

0-25 Family Health Service County Durham Annual Update

13th November 2023

Children and Young Peoples' Overview and
Scrutiny

0-25 Family Health Service County Durham

Key Highlights 0-6

- The 5 Government Mandated Healthy Child Programme contacts are consistently delivered across County Durham with high levels of coverage.
- The 0-25 Transformation Manager is a key role in progressing the Family Hub agenda in County Durham.
- 0-25 Family Health Service Growing Healthy drop ins are currently being established in the Family Hubs, feedback from the Parent Carer Panel has supported this development.
- Following feedback from system partners and review of referrals for early help, the Enhanced Parenting Support Pathway (EPSP) referral criteria has been extended to include referrals up to 10 weeks postnatal- the impact of this will be monitored.
- The digital offer has progressed over the past 12 months, 15.29% of our 0-5 population parent/ carers have downloaded the Growing Healthy 0-25 County Durham App, and the health chat function was switched on in May 23 with week on week increasing messages and chats taking place.

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Key Highlights 0-6

- The Family Peer Supporters have had an active role in contacting families of under 2s to check entitlement and promote the food and warmth voucher scheme, and Healthy Start scheme, supporting the child poverty agenda.
- HDFT have taken part in a research project with Newcastle University to trial the 'Talking Together' resources in collaboration with selected Early Years settings. A suite of resources is to be provided by the University for when speech and language delay is identified post ELIM (Early Language Identification Measure).
- Parental mental health is identified as a priority area of work locally within the Starting Well Partnership Family Hubs agenda. With the support of Family Hub funding HDFT have recently employed a Specialist Health Visitor for Perinatal & Infant Mental Health (PIMH).
- There has been additionality to the SEND team through recruiting a Family Health Visitor with a specific focus on SEND in 0-5, supporting increased engagement with early years settings and providers, and earlier identification and support.
- Sleep issues in children and young people has been identified as a theme in referrals directly to the 0-25 service, early help and system work in relation to neurodiversity. Through Family Hubs funding staff training and an offer/ clear pathway for sleep support is now being developed.

0-25 Family Health Service County Durham Key Highlights 6-25

- School screening for vision and NCMP in primary schools has had very high levels of coverage and engagement.
- Further expansion of the Emotional Health and Resilience Team has taken place over the past twelve months to provide early help support for children and young people's mental health and to increase prevention work and reach to vulnerable groups and the pre-school cohort.
- Decider Skills training in primary schools (Year 4) continues to be very well received and evaluated, with coverage increasing each term.
- Funding secured by a 0-25 Family Health Service Manager from the Queens Nursing Institute has supported the development of a Growing Healthy Allotment project in Shildon, working in partnership with Shildon Alive Charity.
- 25 young people with vulnerabilities have achieved the John Muir Award at the Willington Growing Healthy Allotment Project. In addition, the young people take produce to the local charity which is then distributed through the Food Bank.

0-25 Family Health Service County Durham Key Highlights Workforce

- Recruitment to any non-SCPHN and non-nursing qualified roles where vacancies have arisen has been successful, with an increase in our Band 5 Staff Nurse roles to support Healthy Child Programme delivery and mitigate some of the Family Health Visitor vacancy.
- HDFT have successfully recruited to 10.6 WTE Family Hub funded posts, as part of the implementation programme.
- HDFT have trained 14 SCPHN Students 2022-2023 and 12 have accepted permanent jobs in County Durham. The next cohort of SCPHN students have started their training in September 2023 and we have 13 Health Visitor SCPHN and 5 School Nurse SCPHN training in Durham.
- Workforce wellbeing has been a key priority for HDFT and Public Health in Durham County Council, with dedicated Health Advocates in teams, listening events, Thrive conversations, support and opportunities for new roles and progression, and a Trust recruitment and retention plan.
- The 0-25 Family Health Service achieved the Better Health at Work Silver Award in September 2022, and the Gold Award in October 2023

0-25 Family Health Service County Durham Key Challenges

- Health Visitor SCPHN Workforce remains the main challenge for the next 12 months, there is currently a national shortage of around 5000 Health Visitors (iHV, 2022). HDFT are working closely with Public Health and the wider system to address gaps, think creatively and ensure they prioritise vulnerability and inequality, while still providing a good universal offer to our County Durham Children Young People and Families.
- Breastfeeding rates remain almost unchanged at initiation and 6-8 weeks since 2021. Recent Insights work commissioned by Public Health, and additional Infant Feeding and Peer Support roles through Family Hub funding are increasing resource and intelligence to do more targeted and culture change work.