
To: Education and Children's Services Scrutiny Board (2)

Date: 27th January 2022

Subject: Family Health and Lifestyles service Annual Report 2020-21

1 Purpose of the Note

- 1.1 The paper updates the Education and Children's Scrutiny Board on the Family Health and Lifestyles Service Annual Report 2020-21.

2 Recommendations

- 2.1 The Education and Children's Scrutiny Board (2) are recommended to:
 - 1) Note the findings from the Family Health and Lifestyles Service Annual Report 2020-21
 - 2) Identify any further recommendations for the Cabinet Member

3 Background and Information

- 3.1 The Family Health and Lifestyles Service went live on 1st September 2018 and is provided by South Warwickshire NHS Foundation Trust. It brings together the following services; Health Visiting, School Nursing, Be Active Be Healthy, Family Nurse Partnership, Stop Smoking in Pregnancy, Infant Feeding and MAMTA (offering support to BAME families ante-natally and postnatally).

4 Key achievements

- 4.1 The service has continued to work closely with Public Health and partners so that children and families receive a safe service during the COVID-19 pandemic. The report highlights service user feedback which has been positive. The service is described as helpful, knowledgeable, experienced, and passionate by service users.
- 4.2 The service has continued to offer all Health Visiting universal mandated health contacts throughout the different levels of lock-down. This offer has been through a blended approach of virtual, telephone and face to face contacts. An evidence based assessment tool has been introduced for Health Visitors to use with parents (the outcome star) to identify parents need and ensure effective support is delivered in areas such as mental health, relationships and looking after a baby. The service has also received local recognition winning awards for the work completed by Health Visiting for example, in supporting vulnerable families including those families who are Asylum Seekers and Refugees.
- 4.3 During the COVID-19 pandemic, the service has focused on enhancing its digital offer for families including the use of 'Chat Health' which provides a text messaging facility allowing parents to contact a Health Visitor digitally. 4010 text messages were received from families over 18 months. A parent line has also been available for the School Nursing service. The service has promoted the use of apps such as DadPad designed to provide

dads with the knowledge and resources to support themselves, their partners and give their child the best start in life.

- 4.4 To support vulnerable families in the city, the service has launched a new programme called 'Becoming a Parent' which includes additional visits in the ante-natal period and post-natal period to support families in their transition to parenthood. The Family Nurse Partnership Service has continued to support teenage parents across the city. The team have successfully rolled out a personalisation programme so that the care offer has flexibility, based on the individual families needs.
- 4.5 MAMTA has continued to support BAME communities antenatally and postnatally. The service was redesigned to support all BAME families across the whole city. User feedback has been excellent with users feeding back positively about support received during lock down through phone calls, zoom sessions and face to face sessions.
- 4.6 As part of the City of Culture celebrations the infant feeding team joined forces with, "Holding Time" a multidisciplinary, collaborative project challenging the cultural stigmas surrounding breastfeeding. The infant feeding clinics held in the Family Hubs have seen an increase in demand leading to an increase in sessions held. The infant feeding team now offer four Breastfeeding support clinics and two Specialist clinics held weekly across the City. There is now a blended offer, including virtual support, as well as home visiting for those that require extra support.
- 4.7 The Stop Smoking in Pregnancy team broadened their service offer to include a bespoke option. Sessions are offered within the home, Family Hubs, virtually or by phone depending on service users choice and vulnerabilities. An increase in referrals to the Stop Smoking in Pregnancy team has been received and an increase in the number of women who have quit smoking has been achieved.
- 4.8 During the COVID-19 pandemic, the School Nurses have identified an increased demand for emotional well-being support required by school aged children. Therefore an increased number of emotional well-being sessions have been delivered across schools in Coventry.
- 4.9 The National Child Measurement Programme (NCMP) measures heights and weights of children at Reception and Year 6. A national target to complete 10% of schools in each local area was set when the programme recommenced in May 2021. The service exceeded the national target by completing 80% of schools locally. This identified an increased number of children who were not in a healthy weight range; support was offered from the service to enable children and families to have a healthier future improving nutrition and exercise levels. The Be Active Be Healthy team have continued to support families within Coventry with a number of sessions focused on improving physical activity such as Active Tots, a family targeted exercise session for parents to attend with their toddlers.

5 The report highlights the following priorities for 2021/22:

- Embed and develop further new service offers; Becoming a Parent Offer, New School Questionnaire, Outcome Star and rolling this out into School Nursing.
- Continue to build on partnership working; key focus on Supporting Families and providing seamless care for families
- Sustainable work-force; ensure that the health and well-being of our work-force is prioritised and establish effective teams through welcoming new skill-mix to the teams
- Further build on the digital offer; increase social media presence, further embed excellent virtual offer that meets the needs of our children and families.

6 Health Inequalities Impact

- 6.1 The service aims to give every child the best start in life ensuring there is an even greater focus on service provision to those with more health inequalities in Coventry.

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Appendices: Family Health and Lifestyles Service 2020-21