|  |
| --- |
| Health Visiting ProgrammeWeekly News |
| Issue 41: 29th August 2013 |
| **Health Visiting Programme featured in *Let’s Talk* –** **the HEEoE Newsletter** Read the full article below |
| **Health Visitors from Norfolk Community Health and Care (NCH&C) have been recognised for great work they have been doing through building community capacity projects at a region event on 9 July.**Health Education East of England’s (HEEoE) Building Community Capacity event brought together almost 400 student and newly qualified Health Visitors from all over the east of England in the region’s biggest heath visiting event. Delegates attended workshops, heard key note speakers and shared best practice through a project marketplace to showcase the great work being done in organisations throughout the region. The event closed with Kathy Branson, Health Education of England Director for the Norfolk and Suffolk Workforce Partnership, presenting an award for the best marketplace presentations and projects to NCHC team. A Storify of the day’s tweets can be found [here](http://storify.com/eoeLETB/health-visiting-building-community-capacity-9-july). Kathy said: *“It is vital that health visitors develop the skills to assess the needs and services within the community. This information can be shared with Directors of Public Health to inform the joint strategic needs assessment (JSNA). New services can then be developed that are based on the needs of the community, as evidenced in the marketplace today, which will improve outcomes for children and families”.*  |
|  | **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 **125** followers which is excellent. Keep on following for some more updates! |
|  |  |
| **5 Star Project Butterflies Children’s Centre Beccles****A Five- Agency formula for the promotion of family health and well- being throughout pregnancy, preparation for birth and beyond.** |
| 002 *Robert Pymont (HV) and Sarah-Jane King (NN) with clients at the clinic* | **Introduction**Beccles is a large market town in North Suffolk. Part of the town is a ‘Super Output area’ and this is where the Butterflies Children’s Centre is situated. Since its grand opening in 2009, there has been increasingly effective partnership working between all the agencies concerned with families and children.From June 26th 2013 the Midwifery clinic and Health Visiting clinic previously held at Beccles Hospital moved to Butterflies Children’s Centre. Clinics are  |
| held simultaneously and run as a multi-agency project under one roof. The Children’s Centre building is devoted to this for a three hour period every week.The “5 star” Project includes the following agencies that work together:* Health Visiting (East Coast Community Healthcare)
* Midwifery (James Paget University Hospital)
* Breast feeding team (East coast Community Healthcare)
* Smoking Cessation Service (East coast Community Healthcare)
* Children Centre Support Workers (Suffolk County Council)

It had always been a dream for the Children’s Centre manager and the Healthy Child Programme Lead to hold a ‘one stop shop’ drop-in for local families. Previous barriers had been: very little clinical space and rooms for the midwives, perceived lack of handwashing facilities, and the usual very real fear of change. These barriers were surprisingly easy to overcome when the idea was discussed between all five agencies: Change happened in a matter of six weeksNew screens and a portable sink were purchased along with an extra examination couch for the Midwives to use. This meant that two midwives could work simultaneously using a room each. The Health Visiting drop-in was situated in a large room where clients could wait to see the midwives. The Breastfeeding support worker, Children’s Centre worker and Stop Smoking advisor were able to greet clients on arrival or on leaving the building.Postnatal clients could use the drop-in as a Child Health Clinic with the benefits of all the other services involved.The Health Visiting team, Breastfeeding Team and Children’s Centre were already well represented in the centre prior to the project. The Stop Smoking Advisor was happy to take part on a monthly basis.The new service was advertised in the local GP surgery and children’s centre and a press release was published in the local paper. Flyers were also given out at Health Visiting clinics.  |
| **Services provided*** Initial registration at Children’s Centre
* Ante natal care
* Post natal care
* Health visitor drop-in clinic
* Smoking Cessation advice and Carbon Monoxide testing
* Antenatal breast feeding motivational intervention
* Antenatal and Post natal breast feeding advice and support
* Post natal support
* Family Support Worker (Children’s Centre)
* Healthy Start Vitamins

**Signposting to other services:*** Children Centre services and groups
* Infant and Maternal mental health services
* Baby café (for breastfeeding mothers)
* Postnatal groups
* Baby Massage
* Video-Interactive Guidance
* Support for fathers
* Further referral to Smoking Cessation groups/clinics
* Counselling
* Domestic Violence/Escape the Trap/Freedom Programme
* Housing information and advice (Flagship Housing)
* Benefits advice
* Employment Law
* Preparation for Birth and Beyond Ante-natal classes
* Weigh, stay and play clinic
* Twins group
* ‘Welcome Baby’ sessions (monthly for new babies on Saturday mornings)
* ‘Fun with Mum’ group (for mothers with low-mood)
* Exercise classes (ante and post natal)
* Obesity Prevention and intervention (HENRY)
 | * Information about other local groups and facilities
* Library Services for babies and children

**Advantages for clients*** One stop shop for everyone, bringing new clients into the Children’s Centre environment and culture.
* Encourages participation and social interaction – more enjoyable for staff and clients alike.
* More effective and meaningful communication between professionals and clients
* Equality in access to local health care and health promotion
* Child friendly environment with excellent resources
* In an area of high population and need
* Accessible on foot and by car. (Parking available)
* Seamless transition of care for clients: Local community Midwives and Health Visitor present.

**Benefits to the babies and children*** Health promotion and intervention that can optimize outcomes.
* Increased support for breastfeeding mothers
* More mothers breastfeeding for longer
* Reduction in smoking leading to healthier outcomes
* Parenting capacity can be improved where required through promotion of public health agenda (Change 4 life, promotion of Breastfeeding etc.) healthier lifestyles encouraged
* Improved attachment and parental capacity for fathers who attend with their partners.
* Even ‘hard-to-reach’ antenatal mothers usually attend midwifery appointments so this can only have positive outcomes for families.
 |
| **Benefits to services.** All services benefit from this style of working together. There has been a significant increase in new clients enrolling at the Children’s Centre antenatally, receiving information and care in the most appropriate environment.The Breastfeeding team and Stop Smoking advisor are having contact with all antenatal mothers in Beccles. |
| **Hopes for the future:**As the service progresses and adapts to the needs children and families, expectant couples will be informed of up and coming groups and activities, Health Visitors will be able to promote their ‘Preparation for Birth and beyond’ antenatal sessions. Expectant fathers often attend the appointments with the Midwives and it is hoped that this will mean they will become more familiar with and seek support from the Health Visiting service.Professionals will be able to liaise effectively and transparently for the benefit of clients. |
| **Feedback so far:*** ‘The new location is more convenient and easy to get to. I liked the whole collection of services’
* ‘Very good service, friendly people. All under one roof and easy parking’
* ‘Easy to come to compared to hospital and I meet more people’
* ‘Staff are friendly, play area lovely and time for parents to chat’
* ‘Staff are brilliant. Very helpful. Very good service. Can’t think of anything to make it better’
* ‘I liked the fact that it all ran to time and smoothly, lots of services in one place and everyone very friendly’
* ‘I had never been in the building before and didn’t realize it was so great and there was so much going on in Beccles’
* ‘I just love the atmosphere here, it is so friendly and not clinical at all’
 |
| image003 | Kim JoyceHealthy Child Programme LeadEast Coast Community Healthcare CICAugust 2013 |
| **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, and will all be available on our website from next week. Details of the next scheduled articles listed below:- |
| **5 September – South West Essex**12 September – North East Essex19 September – South East Essex26 September – Mid Essex | 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 by the Wednesday |
|  |  |
| **Recruitment to HV training – latest position** |
| The latest weekly update shows that we expect 279 health visitor students to commence training during September in the East of England, some from next week. Some organisations have suffered last minute withdrawals which are always so disappointing when all efforts have been made to fill 100% of places. For those organisations with a January intake there will be an opportunity to make up the loss and we also have a number of Return to Practice health visitors from September. The amount of work that goes into this volume of recruitment is immense so well done to everyone involved.

|  |  |  |  |
| --- | --- | --- | --- |
|  | No of places | No confirmed | Percentages places filled |
| September 13 intake | 289 | 279 | 96.54% |
| January 14 intake | 97 | 64 | 64.95% |

 |
| **Contacts** |
| Julia Whiting, Health Visiting Programme LeadM: 07535 638236E: Julia.whiting2@nhs.net Sue Mills, HV Locality Lead, Herts and BedsM: 07506 512182E: suemills@nhs.net Rowena Harvey, HV Locality Lead, Cambs and PeterboroughM: 07768 568175E: rowena.harvey@nhs.net Jenny Gilmour, HV Locality Lead, Essex T: 07946 755758E: jennygilmour@nhs.net  | Helen Wallace, HV Locality Lead, Norfolk and SuffolkE: Helen.wallace4@nhs.net **NB – please only contact Helen via her nhs.net email address, and not her suffolk.gov.uk email address**Sophie Lakes, Health Visiting Programme SupportT: 01603 595816E: sophie.lakes@nhs.net  |