

Public Health Update



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Tackling inactivity

**Sport England Local Delivery
Pilots
2018 – 2021**

NEW APPROACH TO DELIVERING PHYSICAL ACTIVITY LOCALLY



LOCATIONS:



RURAL
PLACES



SMALL TOWNS



COASTAL
COMMUNITIES



BIG CITIES

REACHING:



PEOPLE FROM
SOME ETHNIC
MINORITIES



DISABLED
PEOPLE



OLDER
PEOPLE



WOMEN



PEOPLE ON
LOWER
INCOMES



FAMILIES

FOR HEALTHIER, happier communities
AND TO DISCOVER a blueprint for tackling inactivity locally



sportengland.org/localpilots

Pilot Sites



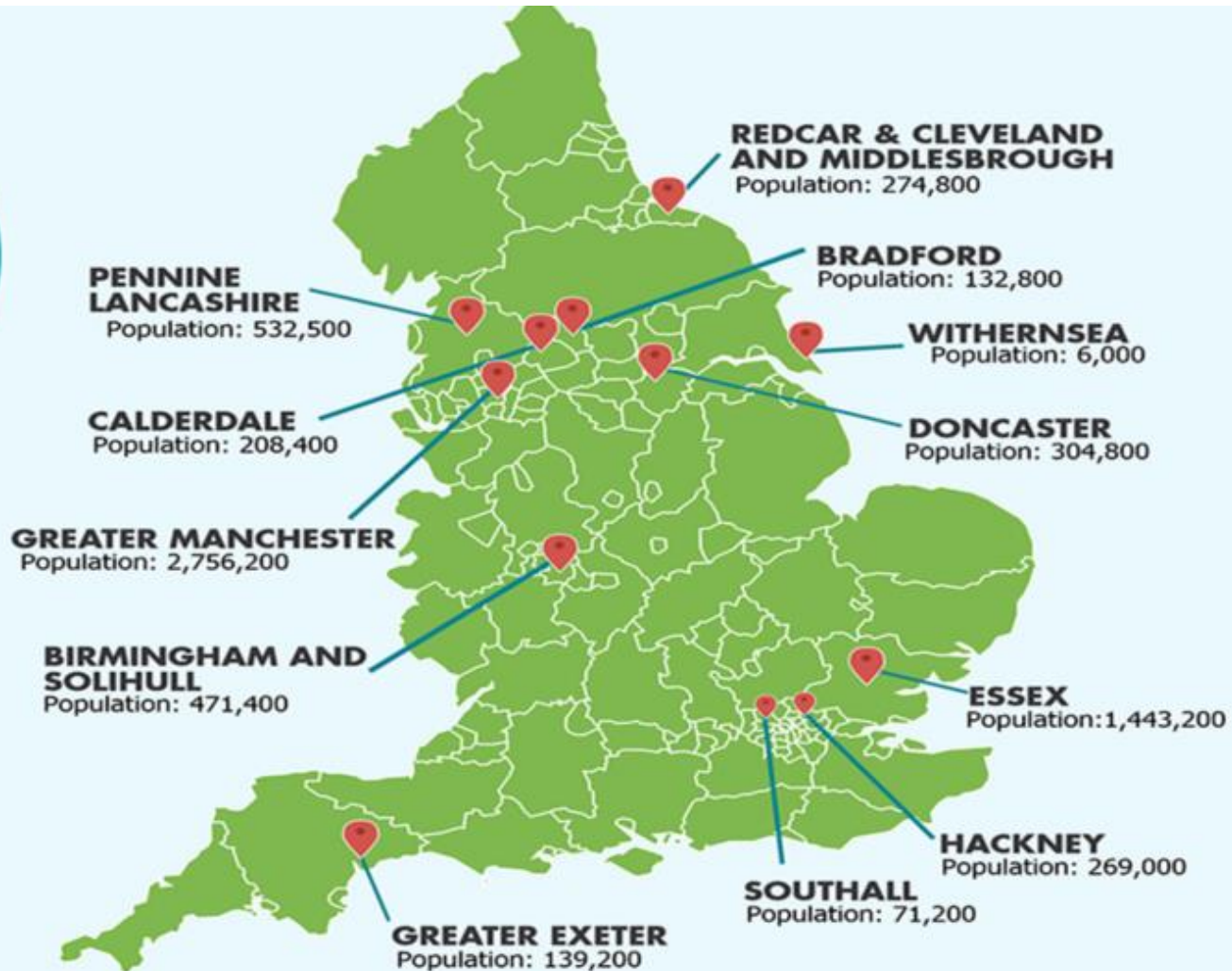
113 APPLICATIONS

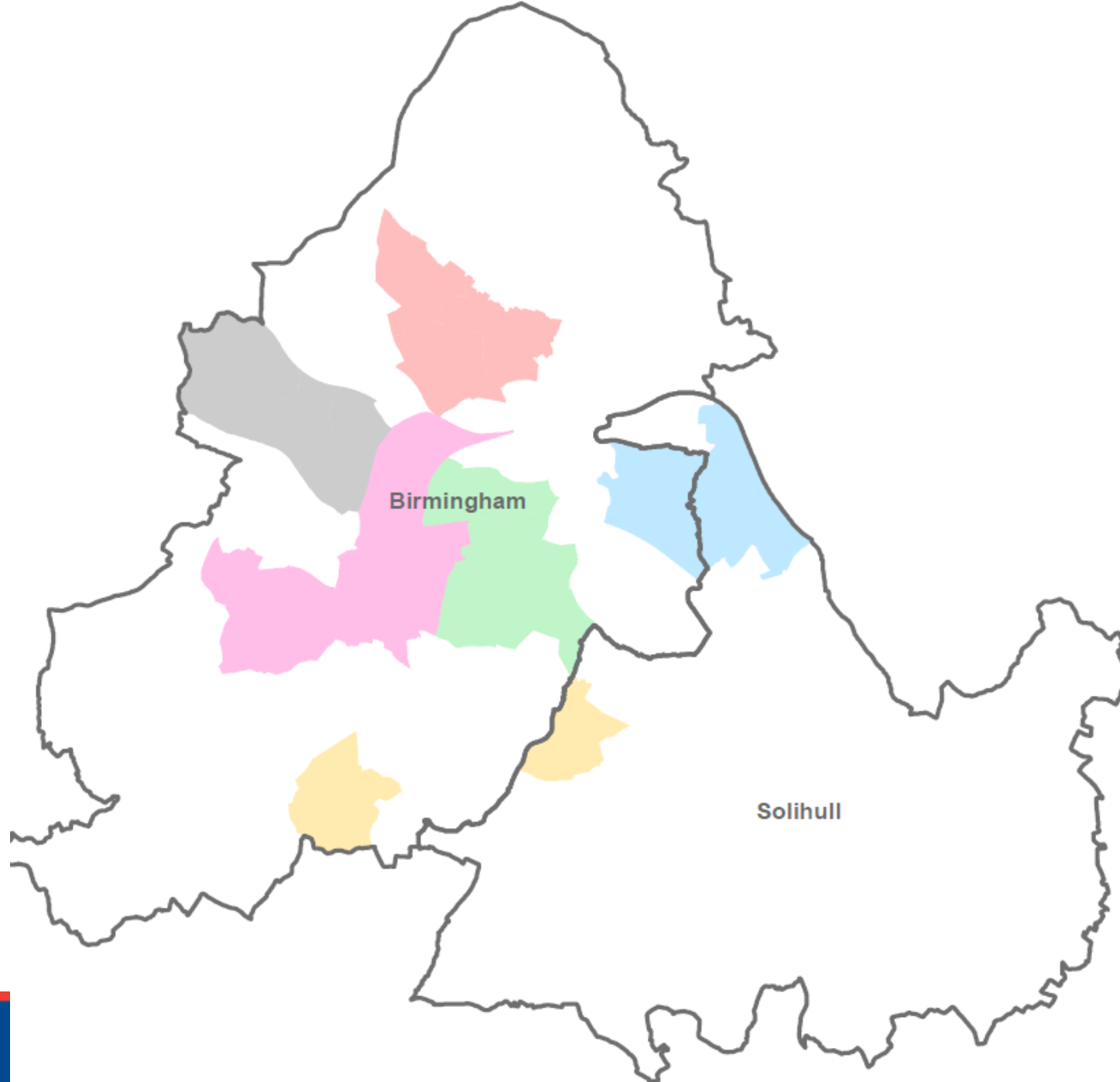


19 PROPOSALS
SHORTLISTED



12 PLACES
SELECTED





Target communities we want to work with

- These areas are all areas experiencing severe deprivation. Within that we intend to target:
 - Those aged 60+
 - Women with young families
 - Those under 15 years old
 - People from ethnic minority communities

Start up plan



- Establish Programme Board
- Project appointments
- Community consultation & development
- Prototyping
- Standardised data collection
- Establish LCANs (x6)

-> Full Local Delivery Plan

Parenting Support

“To enable every parent in Solihull to be an effective and engaged caregiver via access to advice, parenting education and building peer support in the community”

Parenting Courses



3 types:

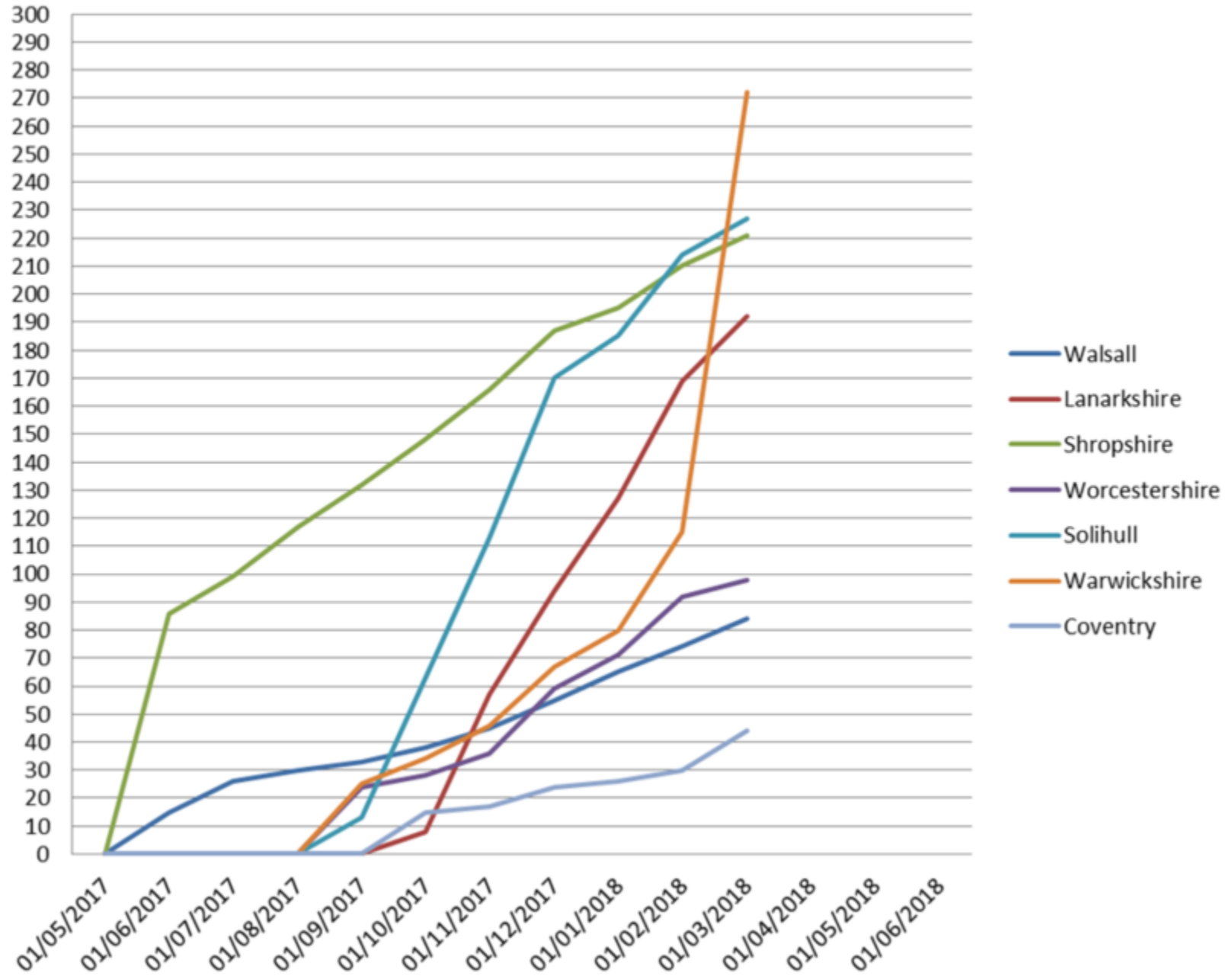
- 1) Solihull Approach Online Courses
- 2) Solihull Approach face-to-face courses
- 3) Empowering Parents Empowering Communities (EPEC)- **NEW Autumn 2018**

Solihull Approach Online: Understanding Your Child Course

- Over 90% of parents think a course would be useful
- Completed at a time and place to suit family life
- 11 modules long and each module takes about 20 minutes with voiceovers for the main text
- Interactive activities, quizzes, video clips and practical handouts
- PCs, Macs, iPads, laptops, mobiles, tablets
- Courses at www.inourplace.co.uk
- Code: **SCHSOLUYCMAR18**



Course for parents: 'Understanding your child'



Solihull Approach Face-to-Face Courses

- Core offer to parents/carers in Solihull borough
- 10 week course – 2 hours per week
- Facilitated by a range of agencies – Schools, Engage, School Nursing, Voluntary Agencies...
- Evidence-based and is underpinned by the 3 principles of –
 - Containment
 - Reciprocity
 - Behaviour management





Empowering Parents Empowering Communities



The Centre for
Parent and Child
Support

- EPEC is an evidence-based, low-cost parenting programme
- EPEC courses are peer-led by **local parents** who successfully complete accredited EPEC training (60 hours over 10 weeks)
- EPEC courses offered: **Chelmsley Wood, Kingshurst & Fordbridge and Smiths Wood to vulnerable families particularly those with children with behavioural issues aged 2-11 years initially from Autumn 2018.**
- Courses consist of **eight 2 hour** sessions for **8-12 parents/carers** and integrate behaviour change with adult learning
- EPEC aims to improve child development and outcomes, parenting, family resilience and social capital combining developmental science and theory with well-evidenced parenting strategies



Contact for Parenting Programmes

Lisa Baker

Solihull Parenting Coordinator

SOLAR

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Ages and Stages Questionnaire (ASQ) at 2 and 4 years

Healthy Child Programme in Solihull (0-19 years)

Family Hubs – Community Sessions e.g. Stay and Play

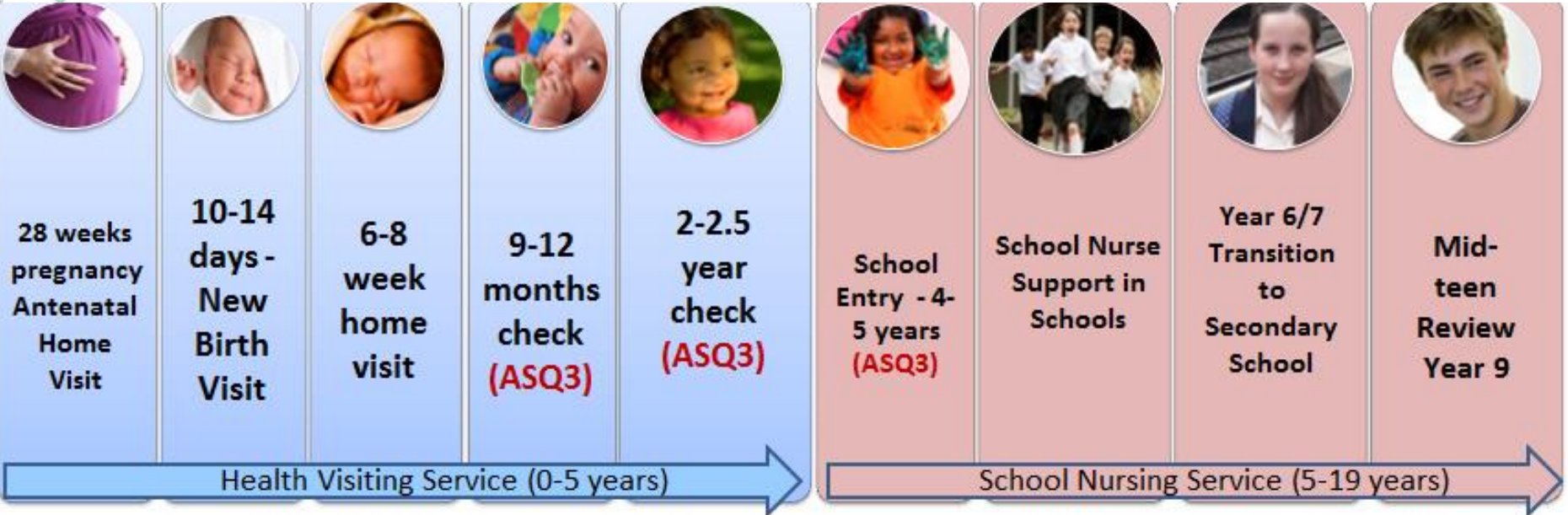
Infant feeding Support Service

Sol App
Ante-natal
course

Sol App
Post-natal
Course

Next Steps
Community
Groups

Solihull Approach Understanding Your Child's Behaviour Parenting Course



Targeted support for families

Referral to Specialist Services e.g. SALT/ SOLAR Mental Health/ UMBRELLA Sexual Health

Intensive Home Visiting e.g. FNP (teenage parents) - Pregnancy to 2 years

Safeguarding

What is an ASQ check?

- It is a validated measure of child development based on evidence of 15,000 children's development
- It is used nationally at 2 - 2½ years
- It is age-specific – can be used from 2-60 months
- Tracks a child's development at a crucial transition
- Can evaluate the effects of early years interventions

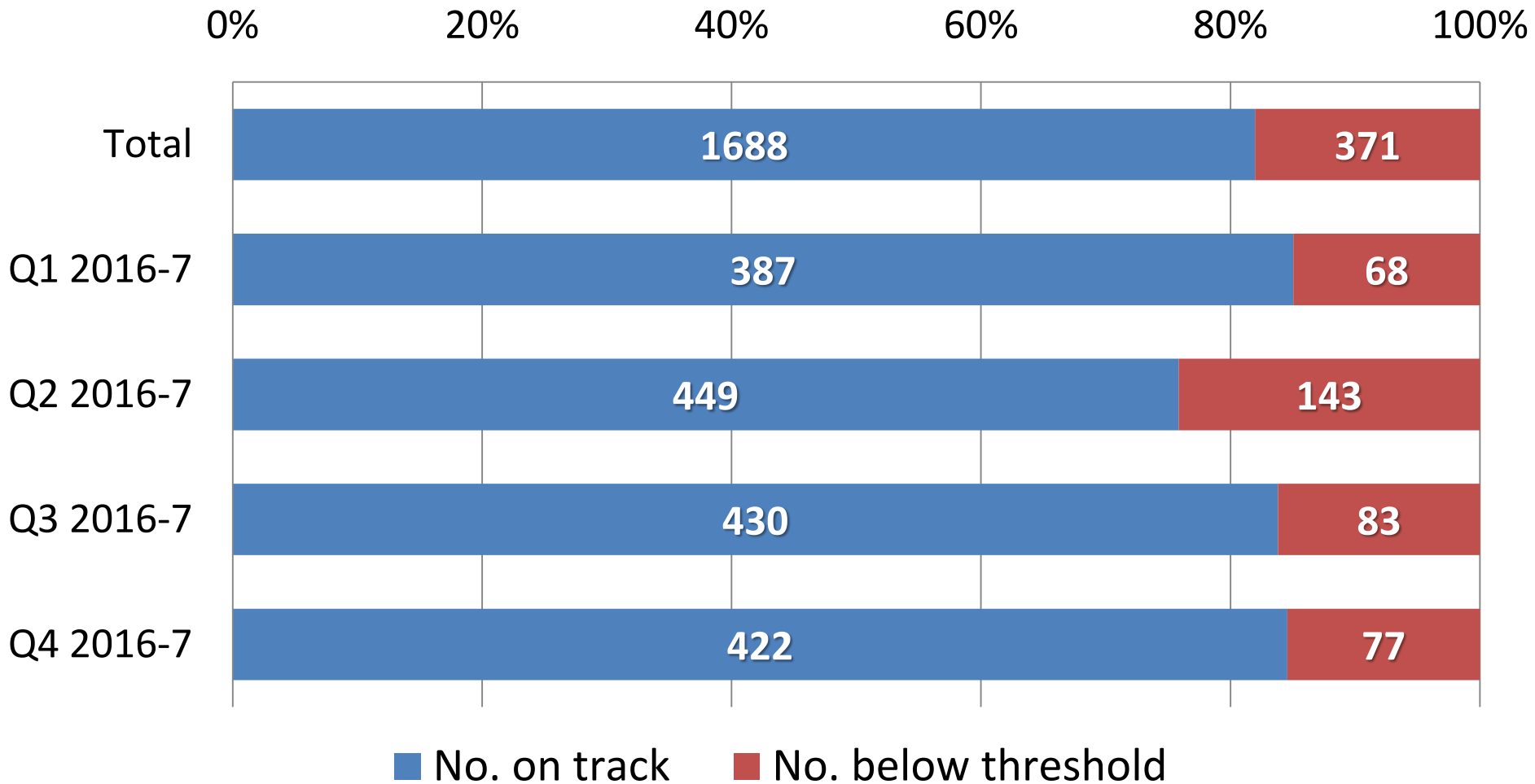


Sharing ASQ Information at 2 years

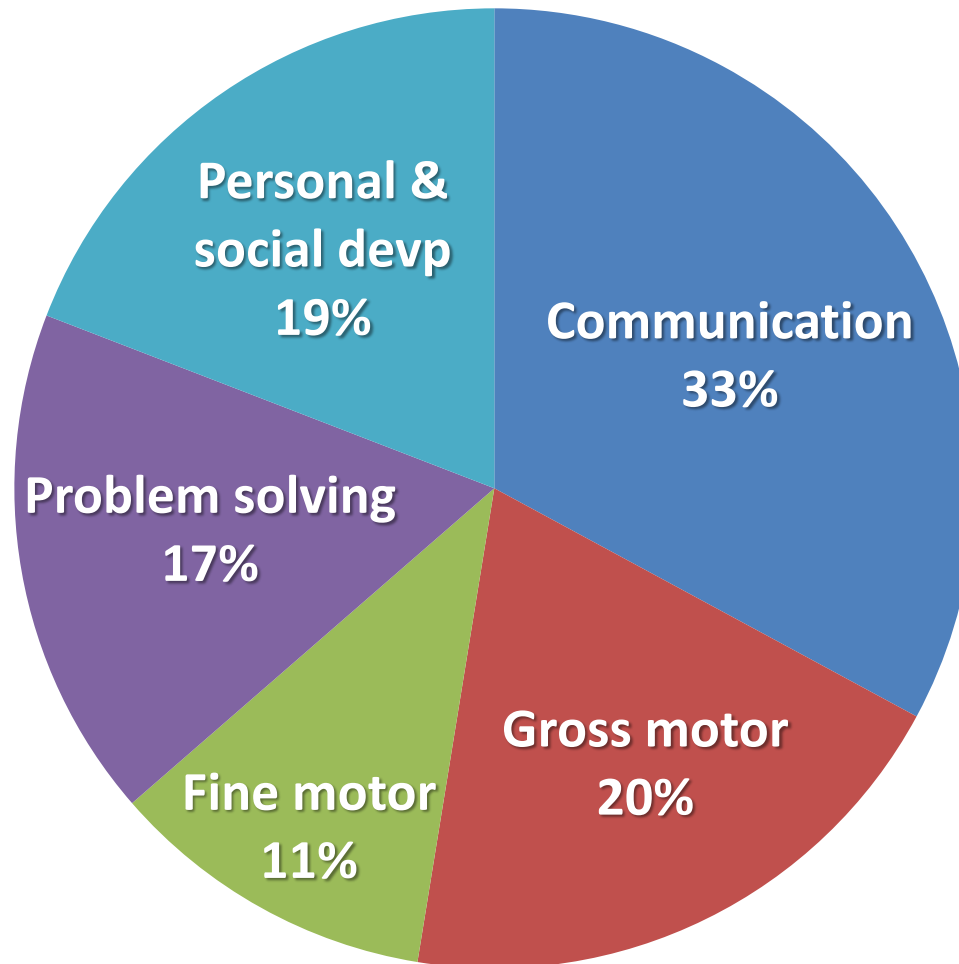
- Nationally mandated check at 2 years
- Trackable ASQ data for each child will securely transfer to the Council for schools to access the information for their new intake
- Can inform developmental profile of the new intake into Nursery and Reception
- Not completed on children with severe delay



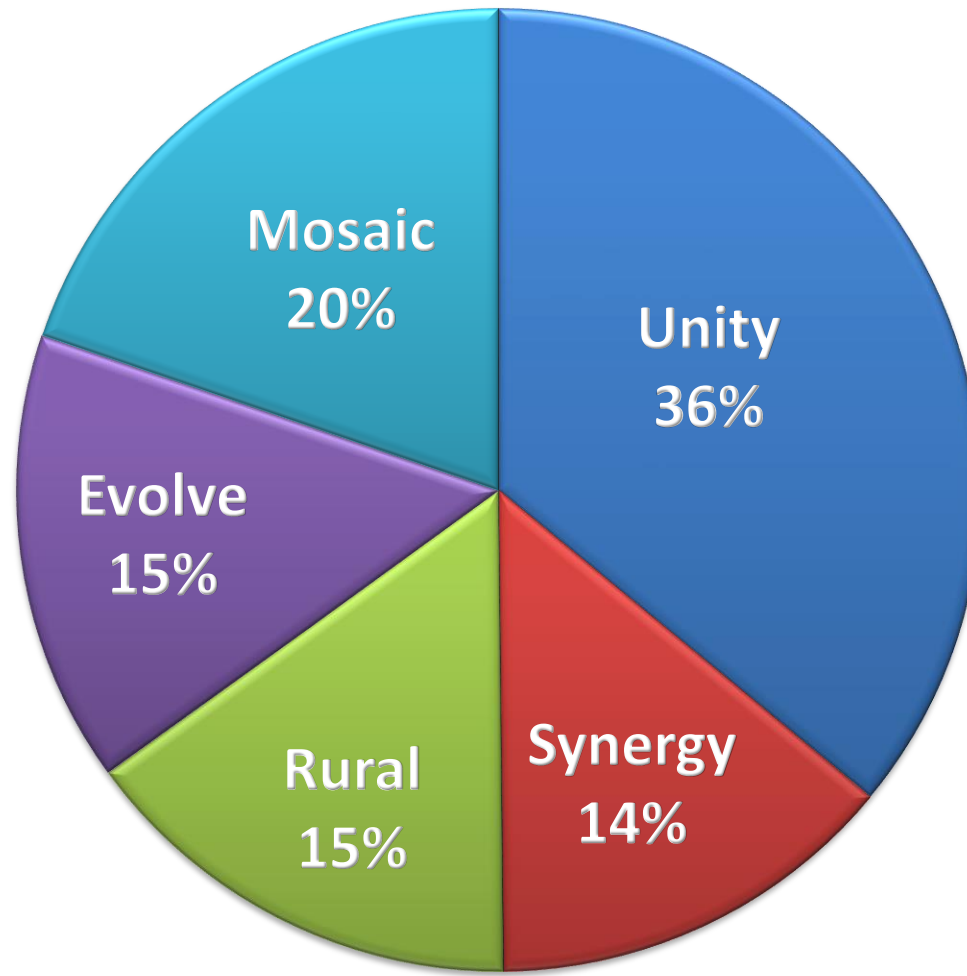
Number of children on track and below expected development with ASQ at 2 years in Solihull 2016-7



Developmental domains below expected levels - all ASQs at 2 years in Solihull 2016-7



ASQ assessments below expected level by collaborative - Q2 - Q4 2016-7



How ASQ will work at 4 years

- Appropriate age questionnaire (48 or 54 months) given to parents/carers at reception induction sessions (sorted by School Nursing)
- Each questionnaire has:
 - a short demographic section
 - 30 questions about the child's development with options of 'yes', 'sometimes' 'not yet'
 - 9 open ended questions asking re parental concerns
- 10 to 15 minutes to do – reading level kept low
- Parents found them easy and quick & learned from it
- 2-3 minutes for School Nurses to score



COMMUNICATION

(continued)

YES

SOMETIMES

NOT YET

5. Without your giving help by pointing or repeating, does your child follow three directions that are *unrelated* to one another? Give all three directions before your child starts. For example, you may ask your child, "Clap your hands, walk to the door, and sit down," or "Give me the pen, open the book, and stand up."

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0

6. Does your child use all of the words in a sentence (for example, "a," "the," "am," "is," and "are") to make complete sentences, such as "I am going to the park," or "Is there a toy to play with?" or "Are you coming, too?"

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☐
5

COMMUNICATION TOTAL

25

GROSS MOTOR

YES

SOMETIMES

NOT YET

1. Does your child catch a large ball with both hands? (*You should stand about 5 feet away and give your child two or three tries before you mark the answer.*)


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☐
10

2. Does your child climb the rungs of a ladder of a playground slide and slide down without help?

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☐
10

Next Steps

- Score (out of 60) for each developmental area
 - Communication
 - gross motor
 - fine motor
 - problem solving
 - personal-social
- Information to be shared with classroom teachers and SENCOs to support individual children with specific developmental delay
- School Nurses can support children and signpost parent/carers to specialist services



“an effective and high-quality preventive programme in childhood is the foundation of a healthy society.”

Dr Sheila Shribman

Healthy Child Programme 2009

Any questions?

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