

Spa Spiders

Children's Centre



**Preparation for
Pregnancy Birth and Beyond**





Spa Spiders Children's Centre was originally a 6th Wave Sure Start Local Programme.



The Centre, situated in one of the 30% most deprived areas in Doncaster, South Yorkshire, lies at the heart of an ex mining community surrounded by farming villages.

Kay Walker- Community Midwife is employed by Doncaster and Bassetlaw NHS Foundation Trust

Our Lead agency is currently RDASH in partnership with the LA

Our Accountable body is Doncaster MBC.

Midwife booking in clinic

Sexual Health clinic

**Repeat ante-natal
Midwifery Clinic Support**

**Health Visitors Early
Parenting**

1st Contact Practitioner

**BreastStart drop
in group and peer
supporters**



**4Parents & Parents
2B drop in sessions**

**Parenting programme Solihull
& Incredible Years**

**CAF and TAC Additional
support to meet individual need**

SHAPE Sessions

Our purpose for developing our current ante natal provision was derived from

- Requirements as laid out in Children's Centre Guidance
- The desire to provide the optimum service we could for our families, that meets their needs and which improves outcomes for children
- Implement the Learning taken from Early Parenting sessions already being delivered in partnership with our Health Visiting Team

changing of attitude / approach to weaning following attending antenatally listening to other mums experiences, and advice and information from Centre staff she took the decision to wean her child as late as she possibly could, hoping to establish weaning post 6months.

Parents reported attending Early Parenting was a lifeline, supporting a reduction in feelings of isolation in the early days of parenthood by offering a place to go to meet other mums and gain knowledge about parenting.



From completion of our Children's Centre SEF in 2009 we identified the following challenges for the year ahead,

To ensure every family with a child under 5 was registered at the Children's Centre

To increase our reach particularly within our 10% & 20% areas



To develop services / activities that would contribute even further to promoting improved access for our most vulnerable children and families.

To Develop services that would be universally available at the earliest possible stage in the transition to parenting in order to strengthen early intervention and assessment of individual needs.

To Enable targeted support to be arranged at the earliest stage for families identified as vulnerable or at risk.

Develop the link with new community midwife to facilitate a consistent approach to engaging families in sessions at the earliest stage possible

Midwife Challenges in talking about Children's Centres to vulnerable parents-to-be

Community Midwifery was a separate service at the time.

Kay Walker had always worked in hospital setting as a midwife.

Originally worked in the same way as her predecessor within surgery

Kay soon realised the challenge for midwifery was how to support more vulnerable families with follow on care.

Alongside strategic push to work in Children's Centres decision was taken to work in partnership.



Preparation for Pregnancy Birth and Beyond

Ante Natal Services on offer

Booking in Appointment between 8th – 12th Week of pregnancy held at the Children's Centre

4Parents and Parents2B – weekly drop in session held at the Children's Centre

1st contact Practitioner service held at the Children's Centre daily

Breastfeeding Support Group – weekly session supported by Health visiting and Children's Centre Team alongside Peer Support Workers held at the Children's Centre

Birth Workshops – delivered by Community Midwives Team held at the Children's Centre

Ante Natal home visits – delivered by Health Visitors held in the family home

Ante Natal home visits – delivered by Community Midwife preparation of birth plan

Midwifery appointments delivered by The Community Midwife and supported by Children's Centre Workers held at the White Wings Medical Centre



What difference has this approach to service delivery made for our children and families?

- Parents and staff meet at an earlier stage during the transition to parenthood which facilitates
 - Increased opportunities to promote and establish relationships and building of trust between each party
 - earlier identification of need which supports increased family access to information on child care; family support; health care;
 - parenting; smoking cessation; financial, training and housing support



- An early intervention approach and implementation of proactive rather than reactive care packages
- Informal but effective method of assessment to be implemented, enabling Integrated
- Children's Services to offer holistic packages of individualised care to meet the specific needs of families

Cont.

- **Creation of an informal non-threatening environment provides**
 - Open access to a wide range of Health and early years professionals
 - Opportunities to break down barriers to accessing services, particularly for those families who find services hard to reach
 - Capacity for professionals to offer a drop in service with often no appointment necessary and no time limit to appointments – Parents can stay for as long or as little as they wish, which is especially valuable when issue may be distressing or upsetting for them.



- Reduction in mild to moderate post natal depression as isolation is decreased / families have access to Centre Monday to Friday 9am till 5pm and signposting to relevant out of hours services

Cont.

- **Integration of services has supported**

- Reduction in Bureaucracy – No referral is necessary to the Children’s Centre or HV for specific work paper work and form filling for parents is reduced. A single client record system is used for recording interventions and contacts between Health Visitors and Children’s Centre. The Midwife uses the GP system and both systems can be accessed by all teams.
- Development of a ‘hub’ in the community where families can meet professionals involved in supporting them through the early years of family life
- seamless approach to services offered at preconception stage to ante natal period through transition to parenthood and the early months / years of family life
- Families being linked from early on with the most appropriate professional to support with meeting their individual family needs.

- **Increased choices for families**

- **Increased parental knowledge of Children’s Centre, integrated Children’s Service team and activities on offer**

- **Reduction of stigma in community about children’s Centre and who services are provided for**



“The midwife at the children’s centre told me I could just drop in and see her when she had a clinic on, if she was at the doctors it is a lot harder to access her.”



“I met the midwife at my doctors surgery. It was a nightmare with my older children, it’s so much easier in the Children’s Centre more suitable for them to play”



“I feel more comfortable to come to the centre as I know the surroundings and the staff. I know the staff can help and give you advice on sleep or other issues”

What difference has this approach to service delivery made for Health Care and Early Years professionals?



Increased opportunities

- for staff to build and establish relationships with all families during the ante-natal period, supporting early assessment and identification of need; which in turn supports the ability to plan and implement CAF process, early interventions and proactive work with families where required.
- to support families with development of positive mental health, the initiation and continuation of breast feeding and the adoption of healthy lifestyle choices

Cont.

- For health professionals through to admin and monitoring staff to achieve greater accuracy with data collection, resulting in an
- increased ability in ensuring all families have access to Children's services information through outreach services.



- Increased confidence in staff in all areas of knowledge, skill and experience which has contributed to families and children receiving an improved service.
- Partnership and working relationships have been enhanced as the workload is shared more evenly
- Increased effectiveness of information sharing has been facilitated, professionals see one another regularly and often at the same time as having contact with families and a single client record is used

Cont.

- Facilitated effective use of skill mix as working together has allowed practitioners to focus on their area of expertise e.g. midwife can address pregnancy progress and issues with the knowledge that she can then ensure additional needs will be addressed by HV team or CC staff e.g. housing, finance, healthy lifestyles etc; which then supports reduced stress for staff as they are confident all family needs are being met



I have a good relationship with the midwife which gives us good communication and information sharing in order to give the right support to families

- pooling of available resources across all areas of service delivery has facilitated increased value for money - more is being achieved, at no extra cost to each area of service delivery



“Working with the midwife
Has made a difference to my practice
as I feel I get to know the parents at the beginning,
so by the time they come into the Children’s Centre
when baby is born I am familiar to the family and the
family don’t feel as nervous to attend the Centre
when they know a
familiar face”

I now have a greater
understanding of the TAC
process and how it can be put
into place in the ante-natal
period

Working with the
midwife has developed
my practice and
understanding of
Midwifery services.





Next Steps – developing increased opportunities to maintain contact with all children and families in our reach area

Proposals include:

Introduction of antenatal 'Shape Workshops'
6 informal information sessions to be held at CC led by Integrated Children's Services Team to provide opportunities for parents to meet more of the team and learn more about the variety of child and family services available in their area

- Invitation for all new born babies and their parents to attend baby massage sessions
- Invitation for all babies aged 3months to attend incredible years baby parenting group
- Evaluation and assessment re the effectiveness of 4parents and parents2 be to support development of session
- Home visits by outreach workers to all new born babies and their families
- To develop Breastfeeding Support
- Developing surgery support

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