

Your Growing Healthy Team are here for all children and young people, providing support, encouraging healthy lifestyles and protecting those who are most vulnerable.

0-19 Growing Healthy Service

0-19 Health Visiting / Public Health Nursing (school nurse)

Within Stockton we are part of a wider 0-19 Wellbeing service that aims to protect and promote the health and wellbeing of all children and families in our area. We hope to transform the way that children, young people, families and communities are supported to maintain good health and wellbeing. We will identify and address needs at the earliest opportunity and work with families to support them.

0-19 Wellbeing offer

- Healthy Child programme - delivered by our health visitors / public health nurses
- Growing well, Growing healthy service - specialist support around healthy diet, nutrition and exercise
- Family Outreach and Volunteers - delivered by our Family Action partners

All Stockton families with a child 0-19 have access to our 0-19 Wellbeing offer. We provide expert health assessments, advice, support and interventions for babies, children, young people and families. Our focus is on prevention and early intervention to ensure families receive the help they need when they need it through supporting parents and carers to develop skills that will help them make informed choices that will have a positive impact on their families' future health and wellbeing.

We offer a universal service to all children 0-19 and a targeted offer to any child, young person or family requiring some additional support. We promote integrated multiagency working with partner services to ensure all children, young people and families across Stockton get the very best service possible.

We have a skill mix team of health Visitors, Public Health Nurses, Staff nurses and Healthy Child practitioners. Our Health Visitors / Public Health Nurses are registered nurses or midwives who have an additional qualification in specialist community public health nursing. Together we are a very highly skilled and knowledgeable work force specialising in assessment and the co-ordination of support packages that will benefit the individual and the family.

Our service is community-based and we share the Children's Hub premises within Stockton. Our Staff are based in:

Stockton Family Hub (formally Sunrise)
Billingham Family Hub (formally Footsteps)
Thornaby Family Hub (formally Highflyers)

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Service Availability

Monday to Friday 9.00am - 5.00pm excluding bank holidays.

Contact Details:

0-19 Growing Healthy Service

Telephone Single Point of Contact on - 0333 320 2302

0-19 Growing Healthy Service Offer:

Healthy Child Programme offer

We deliver the Healthy Child Programme to children and families within the Stockton on Tees area, through which every child and family are offered a named health visitor who is responsible for working together with all key stakeholders and parents.

We will traditionally support a family and child from the antenatal period although there is often some transition and crossover with other services dependant on the needs of the child, family and staffing capacity.

The family's named health visitor may remain involved with a child and family until the child transitions to school (maybe longer if required) to continue to ensure the delivery of the universal offer to the family, working together with more specialised services provided by other professionals within the health, community and educational setting.

Referral in to the service

Our service takes referrals in during the ante-natal period so that expectant mothers are allocated a named health visitor before their baby is born and all children 0-5 have a named health visitor from birth. Once a child transitions to school each school has a named Public Health Nurse who can be accessed through our single point of contact number or through the school. Referrals can also be made in to our service by other professionals such as GP's, education.

Our service also works closely with midwifery, Children and Young people's services, Child and adolescent mental health services (CAMHS), Children and Young Peoples Services, Acute Paediatric services, and Acute hospital services

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Communicating with service users and your contribution through feedback

We use patient experience and comment cards and our staffs are tasked with ensuring they get 4 per month completed. Feedback from these is collated and feedback to staff and our commissioners. We also have processes in place to manage any comments, compliments and complaints we receive.

Our service enables staff to utilise “The Big Word” as a translation service for any of our children, young people and families that may require this support.

We now have a 0-19 service face book page to allow us to communicate to our families and also provide information on relevant specialist topics or events happening. We also inform our families about approved specialist Apps and recognised web sites that can provide information.

Our service also has a Locality manager who`s focus it is to look at how we communicated with service users and gain feedback so that we can improve our offer to provide the best options available to families.

We aim to communicate in an open and honest way with all our service users to ensure they are fully informed in relation to their child`s and families progress and involvement with us.

Specialist Service Support:

Growing Well Growing Healthy Service

The Growing Well Growing Healthy team are a team of Specialist Public Health Nurses and Lifestyle Coaches that offer children, young people and families individualised tailored programmes to address weight, healthy eating and lifestyle issues, as part of the 0-19 Growing Healthy Service Stockton on Tees.

We work with children, young people and families either 1:1, in family or larger groups both in the home and local community venues, offering support with weight loss, healthy eating and becoming more active. We have experienced lifestyle coaches who will develop programmes of information and activity to enable children, young people and families to become healthier and more active whilst having fun.

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This service operates between 8am-8pm and Parents/Carers can easily self-refer into the team by contacting us on 0333 320 2302 or can be referred through your GP, Health Visitor or Public Health Nurse.

To get more information about the Growing Well Growing Healthy Service please call: 0333 320 2302

Family Outreach and Volunteering Service

Family Action believes that every child has the right to the best possible start in life and that every family should be supported to enable their children to reach their full potential. Family Action's Children & Families Services work with children, young people, parents, carers and the wider family network to ensure the family is able to realise its full potential.

The Stockton Family Outreach and Volunteering service is provided by Family Action and is part of the 0-19 Health and Wellbeing service. We are part of the 'One Team' and we embrace this, but it's also important to us to maintain our Family Action identity – and our work centres around our values: we are 'people focussed' by wrapping around families in need of our support, we are proactive and 'can do' in our delivery of this support. We regularly review and learn from our practice to strive towards 'excellence' and we do all this with 'respect' at its heart.

We help children, young people and families to gain life skills and confidence. We care about building strong relationships with families – in family hubs, in the community and within the family home. Working holistically across the extended family is fundamental to Family Action's approach and we strive to support stable, positive family networks in which all family members are able to thrive.

As the name suggests, our service is divided into two parts:

Family Outreach is about working in the community, with families from all backgrounds, and providing a helping hand with life's difficulties. We provide support both proactively and reactively, as well as empowering families to support themselves – with issues including debt & budgeting, domestic violence, parenting & family routines, isolation, mental health and housing. By building strong relationships with *and* within families, we aim to give them the tools and skills to cope with day-to-day life. We want parents to be the best that they can be; providing safe, loving environments for their children to grow up in. We work closely with our colleagues in other teams – from Health Visitors, School Nurses and the Grow Well Grow Healthy team to the wider professional network at TAF meetings and CP conferences. In this way we aim to help provide wrap-around support for our families. In the relatively short time that the service has been active, we've seen families: reduce their isolation and begin accessing their community, grow in confidence, start to manage their own finances and parent more effectively, providing appropriate boundaries and positive routines for their children. We're excited about building upon these successes as we move forward.

Volunteering aims to enhance the provision of the service as a whole – whether that's providing direct support to families; delivering accessible, hub-based sessions; or working in

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the background to support professionals. We build meaningful relationships with children, young people and families and empower them. We have a team of excellent volunteers whose work with us complement and enhance the help and support we offer. We take responsibility for the governance of those volunteers from their recruitment and training, to their ongoing professional development and supervision. We also provide the link between volunteers and professionals across the wider 0-19 service – ensuring the sharing of information and strong, mutually-beneficial relationships. As we grow in strength and experience we will share our success with service users by taking them on as volunteers and paying their experience forward to others in need.

Accessing this service: Contact your health visitor or Public Health Nurse for referral into the service

Telephone our Single Point of Contact on: 0333 320 2302

E-mail: Stockton@family-action.org.uk

Website: <https://www.family-action.org.uk>

This service operates from Monday to Friday 9.00am - 5.00pm

Emotional Health and Resilience Nurse

The Emotional Health and Resilience Nurse will be responsible for providing specialist intervention to any young person aged 5-19 years who has been identified as having an emotional health and wellbeing difficulty. We have a Locality Manager who's focus is Emotional Health and Resilience (EHR) and a specialist public health nurse for EHR. The Emotional Health and Resilience Nurse will be delivering 1:1 targeted intervention within either a home or alternate setting. This intervention will be time limited and at the end of the intervention it may be necessary for the child/young person to be referred on to Specialist Services for support or back to the Universal practitioner (Public Health Nurse).

The Emotional Health and Resilience Nurse will be supporting schools to implement strategies and support within group sessions around issues such as self-harm, anxiety, low mood, body image, regulating emotions, bullying (list not exhaustive).

It may be necessary for some interventions to be delivered in partnership with other teams/agencies. This is to prevent duplication, ensure resources are utilised appropriately, and reduce the number of professionals working with the child/family and to reduce the likelihood of the child having to repeat their story over and over again. It will also ensure that the child receives an intervention from the most appropriate person rather than professionals working in isolation.

Accessing this support:

Contact our Single Point of Contact on 0333 320 2302 for further information.

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Special Education Needs and Disabilities (SEND)

Within the Stockton 0-19 service we have a specific SEND Lead and specialist school nurse for SEND. We are focusing our service on meeting the needs of children and young people that have or may have SEN and or disabilities. We are working very closely with all our partner agencies to ensure we have a joined up approach to embed the recommendations from the SEND code of Practice in to our service. Our aim is to ensure needs are identified at the earliest opportunity to enable interventions to be put in place to support development and opportunities.

Our health visiting service is available for children 0-5 years from the antenatal period up to when the child goes to mainstream school. We have a more intense support package for any child that has or may have SEN and or disabilities that will enable us to work with the family to provide as much help, support and advice as possible when needed. Our specialist public health nurse for SEND is working with the 5-25 age groups and liaising closely with the specialist schools and schools that have an Enhanced mainstream setting to put together a package of support that is specific for this group of children. This may also include 1:1 work with children and families. Our generic Public Health Nurses will work as required with children with SEND that are in mainstream schools. We aim to work with children and families to ensure they have the support and advice they need to enable them to achieve the best possible outcomes.

We can work with individual children and families to provide support and targeted interventions when required to help improve outcomes and future chances. We can also help by coordinating support through our own service provision of early year's practitioners, emotional health and resilience nurse, growing well growing healthy service and family outreach / volunteer's service. Referrals in to the Specialist Public health nurse for SEND may come from other health visitors/public health nurses or education

What training have the staff supporting children and young people with SEND had or are having?

We are putting a SEND specific update / training programme in place for our staff and proposing to develop some mandatory SEND on-line training. We work closely with our partner agencies and can access training through them as well including Portage, Physio Speech and Language Therapy. We also discuss specific training to meet needs in relation to their role during staff appraisals and personal development planning sessions.

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