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| Health Visiting Programme  Weekly News | | | | | | |
| Issue 48 17th October 2013 | | | | | | |
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| **Leadership Final Event – 9th December 2013** | | | | | | |
| For everyone that has taken part in our Leadership Programme so far, we are pleased to reveal that the agenda has now been finalised. The event booking will be live from Monday 21st October. If you are eligible to attend, please expect a personal email inviting you to register. | | | | | | |
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| **Spreading the word more widely - sharing practice** | | | | | | |
| **Infant Feeding Friendly cafes in Luton (NewB’s cafes) Launched June 2013** | | | | | | **NewB** |
| Studies show that supportive contact can significantly increase breastfeeding duration and increase positive experiences of breastfeeding. Those mothers who are well supported have an enjoyable and successful experience of feeding. As a public health intervention, breastfeeding is beneficial to both mother and child in terms of reducing the incidences of ill health and increasing optimal child development and early attachment which greatly influence outcomes in later life.  Partnership working and sharing of good practice has been the key to the development of a support network of café style groups running every day of the week in a children’s centre venue across Luton. The ethos of the cafes is community social support, where breastfeeding is seen as positive and normal. The café is set in an ambiance of a friendly and relaxed atmosphere. Café style seating including sofas, drinks and healthy snacks are available. Staff support is provided by children’s centre Breastfeeding Champions and a Breastfeeding Support Worker from the 0-19 Service. All support staff have completed the two day UNICEF Relationship Building and Breastfeeding Course to ensure evidence based information and support is available.  Various activities are held within the café which include taster sessions on baby massage, loyalty cards with gifts on achievements and ‘Baby Showers” for antenatal contacts. There are plans for future development in supporting oral health and in the timely introduction of solid food.  On average 55 breastfeeding mothers were seen in each cafe over a 3 month period, this excludes the figures for those mothers mixed or formula feeding and the numbers of partners/grandparents attending alongside the mothers. Antenatal figures are not significant at present.   More than half of all consulted stated they had received enough support to continue breastfeeding beyond 6-8 weeks and those mothers who had also accessed the Bump 2 Babe programme found the  signposting and cafe support beneficial.   The majority like the healthy option cakes supplied! | | | | | | |
| Author: Linda Masterson, Breastfeeding Coordinator CCS (Luton)  For more information contact:  Gillian Botha  [Gillian.botha@ccs.nhs.uk](mailto:Gillian.botha@ccs.nhs.uk) | | | Lozange strap top right_RGBLozange strap top right_RGBLozange strap top right_RGBLozange strap top right_RGB | | | |
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| **Rapid Appraisal Refresh** | | | | | | |
| Many of you will have taken part in the Rapid Appraisal process that took place in each organisation during 2012 and early 2013. This enabled each organisation to see their progress towards delivering the Health Visitor Implementation Programme as envisaged in A Call to Action.  We are pleased to announce that there will be an opportunity offered to each organisation for a further appraisal carried out during the period January 2014 to March 2014. This will assess the further progress that each organisation will have undoubtedly made since the first process.  As with the first round the appraisals will incorporate peer review by health visitors with expert clinical skills and knowledge from within the East of England. | | | | | | |
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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 **152** followers which is excellent. Keep on following for some more updates! | | | | |
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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**.  Bedfordshire and Hertfordshire will be held on **6th November, venue TBC** | | | | | | |
| **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:- | | | | | | |
| **24 October – Cambridgeshire**  31 October – Peterborough  7 November – ECCH | | | | 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)  Sophie Lakes, Health Visiting Programme Support  T: 01603 595816  E: [sophie.lakes@nhs.net](mailto:sophie.lakes@nhs.net) | | | | |