Health Visiting Programme

Weekly News

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| **CMOs public health report 2012: Our children deserve better: Prevention Pays** |
| The Chief Medical Officer (CMO), Professor Dame Sally C Davies, has published this volume of her annual report 2012.The CMO’s report is released in 2 volumes every year. One volume presents data trends across public health; the other looks at a specific area of concern, which this year is children and young people’s health. The CMO asked experts to collect information and put together the pieces to understand the major health issues facing children. She wanted to hear the voices of families and children so she held workshops to talk about topics such as attitudes to food and exercise. |  |
| A large number of experts contributed data to the report, which looks at children and young people from before birth to age 25. It also looks at several particular groups of children and young people: those with neurodevelopmental disabilities, those with mental health problems, looked-after children and those in the youth justice system.The CMO asked for an update to the information held in the NHS Atlas of Variation in Healthcare for Children and Young People; and this is included as one of the annexes to the report.The main findings in the report include:* spending money to help people early isn’t just a good thing to do, it’s sensible too. Sometimes a little help early on can make a huge difference to a person’s life. Children and young people should get help and information as soon as they need it.
* the CMO has asked Cabinet Office, Public Health England and the Children’s Commissioner to consider holding a National Children’s Week every year
* people who work with children and young people should be trained to listen and behave in a way that makes sense. They shouldn’t use complicated or confusing words.
* schools and local councils should try to find a way to make sports facilities and swimming pools easier for everyone to use

The full report can be accessed on line by following the link below:<https://www.gov.uk/government/publications/chief-medical-officers-annual-report-2012-our-children-deserve-better-prevention-pays> |
| **Communities of Practice in Essex** |
| The first Essex Communities of Practice event took place on 23rd October which saw the five providers in Essex come together to share information and best practice, build knowledge, develop expertise and share evidence based practice.There were forty attendees to the event which included representatives from the Essex Commissioners, Operational Leads and Health Visitors. The event followed a format of a short presentation from each provider with time for questions, networking and evaluations. The topics presented were:PROVIDE: MentorshipNELFT: PreceptorshipSEPT SE: Working with the homeless populationSEPT WEST: Managing postnatal depression in groups ACE: MECSHFeedback given on the day was hugely positive with each provider producing action plans of how they will take the learning back to practice. | **East of Eng HV prog@HealthVisitors**We are now up to **161** followers which is excellent. Keep on following for some more updates  **We are also on** Visit [www.flickr.com/healthvisitors](http://www.flickr.com/healthvisitors) to see the photographs from July’s Building Community Capacity Conference  |
| Thank you to all who contributed to the event, to all who presented and to all who attended. The steering group will be meeting soon to evaluate the event and begin planning the next one which I’m sure will be just as successful! |  |
| Lucy Putney, North East London NHS Foundation Trust, South West Essex Community Services Email: Lucy.putney@nhs.net; lucy.putney@nelft.nhs.uk |  |
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| **NICE guidance – managing overweight and obesity in children and young people** |
| <http://guidance.nice.org.uk/PH47> |
| **Spreading the word more widely – sharing practice** |
| **What support do health visitor mentors need?** |
| Full Article by Sarah Morton SRN, SCM,HV Cert Dip Nurse, BSc MSc published in Community Practitioner, August 2013; 86(8):32-35.**Abstract**This paper seeks to explore and understand the role of health visitor mentors undertaking a mentoring responsibility for specialist community public health nurses. During the unprecedented round of training, responsibility for the direct management of this role has been devolved from practice teachers to mentors. A qualitative approach using a purposive sample of eight participants and a semi structured interview was the chosen method. Simple qualitative analysis was undertaken allowing data to be compared and themes identified. The overarching theme within this study was powerlessness; mentors felt they had no say in adopting this role which was imposed on them. Sub themes included preparedness relating to their perceived lack of appropriate training, and emotional support, which identified inadequate support from managers, while good levels of support were experienced by most mentors from their colleagues. Finally, compromising related to difficulties associated with managing client care, student education and family responsibilities, achieved through prioritising and working overtime. In conclusion, the paper suggests that mentors need further support that acknowledges the pressure of the dual role, and standards for professional development of mentors needs to be developed. |
| For more information about this article and research please contact Sarah Morton: sarah.morton@nhs.net  |  |
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| **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:- |
| **7 November – ECCH** 14 November – Norfolk21 November – 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, sophie.lakes@nhs.net by the Wednesday |
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