

# Have your say on how we support children and young people to be healthy in Leicestershire and Rutland



## Tell us how this might affect you

Online: [www.leicestershire.gov.uk/healthy-child-survey](http://www.leicestershire.gov.uk/healthy-child-survey)

For general enquiries or comments about this engagement  
phone **0116 305 1644** or e-mail [PHEngagement@leics.gov.uk](mailto:PHEngagement@leics.gov.uk)

Please submit your views by midnight on **Sunday 6 June 2021**

**We would like to hear your views on the current 0-19 Healthy Child Programme in Leicestershire and Rutland and how you think it could be improved.**

**This service is currently commissioned by the Public Health department for Leicestershire and Rutland County Councils.**

**You will have 4 weeks to respond.**

**We will use your responses to make recommendations to the Cabinets of both councils on how we could deliver our services in the future.**

## **Current Healthy Child Programme (HCP)**

The Healthy Child Programme (HCP) provides a service for all children and families to improve their physical and mental health. It is available for 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 HCP is delivered by Health Visitors and the School Nursing Service. Health Visitors make regular visits to families, from before birth until a child is aged 2½ years, to offer advice, support and guidance.

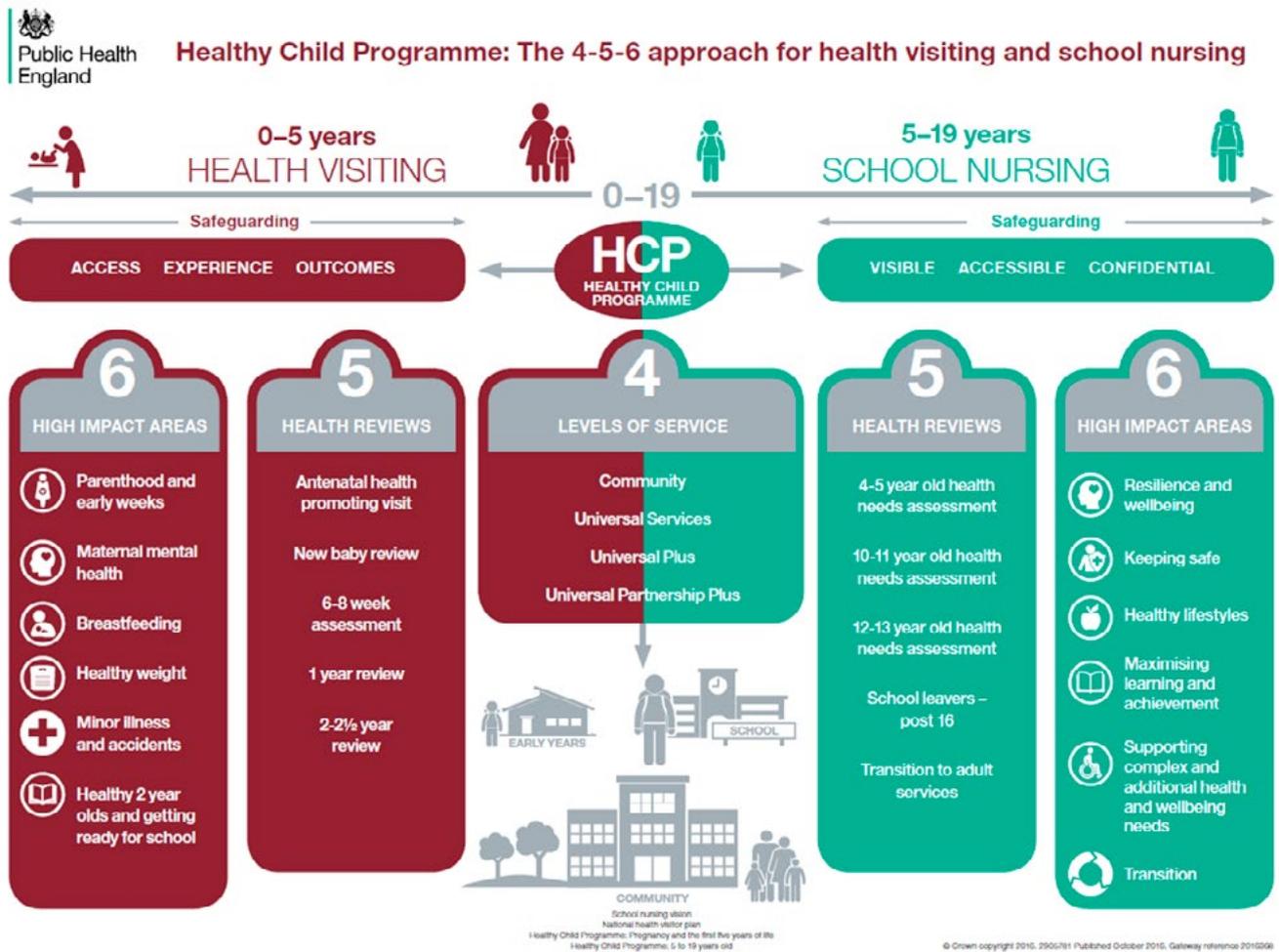
The School Nursing Service works with school-aged children to promote health. They focus on healthy weight, emotional wellbeing, healthy relationships education and more.

### **Listed below are the HCP aims:**

1. Help parents form a strong lasting bond with children
2. Support parents in keeping children healthy and safe and to reach their full potential
3. Protect children from serious disease, through routine health checks and immunisation (vaccines)
4. Reduce childhood obesity by promoting healthy eating and physical activity
5. Identify health and wellbeing issues early, so support, guidance and treatment can be provided as soon as possible
6. Focus on the health needs of children and young people, ensuring they are ready to start school
7. Make sure children are prepared for and supported in all childcare, early years and schools and nurseries and especially are supported to be 'ready to learn at two and ready for school by five'
8. Support transition from primary school to secondary school and appropriate adult services for those with additional needs
9. Focus on the emotional health of adolescents and provide support to cope with challenges, to prevent and manage harmful behaviour
10. Identify and manage the safeguarding (protection from harm) of children and vulnerable parents or family members.

In Leicestershire and Rutland the Health Visitors and School Nursing Service used to be delivered by two separate programmes: 0-5 age Health Visiting Service and 5-19 age School Nursing Programme. These have now been brought together so that the Health Visiting and School Nursing teams offer a public health nursing service to children, young people (0-19) and their families. Young people aged 19-25 years with special educational needs and/or disabilities are provided with digital support.

The current Healthy Child Programme is based on the government's model shown below with four levels of service, five health reviews and six high impact areas. This is known as the 4-5-6 Model (see below).



**There are two parts to the HCP service: the support services that MUST be delivered (required by the government) and the support services that we CAN choose to deliver.**

### **The MUST elements:**

**i.e. those services we are required to provide, include:**

- Health Visiting:
  - Antenatal health visit; (28-32 weeks' pregnancy)
  - New born baby review; (10-14 days)
  - 6/8 week old baby assessment;
  - 1 year development review;
  - 2 to 2½ year development review
- National Child Measurement Programme; height and weight measurements in Reception and Year 6.

### **The CAN elements:**

**i.e. those services we can choose to provide and that are mainly for children and young people over the age of 10, we are currently providing are:**

- Supporting transition into school and into other appropriate services when leaving school;
- Health needs assessment;
- Support for emotional wellbeing, coping with challenges and reducing risk-taking.

## **Why change?**

The Public Health Grant (which funds the 0-19 service) is a limited resource and we want to ensure maximum value. The Healthy Child Programme is commissioned jointly by Leicestershire County Council and Rutland County Council. Leicestershire Partnership NHS Trust (LPT) is the provider of the above services. The current contract with them will finish in August 2022 and the Public Health Departments for both councils are taking this opportunity to review the 0-19 services to make the best use of resources for the health of all children and young people and their parents and carers living within Leicestershire and Rutland.

We also want to look at how we could link in some of these services more effectively with those provided by Children and Families Services to improve access and efficiency. We want to make sure we are working closely with our partners, such as health, schools, communities and the voluntary sector to make the future programme as effective as possible. We also need to consider how best to achieve value for money for the two councils.

Services have had to be delivered differently due to the national and local lockdowns and now that children have returned to school, some may be experiencing anxiety as a result of returning to the classroom. Use of the existing websites (Health for Under 5s, Health for Kids, Health for Teens) for advice and support has tripled and we know that we could make much greater use of digital approaches, peer support groups and the telephone as well as than face-to-face. During the lockdowns staff have developed new skills to help families and young people use digital channels, such as video conferencing. More people prefer to use this way of communicating however, some people still benefit from face-to-face contacts with social distancing measures in place.

# What we want your views on

We are proposing that Leicestershire's and Rutland's children, young people and their families and carers can access both universal services (open to all) and targeted services (focused on some people) when they need them, to improve their health and wellbeing at the right time, in the right way and in the right place.

To achieve this, as part of our engagement we want to:

- Understand children's and young people's health needs and how these could be prioritised differently to provide the most effective support;
- Understand what works well and where there are gaps in what is being offered;
- Review how the MUST elements of the Healthy Child Programme could be delivered;
- Review the CAN elements of the Healthy Child Programme to address healthy lifestyles and risky behaviours;
- Review how transitions from primary school to secondary school are managed and the impact these have on the emotional health and wellbeing of children and young people;
- Review access to support, county-wide or via smaller neighbourhood communities;
- Understand the need to develop an improved digital offer (building on the progress made using digital options during the pandemic) which could include more detailed web-based information and advice; increased use of social media channels targeted at specific age groups, for example use of TikTok for young audiences or Zoom/Facetime platforms or similar for face-to-face conversations, etc.

**The new services would need to be in place by 1 September 2022.**

## Who would be affected by these proposals?

- Children and young people aged between 0-19
- Pregnant women and partners
- All parents and carers of children aged 0-19
- Professionals who work with children and young people and their families.

We want to make sure that as many children, young people and parents and carers as possible can access the services and that everyone is clear about what we provide and how to access it.

We would welcome feedback views from parents, carers and young people as well as health, social care and education professionals, schools, governors and other stakeholders about the Healthy Child Programme services.

**To submit your views, please fill out the questionnaire and make sure it reaches us by midnight on Sunday 6 June 2021 at the latest. The survey is available online at [www.leicestershire.gov.uk/healthy-child-survey](http://www.leicestershire.gov.uk/healthy-child-survey).**

Paper copies of the questionnaire are available on request by calling **0116 305 1644**.

If you are able to, please complete the questionnaire online to help us keep costs down.

Alternatively, you can send your completed questionnaire to the following freepost address:

Sham Mahmood  
Strategic Commissioner  
Leicestershire County Council  
Have Your Say  
FREEPOST NAT 18685  
Leicester  
LE3 8XR

If you need help to complete the questionnaire, or have any questions about the Engagement Exercise, then contact Sham Mahmood on [sham.mahmood@leics.gov.uk](mailto:sham.mahmood@leics.gov.uk) or at **0116 305 1644**.

## You can view the latest information including the full strategy in a number of ways

Visit us online at [www.leicestershire.gov.uk/healthy-child-survey](http://www.leicestershire.gov.uk/healthy-child-survey)

Our web pages will be kept up-to-date with the latest information and developments.  
You'll also be able to access the survey here.

Follow us @leicscountyhall for general updates from the council, including coronavirus information.

Alternatively, you can telephone **0116 305 0705** to ask for information in printed or alternative formats.

જો આપ આ માહિતી આપની ભાષામાં સમજવામાં થોડી મદદ  
ઈચ્છતાં હો તો 0116 305 0705 નંબર પર ફોન કરશો અને  
અમે આપને મદદ કરવા વ્યવસ્થા કરીશું.

નેકર ત્રહાનું ઈસ જાતકારી નું સમજાવ દિચ વ્રહ મદદ ચાહીદી  
૱૱ ત્રાં કિરપા વરકે 0116 305 0705 નંબર તે ફોન કરે અતે  
અસીં ત્રહાડી મદદ લઈ કિસે દા પૂઘંય વર દવાંગે।

এই তথ্য নিজের ভাষায় বুঝার জন্য আপনার যদি কোন  
সাহায্যের প্রয়োজন হয়, তবে 0116 305 0705 এই নম্বরে  
ফোন করলে আমরা উপযুক্ত ব্যক্তির ব্যবস্থা করবো।

اگر آپ کو یہ معلومات سمجھنے میں کچھ مدد درکار ہے تو براہ مہربانی اس نمبر پر کال کریں  
0116 305 0705 اور ہم آپ کی مدد کے لئے کسی کا انتظام کر دیں گے۔

假如閣下需要幫助，用你的語言去明白這些資訊，  
請致電 0116 305 0705，我們會安排有關人員為你  
提供幫助。

Jeżeli potrzebujesz pomocy w zrozumieniu tej informacji  
w Twoim języku, zadzwoń pod numer 0116 305 0705,  
a my Ci dopomożemy.