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| Health Visitor Programme - Weekly News |
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| Issue 35  17th July 2013 |
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| **Information:**  **EIS Case Studies**  These 20 case studies have been developed by organisations delivering services for children and families as part of the Early Implementer Programme learning and sharing work stream. They complement the previous 20 early implementer site case studies published in 2012.  Here are some examples of the titles:  **Reducing postnatal depression: developing a perinatal maternal mental health pathway.**  **Surrey antenatal pathway project: mapping provision and developing services across a mixed health economy.**  **Using restorative supervision to improve clinical practice and safeguarding decisions.**  **Having a baby: a redesigned antenatal and postnatal parent education programme for women and their families.**  **Health visitor advice line**  **Healthy child programme 2 year review – a joint assessment with early practitioners**  The hyperlink for these case studies is below:  <https://www.gov.uk/government/publications/health-visitor-programme-early-implementer-case-studies> |
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| **Building Community Capacity in the East of England: Apprenticeships linked to Children’s Centres and Health Visitors**  This project sets out to equip young people with the skills, knowledge and experience needed to help them contribute to their own communities and bring about positive changes they want to see.  Two apprentices will be employed by Norfolk Community Health and Care NHS Trust (NCH&C) and work with the staff and newly qualified health visitors, at their respective children’s centres supervised by the centre manager.  NCH&C runs seven Sure Start Children’s Centres in Norfolk. One of these centres, the Bowthorpe and West Earlham Sure Start Children’s Centre, in Norwich, is within the 15% most deprived wards in the country. Another is based in Thetford, which is a town which has been described as an ‘island of deprivation’.  Linking with The Prince’s Trusts’ ‘Get Into the NHS’ employment programme, funded by NHS Midland and East, disadvantaged unemployed young people will undergo pre-employment training, including The Royal Society for Public Health Level 2 Award in Understanding Health Improvement. Suitable candidates will take part in four weeks’ work experience at NCH&C’s children’s centres and two candidates will be selected for the apprenticeships, starting in the first quarter of 2013.  The apprentices will meet local residents and groups to establish the needs of their local communities and develop health improvement activities, with support from a health visitor and children’s centre staff.  The children’s centre manager and nominated health visitor will supervise their respective apprentice to establish a project that helps them to build community capacity.  They will then support the apprentice to work in the community to deliver a project that helps address identified needs, as well as take part in the daily life of the children’s centre. The project with last for up to 12 months and will be within the timescale of the apprenticeship.  Apprentices will also develop relationships with local support organisations which will help signpost families to further support.  Apprentices will gain real work experience, coupled with training, which should provide them with excellent career prospects for their future.  The Apprenticeship Framework will be a Level 2 Certificate in ‘Children and Young People’s Workforce’ , which is ideally suited to someone who wishes to have a career working with children aged 0-19, primarily within Early Learning and Childcare; Children’s Social Care Learning and Development and Support Services.  The children’s centres will benefit from an additional member of the workforce, who can be developed to provide additional resource. They also gain the different perspectives offered by their apprentices who will also provide the voice of the community.  Meanwhile, health visitors will have the opportunity to work with a local young person, who can help to communicate with the local community and deliver a practical project that will achieve aspects of Building Community Capacity.  The Building Community Capacity project will be led by a partnership between the NHS Midland and East and NCH&C and will be monitored by a project manager. The two apprentices will keep a daily log of their activities, which will be used as evidence and regular meetings will be held with the centre manager, the health visitor, the apprentice and the project manager to record progress.  Overall, this project aims to bring about further improvements to the services on offer to families within the local communities.  **Contact:**  Carolyn Mason  [**Cmventures2012@gmail.com**](mailto:Cmventures2012@gmail.com)  C:\Temp\Temporary Internet Files\Content.Word\NCH&C trainee health visitors.jpg |
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| **Building Community Capacity (BCC)**  **Report on Apprenticeship Progress**  **18.06.13**  Lucy, Norfolk Community Health and Care NHS Trust, Sure Start Children’s Centre, Kingsway, Thetford.  Lucy started her Apprenticeship in March and since that time has become fully involved in the day-to-day work of the Children’s Centre, as well as undertaking an Intermediate Apprenticeship Framework in ‘Children and Young People Workforce’. She also supports the work of 7 Health Visitors, with one mentoring her. She is working with 2 Health Visitors on a BCC Project: Buggy Walking.  The aim of the project is to promote wellbeing by encourage new parents and parents with young children to participate in buggy walking around Thetford. This promotes physical activity, the opportunity to socialise, as well as learning from Health Visitors about services, in an informal setting.  The group meets fortnightly and lasts for up to two hours, giving the group time to walk and talk. After the walk they meet in a room at the Children’s Centre, to finish off the session. This gives the parents chance to share problems and baby experiences, between themselves and also with the Health Visitors, when they can receive advice and guidance. It is a chance for them to learn and pick up parenting tips.  The project had already started before Lucy began her Apprenticeship but she has been helping to promote the opportunity, as well as listening to group discussions to identify future needs. Lucy has been distributing leaflets around local facilities, such as the Library, Children Centre, Healthy Living Centre and through the Health Trainer service. Before the project had its first walk, Lucy helped the Health Visitors check out the route. She also took some leaflets to a parent, who had realised, from personal experience, how important it was to get new parents out of their homes to meet new people.  So far, 6 parents are participating, which is more than was expected. Uptake was anticipated to be low to begin with but with time it is hoped that, through word of mouth, this will increase.  Health Visitors promote the opportunity at ‘new-birth’ visits. Lucy feels that this is a good time to do this as it is reassuring to know that there will be people at the walk who they know. Lucy felt that there are some young parents who need to engage but do not do so and this needs to be considered in the future.  As well as getting involved in the Building Community Capacity project, Lucy is also involved in the work of the Children’s Centre, Health Visitor and Community Support Workers. Within the Children’s Centre she helps with groups: setting them up, taking registrations, encouraging uptake and then inputting the information onto the system; inputting group attendances. When working with Health Visitors she helps with Health Clinics by welcoming parents and helping to weigh babies; she helps when the Health Visitor visits homes to carry out reviews, by interacting with the child, which helps the parent and Health Visitor have more time to speak to one another and carry out assessments; she also helps when there is more than one child. Lucy has also been involved with the Community Support Workers by accompanying them on home visits. In all of these circumstances Lucy is proving to be a great additional resource. |
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| **Community Capacity (BCC)**  **Report on Apprenticeship Progress**  **18.06.13**  Rebecca, Norfolk Community Health and Care NHS Trust, Sure Start Children’s Centre, Humbleyard, Bowthorpe, Norwich.  Rebecca started her Apprenticeship in March and since that time has become fully involved in the day-to-day work of the Children’s Centre, as well as undertaking an Intermediate Apprenticeship Framework in ‘Children and Young People’s Workforce’. She supports the work of 5 Health Visitors and 2 Student Health Visitors.  She is helping the Health Visitors with a BCC project for an Ante-natal group. The aim is to give new Mums connections to services within the Children’s Centre, develop friendships which can continue after the arrival of their baby and encourage breast feeding. The need for this project was identified by Health Visitors speaking to Children’s Centre Staff, as well as a telephone consultation to see what kind of antenatal support was needed. Rebecca already has skills in graphics and will be helping to develop publicity materials. She has also written to all GPs in the area informing them of the service.  The project will help give new parents a smooth transition into other services. People can be isolated with problems and issues and the group enables staff to talk about issues such as skin-to-skin contact and breast feeding. Rebecca has noticed that parents enjoy the ‘group’ feel as opposed to being in a classroom setting.  As well as getting involved in the Ante-natal group, Rebecca also works within the Children’s Centre helping with: Speech and Language; Development Reviews at the Centre and in people’s homes; Clinics; Data Inputting. She goes out with Health Visitors on new-birth and development reviews in people’s homes. When she accompanies Family Support Workers, Rebecca engages with the child, whilst the professional can carry out checks. She feels that the process is made more comfortable with her input. Another role she carries out is to meet and greet parents when they attend clinics and engages with them outside of the clinic in a ‘holding’ capacity, which is felt to be a useful role.  Overall it was felt that Rebecca’s input was helping other staff by affording them the time to focus on tasks. She provides a great additional resource.  C Mason  18.06.13 |
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| **Information:**  Welcome to Sophie Lakes who has started this week as Julia Whiting’s PA she will be based at Lakeside in Norwich. Sophie’s contact details are as follows:  **T.** 01603 595816  **E.** [sophie.lakes@nhs.net](mailto:sophie.lakes@nhs.net).  **NB please do not send any further emails to Lucy’s email account.** |
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| **Information – Spreading the Word More Widely – Sharing Practice** |
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| **Article for newsletter: CCS Luton –  The Role of the Clinical Lead in Luton**  Hilary Hemming, one of our Health Visiting Team Leads, has been appointed as the Clinical Lead for Health Visiting in Luton. Over the past 6 months, Hilary has held this post as an interim role.  The job purpose is, together with the Health Visiting Team Leads, to provide clinical leadership across the service, to ensure health visiting practice complies with national and local policies, and to lead on specific areas of service improvement ensuring that it is informed by parents’ experience. In addition, Hilary will lead on clinical governance processes across the 0-19 Service including audit, NICE, and CQC standards.  Key to the success of the role will be the enthusiasm and engagement of staff and, to that end, Hilary has established a Professional Development Group, drawn from a wide range of staff including practice teachers, health visitors, community nursery nurses, health care assistants and student health visitors, who will guide, drive, support and monitor the programmes of work.  Hilary’s other areas of work include:   * Audit planning and implementation * Clinical supervision * Introduction of ASQ tools, supporting training programme and pilot of integrated 2 year / EYFS checks in partnership with Children’s Centres * Care packages reflecting underpinning standards * Patient experience survey * Hepatitis B pathway development and training * Service redesign and improvement including: redesign of child health clinics redesign (with Children Centre colleagues) to increase spread and frequency of baby clinics in Luton; development of child health clinic standards; redesign non-attendance for development checks pathway including guidance documentation and flow chart.   This is a role in development and will have to be flexible and responsive to meet the changing needs of health visiting in the brave new world!  Contacts:  Gillian Botha, Children’s Services Manager 0-19 Team  Tel: 01582 345927 [**gillian.botha@ccs.nhs.uk**](mailto:gillian.botha@ccs.nhs.uk)  Hilary Hemming, Clinical Lead – Health Visiting  Tel: 01582 532823 [**hilary.hemming@ccs.nhs.uk**](mailto:hilary.hemming@ccs.nhs.uk) |
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| **Reminder – Spreading the Word More Widely – Sharing Practice**  Please could you ensure that you set up reminders for your next Communities of Practice article to ensure that your articles are sent in on time. Please ensure your article will get to us in plenty of time.  The sharing practice articles we have received so far have been excellent, and will all be available on our website from next week. Details of the next scheduled articles listed below:-    **25th July – Cambs**  **1st August – Peterborough**  **8th August- ECCH**  **15th August – Norfolk**  **22nd August – Suffolk**  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@nhs.net by the Wednesday. Please could you also ensure that you include clear contact details and which organisation you work for. |
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| **Reminder – Follow us on Twitter East of Eng HV prog@HealthVisitors**  We are now up to **110** followers which is excellent. Keep on following for some more updates |
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| **Contacts**  Julia Whiting, Health Visiting Programme Lead  M: 07535 638236  T: 01223 597512  E: [Julia.whiting2@nhs.net](mailto:Julia.whiting2@nhs.net)  Sue Mills, HV Locality Lead, Herts and Beds  E: [suemills@nhs.net](mailto:suemills@nhs.net)  Rowena Harvey, HV Locality Lead, Cambs and Peterborough  E: [rowena.harvey@nhs.net](mailto:rowena.harvey@nhs.net)  Helen Wallace, HV Locality Lead, Norfolk and Suffolk  E: to follow  Jenny Gilmour, HV Locality Lead, Essex (commencing 12th Aug)  Sophie Lakes, Health Visiting Programme support  **T.** 01603 595816  **E.** [sophie.lakes@nhs.net](mailto:sophie.lakes@nhs.net)  **W.** [www.eoe.hee.nhs.uk](http://www.eoe.hee.nhs.uk/) |
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