Foundations for life
Developing a partnership between Early Years and Public Health in Tower Hamlets

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LEAF
0-5 Years Services Workforce Workshop
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Overview

• Child Health and Wellbeing in Tower Hamlets: needs and priorities;
• Developing integrated early years services to promote equality:
  – Breaking the link between poverty and under-achievement
  – Supporting parents back into the workplace
• Implications for workforce development.
HV Stakeholder Engagement process

**Phase 1**
- 126 parents and carers
- 56 members of the health visiting service

**Phase 2**
- 23 attendees at early years professionals workshop
- 23 attendees at health professionals and commissioners workshop
- 13 attendees at social care professionals workshop
- 3 organisations at third sector focus group
- 36 GPs via on-line survey

**Phase 3**
- Total of 55 attendees (2 workshops)
Locality model for Health Visiting

**Four Clinical Leads**
- Member of the children’s centre locality teams
- Increased capacity for transformational change and partnership working
- Supervision and support for the expanded service

**Named Health Visitors for each children’s centre**
- Integration into children’s centres management team
- Strengthen partnership working and manage workload by utilising skill mix
- Develop integrated 2 year review

**Maintain links with primary care**
- Named Health Visitors to attend MDT meetings
- Continue with the collaborative 6-8 week check
Tower Hamlets Together

Aim:

To ensure that all children and their families have access to high quality, ‘joined up’ services and opportunities in order to optimise physical, social, emotional and cognitive development, improve lifelong health and wellbeing and mitigate the effects of socio-economic deprivation.
What are Children’s Centres for?

“...to improve outcomes for young children and their families and reduce inequalities between families in greatest need and their peers in child development and school readiness, parenting aspirations and parenting skills; and child and family health and life chances.”

DFE Core purpose of Children’s Centres
The Future of Children’s Centres

- Health and Development;
- Employment Support and Childcare;
- Relationship Support for Family Stability;
- Supporting Families with Complex Needs.
Children’s Centre offer

Now

• 12 Children’s Centres, all with full and targeted offers, giving a rich, in-depth service to families and children, including a good health offer;

With Tower Hamlets Together

• The 12 Centres become hubs for a much wider range of services – Health is the most crucial partner but we have a range of other Directorates involved too, and of course the VCS are key partners.
Inputs

£1 million from public health grant
Highly trained managers and staff
12 children’s centres
Health intelligence and public health support
Continual service improvement led by family engagement
Integration with other family services e.g. school nursing, FNP, health visiting
Training on weaning and healthy eating from PH dietician
Healthy Early Years Accreditation Scheme

Outputs

Activities

Individual support for families’ health related behaviours:
- Breastfeeding
- Family diet, HSV, weaning
- Smoking, alcohol, substance misuse
Health promotion:
- Active play
- Weaning and healthy eating
- Potty training
- Parenting
- First aid/minor ailments
Early detection and early help:
- Developmental delay
- Ill health
- Concerns about safety
- Maternal mental health issues
- Attachment issues
Wider support:
- Literacy/numeracy
- Benefits advice
- Employment support

Participation

Parents-to-be
Children aged 0-5 years
Children’s parents, siblings and extended family
Children’s Centre staff, other early years staff.
LBTH Early Years and Public Health Teams
Health Visitors
FNP, school nurses, midwives, other early years professionals
Local community

Outcomes and Impact

Short term

Strong parent–child attachment and positive parenting
Increased rates of initiation and continuation of breastfeeding; delayed healthy weaning to six months
Healthy eating habits and increased physical activity
Uptake of immunisations
Healthier, safer and stimulating home environment and EY settings
Increased parent uptake of wider services e.g. MH
Improved parental health behaviours e.g. smoking, alcohol

Medium term

Optimum global development:
- Physical: healthy weight, good oral health, prevention of infections
- Social and emotional: independence in eating, dressing, toilet, ability to communicate needs and good vocabulary
- Cognitive: readiness for school and improved learning

Long term

Optimum health and wellbeing in childhood and throughout adult life
Greater socioeconomic wellbeing:
- Employment
- Educational attainment
- Income
- Social inclusion

Impact experienced by future generations
Reduction in health and socioeconomic inequalities
Key Enablers for Transformation

- Development of a vision and high level model for integrated children’s services 0-19 years (or 0-25 years)
- Pilots to test new approaches, including a focus on ‘transitions’ to support wider system change
- Community engagement, building on and strengthening parent / peer led services and networks
- Developing information systems that support integrated working
- Multi-disciplinary workforce development
Pilot multi-disciplinary workforce development programme

*Aim*

- To build on the existing knowledge and capacity of local maternity and early years services to strengthen integrated working across services in order to provide appropriate, accessible and joined up support for parents and infants during pregnancy and the first year of life
Pilot multi-disciplinary workforce development programme

Workshop 1: Introductions, networking and background
• Multidisciplinary team building and understanding each other’s roles in relation to the wider system. Provide background to parent and infant wellbeing and introduce some key concepts around perinatal and infant mental health.

Workshop 2: Core content
• Perinatal and infant mental health: including how to promote healthy parent child relationships and good infant emotional development for all families, support those with difficulties to prevent mental health problems and identification those that need specialist help.

Workshop 3: Implementation of learning
• Explore what participants need to implement their learning and how to cultivate change in working practices to move towards a more integrated early years’ service.
“To ensure that all children and their families have access to high quality, ‘joined up’ services and opportunities in order to optimise physical, social, emotional and cognitive development, improve life-long health and wellbeing and mitigate the effects of socio-economic deprivation”
Objectives

• System partnerships and integrated service models
• Community engagement
• Peer led networks
• Making every contact count
• Early identification / diagnosis and early help
• Holistic integrated assessment framework(s)
• Increase take up of services / opportunities
• Strengthen aligned services (literacy, employability, housing etc.)
Levels of need and risk

- Specialist
- High risk
- Targeted
- Universal
- Community
1. Foundations take longer to create than buildings.
2. The higher the building, the firmer the foundations have to be.
3. The more stress a building is likely to face, the more flexible the foundations need to be.
4. When buildings are on poor ground, the foundations must be strengthened to compensate.
5. If new buildings are to be added to existing buildings, making the right connections between their foundations is crucial.
6. When testing foundations, early strength is not always a reliable predictor of later strength.
7. If foundations prove inadequate, it is very, very expensive to underpin them later on……..
Priority areas & high level outcomes

• Emotional wellbeing
  – Maternal mental health / secure carer/infant attachment
  – Prevent / identify neglect and abuse
  – School readiness (PHOF)

• Nutrition (healthy weight & oral health)
  – Exclusive breastfeeding
  – Healthy weight (4-5 years)
  – Dental decay (5 years)

• Self care (minor ailments)
  – Parent – skills, knowledge and confidence
  – A&E attendance
  – Appropriate use of primary care
Overall outcomes

• More responsive, better informed support for clients improving mental health and well-being outcomes
• More opportunities for strengthened multi-disciplinary integrated working
• Increased staff knowledge and skills on:
  – The importance of sensitive attuned parenting for infant brain development;
  – The importance of secure attachment and bonding;
  – Promoting a good two-way relationship and communication between parents and children
  – When and how to intervene to support parents with attachment issues.
• Geographical focus will provide flexibility for attendees in identifying best models for local multidisciplinary/integrated working arrangements