



**0-19 HEALTHY CHILD PROGRAMME,
BEST START FOR LIFE WORKFORCE
PILOT,
AND BREASTFEEDING RATES IN
LEICESTER**

Public Health and Health Integration Scrutiny Commission

Date of meeting: 06/02/24

Lead director: Rob Howard

Useful information

- Ward(s) affected: All
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- Report version number: 1

1. Summary

0-19 Healthy Child Programme (0-19HCP):

Early years have a lifelong effect on health and wellbeing, educational achievement and economic status. 0-19HCP is the government recommended framework of universal and progressive services for children and young people to promote optimal health and wellbeing. LPT are commissioned by LCC to deliver 0-19HCP via a Section 75 of the National Health Service Act 2006. It is known locally as Healthy Together. It is a very high performing service, but there are challenges, most notably:

- 1) Due to reducing funding
- 2) A national shortage of Public Health Nurses (Health Visitors)

Best Start for Life Workforce Pilot:

Leicester is one of 5 sites awarded £1.5million by the Department of Health and Social Care to invest in the workforce supporting children during their first 1,001 critical days (from conception to 2 years). Leicester City Council led the bid writing process and the money will be used by LPT, UHL, Heads Up Leicester and Leicester Mammias to develop a new workforce creating initiatives supporting children and their families.

Breastfeeding:

Breastfeeding rates in Leicester compare well to other areas, but there is big differences in the rates across the city. Work being done to address this includes:

- 1) Bumps to Babies (universal and teen)
- 2) Peer support in hospitals (Start for Life Workforce Pilot)
- 3) Infant feedings stream of Family Hubs

2. Recommendation(s) to scrutiny:

Public Health and Health Integration Scrutiny Commission are invited to:

- Celebrate the successes and note the challenges facing Healthy Together
- Celebrate the successful bid and work with partners to identify how successful elements of the pilot could achieve sustainability.
- Note the ongoing work to increase breastfeeding rates and promote positive breastfeeding messages.

3. Detailed report

0-19 Healthy Child Programme (0-19HCP):

Giving every child the best start in life is crucial to improving health outcomes and reducing health inequalities across the life course and is recognised as a fundamental action in helping our population live healthy, happy lives and supporting individuals to fulfil their potential. It is a key theme of the Leicester City Health and Wellbeing Strategy.

The foundations for virtually every aspect of human development – physical, intellectual and emotional – are set in place during pregnancy and in early childhood. Early years have a lifelong effect on health and wellbeing, educational achievement and economic status. 0-19HCP is the recommended framework of universal and progressive services for children and young people to promote optimal health and wellbeing. In Leicester this comprises of:

Mandated contacts

- 28-36 week antenatal contact
- 10-14 day new birth contact
- 6-8 week contact
- 10-12 month contact
- 2-2 ½ year contact
- Reception (National Child Measurement Programme)
- Year 6 (National Child Measurement Programme)
- Safeguarding: Safeguarding children is embedded through Healthy Together as Public Health Nurses (Health Visitors and School Nurses) have a vital role in keeping children safe and supporting local safeguarding arrangements.

Non-mandated contacts,

- 3-4 month contact
- a digital offer
- evidence-based interventions for children and young people.

Safeguarding children is embedded through Healthy Together as Public Health Nurses have a vital role in keeping children safe and supporting local safeguarding arrangements.

Healthy Together is commissioned via section 75 of National Health Services Act 2006, and LPT will deliver it for 7 years (1st October 2023 – 30th September 2030).

A number of changes were implemented when the service was recommissioned:

- Intensive support for vulnerable families changed from Early Start to Universal Targeted “step up, step down” support.
- Explore the options for a 3-4 month contact
- Exploration of an addition of 3-3½ (pre-school) contact via a Digital Health Contact (DHC)
- Digital Health Contact (year 7,9,11) becomes part of the core offer delivered within schools.
- Introduction of Key Performance indicators for Public Health Nurses (School Nursing).
- Healthy Together Helpline – single point of access for family, young people and professionals.

Healthy Together is a high performing provider, when compared against national peers, , in all mandated contacts except the Antenatal contact. Work continues to resort this contact via:

- Review of Time and Motion study and Antenatal Quality Improvement Project to better understand workforce requirements.
- Reviewing outcomes from the Best Start for Life workforce pilot, including the creation of new roles to support the nursing team.

- Improving the healthy growth pathway, working with partners (primary care and midwifery) to strengthen responsibilities and information sharing.
- Improvements to safeguarding practice, focusing on better partnership working to support the health element of strategy calls.
- Engaging with The Office of Health Improvement and Disparities (OHID) and regional 0-19 services to support national improvements in workforce strategy.

Current pressures and risks are:

- Significant budget reduction (£200,000 in October 2023, and £200,000 in April 2024)
- Workforce shortages (locally and nationally)

Best Start for Life Workforce Pilot:

Collaborative bid between:

- Leicester City Council
- LPT
- University Hospitals Leicester
- Leicester Mammias
- Heads Up Leicester (previously Centre for Fun and Families)

One of 5 pilot areas

£1.5 million (all money to partners) over 18 months,

Aim:

- Explore how to develop, grow and support workforce
- Provide additional support during first 1,001 Critical Days

Offer:

- LPT will lead work to create and implement a Digital Antenatal Health and Wellbeing Contact for prospective parents, an additional opportunity to identify support needs in the perinatal period. Using LPT existing, well-evaluated, digital tool which can translate, read aloud, or alter visuals to support accessible formats. Families will be supported and referred onward as appropriate.
- All partners will identify and proactively work with families with known vulnerabilities who are less likely to access services, encouraging service uptake especially of Bumps-to-Babies (Universal and Teen).
- All partners will establish trusted therapeutic relationships and seamless continuity of care.
- Heads Up Leicester will employ Family Advisors who will build parenting skills and seamlessly facilitate access to local services for parents from underrepresented groups.
- Leicester Mammias and UHL will lead work to Boost the Warm Chain of Breastfeeding Support, putting the need of the mother-baby dyad at the centre of care, ensuring women receive evidence-based information on baby feeding tailored to individual needs, and skilled, timely, sensitive breastfeeding support, from pregnancy onwards.
- Leicester Mammias and UHL will lead work to develop a resilient breastfeeding support workforce with healthcare and volunteer peer support, offering tailored support for families with English as an additional language, encouraging parents to

build strong relationships with their babies for lifelong resilience and wellbeing, enabling them to achieve their breastfeeding goals.

- LPT will expand the assistant practitioner workforce to pilot a new 3-4 month contact, focusing initially on vulnerable, underrepresented families with an ambition for universal rollout.
- LPT will create a new senior assistant practitioner role, developing new skills, including the antenatal Solihull Approach, helping parents understand their child's behaviour in the context of their development and the parent-child relationship.
- LPT and Heads Up Leicester will continue to offer support until a child reaches 2.5 years old through access to universal services, via individual and group peer support.

This work will be evaluated by Department of Health and Social Care.

Breastfeeding rates:

Good nutrition during the first year of an infant's life is fundamental for growth and development and can reduce the likelihood of experiencing ill-health in childhood and later life. For infants the benefits include a reduced risk of infections including diarrhoea and vomiting and reduced risk of developing diabetes and childhood obesity, with on-going longer-term benefits. Good weaning information and support can further impact upon childhood obesity and the oral health of children. For women, the benefits include a reduced risk of developing breast cancer, ovarian cancer, osteoporosis, cardiovascular disease, obesity and type 2 diabetes.

Breastfeeding rates in Leicester compare well to other areas, but there are big differences in the rates across the city. Work being done to address this includes:

3. Bumps to Babies (universal and teen)
4. Peer support in hospitals (Start for Life Workforce Pilot)
5. Infant feedings stream of Family Hubs

4. Financial, legal, equalities, climate emergency and other implications

4.1 Financial Implications

- There are no new financial implications arising from this report.
- The 0-19 HCP is already factored into the current public health budgets.
- Best Start for Life Workforce Pilot – awarded a grant of £0.5m in 2023/24 and the rest will be expected in 2024/25, which will be given to partners as mentioned in the report.
- Breastfeeding Rates improvement work, mentioned in the report, will not require additional resources.

Rohit Rughani, Principal Accountant, Ext. 37 4003

4.2 Legal Implications

- There are no new legal implications arising from this report.

4.3 Equalities Implications

- There are no new Equalities implications arising from this report.

4.4 Climate Emergency Implications

There are no significant climate emergency implications directly associated with this report. As service delivery generally contributes to the council's carbon emissions, any impacts of delivering the strategy could be managed through measures such as encouraging and enabling low carbon travel by staff and service users, using buildings and materials efficiently and following sustainable procurement guidance, as applicable to the projects carried out.

Aidan Davis, Sustainability Officer, Ext 37 2284

5. Background information and other papers:

6. Summary of appendices: