

## Appendix A: HCP Proposed Service Model

### Supporting Children and Young People to be Healthy

**This document details the proposed approach to the future Leicestershire 0-19 Healthy Child Programme.**

The Healthy Child Programme (HCP) provides a universal service for children and families in Leicestershire and Rutland to improve their physical and mental health. It is available to all children and young people aged 0-19 and young people up to age 25 who have SEND (special educational needs and disabilities) or who have left care at 18 years.

The service is split into two areas, 0-11 years and 11+ age groups.

#### 0-11 years of age Public Health Nursing Service for Leicestershire

Revised: From 0-10 to 11 years of age include transition into secondary school

Core elements of the 0-11 Public Health Nursing Service include:

- ❖ Five mandated checks:
  - Antenatal contact at 28 weeks
  - New birth visit at 10-14 days
  - 6-8 week check
  - 10-12 review
  - 2 – 2 and half year check
- ❖ Additional two checks – 3-4 months & 3- 3 ½ year check
- ❖ Delivery of National Childhood Measurement Programme (NCMP)

#### Six High Impact Areas for Maternity and Early Years:

1. Transition to parenthood
2. Maternal mental health
3. Breastfeeding
4. Healthy weight
5. Managing minor illness and accident prevention
6. Healthy 2-year olds and school readiness.

#### Six High impact Areas for school aged children

1. Supporting resilience and wellbeing
2. Improving health behaviours and reducing risk taking
3. Supporting healthy lifestyles
4. Supporting vulnerable young people and improving health inequalities
5. Supporting complex and additional health and wellbeing needs
6. Promoting self-care and improving health literacy prevention

The service will focus in on the six high impact areas of need and put in place support to enable children and young people to achieve their full potential and be physically and emotionally healthy leading to a productive adulthood.

The service proposals have taken into account the key recommendations from the government's national review; 1001 Critical Days. <https://www.gov.uk/government/publications/the-best-start-for-life-a-vision-for-the-1001-critical-days> .

The key recommendations are:

### **Ensuring families have access to the services they need**

1. Seamless support for families: a coherent joined up Start for Life offer available to all families.
2. A welcoming hub for families: Family Hubs as a place for families to access Start for Life services.
3. The information families need when they need it: designing digital, virtual and telephone offers around the needs of the family.

### **Ensuring the Start for Life<sup>i</sup> system is working together to give families the support they need**

4. An empowered Start for Life workforce: developing a modern skilled workforce to meet the changing needs of families.
5. Continually improving the Start for Life offer: improving data, evaluation, outcomes and proportionate inspection.
6. Leadership for change: ensuring local and national accountability and building the economic case.

Local Priorities include:

#### **Conception to birth**

- Transition to parenthood
- Smoking cessation in early pregnancy
- Maternal mental health and harmful drug and alcohol use
- Intimate partner violence.
- Maternal Healthy Weight

#### **Birth to 12 months**

- Low-birthweight infants
- Breastfeeding uptake and continuation
- Exposure to second-hand smoke
- Sudden Infant Death Syndrome (SIDS)
- Safe sleeping
- Attachment security
- Early language development
- Maternal/Perinatal mental health
- Preventing unintentional injury
- Reducing child abuse and neglect.

#### **Post 12 months**

- Achieving healthy maternal weight
- Improving oral health
- Achieving and maintaining healthy child weight
- Emotional wellbeing; anxiety, low mood and self-esteem

Different ways of working with children, young people and families include:

- Face to face support (at home, at clinics, at educational settings or other venues)
- Telephone support
- Text support
- Signposting to online resources
- Social media
- Video conferencing
- Apps
- Automated messaging
- Attendance at multi-agency meetings with the family
- Alignment with partners who work with the same families (e.g. children and family centres)

**On the 0-11 Service for Leicestershire, consultation feedback suggested that the service would benefit from:**

- more face to face contact
- support with referrals for children with additional needs or complex needs
- a named Health Visitor
- a named lead with access to Health records to work with schools
- support for staff in schools who work with most vulnerable children
- support for women postnatally

There will not be significant changes for the 0-11 service age group because many services in this area are statutory. Instead, the council intends to look for ways to achieve more consistent practice and an improved offer to families and professionals.

**Table 1: 0-11 Service**

Element of the existing 0-11 Service	The current level of service delivery	Feedback from the engagement activity	Proposals for adjusting the existing service delivery
Five mandated checks	Currently provided	Not full-service offer Face to Face to continue Missed checks (impact of covid)	Provided but with an additional check between age 3-4 months (digitally) and 2-2 ½ and school age as recommended in the national review.
Six High Impact Areas - Parenthood and early weeks  1. Maternal mental health; 2. Breastfeeding; 3. transition to parenthood; 4. Healthy weight; 5. Minor illnesses and	Provided plus one on oral health as a local priority	Additional support around speech, language and communication needs and those with special needs.  Support for women with postnatal depression	The 6 high impact areas were reviewed nationally and are now as follows:  1. Supporting Maternal and Family mental health (New) 2. Supporting the transition to parenthood (current) 3. Supporting breastfeeding (Current)

accidents; 6. Healthy 2 year old and getting ready for school.			<p>4. Supporting healthy weight and Nutrition (New)</p> <p>5. Improving health literacy; reducing accidents and minor illnesses (New)</p> <p>6. Supporting health, wellbeing and development: Ready to learn, narrowing the 'word gap' (New)</p> <p>Local priorities are Oral Health and Achieving and maintaining healthy weight</p>
Early prevention and intervention support (Early Help)	Provided	<p>More engagement with:</p> <ul style="list-style-type: none"> <li>- Early years settings</li> <li>- Children's &amp; Families Wellbeing service 0-2 pathway</li> <li>- Maternity Services</li> </ul>	<p>Better joined up working with Early years settings and Children and Families Wellbeing services to deliver a holistic offer; to include 0-2 pathway and 2 to school pathway</p> <p>Integrated reviews with Early Years Settings</p>
Safeguarding	Provided	Missed or delayed checks impact on most vulnerable as potential opportunities not picked up.	To continue providing safeguarding Clarity around roles and responsibilities.
Support to Leicestershire Families	Not provided or limited provision	Engagement and partnership working to improve offer to families.	More joined up work with Children and Families Services, e.g. closer working between early years settings and Health Visitors.
Joined Up Offer (prenatal)	Provided through work with maternity and midwifery	Better communication with Maternity services and Children and Families Wellbeing service	Improved working as per 1001 Critical Days recommendations
Joined Up Offer (postnatal)	Provided through work with Children's Centres	Mental health support – low level anxiety and breastfeeding support.	<p>Improved working with Children's Centres and 0-2 Pathway</p> <p>1001 Critical Days review recommendations</p>
Digital offer	Chat Health Health for Under 5s, health for kids; Health	Face to Face to continue Additional 3-4 months check to be provided	Improved digital communication for both children, parents and carers and support to school professionals

	for Teens webpages	digitally.	
NCMP <sup>ii</sup>	Provided		To continue

### **11 – 19 age group Service for Leicestershire (up to 25 for CYP with SEND)**

**On the 11+ service for Leicestershire, participants suggested that the service would benefit from:**

- a named health lead with access to health records
- a telephone/online support to seek advice
- specialists to talk to for specific areas of concern such as mental health and emotional wellbeing and special needs and disabilities
- contributions from Health to Education and Health Care plans (EHCP)

#### **Local Priorities**

As a result of the survey and wider engagement with schools and professionals, additional local priorities were identified as follows:

- Mental Health & Emotional Wellbeing: anxiety, body image, self-esteem, resilience and eating disorders
- Healthy relationships (including building healthy relationships, challenging social norms especially around domestic violence, peer to peer violence and consent)
- Healthy Lifestyles: maintaining and achieving healthy weight
- Substance Misuse: cannabis and alcohol abuse.
- Sleep

### **Proposed Changes to Service Delivery**

The tables below give an indication of how the council proposes to use the suggestions from the engagement activity and the recommendations from the national review to develop proposals for the council's 0-19 universal health provision. The table is intended to give an indication of the broad direction of travel, based on current feedback.

The vision for this service is to create an accessible, universal and targeted service to improve and health and wellbeing and reduce health inequalities within Leicestershire communities.

The 11+ age group services will build on the universal provision offered through the Public Health delivery arm. The 11 plus service will be targeted to support children and young people transition into secondary school and ensure appropriate support is available focussing on the six high impact areas and defined local priorities as a result of the consultation. The aim is to look for ways to achieve more consistent approach to practice and an improved offer to families and professionals.

**Table 2: 11+ Service**

<b>Element of the existing 11+ Service</b>	<b>The current level of service delivery</b>	<b>Feedback from the engagement activity</b>	<b>Potential proposals for adjusting the existing service delivery</b>
Transition into	Transition into	Ongoing support	Service continues at a universal

secondary school and appropriate adult services	secondary schools and into adult services through health needs assessments	Support with Education Health Care Plans	level but with strengthened provision to investigate and then address gaps resulting from Covid  Services have a universal reach for all children and young people. Services are targeted to meet individual needs and the early identification of additional needs.  Work with 0-11 service to ensure a smooth transition into secondary school.  Transition into appropriate adult service is smooth and seamless.
Current Six High Impact Areas  1. Resilience and wellbeing 2. Keeping Safe 3. Healthy Lifestyles 4. Maximising learning & achievement 5. Supporting complex and additional health & wellbeing needs 6. Transitions	Provided service, somewhat limited.	Feedback included that local priorities should include:  <ul style="list-style-type: none"> <li>• Mental Health and Emotional Wellbeing (building resilience) body image/self-esteem,</li> <li>• Healthy Relationships</li> <li>• Healthy Lifestyles (physical activity and Nutrition)</li> <li>• Substance misuse/Alcohol</li> <li>• Sleep</li> <li>• Peer on peer violence Eating disorders</li> </ul>	The 6 high impact areas were reviewed nationally and are now as follows:  <ol style="list-style-type: none"> <li>1. Supporting resilience and wellbeing (Current)</li> <li>2. Improving health behaviours and reducing risk taking (New)</li> <li>3. Supporting healthy lifestyles (Current)</li> <li>4. Supporting vulnerable young people and improving health inequalities (New)</li> <li>5. Supporting complex and additional health and wellbeing needs (Current)</li> <li>6. Promoting self-care and improving health literacy (New)</li> </ol> We will also address the local priorities identified through the engagement
Training of school staff	Training provided online but limited to epilepsy and asthma	Supervision for school pastoral support staff.  Supporting needs of children with complex needs.	A programme of training based on school health profiles which is specific to each school
Provision to children	Not provided or	Health offer for children	The same level of support will be

and YP excluded from school or home schooled	limited service	who are home educated or excluded from school.	provided but in the place of learning
Provision to Looked After Children	Not provided - Health offer for children in care is the same universal offer.	Understand the needs of children on EHCP and contribute to plans to ensure Health input.	Ensure staff undertaking IHA and RHA know what the offer from Public Health is so that they can then signpost children and YP to appropriate services
Digital offer	ChatHealth and Health for Teens webpages.	ChatHealth not widely used by children and young people would prefer fact to face or an app as current follow up is often a call that parents can listen to.  Understand the varying needs of those most vulnerable and appropriate support in place.	Promote Rise Above website (PHE) through vehicles YP access First Contact (MECC+ training) C&FWBs: Schools Telephone Support line which is now expanded to cover whole county  Work with Healthy Schools Website – local services offer for CYP. Widen scope of Healthy schools current Website.
Support to children and young people with Special Needs aged 19 and over	Currently digital offer only.	Supporting needs of children with complex needs.	Children and young people to receive the same public Health universal offer to reflect the place of learning
Healthy child programme offer in Special Schools	Limited service provided.	Supporting needs of children with complex needs.	Children and young people to receive the same public Health universal offer but to reflect the place of learning
Roles providing support are dedicated to 11+ age group	School nursing provided as part of overall contract for 0-19 services	Recruitment and retention concerns Named lead for schools Skill mix	11+ children and YP will receive support from a range of professionals based on need. Some of this will be universal and some through targeted specialists, e.g. low level mental health and emotional wellbeing counselling

### Transitions into school and adult services

Supporting transition for school aged children is a key element of the Healthy child programme, for example there is a focus on children ready to learn at the age of two and ready for school at age 5. The services will work to ensure smooth transition into secondary school.

It is expected the service provider will work with adult services to ensure smooth transition for more vulnerable children (that are in mainstream schools), those who are in care or have additional needs and require adult services.

Commissioning clinical support for children with additional health needs or long-term conditions and disabilities, including clinical support for example incontinence or diabetes, lies with NHS England and clinical commissioning groups, to ensure co-ordinated support across the life course -therefore not included within this service model

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<sup>i</sup> Start for Life or Start4Life is a government campaign to support a better **start in life** for infants from birth, by providing healthcare professionals with accessible, concise information about the recommendations on breastfeeding, appropriate introduction of solid foods and active play.

<sup>ii</sup> The National Child Measurement **Programme (NCMP)** measures the height and weight of children in Reception class (aged 4 to 5) and year 6 (aged 10 to 11), to assess overweight and obesity levels in children within primary schools. This programme will continue in line with government guidance.