

Calderdale update

Public Health Early Years Service (PHEYS) and School Nursing

Incorporating Children's Oral Health Service, Breastfeeding Peer Supporters



Gold standard –
page 4



Healthy Futures
Calderdale –
page 10

Welcome to the latest edition of the Locala Update for Calderdale



Welcome to the Autumn edition of the Locala Update for Calderdale.

This edition provides an update on local, regional and national initiatives that Calderdale Public Health Early Years (PHEYS) and School Nurses are involved in, including:

- “50 things to do before you’re 5” – which aims to promote speech, language and communication skills in children from birth to five.
- Healthy Futures Calderdale – a new alliance of organisations and services helping to improve the health and well-being of children and young people here in Calderdale.

On Page 4 you can find out how Calderdale Maternity and Health Visiting services have jointly been awarded The Baby Friendly Achieving Sustainability Gold Award by Unicef - the first joint maternity and health visiting Gold award in England.

We have advice and updates on oral health, support for SEND, asthma, head lice, speech and language support and childhood immunisations and the Flu campaign. There is also information on some of the Autumn national Public Health campaigns including Anti-Bullying Week (11th – 15th November), Stoptober, Change for Life and Active Imaginations.

Follow the teams on Social Media

You can find out more about the Health Visiting and School Nursing teams on Social Media.

Follow us on Facebook :

Locala Health Visiting Calderdale - <https://www.facebook.com/locala.org.uk>

Locala School Nursing Calderdale - www.facebook.com/localaschoolnursescalderdale

On Twitter - @Locala_SNCalder

On Instagram - localasn_calderdale

50 things to do before you're five



A new app, website and resources have been launched in Calderdale, with a focus on the development of speech, language and communication skills, along with social and emotional skills in children aged 0-5.

'50 things to do before you're five' is a child-centred approach, suggesting 50 low or no cost activities that parents/carers can enjoy with their child(ren) whilst promoting communication and language development.

Each one of the 50 things is a fun activity, with guidance and links to local points of interest and places to visit. Families can download the '50 things to do before you're five' app which provides detailed information of the benefits of each activity and key public health messages. There are also printed resources including A2 posters and a ring binder set of activity cards.

'50 things to do before you're five' was developed as an original idea from St Edmund's Nursery School and Children's Centre in Bradford with input from local parents/carers.

In Calderdale it is part of a multi-service initiative led by Calderdale Council's Public Health Team, Early Years services, Libraries and Museums together with Locala, Children's Centres and Private, Voluntary and Independent Childcare Providers.

Health Visitors are promoting the '50 things' initiative at each core contact and A2 posters will also be available at Children's Centres, Early Years settings and Libraries.

The website is now available at: <https://calderdale.50thingstodo.org>

The app is also available to download from the Apple App Store or Google Play by searching "50Things" There is also a YouTube video available to watch and show to parents <https://www.youtube.com/watch?v=gRms2FoVpRE>

Breastfeeding support Gold

Support for breastfeeding mothers in Calderdale to help ensure babies get the best possible start in life has achieved an international gold standard.

Calderdale Maternity and Health Visiting services have jointly been awarded The Baby Friendly Achieving Sustainability Gold Award by Unicef - the first joint maternity and health visiting Gold award in England.

The services work together to provide parents across Calderdale with the best possible care to build close and loving relationships with their baby and to feed their baby in ways which will best support health and development.



The Unicef assessment of the service said that both Calderdale and Huddersfield NHS Foundation Trust (which provides the Maternity element) and Locala (which provides Health Visiting through the Calderdale Public Health Early Years Service, commissioned by Calderdale Council) “are highly commended for the quality of the evidence submitted and the thorough way in which the necessary processes to embed and further develop care related to the Baby Friendly standards has been planned and implemented.”

The assessors added: “There is an excellent specialist service in place and there is evidence of integrated working within the community, to ensure that babies, mothers and their families receive seamless care. Of particular note is the peer support programme and Baby Cafes which are well evaluated, and effective monitoring suggests they are helping to support a rise in breastfeeding prevalence rates.”

The award came during this year’s World Breastfeeding Week in August.. The theme of the Awareness Week was empowering parents and ensuring policies, legislation and workplaces are parent-friendly.

For more information on World Breastfeeding Week please visit www.worldbreastfeedingweek.org

Families needing support with breastfeeding can contact the Breastfeeding Peer Supporter Service on 07920466660.

You can also join their group on Facebook –search “Calderdale Breastfeeding Peer Support Service”

Special Education Needs and Disabilities (SEND)

In Calderdale Public Health Early Years' Service (PHEYS) we do all we can to support families with children who have Special Educational Needs and Disabilities (SEND).

We have 2 SEND champions working in Health Visiting in Calderdale PHEYS who are developing pathways in our own service but also help ensure the PHEYS workforce are aware of what services are out there to support families of children with SEND. We would also like to share what we know with our partner agencies so that all professionals who families meet on their journey will be equipped with the information around the support available for them specifically in Calderdale.

As part of the [local offer](#) in Calderdale, families of children who are waiting to be assessed in relation to an Autistic Spectrum Disorder (ASD) can access a variety of information and resources. Click the link above for more information.

Public Health England guidance on Oral Care and disabilities

Guidance on oral care for people with learning disabilities has been published and you can view this at:

<https://www.gov.uk/government/publications/oral-care-and-people-with-learning-disabilities>

The guidance aims to help health professionals, paid social care staff and family members to support someone with learning disabilities to encourage good oral care.

New Oral Health Guide now available

New! Oral health guide for parent and carers of children and young people with a disability or additional needs. Available to download from

<http://bit.ly/CdaleHealthyTeeth>.

Paper copies for parent carers are available from Unique Ways, a parent-carer led organisation supporting disabled children and their families, Tele: 01422 343090.

Locala
Calderdale PHEYS

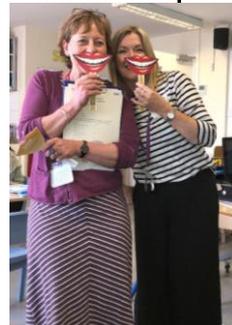
NHS

Healthy Teeth, Healthy Smile

A guide for parents and carers of children and young people with a disability or additional needs.



The guide was developed by Karen Ormerod from Locala Dental Care and Catherine King from Locala Calderdale PHEYS, Oral Health Team. **Special thanks for the help and advice to the CHFT Children Speech and Language Therapy service Locala and Unique Ways**



Healthy Start Vitamins

A quick reminder that Healthy Start Vitamins are available in exchange for Healthy Start coupons at the following children's centres:

- Elland - Boxhall Road, Elland, HX5 0BB
- Innovations - Cousin Lane, Ovenden, HX2 8DQ
- Jubilee - Jubilee Centre, Lightowler Road, HX1 5NB
- Todmorden Children's Centres - Todmorden Community College, Burnley Road, Todmorden, OL14 7BX

Pregnant women, women with a child under 12 months and children aged up to four years who are receiving Healthy Start vouchers are entitled to free Healthy Start vitamins. For more information visit www.healthystart.nhs.uk.

Speech and Language Skills

Calderdale families will receive extra support to nurture their child's early speech, language and communication skills at home, to help give them the best possible start in life.

Calderdale Council was chosen to take part in a national pilot for new communication training for health visitors, [launched by the Department for Education and Public Health England](#). Four Health Visitors took part in the new training, delivered by the Institute of Health Visitors and shared the training with the rest of the service.

Supporting children's early communication skills are part of the [Secretary of State for Education's ambition](#) to halve the number of children who do not achieve the expected level of communication and language standards for early years (from 28% to 14%)

Active Imaginations

A new initiative to help parents and carers come up with ways for 2 to 4-year-olds to get a healthy amount of physical activity has been launched in Calderdale.

Active Imaginations is an online resource of simple and fun activities that are free or low cost, can be done indoors or outdoors, in open or limited space and in a range of different situations. Videos and more information for parents and carers from Start4Life can be found at www.activeimagination.co.uk

Flu vaccine

The flu vaccination period is beginning and the latest advice on flu is being issued by Public Health during October.

Among those who are eligible for a free flu vaccination are children aged two to ten as well as pregnant women.

Calderdale School Nursing Team Updates



Childhood immunisations

We welcome your continued support in sharing the public health message for parents to ensure that their children are up-to-date with all their childhood immunisations. For more information on childhood immunisations, you can see the [NHS list](#) - parents/carers should speak to their GP for more advice.

From September 2019, boys in Year 8 will be offered the free Human Papilloma Virus (HPV) vaccine for the first time. Estimates suggest that this could prevent over 64,000 cervical cancers and nearly 50,000 non-cervical cancers by 2058.

The HPV vaccine

Pre-cancerous cervical disease in women has reduced by up to **71%**

Cases of genital warts have declined by

- 90%** in girls
- 70%** in boys

Offering the vaccine to boys will further reduce the overall burden of cancer and genital warts in both sexes.

arm against cancer

Focus on asthma

It's a big moment for any child starting school for the first time and when that child has asthma, or 'suspected asthma', it can be even harder.

The School Nursing Team has been reviewing the delivery of Asthma and Anaphylaxis awareness sessions in school. To ensure that every member of staff in school receives this potentially lifesaving information we are promoting the Asthma and Anaphylaxis e-learning modules provided by expert professional bodies. It is vital that every member of staff in school complete this e-learning as part of induction or yearly mandatory training which can be completed when convenient, at their own pace, and can be revisited if not completed in one session.

These e-learning modules are free, easy to access and reviewed updated to provide you with the most current information to ensure the safety and wellbeing of your pupils. Further information regarding how to access individual modules is being provided for each school by the School Nursing Team – so keep an eye out for it, or contact the Team to find out more (details on page 12).

If a child under 12 has an asthma attack

- 1 Help them sit up straight and keep calm.
- 2 Help them take one puff of their reliever inhaler (usually blue) every 30-60 seconds up to 10 puffs.
- 3 Call 999 for an ambulance if:
 - they don't feel better after 10 puffs
 - their symptoms get worse – e.g. cough, breathlessness, wheeze, tight chest or 'tummy/chest ache'
 - you're worried at any time.
- 4 Repeat step 2 if the ambulance takes longer than 15 minutes.

www.asthma.org.uk



Your child's preventer inhaler builds up their protection over time



Asthma Friendly Status Award

Asthma UK advocate five standards that will enable a school to be awarded the asthma friendly school status. The five standards are:

- The provision of an asthma policy as all schools should have one
- Ensuring all children with asthma have a care plan
- Implementation of asthma awareness training sessions to all school staff to promote an understanding of the care and management of children with asthma
- Provide the use of emergency inhalers in school in addition to children's own inhalers
- Provide an asthma register – all schools should be able to easily identify students with asthma by maintaining a register

Please contact the School Nursing Team on 030 333 09974 if you would like to know more about how your school can achieve the Asthma Friendly Status Award.

Head Lice Update

There's a wealth of advice available to parents and schools on the issue of head lice and how to treat them.

You can help parents by telling them:

- There's nothing you can do to prevent head lice.
- You can help stop them spreading by wet or dry combing regularly to catch them early.
- Do not use medicated lotions and sprays to prevent head lice. They can irritate the scalp.
- There's no need for children to stay off school or to wash laundry on a hot wash.

More information is available via various sources including:

<https://www.nhs.uk/conditions/head-lice-and-nits/>

Via the [Calderdale School Nursing Team website](#)

– and there's [a specific booklet too](#).

Head lice information is also regularly posted on each of the Team's social media sites together with additional information regarding management and links to relevant sites:

Locala School Nursing Calderdale - www.facebook.com/localaschoolnursescalderdale

On Twitter - [@Locala_SNCalder](#)

On Instagram - [localasn_calderdale](#)

Information and advice regarding head lice management is offered directly to families, schools and other professionals via the School Nursing Team.

You can contact them via:

Telephone - 030 333 09974 (Monday to Friday 9am - 5pm)

Tell us what you think

As a School Nursing Service and Health Visiting Service we are always striving to improve our services and to learn from compliments, complaints, concerns and comments.

If you have used the School Nursing Service or Health Visitors, could you share your experiences with us?

Follow the link below and telling us what you think.

<https://www.smartsurvey.co.uk/s/yourviews>

Healthy Futures Calderdale

This month sees the launch of “Healthy Futures Calderdale”, our new public health partnership for school-aged children and their families.

Partners include **Calderdale Council, Locala, CHFT, Humankind and Soil Association**, who will work together in Calderdale to promote good health and wellbeing, prevent ill-health, and protect children and young people from harm.

Healthy
Futures
Calderdale

Healthy Futures Calderdale works in settings and communities across Calderdale facilitating activities and events to promote health and wellbeing

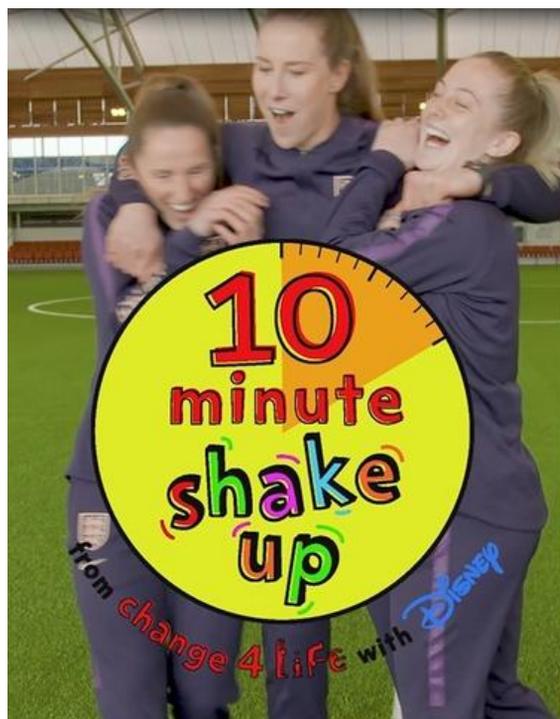
- providing support to schools, such as **Bikeability** courses, **asthma and anaphylaxis awareness** training
- support around **school food** and the Food for Life awards scheme
- **sexual health** and **substance use** sessions for pupils
- the **National Child Measurement Programme (NCMP)**
- the eHNA **pupil health and wellbeing survey** and **PSHE Association** membership.
- offering one-to-one support to young people and families through **school nurse drop-in sessions** in schools and the community.

10 Minute Shake Up

A reminder that the Change4Life 10 Minute Shake Up schools resources are still available - filled with fun, quick and easy activities.

The free resources are flexible and designed to be used throughout the school day, helping to embed physical activity in pupils' daily routine.

They can be found on Public Health England's [School Zone](#). There's also the main [Change 4 Life website](#) available which gives a range of advice on healthy lifestyles for children – including the “make a school-day sugar swap’ campaign.



**CHANGE
STARTS
WITH**



#ANTIBULLYINGWEEK

**ANTI-BULLYING
WEEK 2019**

11th - 15th November

**ODD SOCKS
DAY 2019** 

12th November

Anti-Bullying Week

This year's Anti-Bullying Week has the theme Change Starts With Us and is happening from Monday 11th November - Friday 15th November 2019.

Whether it is verbal, physical, online or in-person, bullying has a significant impact on a child's life well in to adulthood. By making small, simple changes, we can break this cycle and create a safe environment for everyone. Because together, we can challenge bullying. Change starts with a conversation. It starts with checking in. It starts with working together.

You can find out more about the campaign on the [Anti-Bullying Alliance's website](#).

Stoptober

Stoptober is back for 2019 to help support people to quit smoking and improve their health.

The "[NHS One You website](#)" has a host of apps, advice and guidance available. Keep an eye out for more information on the site later in September and throughout October.

Follow our teams on social media

Facebook :

Locala Health Visiting Calderdale - <https://www.facebook.com/locala.org.uk>

Locala School Nursing Calderdale -
www.facebook.com/localaschoolnursescalderdale

On Twitter - @Locala_SNCalder

On Instagram - @localasn_calderdale

Feedback on our service

"The school nurse was very friendly and knowledgeable."

Asthma Training Session at school

"Very impressed with the evidence-based, attachment and natural parenting stance."

Health Visiting Friends and Family test

"The training was very informative, discussing current practice, had a few queries which were answered professionally from Locala representative"

Oral health training attendee

"I had a wonderful caring health visitor who listened to my concerns and was very supportive and helpful in her advice."

Health Visiting Friends and Family test

The school nurse provided staff with a professional and informative session and was able to answer our questions

Asthma Training Session at school

Between September and December 2018 oral health training was delivered to 184 people, 99% said that the training has increased their knowledge.

Contact details

Health Visiting Service:

Families, along with colleagues from our partner organisations can now ring and speak to a Health Visitor for advice and support from 8.30am till 8pm, Monday to Friday.

An answering service to take messages is available from 8pm until 8.30am and also at weekends, provided by Locala's Single Point of Contact (SPOC).

The number to call is 0300 3045076.

School Nursing Service:

Telephone - 030 333 09974 Monday to Friday 9am - 5pm

Online using our e-referral service - www.locala.org.uk

Please note: Professionals referring into the school nursing service are required to complete the E-referral form (see the link above). This is to ensure the parent/carer or young person has consented to the referral, to establish up-to-date contact details and that requested interventions are identified.

Newsletter produced by Locala's Calderdale PHEYS and School Nursing Teams

If you have any feedback on this newsletter or would like to suggest items for future issues please contact communications@locala.org.uk