



Starting Well Partnership
EVERY CONTACT SHAPES A LIFE

Professionals guide to

Starting Well Partnership



Provided by:


Herefordshire and Worcestershire
Health and Care
NHS Trust

In partnership with:



 **Believe in
children**
Barnardo's

REDDITCH BOROUGH COUNCIL

**making
difference**
www.redditchbc.gov.uk

Starting Well Partnership



Our Vision

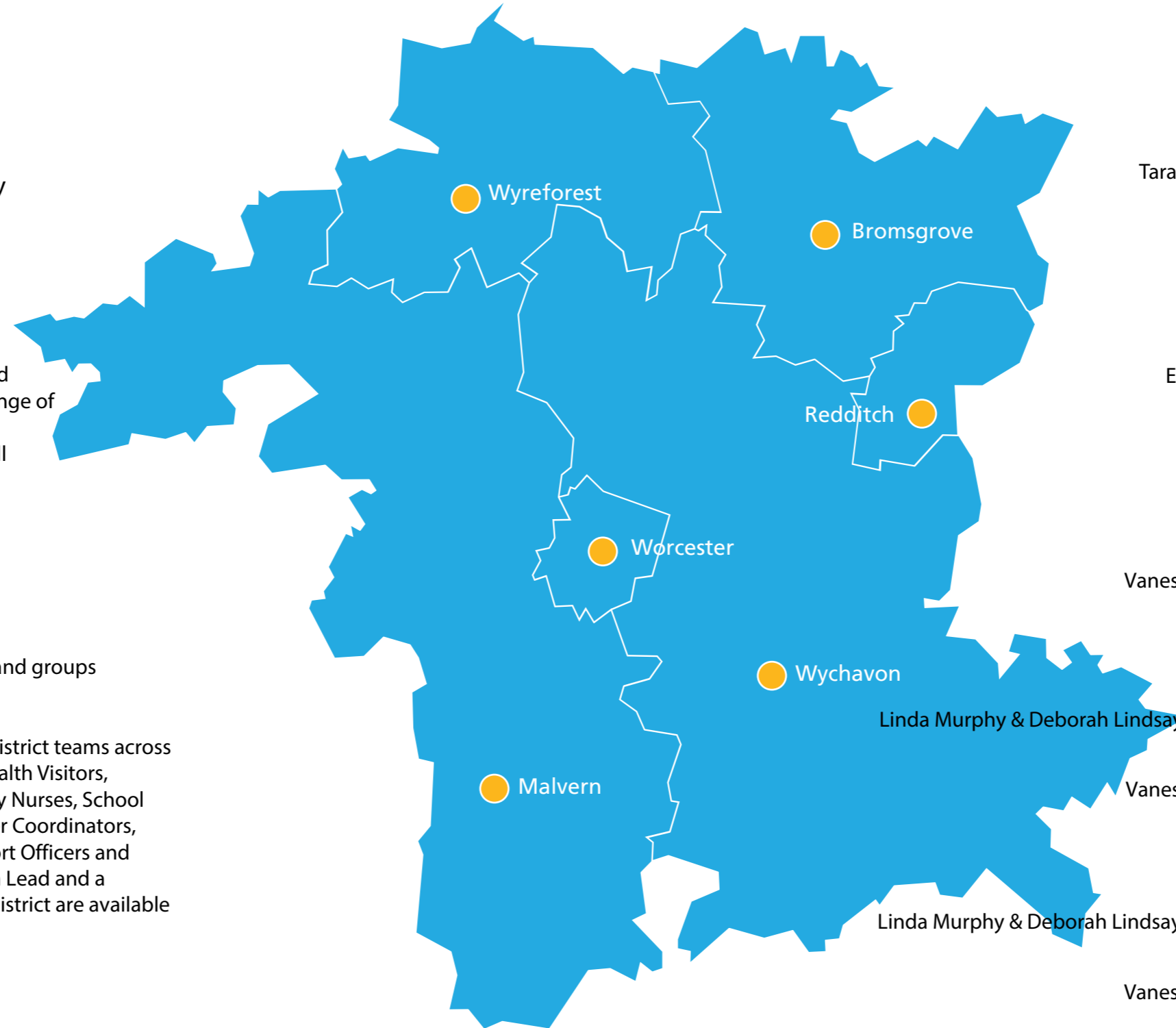
Our vision is for Worcestershire to be a wonderful place for all children and young people to grow up. We believe it is important that children and young people grow up safe from harm, to reach their potential and to lead happy, healthy and fulfilled lives.

About Us

The Partnership, which is led by Herefordshire and Worcestershire Health and Care NHS Trust and includes Barnardo's, Action for Children, and Redditch Borough Council, brings together a range of professionals that will support 'parents to be' and their children during the early years and will ensure young people's health needs are met as they move through school towards adulthood.

The Partnership works alongside lots of local organisations and community groups including schools. They identify and address health and wellbeing needs by empowering families and young people to access support networks and groups in their local community.

The Starting Well Partnership works within six district teams across Worcestershire. These teams are made up of Health Visitors, Parenting Support Workers, Community Nursery Nurses, School Health Nurses, Health Care Assistants, Volunteer Coordinators, Community Health Connectors, Business Support Officers and Administrators. Each District has a Public Health Lead and a Community & Parenting Lead, details for each district are available on the page opposite.



Bromsgrove

Public Health Lead

Natasha Morris-Day - natasha.morris-day@nhs.net

Community & Parenting Lead

Tara Day - tara.day@bromsgroveandredditch.gov.uk

Redditch

Public Health Lead

Kate Tate - kate.tate@nhs.net

Community & Parenting Lead

Tara Day - tara.day@bromsgroveandredditch.gov.uk

Wyre Forest

Public Health Lead

Donna Dancox - donna.dancox@nhs.net

Community & Parenting Lead

Emily Bywater - emily.bywater@barnardos.org.uk

Wychavon

Public Health Lead

Julie Lunn - julie.lunn@nhs.net

Community & Parenting Lead

Vanessa Cole - vanessa.cole@actionforchildren.org.uk

Worcester

Public Health Leads

Linda Murphy & Deborah Lindsay - whcnhs.worcestercity-malvernphntl@nhs.net

Community & Parenting Lead

Vanessa Cole - vanessa.cole@actionforchildren.org.uk

Malvern

Public Health Leads

Linda Murphy & Deborah Lindsay - whcnhs.worcestercity-malvernphntl@nhs.net

Community & Parenting Lead

Vanessa Cole - vanessa.cole@actionforchildren.org.uk

Family Hubs

Family Hubs (formerly known as Children's Centres) are locations where we deliver and coordinate lots of our services. There are Family Hubs across the county (see map) and we also provide services from local community spaces such as community centres, health centres and schools.

The Hubs provide a space for families to access a wide range of information and services in a friendly environment. Our teams run a number of clinics and appointments from the Family Hubs, including toddler and baby groups, and Midwife appointments.

Families can also visit our Hubs if they need information about local services and to collect vitamins.

Pear Tree Family Hub

Broad Street
Bromsgrove
B61 8LW
Tel: 01527 835775

Holly Trees Family Hub

Mabey Avenue
Redditch
B98 8HW
Tel: 01527 61360

Brookside Family Hub

Borrington Road
Kidderminster
DY10 3ED
Tel: 01562 827207

WANDS Family Hub

Farmers Way
Droitwich
WR9 9EQ
Tel: 01905 827391

Half Crown Wood Family Hub

Children's Centre
Princess Way
Stourport-on-Severn
DY13 0EL
Tel: 01299 877920

Sunshine Family Hub

Bluebell Close
Malvern
WR14 3SW
Tel: 01684 577442

Saffron Family Hub

Stanley Road
Worcester
WR5 1BD
Tel: 01905 767 107

Tudor Way Family Hub

Tudor Way
Worcester
WR2 5QH
Tel: 01905 749149

Buttercup Family Hub

Carnforth Drive
Worcester
WR4 9HG
Tel: 01905 758411



Healthy Child Programme

Our Integrated Starting Well Partnership delivers the Healthy Child Programme (HCP) for families with children aged 0-19 years and up to 25 years for those children and young people with special needs. The Healthy Child Programme (HCP) is a public health programme for children, young people and families which focuses on early intervention and prevention. The HCP offers a programme of screening tests, immunisations, developmental reviews, information and guidance to support parenting and healthy lifestyle choices.

The 0-5 years Healthy Child Programme contacts include:

- Antenatal contact
- New birth visit at 10-14 days
- Contact at 6-8 weeks
- A child health review/development assessment by one year of age
- A child health review/development assessment by two and a half years of age

The 5-19 Healthy Child Programme offers support for health and wellbeing to all children and young people living in Worcestershire. Parents of young children and young people will be asked to complete a Digital Assessment known as the School Screener at the following times:

- 4-5 year old health needs assessment
- 10-11 year old health needs assessment
- 12-13 year old health needs assessment

We are also responsible for:

- Measuring and weighing children in reception and year 6 as part of the National Child Measurement Programme
- Audiology for reception children
- Supporting children and families with additional health needs or disability
- Relationships, sexual health and pregnancy
- Promoting healthy lifestyles in schools and communities through health education

The teams within the Starting Well Partnership will support the Healthy Child Programme by working in the following ways:

Health Visitor

Our Health Visitors provide a professional public health service based on best evidence of what works for individuals, families, groups and communities; enhancing health and reducing health inequalities through a proactive, universal service for all children 0-5 years and for vulnerable populations targeted according to need. They visit families at home or in a Family Hub or clinic to assess a child's health and development needs and signpost and work with families as appropriate.

Community Nursery Nurse

Community Nursery Nurses have specialist knowledge around child development and work closely with our Health Visitors to assess a child's needs. They can also provide lots of support and guidance on feeding, weaning, sleep and development.

School Health Nurses

School Health Nurses are trained Nurses or Midwives who have received additional training in improving the health and wellbeing of children and young people. They work with families and young people from 5 to 19 years and are usually linked to a group of schools in their local area. School Nurses work across education and healthcare settings, providing a link for young people between school, home and the community.

Health Care Assistant

The Healthcare Care Assistants work very closely with the School Health Nurses. They work with young people within schools and carry out the National Height and Weight measurement programme. They can also provide a variety of information to families with school aged children.

Community Health Connectors

These are community workers who know the local area well and are aware of what support and services are available to families locally. They support parents and carers with all sorts of information and guidance around services ranging from free child care, how to get the correct vitamins, support for children with additional needs, local holiday activities and other services which could be of interest for you and your family.

The Community Health Connectors promote the latest information and guidance through awareness weeks such as 'Children's oral health Smile month' etc. They may ask families for their views and feedback to help us to make our services better.

Parent Support Worker

Parent Support Workers are experienced workers who have had additional training in parenting strategies. They know that being a parent is one of the most rewarding things in the world, yet at times it can also be incredibly challenging. Parent Support Workers can provide groups to give parents opportunities to build confidence, consider additional strategies and to gain advice/support and meet other parents. During the sessions there will be discussions and time to explore topics to help manage children's behavior so everyone in the family enjoys life more.

Regardless the age of a child, a Parent Support Worker can support parents and carers to get the most from family life.

Breastfeeding Support Workers

Breastfeeding Support Workers have had lots of experience and additional training in how to provide feeding support to expectant & new families. They make every effort to contact all mothers living in Worcestershire within 48 hours of hospital discharge or home birth. Together with Peer Support Volunteers and NCT Breastfeeding Counsellors they also provide Breast Feeding Support groups at sites across Worcestershire.

Volunteer Co-ordinators

There is a Starting Well Volunteer Co-ordinator available within each District across Worcestershire. They ensure the service has effective and rigorous processes to ensure our Volunteers and Peer Supporters receive the best possible management support and progression if desired, and our service receives maximum benefit from our volunteers' and Peer Support contribution.

The co-ordinators' support Health Champions, Community Hub Volunteers, Breastfeeding Peer Supporters and Parenting Peer Supporters.

Health visitor's, School Nurses, Community nursery nurses, Parent Support Workers, Community Health Connectors and Health Care Assistants, Breastfeeding Support Workers and Volunteer Co-ordinators all work together to look after families with children between 0-19 years and up to 25 years for those children with additional needs.

Starting Well Plus

Starting Well Plus is a new voluntary programme in Worcestershire developed with support and kind permission from Ripplez CIC Family First service. This programme is specifically for those under 25 years old expecting their first baby or having their first experience of parenting.

ChatHealth

Our School Health Nurses provide free, confidential advice and support to young people aged 11-19 via the ChatHealth text service. The service is available between 9am-4:00pm Mon-Fri and can be accessed by texting 0750733170.

Telephone Advice Service (TAS) - 0300 123 9551

Managed by the Health Visiting Team, the Partnership has Telephone Advice Service for parents of children under the age of 5 who wish to discuss any health and development concerns they have about their child. The service is available daily Mon-Fri between 9:00am - 3:00pm.

Access to digital information and advice - startingwellworcs.nhs.uk

Our digital platforms provide lots of useful information, support and advice for families, alongside details on how to access further support and guidance if needed. The Partnership is also active on social media, with Facebook, Twitter Youtube and Instagram accounts setup for services around the county.



@StartingWellPHN



Search 'Starting Well' on Facebook to find your local parenting group



Search 'Herefordshire and Worcestershire Health and Care NHS Trust' on Youtube to watch our 'Children, Young People & Families' playlist.

Safeguarding

We work closely with the Safeguarding Children's Board and Integrated Safeguarding Team to ensure that all children, young people and families within our area are safe and cared for.

By working together with other organisations and professionals we ensure that vulnerable people are not abused in any way, including physically, emotionally or sexually to prevent harm and neglect.

Support during COVID-19 (coronavirus)

For the latest information on support and services available during COVID19, please visit our website: www.startingwellworcs.nhs.uk.

Starting Well Partnership

Herefordshire and Worcestershire
Health and Care NHS Trust
2 Kings Court
Charles Hastings Way
Worcester
Worcestershire
WR5 1JR

Do you have a concern, complaint or comment?

Contact: Patient Relations Team, Herefordshire and Worcestershire Health and Care NHS Trust, 2 Kings Court, Charles Hastings Way, Worcester, Worcestershire, WR5 1JR

Tel: 01905 681517 Email: Whcnhs.pals@nhs.net

Do you have a communication or information support need?

If so please contact the person who gave you this leaflet so that those needs can be recorded and responded to.