

Calderdale update

Public Health Early Years Service (PHEYS) and School Nursing

Incorporating Children's Oral Health Service, Breastfeeding Peer Supporters



New oral health leaflet – page 5



Walk to School Week – page 10

Welcome to the latest edition of the Locala Update for Calderdale



Welcome to the Spring/Summer edition of the Locala Update for Calderdale.

This edition provides an update on two multi-service local initiatives Calderdale Health Visitors and School Nurses are involved in:

- “50 things to do before you’re 5” – which aims to promote speech, language and communication skills in children from birth to five. Find out more on page 3.
- Men as Parents - campaign to promote the importance of men’s role in parenting, caring and supporting the development of children from birth to five, which will run during the first two weeks of June.

In April, Calderdale Breastfeeding Supporters had their Annual Conference and this edition provides information of how to contact the peer supporters. There’s an update on the role of the Perinatal Mental Health Lead Health Visitor. Oral Health also launch their new leaflet during National Smile Month (13 May to 13 June).

There is also information on some of the Spring/Summer national Public Health campaigns including National Walk to School Week (20th – 24th May) and Mental Health Awareness Week (13th-19th May), Sun Awareness Week (6th – 12th May) as well as advice on road safety and asthma awareness.

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

50 things to do before you're five



A new app, website and resources are being 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.

It will begin to be available across Calderdale from the end of May 2019 with an official launch planned for July.

Health Visitors will be promoting the '50 things' initiative at each core contact and resources will also be available at Children's Centres, Early Years settings and Libraries. The website, once it's launched later in May, will be at: www.calderdale.50thingstodo.org

The app will also be available from the Apple App Store or Google Play by searching "50Things"

Men as Parents

This year will see an extra Father's Day present for men in Calderdale - a whole fortnight of experiences aimed at helping them be the best parents/carers they can be.

To help inspire dads, grand-dad's, step-dads, uncles, male carers and dads-to-be to take up the challenges they face in bringing up and supporting children aged under 5 – Men as Parents fortnight (1st to 15th June) offers a range of activities and information, all tailored to men, their families and children.



Leading experts worldwide agree that care given during the first 1000 days has more influence on a child's future than any other time in their life.

During these early years of a child's development, mums, dads, along with the wider family have a significant role to play in supporting the child to have the best start in life. The fortnight of events aims to promote men's role in supporting the development of young children, through modelling and their parenting and care giving.

During the two weeks, Men as Parents will be holding a series of events for men and their under 5s to experience including: an open day at Illingworth Fire Station, Bookstart Baby sessions, support to help you encourage your child to ride a bike, pyjama reading parties at Calderdale Libraries, and 'Getting Ready for Baby' sessions. There's also a chance to hear from renowned author, midwife and expert on men and parenting, Mark Harris, as he visits Calderdale.

More details will be shared soon – and you can follow the updates on social media #menasparents and on the website - www.healthyearlyyears.co.uk during May and June.

Various organisations are working in partnership to organise the two week campaign including Locala, Calderdale and Huddersfield NHS Foundation Trust, North Halifax Trust Children's Centres, Halifax Opportunities Trust Children's Centres and Calderdale Council departments including Public Health, Children and Young People's Services, Libraries and Museums. Men as Parents aims to help raise awareness of support and services for men who care for a child/children aged under 5 – and comes in response to feedback from the Calderdale Men as Parents survey run in February this year.

The campaign will coincide with National Children's Day on 1st June and Men's Health Week (10th- 16th June).

Save the Date – June 11

As part of the 'Men as Parents' programme of events there will be a FREE event for professionals working in Calderdale on the morning of Tuesday 11th June at the Learning and Development Centre at Calderdale Royal Hospital.

'Men, Birth & Parenting – are you speaking the right language' will see Mark Harris, a nationally renowned midwife and author talk about ways to engage with men on the parenting journey. This event is open to all professionals working with parents in Calderdale. Places are limited and offered on a first come first serve basis. To book your place contact Jill Palmer at jill.palmer@cht.nhs.uk or call/text 0778 729 4264 before midday on Friday 24 May 2019.

Perinatal Mental Health

Lisa Delaney is the Clinical Lead for Perinatal Mental Health in the Calderdale Public Health Early Years' Service (PHEYS) and has been in post for just over a year.

The service has evolved over the last year and below are some of the developments so far:

- Development and ratification of the Locala Perinatal Maternal Mental Health policy.
- Closer working with psychological therapies (IAPT and Insight) to ensure mums are not lost between services.
- Early identification of mums with perinatal mental health concerns to ensure early intervention of additional support.
- Joint initiative with the Children's Centres to offer support in the antenatal period to those mums identified early, or at any point in the perinatal period. After an antenatal visit the designated worker can then visit within the first week of the baby being born to offer further support around wellbeing, parenting, breastfeeding and baby massage. All new mums get an initial visit from the children's centre staff to introduce them to the services on offer.
- In addition to multi-agency training delivered with maternity and perinatal mental health colleagues, bespoke training has been delivered to partner agencies.
- Meeting with GP practices to discuss the service delivery and referral routes when mums are identified.
- Close working with the Better Living Team to support mums in the perinatal period. A joint initiative for a monthly walk in Shibden Park has seen the number of attendees increase from eight to more than 20.

This increased awareness and improvements to services available to support mums further has led to the following increases:

- In quarter 3 there were 19 referrals.
- In quarter 4 this rose dramatically to 54.

Case Study - A mum had suffered a previous severe post-natal episode. She met with Lisa and the Children's Centre worker antenatally as well as being under the care of the specialist team. Several antenatal visits took place with the Children's Centre worker and a good relationship was established. The knowledge base of both parents in regard to breastfeeding for example improved dramatically. Mum's mental health has remained very good. Her partner is very supportive and involved. During a recent visit there was an opportunity to chat with dad alone as mum was late back. Dad disclosed to the Children's Centre worker that he was struggling. As part of the discussion, a plan was devised for the worker to visit regularly at this earlier time to offer support to him. Following his experience, Dad has expressed an interest in developing some form of support group for dads locally.

Sun Awareness Week 6 - 12 May

Exposing babies and children to too much sun may increase their risk of skin cancer later in life. [Sunburn](#) can also cause considerable pain and discomfort in the short term.

Babies under the age of 6 months should be kept out of direct strong sunlight.

All other children should have their skin protected from March to October in the UK.

Tips to keep children safe in the sun

- Encourage children to play in the shade – for example, under trees – especially between 11am and 3pm when the sun is at its strongest.
- Cover exposed parts of children’s skin with sunscreen, even on cloudy or overcast days.
- Use sunscreen that has a sun protection factor (SPF) of 15 or higher and protects against UVA and UVB. Apply sunscreen to areas not protected by clothing, such as the face, ears, feet and backs of hands.
- Be especially careful to protect children’s shoulders and the back of their neck when they’re playing, as these are the most common areas for sunburn.
- Cover children up in loose cotton clothes, such as an oversized T-shirt with sleeves.
- Get children to wear a floppy hat with a wide brim that shades their face, ears and neck.
- Protect children’s eyes with sunglasses that meet the British Standard (BSEN 1836:2005) and carry the CE mark – check the label.
- If a child is swimming, use a water-resistant sunscreen of factor 15 or above. Sunscreen should be reapplied straight after you have been in water – even if it’s “water resistant” – and after towel drying, sweating or when it may have rubbed off.

[Click here to find out more about general safety advice for younger children](#)

Calderdale Breastfeeding Peer Supporters Annual Conference



Calderdale Breastfeeding Peer Supporters held their annual training conference recently and also presented training completion certificates to their most recently qualified Peer Supporters. The service now has 57 volunteer Breastfeeding Peer Supporters, who are supporting mothers in Calderdale Royal Hospital, Calderdale Baby Café, Children’s Centres, over the phone and in mothers own homes.

The latest training for new Peer Supporters began in April. Further details on vacancies and the application form can be found at <https://www.locala.org.uk/about-us/volunteering/vacancies-application/>

For support with breastfeeding please contact the Breastfeeding Peer Supporter Service on 07920466660.

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

Oral Health Update and National Smiles Campaign

Coming soon...a new Oral Health leaflet specifically for parent carers of children and young people with a disability or additional need.



'Healthy Teeth, Healthy Smile' was developed by Locala PHEYS Calderdale, Oral Health Team in partnership with Locala Dental Care. The first oral health survey of children attending special support schools (2014) showed 5-year-olds had similar levels of tooth decay as their mainstream-educated peers but were twice as likely to have had one or more teeth extracted. For 12-year-old children, those who had decay had it more severely with more teeth being affected.

Healthy Teeth, Healthy Smile

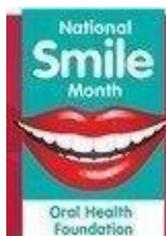
A guide for parents and carers of children and young people with a disability or additional needs.

The leaflet will be launched during National Smile Month (May-June 2019) www.nationalsmilemonth.org. During the campaign we are working with specialist schools to distribute the leaflet and it will also be promoted through the Local Offer and Unique Ways as well as other appropriate services.



An electronic copy of the leaflet will soon be available on the Locala Dental Care website. An update will be in the next issue.

For more information please contact Vanessa Bull – Oral Health Assistant by email at: vanessa.bull@locala.org.uk



IMPROVING ORAL HEALTH BY CREATING
HAPPIER AND HEALTHIER SMILES.

13 MAY - 13 JUNE

WWW.SMILEMONTH.ORG

#SMILEMONTH

Focus on Communication

Calderdale Health Visitors recently attend the Institute of Health Visiting training “Closing the Word Gap” to enhance their skills in assessing speech , language and communication needs and identifying problems early. Find out more about the programme here - <https://ihv.org.uk/news-and-views/voices/working-with-health-visitors-to-close-the-word-gap/>

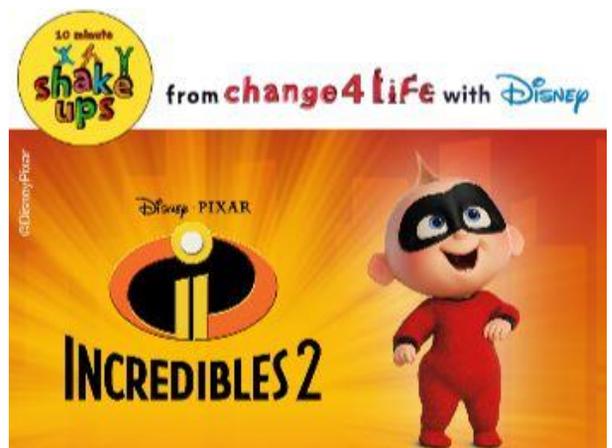


Health Visitors have also had Early Voices training to support parents to start conversations early with their children. For further information visit - www.thecommunicationtrust.org.uk/resources/resources

Change 4 Life and Disney activity resources

The Change4 Life health campaign has joined forces with Disney to create a host of resources called “10 Minute shake ups” for use with primary age children to help them keep active.

The latest ones use the film Incredibles 2 as their inspiration and you can find them all on the Change4Life website.

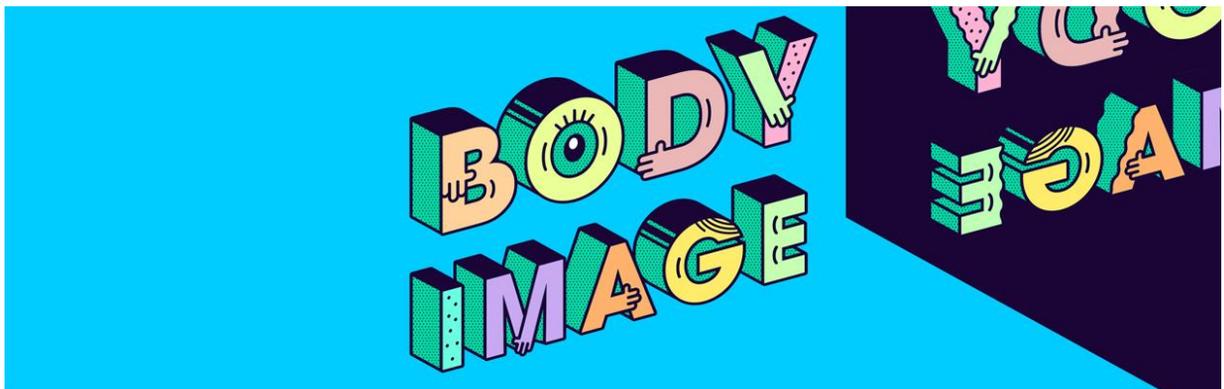


Calderdale School Nursing Team Updates

Mental Health Awareness Week
13-19 May

Body image

How we feel and think about our bodies



Body image issues can affect all of us at any age and directly impact our mental health. However there is still a lack of much-needed research and understanding around this.

As part of Mental Health Awareness Week the [Mental Health Foundation](#) will be:

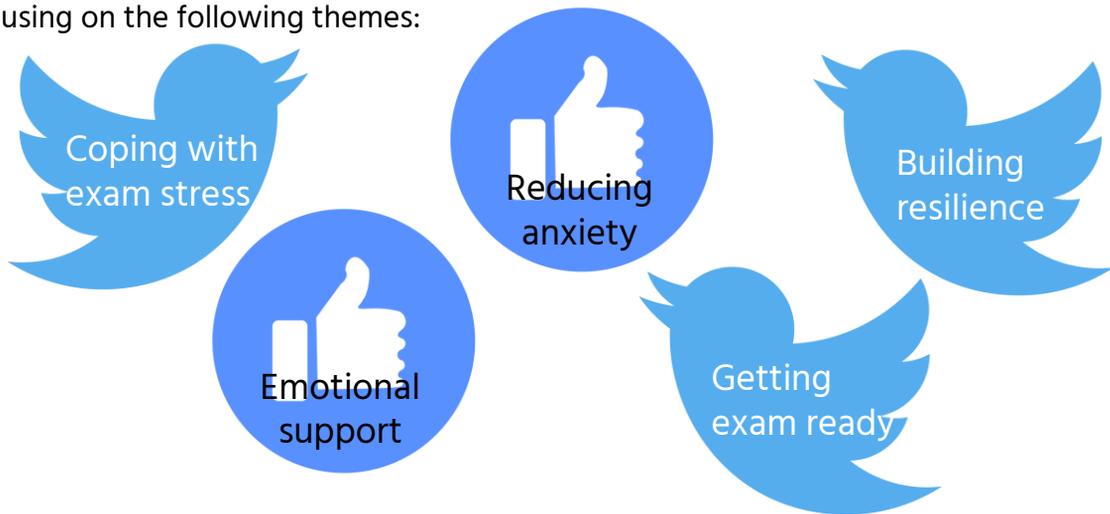
- publishing the results of a UK-wide survey on body image and mental health.
- looking at body image issues across a lifetime – including how it affects children and young people, adults and people in later life.
- highlight how people can experience body image issues differently, including people of different ages, genders, ethnicities and sexualities.
- using research to continue campaigning for positive change and publish practical tools to help improve the nation's relationship with their bodies.

The good news is that organisations can work together tackle body image through what children are taught in schools, by the way we talk about our bodies on a daily basis and through policy change by governments across the UK. For more information visit:

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/get-involved>

Exam time

This academic term young people in Calderdale will be preparing for their SATs, GCSE and A-level exams. The pressure to succeed can be overwhelming not only for the individual but also their families and teachers who are desperately trying to support them. Over the next few weeks the School Nursing Calderdale [Facebook](#) and [Twitter](#) pages will be focusing on the following themes:



Tips to Reduce Exam Stress

Exercise Regularly

Doing at least 20 minutes of physical activity a day can help to improve focus and keep you relaxed. Light cardio, yoga, or Pilates will help to reduce stress right before your exam.

The infographic features a central illustration of a student with brown hair, wearing a red shirt and blue skirt, sitting at a desk with a pencil in hand. The student has a slightly stressed expression. Surrounding the student are four tips, each with an icon in a circle: a checkmark for 'Think Positively', a person exercising for 'Exercise Regularly', a fork and knife for 'Eat Right', and a bed for 'Get Enough Sleep'. The tips are arranged in a square pattern around the student.

Think Positively
If you work hard and stay focused with positive energy, stress will be reduced. Believe in yourself and have the confidence to succeed.

Eat Right
Eat three healthy meals a day and limit your consumption of caffeine, sugars and alcohol. Power foods for your brain include blueberries, salmon, and nuts.

Get Organised
You'll feel more confident and in control if you make a list of everything you need to study and create a schedule.

Get Enough Sleep
A good sleep of eight hours the previous night helps you have a relaxed and well-rested mind and body.

Road Safety Update

What's the problem?

In 2017, 5,838 children aged under 15 were injured in road accidents nationally.

There is a link between growing independence as pedestrians and an increase in road casualties. Peak times for the number of child pedestrians who are killed or seriously injured are the 'school-run' periods of 8-9am and 3-4pm.

Practical Pedestrian Training for Children in Years 3-4

Active travel such as walking has a wide range of physical, environmental and mental health benefits.

By regularly walking to school, children can build in to their daily routine valuable exercise to help them achieve the recommended 60 minutes of physical activity.

Unfortunately, fewer children walk to school than they did 20 years ago.

In addition to the health benefits, walking to school provides valuable road safety experience and an opportunity to socially interact with family and friends.

For more information follow the link to Rospa: <https://www.rospa.com/road-safety/resources/free/practitioners/pedestrian-training-for-children/>

Walk to School Week

20-24 May 2019



This year is Living Streets' 90th anniversary, and with this special occasion, they've picked a theme that is very close to their heart and cause. They are taking pupils on a special walking journey re-tracing the steps of our greatest achievements over the course of the last 90 years.

The classroom packs and activities are built to make the pupils feel empowered to change their walking environment for the better: they'll experience **first-hand the importance of walking to school**.

Through the fun wallcharts and stickers, children will work collaboratively to transform an unwelcoming and cluttered walking environment into the most walkable street imaginable!

Tell us what you think

As a School Nursing 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, could you share your experiences with us?

Follow the link below and telling us what you think.

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

Asthma Friendly Status Award

Asthma UK advocate five standards that will enable a school to be awarded with 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.

3 people in the UK die from an asthma attack every day

Weather can make the difference between life and death for someone with asthma

FOLLOW US FOR WEATHER ALERTS AND ASTHMA ADVICE

80% of people with asthma have hay fever (an allergy to pollen)
'HIGH POLLEN' ALERTS = FEWER ASTHMA ATTACKS

75% of people tell us that cold air can trigger asthma symptoms
'COLD WEATHER' ALERTS = FEWER ASTHMA ATTACKS

Thunderstorms can lead to a **six-fold** increase in hospital admissions due to asthma
'THUNDERSTORM' ALERTS = FEWER ASTHMA ATTACKS

Almost **a third** of people tell us they've had an asthma attack during a heatwave
'HOT WEATHER' ALERTS = FEWER ASTHMA ATTACKS

Two thirds of people with asthma tell us that poor air quality makes their asthma worse
'HIGH POLLUTION' ALERTS = FEWER ASTHMA ATTACKS



Head Lice season

Bug Busting Day 15th June

You can reassure 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.
- Follow the link below for further information

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

Your solution to head lice and nits

Bug Busting is a head louse detection and eradication method that is a great way to deal with the problem.

Bug Busting works by combining a specially designed comb with your usual shampoo and conditioner. Schools can find out more at <https://www.chc.org/for-schools/>

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