



# Starting Well Partnership

EVERY CONTACT SHAPES A LIFE

Provided by:  
  
Worcestershire  
Health and Care  
NHS Trust


In partnership with:  
  
Believe in  
children  
 Barnardo's

  
REDDITCH HEALTH CENTRE  
making  
difference  
[www.redditchbc.gov.uk](http://www.redditchbc.gov.uk)



# CHALLENGES

Starting Well Plus (*intensive home visiting for young mothers and vulnerable groups*)


- Recruitment was low during Covid
  - Engagement work carried out to gain feedback
  - Those mothers would now like to work with us to improve the service and look at lessons learnt.
  - A task and finish group now established to review this service provision
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# REDUCTION IN FACE TO FACE CONTACTS

## Issues:

- Due to potential redeployment and government/Institute of Health Visiting guidance face to face contacts scaled back to those most vulnerable.
- Some families reluctant or unable to use virtual methods
- New mothers, in particular, feeding back about isolation.

## What we did:

- Engagement work carried out to gain parental feedback
  - Used Family Hubs and clinics to start offering face to face appointment only clinics
  - Parenting and Community workers supporting virtual peer support groups
  - Second phase recovery plan put in place to increase face to face contacts
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# POSITIVE CONSEQUENCES

## **Breastfeeding one to one support**

- During Covid we've worked hard to stabilise the offer of breastfeeding support to families.
- Contacts with mothers were made within 48 hours of hospital discharge.
- Due to the use of technology we could make increased and responsive contacts
- During October engagement with mothers coming into contact with this service were asked for feedback with an overwhelming positive response.

*“Mum said that she found the service very helpful and as a first time mum without this service at this time she would have struggled. She did say that she finds video calls more personal but still felt the service was really helpful and she had called numerous times. Would rate the service 9/10”*

## Virtual Breastfeeding Support

- Virtual support groups were quickly established and we would like to increase these due to the positive uptake of the sessions.
- The pandemic has afforded us many positives however it has impacted the volunteers considerably due to their own commitments during Covid. Next steps are to involve them in the delivery of virtual peer support groups.
- Training is already planned to enable this to take place, which in turn will provide mothers with further BF support.

The poster features a pink circular logo on the left with a silhouette of a person breastfeeding a baby, surrounded by the text 'Worcestershire Welcomes Breastfeeding'. On the right, the text reads: 'Starting Well Partnership Breast Buddies - Peer Support', 'Virtual Breastfeeding Group', 'Tuesday mornings from 11:00am', 'Groups commence Tuesday 19th May 2020. To register your attendance email: your name, your baby's name and baby's date of birth to [whcnhs.breastfeedingsupport@nhs.net](mailto:whcnhs.breastfeedingsupport@nhs.net)', and 'Find us on Instagram @worcswelcomesbf'. The bottom left has the website [www.startingwellworcs.nhs.uk](http://www.startingwellworcs.nhs.uk) and the bottom right has the slogan 'EVERY CONTACT SHAPES A LIFE'.

# POSITIVE CONSEQUENCES

## Community Support

- To raise awareness of World Mental Health day a 'great litter pick' was facilitated in a safe, socially distanced manner.
- Volunteers were encouraged to join in the 'great litter pick' to boost their own mental health by being outdoors and carrying out a good deed in their own neighbourhood.
- Biodegradable signs of 'kindness' were left by volunteers in the areas they had cleared.
- Looking at rolling this out to other areas



# THE GREAT PUMPKIN GIVEAWAY

Community Health Connectors, supported by local engineering company, provided pumpkins for vulnerable families with fun examples on how to safely carve the pumpkins with children and some healthy pumpkin recipe's too



# HENRY HALF TERM HAMPERS

- Community Health Connectors delivered Henry Half term hampers to vulnerable families. These included ingredients for 5 main meals and recipes to cook with children during half term.
- Aldi's provided the bags for life and Tesco staff helped Community Health Connectors pack the bags with the ingredients.





# BACK TO SCHOOL WEBINARS

- Parent Support Workers, School Health Nurses and CAHMS team members provided webinars for parents and young people.
- This is to provide support in dealing with barriers and anxieties around the return to school, for those children, young people and parents who did not re-engage following the extended absence due to Covid-19.
- Parents and young people can book onto these webinars and choose which session may be appropriate to them. Examples of the sessions are: Managing Change for Children and Young People with ASD; Back to school – Yoga; Coping with Change, and Beating Worries/Anxiety.



**Back to School Worries?**  
We're here to support you

We are hosting a number of online sessions to support children and their families with their return to school.

Our sessions will cover;

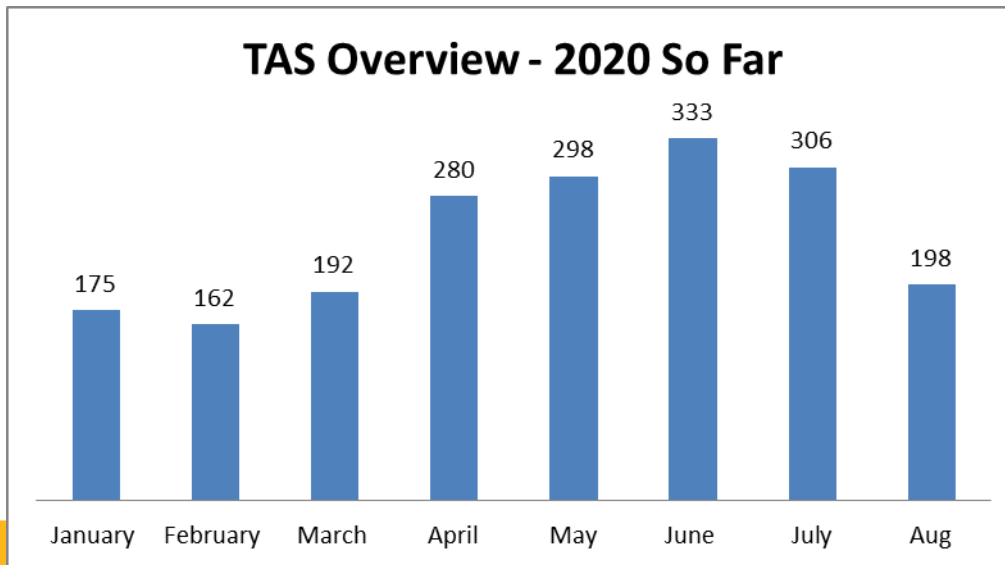
- Beating worries & anxiety
- Building relationships
- Coping with change
- Emotional regulation
- Managing change (specifically for children with Autism)
- The importance of exercise

To sign up visit [worcestershirehealthcare.nhs.uk](https://worcestershirehealthcare.nhs.uk/eventbrite)

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# HEALTH VISITOR TELEPHONE ADVICE SERVICE (TAS)

- In response to the reduction in face to face contacts with Health Visitors, we increased the TAS line from one to six.
- As more face to face contacts were introduced the telephone lines were reduced.
- Promoted widely on social media and with partners



**Your local Health Visitors are here for you**

If your child is under 5 years old and you need advice on issues such as feeding, behaviour, sleep or toileting contact our telephone advisory service on:

**0300 123 9551**

Available Mon-Fri 8am-4pm

[www.startingwellworcs.nhs.uk](http://www.startingwellworcs.nhs.uk)

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# COVID SUPPORT TELEPHONE SERVICE

- School Health Nurse team currently supporting the Worcestershire Local Outbreak Response Team (LORT)
- Providing a telephone support service for early years settings and schools.
- Supporting schools with their risk assessments
- Ensuring parents have information about Covid guidance and do's and don'ts
- Looking at increasing communications to ensure schools are aware



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# What is School Screener?


- School Health Nurses are implementing the School Screener digital assessment system to help gather information about pupils' health in a Health Needs Assessment (HNA).
- Pupils from year 6 and 9, and parents of reception age children, will be asked to complete an electronic questionnaire capturing information in areas such as general health, health conditions, bullying and lifestyle.
- Currently being piloted in 5 schools over the autumn term.
- Will be rolled out to all Worcestershire schools after an evaluation involving staff, schools, pupils and parents.
- Covid impact - need to work creatively with schools to access IT suites due to enhanced cleaning regimes needed for Covid prevention. May have an impact on the timescales for the rollout.
- Follow the link below for a short video introducing the School Screener System:  
<https://vimeo.com/showcase/7307416>

# INTEGRATED TWO YEAR REVIEW

- Currently a Two year progress check within Early Years settings is carried out and a 2 ½ year assessment is carried out by Health Visitor teams
- Through developing communication links between health visitors, early years practitioners and parents or carers, a more complete, holistic picture of a child's progress can be gathered, identifying developmental needs and offering timely support or interventions.
- A working group consisting of Early Years setting providers, Health Visiting teams, Early Years Advisors, are currently piloting this with the view to be rolled out across Worcestershire.



## NEXT STEPS

- Continue to develop new initiatives
  - Continue with safe working practice to further increase face to face contacts and service recovery
  - Continue to engage with service users and respond as necessary
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THANK YOU

