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| Health Visiting Programme  Weekly News | | | | | |
| Issue 46 4th October 2013 | | | | | |
| **For information – 1001 Critical days, The Importance of the Conception to Age Two Period.** | | | | | |
| 1001 Critical days is a cross party manifesto supported by Sally Davies, Chief Medical Officer which highlights the importance of acting early to enhance the outcomes for children. It is welcome as it seeks to use best practice to guide suggested early interventions and gives an important focus on attachment as central to achieving the stated aims.  In response to the statement of why the Conception to Age 2 period is so critical it states ‘Pregnancy, birth and the first 24 months can be tough for every mother and father, and some parents may find it hard to provide the care and attention their baby needs. But it can also be a chance to affect great change, as pregnancy and the birth of a baby is a critical ‘window of opportunity’ when parents are especially receptive to offers of advice and support.’  The evidence summarised underpins the reasons why providing early intervention through a multi-agency tiered approach to services and support during these 1001 critical days can have such a positive impact on the child. Guidance for the parents to achieve secure parent infant attachment is the basis of every child achieving at least one loving, sensitive and responsive relationship with an adult caregiver which teaches the baby to believe that the world is a good place and reduces the risk of them facing disruptive issues in later life. The investment and current evidence base for Health Visiting service delivery places Health Visitors (HV) in the best possible position to actively deliver and contribute to this initiative as we strive to implement the HV Plan and new model of HV service delivery. In terms of future proofing continued investment in HV WTE and service delivery post 2015 it is vital we engage with our Local Authority colleagues to engage and deliver early interventions leading multi-agency working opportunities to deliver the evidence based services which make a difference to our client group in this critical period. Also see the following documents:  WAVE Trust’s Age of Opportunity report, and the NSPCC’s Spotlight on Perinatal Mental Health, and All Babies Count reports.  You can read more about this by looking at the documents below: | | | | | |
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| **Spreading the word more widely - sharing practice** | | | | | |
| **Mother’s Matter support group**  The Mother’s Matter support group was set up to meet the needs of an identified group of new mothers who were in need of further support with coping with Post Natal Depression.  The two Health Visitors named above have been involved since the beginning of the programme. This offers an evidence based eight week programme. Working closely with a local Children’s Centre a crèche, lunch and transport support is offered.  Referral to the group is made by a GP, Health Visitor or psychiatrist. A written letter is sent to the clients GP to inform them that the mother is attending the course.  All mothers receive contact from the facilitators prior to attending the group and complete a pre- programme questionnaire.  At the end of the course, each mother has a private final consultation with one of the facilitators and completes a detailed post intervention questionnaire using both qualitative and quantitative data.  To date the results of the post intervention questionnaires demonstrates that the group is extremely well received. The women had improved mental health, attachment between mother and baby was enhanced, social support networks had been introduced and the women had successfully integrated into on-going care pathways.  The commitment and hard work of has resulted in excellent outcomes for the mothers and their families. This can be supported by written evaluations from the mother’s. The facilitators are currently running their 30th group. | | | | | |
| For more information please contact:  Karen Afford  Educational Lead  Childrens Universal Services  Hertfordshire Community NHS Trust  [Karen.Afford@hchs.nhs.uk](mailto:Karen.Afford@hchs.nhs.uk) | |  | | | |
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|  | **East of Eng HV prog@HealthVisitors** | | | | **We are also on http://mediafunnel.com/wp-content/uploads/2011/11/flickr-logo.jpg**  Visit [www.flickr.com/healthvisitors](http://www.flickr.com/healthvisitors) to see the photographs from July’s Building Community Capacity Conference |
| We are now up to **144** followers which is excellent. Keep on following for some more updates! | | | | |
| **Child and Maternal Health Knowledge Update 4th October** | | | | | |
| To access this weekly bulletin highlighting the latest news, events, reports, research and other resources relating to children, young people's and maternal health please use the link below  <http://www.chimat.org.uk/resource/item.aspx?RID=174065> | | | | | |
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| **Leadership Final Event – Save the Date** | | | | | |
| For everyone that has taken part in our Leadership Programme so far  **‘Leading the Healthy Child Programme – building resilience in turbulent times’**  We will be having a Final Celebration Event with Kate Billingham and Ben Fuchs on December 9th at Trinity Park, Ipswich.  We have now had a meeting to set the agenda and it is certain to be a great event. There will be an opportunity to revisit the strength based leadership programme with a focus on the building blocks for achieving cultural change. Please hold the date in your diary as you don’t want to miss out!  More information to follow. | | | | | |
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| **For information - Autumn Communities of Practice Events**  Local Communities of Practice events are now being planned to take place in October. Please speak to your Locality Lead to get involved. – Rowena for Cambridgeshire and Peterborough, Helen for Norfolk and Suffolk, Jenny for Essex and Sue for Beds and Herts (contact details below).  Communities of Practice in your area:  Essex will be held on **23rd October in the Marconi Centre in Chelmsford**.  Cambridgeshire and Peterborough will be held on **9th October at Huntingdon Racecourse**  Bedfordshire and Hertfordshire will be held on **6th November, venue TBC**  Norfolk and Suffolk will be held on **22nd October, 9am for 9.30 start until 1pm at the Cornwallis Hotel, Diss** | | | | | |
| **Reminder – spreading the word more widely – sharing practice** | | | | | |
| Please ensure you get your article in to us in plenty of time.  The sharing practice article contents that we have received so far have been excellent.  Schedules have been circulated again, so please note when your next submission is due. Details of the next scheduled articles listed below:- | | | | | |
| **10 October – Bedford**  17 October – Luton  24 October - Cambridgeshire | | | | Articles of up to 200 words in Word format highlighting an innovation or area of good practice (including contact details) are to be sent to Sophie Lakes, [sophie.lakes@nhs.net](mailto:sophie.lakes@nhs.net) by the Wednesday | |
| **Contacts** | | | | | |
| Julia Whiting, Health Visiting Programme Lead  M: 07535 638236  E: [Julia.whiting2@nhs.net](mailto:Julia.whiting2@nhs.net)  Sue Mills, HV Locality Lead, Herts and Beds  M: 07506 512182  E: [suemills@nhs.net](mailto:suemills@nhs.net)  Rowena Harvey, HV Locality Lead, Cambs and Peterborough  M: 07768 568175  E: [rowena.harvey@nhs.net](mailto:rowena.harvey@nhs.net)  Jenny Gilmour, HV Locality Lead, Essex  T: 07946 755758  E: [jennygilmour@nhs.net](mailto:jennygilmour@nhs.net) | | | Helen Wallace, HV Locality Lead, Norfolk and Suffolk  E: [Helen.wallace9@nhs.net](mailto:Helen.wallace9@nhs.net)  **NB – please note Helen’s new email address**  Sophie Lakes, Health Visiting Programme Support  T: 01603 595816  E: [sophie.lakes@nhs.net](mailto:sophie.lakes@nhs.net) | | |