



Family Health and Lifestyle Services

Annual Report 2020/2021

Foreword from Glen Burley, CEO and Anne Coyle, Managing Director

It has been another fantastic year for Family Health and Lifestyle Services as the teams have continued to innovate, at the same time as meeting the increasing demand that has arisen over an exceptionally challenging year. Over 2020/21 our colleagues across FH&LS have worked incredibly hard and risen to the challenges faced, with determination to continue to deliver services to children, young people and families. We are delighted to be able to share some of the highlights with you, in this report. There has been innovation and achievements across all of our services. A key highlight of the year was staff's creativity and innovation in the delivery of services whilst ensuring Government and NHS guidelines were adhered to.

All of this positive work is thanks to the dedicated and passionate teams within the services, our staff really are at the heart of what we do; so thank you to each and every one of you.

A word from Family Health and Lifestyles Leadership Team: Charlotte Finlayson (General Manager), Rachel Sproston (Locality Manager) and Helen Efstatiades (FNP Supervisor)

'Again this year, Family Health and Lifestyles Services has displayed it's culture of agility, moving at a pace to adopt ways of working, capturing opportunities with our partners and delivering service offers that meet the needs of the communities that we work with. The service has faced unprecedented demand leading to the service facing immense pressure.

We are very proud of how all of our teams have continued to support each other. We would like to thank our colleagues for their passion, dedication and resilience over the past year. It is our colleagues flexibility, as they juggled competing responsibilities, that has enabled the service to provide excellent care to children and families across Coventry.

Congratulations to Rachel Sproston, Locality Manager of Family Health and Lifestyles who received an award from the Director of Public Health for her outstanding contribution to public health.



Finally we wish to thank all our colleagues within the Public Health Department in Coventry Council for their on-going support and encouragement to deliver effective services across Coventry.

Going forward the service will build on the learning acquired throughout the pandemic and our strategy is to build on the trust with our families and stakeholders and deliver on sustained outcomes that make a difference. '

Introduction

Commissioned by Coventry Public Health in Coventry City Council, South Warwickshire Foundation Trust are proud to deliver Family Health and Lifestyles Services.

We are pleased to present this report for the academic year 2020/21 which was Family Health and Lifestyle Service's (FH&LS) third year, following the integration of seven services in September 2018;

- Health Visiting
- School Nursing
- Infant Feeding
- Stop Smoking in Pregnancy
- Family Nurse Partnership
- Be Active Be Healthy
- MAMTA (*delivered through sub-contracting arrangements*)

Our third year has focused on continuing to deliver an excellent service to children and families in an adapted way, due to the challenges of COVID. The service has also continued to take the opportunity to innovate, particularly through launching an increased digital offer to families and adapt to the changing needs of communities.

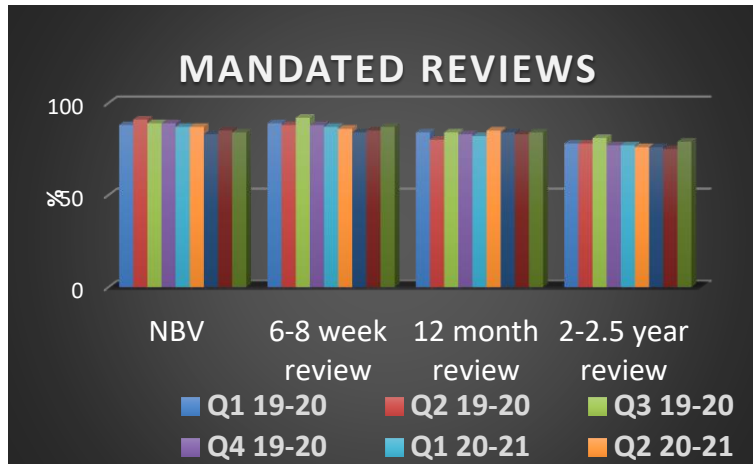
This report provides key highlights from the services with Family Health and Lifestyles, focusing on service developments that have enabled services to meet the changing needs of communities.

Over the year, the service has delivered on the aims and objectives that were set for 2020/21;

Objective	Outcome
Embed new digital offers where they provide effective care	<ul style="list-style-type: none"> • Increased use of chat health • Increased use of social media and skill set across work-force in offering care on digital platforms • Launched Dad's Pad <i>These are show-cased throughout this report</i>
We will be completing UNICEF Re-accreditation to ensure that we give a world-class service in supporting effective feeding, promoting attachment and positive parenting.	<p>UNICEF Re-accreditation took place June 2021 and the service achieved 41/45 of the required criteria. Plans in place to achieve remaining criteria by December 2021.</p> <p><i>See Infant Feeding section for further information</i></p>
Training and roll out of new Electronic Patient Record, to help services across Family Health and Lifestyles wrap care around the family.	<p>Launched new electronic record in January 2021. All services across FH&LS now access the same record, to provide seamless care to families.</p>
Develop a pathway of care for young and vulnerable parents.	<p>A working group has developed a Becoming a Parent Pathway. This will be launched September 2021 <i>See Health Visiting section for more information</i></p>
Launch the use of the Outcome Star across Health Visiting, to help our practitioners to work closely with parents to identify need and ensure effective support is delivered.	<p>The Health Visiting Team have been trained in how to use the Outcome Star with families. This is now being offered to all families across Coventry. <i>See Health Visiting section for more information</i></p>
Further develop integrated working with other services and partners.	<p>Integrated working has continued to flourish, with a focus on population health and joint working with other services.</p>

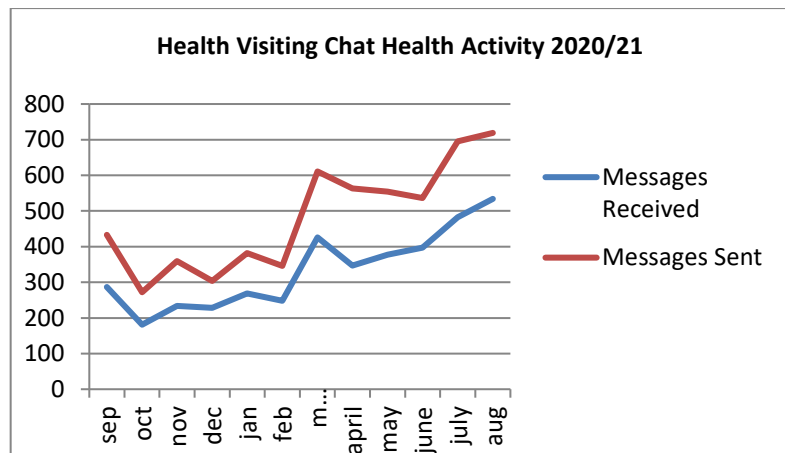
Health Visiting Service

Across Coventry, during the past 12 months, we have continued to maintain our delivery of mandated contacts, through a blended offer including; video and telephone, clinic appointments and home visiting, as part of the 'Healthy Child Programme.



Our Chat Health service has now been running for over eighteen months and the service is well established. It is widely promoted and over the year, 4010 text messages have been received through this offer, with an on-going increase in use of the service.

16 experienced health visitors deliver the Chat Health service and support parents with concerns such as colic, reflux, feeding, minor illnesses and sleep.



Service Innovations across Health Visiting

One of the key service developments for Health Visiting in 2020/21 was the launch of the outcome star.

Parent and Baby Star™

The Outcomes Star for perinatal mental health and well-being



We have introduced and successfully trained all our Health Visitors to use the 'Mother and Baby' Outcome Star with families.

This is an evidence based tool which is used collaboratively with clients during the ante-natal and 6-8 week post-natal contact. It is empowering and person centred. All stars underpinned by 5 point scale based on the journey of change.

This tool can measure 'value added' and change brought about by Health Visitors in their work with families.

The Parent and Baby star which looks at 7 areas:

Mental Health, physical health, housing & essentials, relationship, support networks, looking after your baby, connecting with your baby.



We are excited to announce the launch of our new "Dad's Pad App", designed to give dad's the knowledge and resources to support themselves, their partner and give their baby the best possible start in life. All new dads will be introduced to this app via their Health Visitor as early as possible, to help them prepare for fatherhood.

Becoming a Parent Pathway

The service recognised that there was a gap in service provision for some of our most vulnerable families. This includes those that do not want to accept the Family Nurse Partnership Offer. Over the past year, the Health Visiting Team have been developing skills, to work with vulnerable families. A working group has established a pathway, involving all the services across FH&LS, for those families who require targeted support. The Becoming a Parent offer includes additional visits in the ante-natal period and post-natal period from a multi-disciplinary team, using the outcome star to support the journey of change for these families, in their transition to parent hood.

All of the Family Health and Lifestyle teams have received training from Family Nurse Partnership focused on; attachment, marginalised families, the teenage brain and communication skills. The Family Nurse Partnership Team will also offer supervision and on-going support to colleagues offering this care, to ensure that families receive the best care.

The Becoming a Parent pathway launched in September 2021 and will continue to be evaluated and adapted, using the feedback of the families who receive this service. This is an incredibly innovative development and will be shared nationally, as good practice through the Family Nurse Partnership Unit.

Revised work-force model

We are delighted to have adapted our work-force model to be able to meet the changing need of our communities. Over the Summer 2021 we have recruited a Staff Nurse to join each Health Visiting Team. This complements our multi-agency team that includes Clinical Assistants, Nursery Nurses, Health Visitors and Specialist Health Visitors. This role will also support our future Health Visiting Workforce as these colleagues will progress with training to become our future qualified Health Visitors, providing sustainability for the Health Visiting Team.

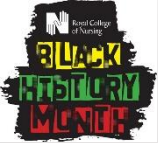
Coventry Health Visiting Recognition Awards

It has been a delight that some of our colleagues across Family Health and Lifestyles have been recognised in various awards.

We are delighted this year that our two 'Specialist Health Visitors' Veera Samra and Lynda Evans won the Coventry Health and Wellbeing 'Covid Heroes' award 2021. Veera and Lynda work with the most vulnerable families within Coventry including those families who are Asylum seekers, refugees, homeless, victims of domestic abuse, women's refuge, BAME and a diverse range of ethnic minority groups.

During Covid they continued to support those families, delivering baby equipment, food parcels and maintaining essential contact making sure those families still had the additional support they needed during a very challenging time.

Veera Samra was also nominated and won the RCN "BAHM-Making a difference" award 2021. For improving health outcomes and nursing practice in her everyday work with this complex population of clients, compassionately building rapport and trust, giving advice and guidance, advocating and building their self-confidence as parents and children



Lynda Evans and Veera Samra receiving COVID Heroes Award

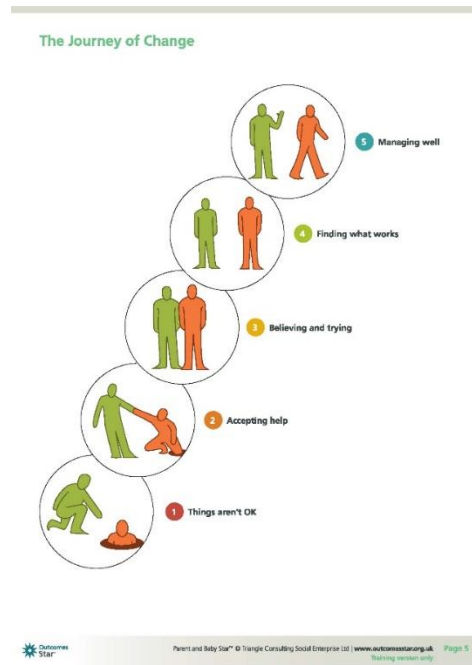


Veera Samra receiving Making a Difference Award from Fiona Burton (Director of Nursing) & Dilly Wilkinson (Associate Director)

Family Nurse Partnership

The Family Nurse Partnership (FNP) team have had a busy year, adapting to working in COVID safe ways, supporting increased vulnerability across the community as well as rolling out the new personalisation programme. COVID has highlighted the excellent team work, within the FNP team and partnership work across Family Health and Lifestyle Services as well as their excellent partnership work across Coventry. Throughout this challenging year, the team maintained a level of face to face home visiting to their clients, ensuring that those most in need had the opportunity for face to face care with their nurse. The team also continued to work flexibly and innovatively exploring a variety of places to meet with their clients, not only at home and family hubs but also in various outdoor venues as appropriate.

The team have successfully rolled out personalisation across the FNP service. This means that the care offer has flexibility, based on the individual needs of the family, that they are working with. One of the most exciting aspects of this, is the role out of the New Mum's Star. The new mum's star looks at different aspects of the parent's life and identifies what is going well and where further support is required, to progress through the Journey of Change, to being in a good place. Clients have enjoyed working with their FNP Nurse to complete the New Mum star and see their journey.



The role out of personalisation also involved introducing a new patient record system called Turas. The team have worked hard to adjust to the new system, that will further support the programme in the future.

The FNP Team have also lead on the development of a new care package to be delivered by the Health Visiting team, titled 'Becoming a Parent Programme'. This programme is designed for those families who need more support, having either declined or not reached the referral criteria to have care under the FNP Team. The FNP team are using their skills to support the Health Visiting Team and will be offering supervision to Health Visitors and Nursery Nurses who deliver this programme. In addition, the FNP team have shared their vast knowledge and skills to develop the skill set of all colleagues across Family Health and Lifestyle Services, by delivering FNP Key Skills Exchange (KSE) webinars to the FHLS team. This sessions have been attended with enthusiasm, increasing skills and knowledge in the teenage brain and attachment have been well evaluated.

The FNP Team are a key asset to Coventry and increase sills within the children's services team, including the Looked After and Leaving care Team. The team regularly attends the social worker academy to present to social work students. The FNP team have provided health leadership across a number of service improvement groups, both within the Family Health and Lifestyle Services and across Coventry.

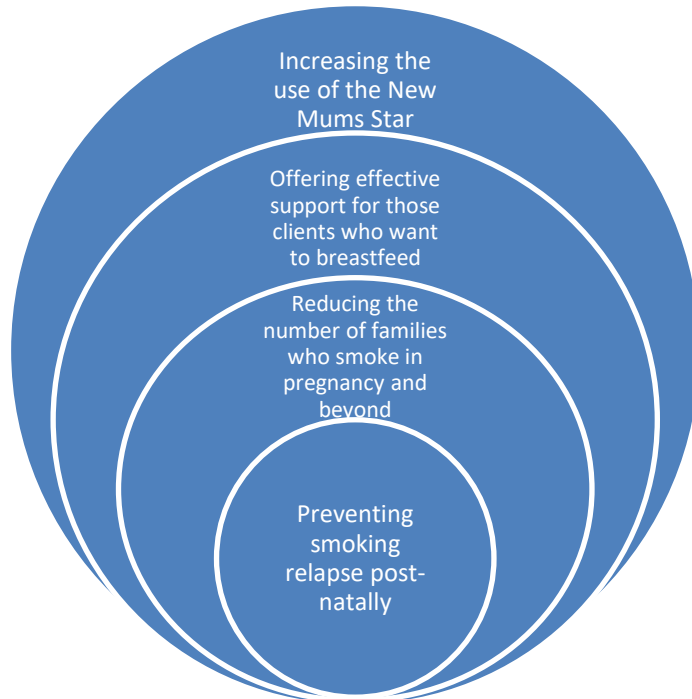
What are we currently seeing in Family Nurse Partnership?

- Referrals that are being received by the team have increased in complexity over the past year.
- Increased partnership working, particularly with the ibumps (teenage) midwifery team. Referrals are now being received more timely with an increase of 34% clients enrolled within required time-scales.
- The case-load has a median age of 17 years with minimum of 14 years and maximum of 20 years.
- Evidence from the FNP Turas database shows that the team are working with clients that live within the top 3 English Index of multiple Deprivation (EIMD) in Coventry with 68% of the caseload.





Priorities for FNP 2021/22



Infant Feeding and Stop Smoking in Pregnancy Services

Infant Feeding Team

The Coventry Infant feeding team believes that everyone should be able to breastfeed their children for as long as they wish. We know the difference that good support makes to the mental health and wellbeing of parents and babies.

The COVID-19 pandemic has posed several challenges to the provision of new-born nutrition and care interventions including maternal support and breastfeeding. Early research indicates that lockdown and isolation has led to a decrease of exclusive breastfeeding. However the past year has been a huge success for breast-feeding rates in Coventry, with an increase in the number of mother's that breastfeed for 6 weeks and beyond. Breast-feeding rates across Coventry are at 52%, above the national aggregate breastfeeding rate for England is 48%

There have been a wide range of provisions offered across Coventry to support breast-feeding and infant feeding. The Infant feeding clinics held in the hubs have been inundated post COVID and in response to the demand, the team now offer three Breastfeeding Peer support clinics and two Specialist clinics, that are held weekly across the City. There is now a blended offer, including virtual support that has proved very popular as it is timely and effective, as well as home visiting for those that require extra support. This year the team have also launched virtual Infant feeding MASTER-CLASSES covering common feeding issues and solutions and our Antenatal virtual groups. These have been promoted to all of the family and it has been a joy to see fathers attending.

The collage features several promotional posts:

- Combination feeding and expressing:** A post from the Coventry Infant Feeding Team offering a Masterclass on Wednesday 4th August 2021 at 10am. Contact: 07504 854430.
- Achieving an Effective Latch:** A post from the Coventry Infant Feeding Team offering a Masterclass on Wednesday 13th October 2021 at 10am. Contact: 07504 854430.
- Cluster Feeding And Growth Spurts:** A post from the Coventry Infant Feeding Team offering a Masterclass on Wednesday 18th December 2020 at 10am. Contact: 07504 854430.
- COVENTRY INFANT FEEDING TEAM:** A central post listing services: Virtual antenatal sessions, 1:1 breastfeeding support, Telephone and video consultations, Face to face clinics (appointments only), Home visits (subject to Covid-19 restrictions), and Breast pump loan scheme (subject to criteria). Contact: 07504 854430, Monday to Friday 09:00-17:00.
- COVENTRY FEEDING DIRECTORY:** A post listing various feeding resources and support groups across the city.
- COVENTRY STOP SMOKING IN PREGNANCY SERVICE:** A post offering a 'QUIT 4 BABY' service. It lists benefits like specialist trained support, free confidential service, and home visits. Contact: 07504 854430, Monday to Friday 09:00-17:00.

At the bottom of the collage, a large purple banner reads: **New social media campaign and resources**



Celebrated Journeys with picnics in the park



Due to increase demand we now have 5 infant feeding clinics a week across the city,
 3 peer led clinics
 2 specialist clinics
 Providing more support for our families.

UNICEF UK Baby Friendly



The NHS Long Term Plan recommends UNICEF UK Baby Friendly accreditation across all maternity and community services and highlights the importance of Baby Friendly accreditation in supporting breastfeeding rates.

Coventry is a Unicef BFI accredited city. In June 2021 the Health Visiting, Family Nurse Partnership and Infant Feeding Service underwent the vigorous and prestigious Unicef baby friendly Re-accreditation assessment. We were absolutely delighted with the outcome, achieving 41/45 of the pass criteria. Whilst we strive to achieve all elements, given the unprecedented challenges faced by the service, achieving 41 of the criteria was a huge success.

The UNICEF assessors reported:

“The staff at The Family health and Lifestyle Service 0-19, South Warwickshire Foundation Trust are commended for their hard work over the last two years in continuing to support mothers. It was clear to the assessment team that pregnant women and new mothers continue to receive a high standard of care throughout the pandemic.”

Going forward the exit plan involves a blended approach utilising the virtual offer, developing social media and virtual work further and offering face to face contacts in Coventry City Council family hubs.

“



Even through the most Challenging times we scored an impressive 41/45 in our reaccreditation

My breastfeeding journey has been a success because of you

Thank you so much for today feel like a whole new person already. Looking forwards to going from strength to strength now with our feeding journey, lovely to know we have the help and support

I'm truly grateful for you being my constant support in the most difficult times

I wouldn't have been able to make it this far if it wasn't for yourself, and team

Thank you so much for your support with baby, I'm so happy I've been successful so I can feed him how I wanted too

Reassuring and caring nature has allowed me to feel more confident in continuing on my breast feeding journey. If I hadn't reached out for support then I may have resorted to giving my daughter a bottle

As part of the City of Culture celebrations the IF team joined forces with, "Holding time" a multi-disciplinary, collaborative project challenging the cultural stigmas surrounding breastfeeding. During the summer Breastfeeding took centre stage when The Holding Time Project opened in Coventry. This inter-disciplinary, multi-channel, multi-media art project was co-created by mothers, as part of a lottery funded initiative by Visual Artist Lisa Creagh. The Holding Time Project celebrated the diversity of breastfeeding in Coventry, whilst overturning stereotypes, challenging assumptions about breastfeeding and encouraged greater understanding and awareness in the whole community. The project included writing breastfeeding stories, photography, video and installation shown in various locations across the city as well as online and on social media. Members of our team and volunteers took part in the project which was rolled out on the airwaves too.



Stop Smoking Team

The Coventry Stop Smoking in Pregnancy service has been concerned with the impact that smoking during pregnancy and beyond has on the health of mothers, children, and families. This issue disproportionately impacts the poorest and most vulnerable families in our City and must be tackled to break the cycle of inequality afflicting so many communities. Evidence shows that COVID-19 has compounded these inequalities, placing an additional burden on poorer communities with high rates of infant mortality, partly attributable to high rates of smoking. Tackling smoking in the most deprived areas is vital for delivering an equitable recovery from the pandemic, building population health resilience, and driving down infant mortality.

The Government’s 2021 Tobacco Control Plan set a target for reducing Smoking at the Time of Delivery (SATOD) to 4% by 2026, putting England on track to deliver a smoke free start for every child by 2030. In addition, the Plan includes a target to reduce Smoking at Time of Booking (SATOB) to access midwifery services to 6% by 2026, on track to reach 2% by 2030. Coventry Stop Smoking in Pregnancy team in partnership with UHCW are working towards this target. The most recent data for SATOD was 7% which has significantly reduced from 10% last year. One of the biggest successes for the Stop Smoking in Pregnancy Team is that the referral rate to the service has increased significantly. This is following successful on-going service promotion and partnership work. This has ensured more families get the support that they need resulting in an increased Quit rate has increased of 54%!

The team have continued to deliver a blended service offer, of face to face and virtual support including an on-line/telephone/video service for all clients referred to the service during Covid19 period. Solutions included using WhatsApp video and telephone calls to suit the client’s needs and requirements. Booked face to face appointments are being offered in clinic and in homes where appropriate. We aim to resume CO validation monitoring in the Autumn, to support the motivation and demonstrate the successes of our clients commitment to stopping smoking.

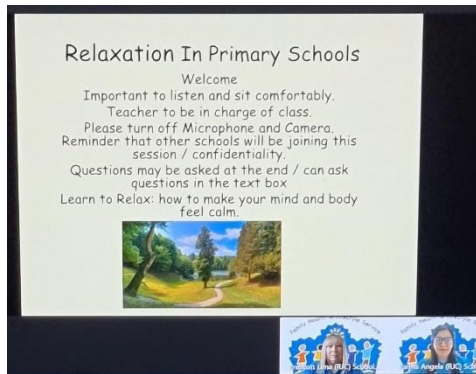
The team always seek opportunities for team work and have teamed up with a third sector organisation called “Coffee tots”, a cafe in Coventry city centre for parents and young children run by the charity

School Nursing Service

Over the past year, the school nursing team have addressed an increased demand for care, as well as rolled out a number innovations. The team has worked creatively to offer high quality interventions to children, young people and their families, whilst minimising the risk of transmission of infection. The team have remained visible and accessible, whilst abiding by national restrictions.

Our priorities over the last year have focused on addressing the indirect impact of the pandemic, as well as adapting our service offer to address changing needs of children and families. Some of the highlights of the year are;

The team have seen an increased demand for emotional well-being support and an increased number of safeguarding concerns to address. To support emotional well-being the service has delivered emotional well-being sessions widely across schools in Coventry. This educated children in the importance of relaxation and taught techniques that can easily be used to support positive mental well-being.



National guidance stopped the National Child Measurement Programme (NCMP) due to COVID and was recommenced in May 2021, when the national target was to complete 10% of schools in each local area. The School Nursing team in Coventry was aware that many children had been less active throughout the pandemic and may have not eaten as nutritiously. Therefore the team felt it was important to go over and above this national target and prioritise the completion of NCMP, aspiring to complete weight and height checks of all children in Coventry. The service completed 80% of schools within a short period of time. It was important to do this and did identify an increased number of children who were not in a healthy weight range, (both over and under the healthy weight range). All of these children were offered support from either our School Nursing Team or Be Active Be Healthy Team, to enable children and families to have a healthier future, offering support on behaviour, nutrition and active movement.

80% of Reception children (3456) took part in the NCMP measurements. 49 were identified as underweight, 341 overweight and 379 very overweight.

82% of Year 6 Children (3614) took part in the NCMP measurements. 54 were identified as underweight, 604 overweight 776 very over weight.

All those children who were overweight or very over-weight (a total of 2100 families) have been contacted by the Be Active Be Healthy Team for support. The 103 underweight children have also been contacted by the School Nursing Team for support.

The School Nursing Team have rolled out a revised health questionnaire for year 6 and year 9 pupils. In conjunction with Leicester Partnership Trust, Coventry School Nursing Team have developed a new online health assessment tool, that is more meaningful and easier for children to complete. The questions now used are better suited to the local area health needs and priorities and were developed through focus groups that included pupils, parents and schools, to ensure the questionnaire is as effective as possible.

During this challenging year the team also continued the delivery of Children in Care Health Assessments. This was offered virtually at the beginning of Covid and then transitioned to be offered in Covid safe environments, in order to ensure that strong relationships were built with the children and families.

The School Nursing Team have focused on rolling out a number of digital innovations over 2020/21, including the following;

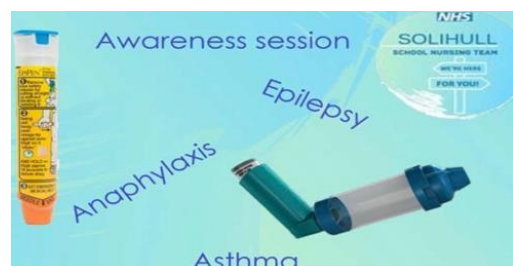
Launch of Parent Line

To support families and offer wider options on how our service users can access the service, the School Nursing Team rolled out a parent line, through chat health in February 2021. This service allows parents and carers to text the service for advice and support. This is a confidential service and all messages receive a response within 24 hours (Monday- Friday)



This is in exciting addition to our Chat Health line offered to secondary school age children who can also text a school nurse during the hours of 8am to 5pm on 07520 615730

Both texting services are open all year round and are widely promoted in schools, newsletters and across social media. We have continued to offer and promote resources to support health and well-being, through our websites and social media.



Over the year, the team have continued to develop skills and confidence in delivering training and support virtually. Virtual support has been delivered to provide both one to one and group sessions for children, families and schools. This approach has evaluated well. Service users feedback showed that they received support at a time that was convenient for them, and information was easily accessible. They could easily access support groups for key health needs, including; toileting, sleep, eating and behaviour.

The team have been a key asset to Coventry and have continued to support services across to gain skills. One example is that the School Nursing Team used virtual webinars to deliver the annual awareness sessions to education staff. This includes information and management of treatment for pupils who require an epi-pen, have asthma, diabetes or epilepsy. This proved to be a huge success, with the first session offered through Eventbrite being fully booked with 150 people joining.

Going forward, the awareness sessions will continue to be offered virtually, as school colleagues found it easier to access.

Be Active Be Healthy (BABH) Service



The Be Active Be Healthy (BABH) team aims to reduce the risk of obesity among children by supporting families to reduce weight and adopt healthier long term behaviours. To reduce the stigma associated with childhood obesity, the programmes delivered are open to all and target those children at risk of putting on excess weight; either because the child is overweight or one or both parents are overweight. The service also targets those in greater relative deprivation – primarily by working with schools in deprived areas or with higher proportions of children who are obese / overweight (identified by the NCMP programme).

The BABH team have continued to adapt and evolve service provision, to meet the challenge of the COVID-19 pandemic. Using client feedback, new referral pathways and new methods of programme delivery have been developed and improved throughout the year.

Bump & Me

The team have maintained their online presence and have continued to deliver a virtual Buggy Workout exercise session. As restrictions eased, the team once again began to deliver physical sessions in parks and community spaces. In May an online client survey was completed to establish if the programme was fully meeting the needs of those attending and importantly what services families would have liked to have had available during their pregnancy. Two clear themes were seen from the responses: Safe exercise through pregnancy and social interaction and peer support.

To meet this need the team developed the Bump & Me exercise programme. Designed to deliver safe exercise through pregnancy, the class is suitable for all fitness levels, with exercises adapted to suit all stages of pregnancy, including low impact aerobics, gentle stretching and strengthening and toning exercises. To complement the classes, exercise videos were produced and shared on social media and the University Hospital of Coventry and Warwickshire (UHCW) Padlets site, to promote the offer through midwifery services.

Bump&Me online exercise



Partnership Work

To ensure the best chance of success the team partnered with the Public Health Midwives at UHCW. The midwives not only promote the programme to expectant mothers, they also send a referral list of all the women who access their service to the BABH team so a personal invitation can be sent. Working with the midwives, the BABH nutritionist has outlined a plan for a four week nutrition programme called 'Nutrition for Life'. Focusing not only on nutrition but also mindfulness and wellbeing, meeting the need highlighted in the survey responses. Success of this partnership has led to a nomination in the annual Public Health Awards for 'Partnership of the Year', with the service being highly commended.

Improved Referral Pathways across Family Health and Lifestyles Services

It is widely reported that the COVID-19 pandemic will have had a negative effect on childhood obesity. In order offer the best possible support for the Coventry population the BABH team have reviewed and improved two key referral pathways.

Very Overweight Referral Pathway

Working with the School Nurse Team we have updated the Very Over Weight (VOW) referral pathway for those children requiring support following the National Childhood Measurement Programme measures. In addition to sending the invite letter to our weight management interventions the team now directly contact families by phone and then text all families who would benefit from our support. This approach is aimed at improving access to the Be Active Be Healthy Service.

Referral Pathway following 2 year Health Visiting Check

An updated Pathway has been developed to guide Health Visitors on when and where to refer a family for support should concern be identified because of a high BMI centile. Following referral the

families are offered support through the One Body One Life Programme for ages 2- 4 and the new Active Tots sessions.

OBOL 2-4



Active Kidz Online:



New programme - Active Tots

As indoor groups have been restricted the BABH team have looked to develop sessions in outdoor spaces where families could meet following COVID guidelines. Active Tots was established as to complement the online 2-4 sessions so that families were still able to have direct peer support and an opportunity to exercise together safely.

Active Tots



The Be Active Be Healthy Team have had a very successful year, improving the programmes on offer and this has been evidenced in the client feedback that we have received;

Hi. I'm sorry I missed this morning's class due to my daughter's covid test. This should have been my last class as I'm back at work soon 😞 . I just wanted to say thank you for such lovely classes - both online and face to face! I have really enjoyed them, they have helped with my fitness and have been a really fun, sociable opportunity at these strange times. Hopefully I might be able to come to some classes in the summer holidays so I might see you all again.

Thank you 😊

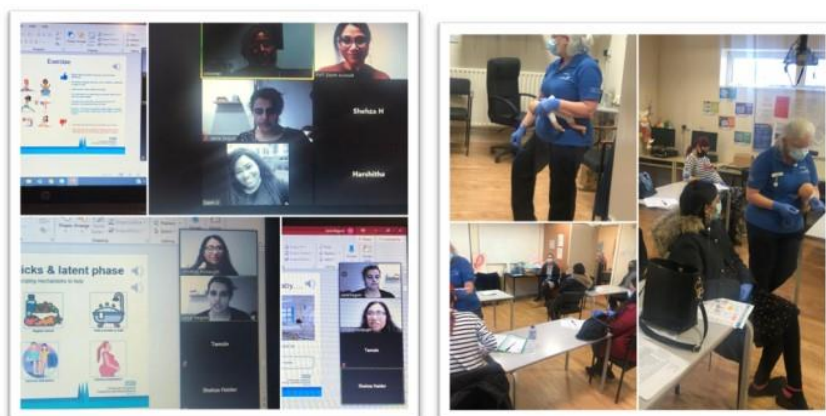


MAMTA - Child and Maternal Health Programme for BAME Women in Coventry

Over the past year, MAMTA has continued to support our diverse communities, ensuring that families are getting the support that they need and are now offering a blended approach to service delivery, with a face to face offer being delivered for those families who require support or choose to meet with the team in person.

2020/2021 has been an exciting year for MAMTA. A working group reviewed the changing needs of BAME communities across Coventry, recognising that the offer from MAMTA needs to be offered across the whole of Coventry and not just in certain areas. Since April 2021, all families have been able to access MAMTA, not just those families in Foleshill, St. Michaels and Stoke.

All BAME ladies can now be referred to MAMTA and will be triaged depending upon their need. All families will receive a contact at 16 weeks gestation and be invited to virtual support groups. Those families who require more support, will have more support throughout the ante-natal period and into the first six months of the post-natal period. We have reviewed best practice and ensured that each contact with families focuses on the changed needs of the communities, considering health inequalities and public health prevention messages. MAMTA are currently working with the midwifery team to ensure that they receive referrals for all families who could benefit from their support.



Service User Feedback;

'MAMTA really helped me in my pregnancy with phone support and the pregnancy sessions, with the correct advice and support I received from professionals. It was a really positive call. I really thank MAMTA for supporting me to prepare for birth.'

'I am now more confident and enjoyed my pregnancy more after speaking to MAMTA.'

'My midwife referred me to MAMTA, when I was three months pregnant. MAMTA supported me in lock down through phone calls and zoom sessions. Then I attended a face to face session in December and this was helpful.'

'I gained a lot of knowledge about my pregnancy. I was not aware of exercise, breastfeeding and labour. MAMTA gave me all the information over the phone and by text.'

'I am so happy that MAMTA called me to give me information in the ante-natal period. I have also been booked to attend parent craft, to learn more.'

The MAMTA team are also integrating further with the FH&LS services. They actively participated in the UNICEF Re-accreditation. UNICEF recognised MAMTA as an innovative service that helps re-inforce the importance of breast-feeding with the diverse range of communities in Coventry. The MAMTA team have also been working with the Health Visiting Team, to offer support to mothers in the early post-natal period, such as supporting mothers with social isolation and are working closely to support families receiving support from Family Nurse Partnership.

Family Health and Lifestyle Priorities 2021/2022

- Embed and develop further new service offers; Becoming a Parent Offer, New School Questionnaire, Outcome Star and role 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.

Contacts and further information

<https://www.swft.nhs.uk/our-services/children-and-young-peoples-services/coventry-family-health-and-lifestyle-service-0-19-years>

www.facebook.com/coventryfamilyhealthandlifestyleservice

Health Visiting

Telephone Contact Number : **02475189190**

Chat Health text messaging number: **07507329114** This service allows parents/carers to text the service and receive a response within working hours

www.facebook.com/coventryhealthvisitingsservice

Stop Smoking in Pregnancy Service

Telephone Contact number: **024765189190** Opening hours Mon – Fri 8am – 5pm

Infant Feeding Team

Telephone Contact Number : **024765189190** or **07904984620** Opening Hours Mon – Fri 8am – 5pm

School Nursing Team

Chat health service that enables 11-18 year olds across Coventry to send confidential SMS text messages to School Nurses who will provide impartial advice and support. The number to text is **07507 331949**.

Giving Parent Advice

Parents can call the School Nurses between 8.30am - 16.30pm, Monday to Friday on 02475189190 to discuss any child health concerns they may have. Or can contact us by **texting our parent line 07507 329114** 9am-5pm Monday to Friday.

www.healthforkids.co.uk

www.healthforteens.co.uk

Be Active Be Healthy

Contact Number: **07852921406** Opening hours 8:30 – 16:30, Monday to Friday

MAMTA

Telephone: 024 76637693

<http://www.fwt.org.uk/health/mamta-2/>