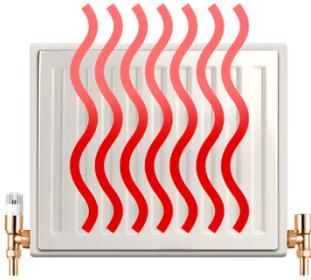
- Some places have families who have not had enough money for a long time
- Things cost more and more
- Some homes are cold, damp, with lots of people
- Some parents do not get enough money from work
- Some families find help hard to understand
- Some children learn much less than others.
- Some families feel people do not listen to them.





What Sefton wants to get done by 2030.

- More children will have a happy life
- Children in all parts of Sefton will do well
- Children will do better at school
- Families will have warm, safe homes
- Better buses and healthy places to live
- Children can do well no matter how much money their family has.



What we should do next.

Services should:

- Think about children who do not have the right help and support in every decision
- Find problems early and help quickly
- Make help easy and friendly.

