

**NHS LANARKSHIRE**  
**NORTH COMMUNITY HEALTH PARTNERSHIP**  
**AIRDRIE LOCALITY**

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**From: Maggs Thomson, Service Manager NHSL – Airdrie Locality**

**Authors: Maggs Thomson, Janice Scouller, Susan Peacock**

**Subject: Locality Update Report to the Local Area Partnership**

## **1. NHS Lanarkshire**

NHS Lanarkshire has just announced that it has been successful in its application to deliver a new programme called Family Nurse Partnership (FNP). NHSL has received confirmation that it can appoint 2 Supervisors and 12 Family Nurses which will allow the programme to be delivered across the county.

FNP is a preventive programme for young first time mothers. It offers intensive and structured home visiting, delivered by specially trained nurses (Family Nurses), from early pregnancy until the child is two.

FNP has three aims:

- 1) to improve pregnancy outcomes
- 2) child health and development
- 3) parents' economic self-sufficiency

The methods are based on theories of human ecology, self-efficacy and attachment, with much of the work focused on building strong relationships between the client and family nurse to facilitate behaviour change and tackle the emotional problems that prevent some mothers and fathers caring well for their child. Research has shown that the programme can deliver

- i. improved early language development, school readiness and academic achievement
- ii. improvements in antenatal health
- iii. reductions in children's injuries, neglect and abuse
- iv. improved parenting practices and behaviour
- v. fewer subsequent pregnancies and greater intervals between births
- vi. increased maternal employment and reduced welfare use
- vii. increases in fathers' involvement
- viii. reduced arrests and criminal behaviour for both children and mothers.

The programme also works closely with health visitors and midwives and professionals from other services for children, young people and families where additional needs are identified, particularly in relation to social care and safeguarding.

## **2. Health Improvement**

### **i. Early Years**

Children's experiences in the earliest years of life strongly influence their physical and emotional health and well-being for the rest of their lives. Work is currently underway across NHS Lanarkshire to develop a universal Child Health Pathway that aims to ensure that all children are supported to have the best possible start in life. This pathway will build on the wide range of interventions that are currently being delivered.

#### **Early Years Programmes include:**

##### **UNICEF Breastfeeding Programme**

Target: 23.5% of babies exclusively breastfed at 6-8 week assessment.

In Airdrie Locality most recent figure is 11.8%

In Lanarkshire most recent figure is 16%

Community Midwives, Public Health Nursing (PHN) and Health Improvement Teams are working towards achieving Stage 3 of the UNICEF Baby Friendly Initiative. The focus of this work is to ensure that mothers within the community are provided with the information, advice and support they require to successfully initiate and maintain breastfeeding. In addition to PHN team support, mothers can access support at home from the Breastfeeding Support Service volunteers and through the local breastfeeding support group, which meets in Airdrie Community Health Centre.

##### **Weaning Groups**

It is important to try and establish healthy eating patterns from an early age. This helps to maintain healthy weight and growth. Research shows that the most appropriate time to introduce solid foods to a baby's diet is around 6 months. Within Airdrie Locality weaning groups are delivered monthly with input from Health Improvement, CLD, Airdrie Community Food Initiative and PHNs. The groups run over a two week period and provide practical information and tips on weaning and food preparation skills.

##### **Teen Parents' Group**

This programme provides intensive support to teenage mothers and their partners, with babies under the age of 6 months. Input is provided by Community Midwives, PHNs, CLD and other partners as required. There are currently 10 young mums and babies attending the group. When the babies are older, the parents have the opportunity to move on to the bouncing babies group. There are currently 11 young mothers and babies attending this group.

##### **Play @Home**

Work targeting nutrition and healthier eating in the early years is complemented by programmes that aim to promote physical activity. The Play @ Home programme provides local early year workers with the knowledge and skills required to promote safe play and healthy physical activity with parents.

## **ii. Young People**

### **Resources for schools and local youth groups**

In the last 3 months, HI staff have been actively promoting the wide range of Health Improvement resources and training available to secondary schools. Resource packs and training programmes cover a wide range of topic areas, including alcohol and addictions, sexual health and relationships and positive mental health. Visits have been made to the three secondary schools in Airdrie Locality. Schools will also have the opportunity to access the Acceptance Play, which aims to raise awareness of alcohol, drugs and mental health issues for young people.

### **Thrashbush Social Media Project**

Seven young people, between the ages of 11 and 17 years are currently taking part in a seven week project using a range of social media approaches, including photography. The aim of the project is to find out more about and record issues of importance to young people living in Thrashbush. The project also provides young people with a range of experience and skills in the use of social media and communication skills. The project is due to end early in the New Year and there will be an exhibition of their work in Summerlee Heritage Centre between January and March 2013, to be followed by an exhibition in Airdrie Community Health Centre in April- June 2013.

## **iii. Welfare Reform**

The Welfare Reform changes being implemented by the UK Government will impact on many NHS service users, their families and carers. Working closely with colleagues from NLC and other agencies, NHSL has been involved in a range of measures to try and mitigate the impact of the welfare reform changes on service users and also staff who may be affected. These include the development and delivery of short briefing sessions for NHS staff to ensure that they are aware of the reforms, can raise the issue of financial security with service users and are able to signpost on to local support services and development of an e-learning module.

NHSL is also involved in supporting a range of communication campaigns and ensuring that messages are promoted through all NHS communication channels within hospital, primary care and community health settings. As part of this NHSL delivered a campaign to raise awareness of local services through the Well Connected programme and that available to service users who are experiencing financial difficulties that are affecting their health.

Support is also available to NHSL staff through internal occupational health programmes and the Healthy Working Lives programme.

## **Conclusions**

The LAP members are asked to note the content of this report for information.