

# Calderdale update

Public Health Early Years Service (PHEYS) and Healthy Futures Calderdale

Incorporating Children's Oral Health Service, Breastfeeding Peer Supporters



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# Welcome to the latest edition of our update for Calderdale



## Welcome to the Autumn edition of the Locala Calderdale PHEYS and Healthy Futures Calderdale (School Nursing) update

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:

- New ways of working in our communities by Health Visitors to cope with the Covid-19 pandemic and the social distancing/Personal Protective Equipment (PPE) requirements
- A Safer Sleep Update giving advice to share with parents about the best practice for ensuring safe sleeping for their babies – with information from the Lullaby Trust
- The launch of ChatHealth – a text messaging services for young people and their parents now available in Calderdale to connect them with advice from health professionals
- DadPad - A new free app providing help and support for new dads and fathers-to-be.
- ICON – a new programme to support parents to cope with their crying baby
- The new breastfeeding peer support online group
- How our Oral Health Team is promoting good oral health during the pandemic

## Follow the teams on Social Media

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

### **Locala Health Visiting Calderdale**

Facebook [www.facebook.com/locala.org.uk](http://www.facebook.com/locala.org.uk)

### **Healthy Futures Calderdale (School Nursing)**

Facebook – [www.facebook.com/HealthyFuturesCalderdale](http://www.facebook.com/HealthyFuturesCalderdale)

Twitter: @HealthyFuturesC

Instagram: @healthyfuturescalderdale

# Health Visiting - a new way of working



Teams across Calderdale PHEYS have been working differently to deliver the service during the pandemic and lockdown. We have continued to support families and have targeted our service to ensure the most vulnerable children were seen and families were able to continue to receive Healthy Child Programme contacts at home.

Using appropriate PPE in line with national guidelines, we were able to visit families and deliver core antenatal and birth visit contacts to those that necessitated a home visit.

For the remainder of families we carried out the contacts via telephone and are now able to use new technology on SystmOne to video-call parents/carers who consent to this method of contact.

In July we began the process of recommencing all the core Healthy Child Programme contacts and expect this to be in place by October. We will continue to review this in line with what is happening with regard to the spread of coronavirus during the coming months to keep families safe. We are also looking at different ways of working including the delivery of a 'Virtual' Introduction to Solid Foods (Weaning) group online.

We expect to start an 'appointment-only' baby clinic across the four localities based in children's centres very soon.

To help publicise our service during the pandemic and remind people of how to get in touch we produced a short film shared via social media – You can view it here: <https://youtu.be/s7BRGDZOs5Y>

# Immunisation Team

## Protected Together

#VACCINESWORK

A team of redeployed Health Visitors, School Nurses and Community Nursery Nurses worked in a newly formed immunisation team supporting GP practices to deliver key pre-school immunisations across Calderdale.

This vital public health initiative ensured that children continued to be protected to reduce the risk of an outbreak of preventable childhood diseases during the coronavirus pandemic.



## NBCP

We are working with SANDS (the stillbirth and neonatal death charity) to achieve compliance with the National Bereavement Care Pathway (NBCP) Standards which are being adopted across the UK.

The aim of the five bereavement care pathways is to improve the care to families who have suffered the loss of a child due to pregnancy loss or neonatal death. We are rolling out the SANDS bereavement training across all our teams.

We are also adding the national marker (a daisy) for bereavement of a child on SystmOne which will ensure continuity of care from health professionals

## CONI in Calderdale

The Care Of Next Infant (CONI) Programme is available to all families who have suffered the death of an infant due to Sudden Unexpected Death in Infancy.

Families are able to benefit from this programme to support them to care for their next infant.

We work closely with the CONI Paediatrician at Calderdale Royal Hospital and have a team of four Health Visitors who deliver the programme working closely with the named Health Visitor to ensure a seamless service. Professionals can refer by contacting the Locala PHEYS Service Duty number 0300 304 5076.

The Locala CONI guidelines were shared with [the Lullaby Trust and are now being used across the UK by other Trusts and Providers to inform their own guidelines for practice.](#)



# Safer Sleep Update

New parents now have a massive range of sleep products to choose from for their baby and it can be really confusing to know what is needed.

**The advice is simple: the safest cot is a clear cot.**

**Babies need just a couple of basic items for sleep:**

- a firm flat surface and some bedding



The Lullaby Trust advise that cots or Moses baskets should be kept as clear as possible. This means:

- **No pillows or duvets**
- **No cot bumpers or bar bumpers**
- **No soft toys**
- **No loose bedding**
- **No products such as sleep positioners, wedges, baby nests or straps that will keep your baby in one sleeping position**

## What does my baby need?

Choosing what sleep items a baby might need can be overwhelming for parents.



To help with this, the Lullaby Trust has put together a product guide for information on how to choose the products or items baby needs to reduce the chance of sudden infant death syndrome (SIDS), what types of products you should avoid and what the marketing actually means.

Parents can find more advice on how to choose sleeping products here:

<https://www.lullabytrust.org.uk/safer-sleep-advice/clear-cot/>

## Co-Sleeping

If parents decide to co-sleep with their baby the Lullaby Trust website gives information on how to do this safely



<https://www.lullabytrust.org.uk/safer-sleep-advice/co-sleeping/>

**It is important that parents know that there are some circumstances in which co-sleeping with a baby can be very dangerous:**

- **Either parent smokes (even if you do not smoke in the bedroom)**
- **Either parent has drunk alcohol or taken drugs (including medications that may make you drowsy)**
- **They are extremely tired**
- **Baby was born premature (37 weeks or less)**
- **Baby was born at a low weight (2.5kg or 5½ lbs or less)**
- **Never sleep on a sofa or armchair with a baby, this can increase the risk of SIDS by 50 times**

Images courtesy of the Lullaby Trust website



**I= Infant Crying is normal and it will stop**

**C= Comfort measures can help**

**O= It's Okay to walk away if you have checked baby is safe**

**N= Never, ever shake or hurt a baby**

Every week a baby is shaken. 75% of abusive head trauma is carried out by parents, with 70% being shaken by males. ICON was developed following years of study and research into prevention of Abusive Head Trauma (AHT). ICON has been approved for endorsement from the Royal College of General Practitioners (RCGPs).

From October, Locala (along with the whole of West Yorkshire and Humber region) will be adopting this evidenced-based programme consisting of a series of brief 'touchpoint' interventions reinforcing the simple message making up the ICON acronym.

The full ICON programme consists of 7 potential intervention points:

- Secondary School: Link to lesson plan and lesson
- During pregnancy (Community Midwives and Health Visitors)
- Following delivery (Hospital and community Midwives: Coping with Crying personal ICON Plan)
- Postnatal home visit (Community Midwives)
- New Birth visit (Health Visitor: reiteration of four-point message – see image below)
- Three week text message (Health Visitor)
- GP 6/8 week check: link to questionnaire
- In addition: Health Visitor topic specific contact: dedicated contact discussing normal crying and exploring how parents/care givers are going to cope (antenatal contact) and any professional involved with babies to provide opportunistic support/advice.

More information on ICON is available on the website:

<http://iconcope.org/parentsadvice/>

Or on Youtube:

<https://youtu.be/Q3mc0FhrNF8>



## Safeguarding

During the pandemic we have been involved in a project to safeguard 'vulnerable' children aged under 5 whilst in lockdown.

This has involved identifying, through several different sources, children aged under 5 in Calderdale, who would be deemed as vulnerable in lockdown, cross referencing these children with partner agencies so that contact could be made and assurances given.

Contact was made by various agencies such as Children's Centres, school nurses and health visitors and took the form of telephone contacts, home visits or doorstep contact dropping off 'activity packs' for the children.

It has been a positive example, during these very difficult times, of agencies working together to safeguard children.

The West Yorkshire and Harrogate Health and Care Partnership, Mental Health, Learning Disability and Autism (MHLDA) Programme, working in collaboration with the Local Maternity System (LMS), is undertaking a 12 month pilot of the DadPad<sup>®</sup> app product developed by Inspire Cornwall CIC and currently in use in 11 CCG areas across the country.

Initially developed as hard-copy only, the FREE to download DadPad<sup>®</sup> app has been launched in Calderdale and is now an easy-to-use digital resource that provides support and guidance for new fathers and fathers-to-be.

DadPad<sup>®</sup> is packed with relevant information, as well as details on local support groups and service providers. Its aim is to provide new fathers with guidance on how to develop the mindset, confidence and practical skills needed to meet their babies' physical and emotional needs. Building a strong attachment not only enables dads to better enjoy their new role but also contributes towards positive long-term social, health and educational outcomes for their babies.

Crucially, the free app also provides dads with guidance on how to support and seek help for their partners and themselves as they adjust to their new roles, and cope with the physical and emotional strains that this can place on individuals and relationships.

Dadapp can be downloaded for free from the Apps Store or Play Store on your mobile device.

## Breastfeeding Peer Supporters

Calderdale Breastfeeding Peer Supporters have continued to support mums and to volunteer their time during COVID-19 despite not being able to meet with them face-to-face. Mums can contact a Peer Supporter directly by calling 07920466660 or they can be referred by their Health Visitor or Midwife.

Since the lockdown began in March they have supported 120 mums over the phone.

As a response to being unable to support mums face to face, they also set up a new private Facebook group called "Calderdale Mum to Mum Breastfeeding Support Group"

<https://www.facebook.com/groups/1025163541217465/about/>

The group is open to mums who are currently breastfeeding or are pregnant. Information is shared regularly by the Peer Supporters and members are able to ask questions and share experiences. Regular live chat "meeting rooms" are also taking place within the group.

During National Breastfeeding Awareness Week the Peer Supporters created videos about positioning a baby at the breast, how to hand express, and a demonstration of "what a feed looks like" using oil, water and a sponge.

This video was a big hit and has so far received 27,000 shares worldwide as well as being featured in two on-line newspapers – the Daily Mail and Metro.

It can be seen here:

<https://www.facebook.com/groups/114045355295469/permalink/3306181892748450/>



Our public Facebook group is Calderdale Breastfeeding Peer Support Service  
<https://www.facebook.com/groups/114045355295469/about/>  
which anyone is welcome to join.

## Getting ready for baby (classes for parents to be)

Due to the pandemic our face-to-face “Getting ready for baby” (GRFB) group sessions delivered by health visitors in conjunction with midwives, breastfeeding peer supporters and the children’s centres have had to be put on hold.

Instead parents-to-be can access the online courses provided by the Solihull Approach via the website . - <https://maternitycoursebooking.cht.nhs.uk/>

Health visitors are working hard preparing to deliver the GRFB classes virtually to groups of parents-to-be.

## Calderdale Oral Health Team



During this time, it’s more important than ever to promote good oral health of children. Dental decay is still a problem that causes pain, infection, lack of sleep and time off work or school. It also costs a lot to treat in general dental practices and hospitals. Some communities are far more affected than others.

Due to COVID-19 and the closure of education settings, community-based programmes to improve and maintain good oral health have been suspended. This includes the Calderdale Toothbrushing Programme, an evidenced based programme targeted at schools and early years settings situated in areas at higher risk of tooth decay.

The Oral Health Team are working with Public Health England (PHE) and Dental Public Health (DPH) to ensure that when programmes recommence, they are safe and are supporting communities to care for their oral health in the meantime.

All the children in the programme, over 2000, will receive a free toothbrush and toothpaste. We are working with local charities to donate extra toothbrushes and paste in schools and early years settings and to distribute through referrals. This ensures we reach those most at risk of poor oral health. The ‘Brushing for Life’ toothbrushing packs continue to be distributed by the Health Visiting Team before the age of one year.

# Oral Health – Supporting parents and carers

Parents and carers have said that they need support to motivate children to brush.

Free motivators are available which support the three main oral health messages and these are listed below



## For more information contact:

[CalderdaleOralHealthTeam@locala.org.uk](mailto:CalderdaleOralHealthTeam@locala.org.uk)

Or call 0333 0436292

## Free motivators

### Encourage brushing twice every day with a fluoride toothpaste

- Brush-a-long with “Hey Duggee” [Video](#)
- Brush for 2 minutes to music [Brush DJ App](#)
- Read ‘I want to show the dentist my teeth’, free to download [Book](#)
- watch a 2 minute video with Dr Ranj:

[Dr Ranj\\_Video\\_0-3\\_Years](#), [Dr\\_Ranj\\_3-6\\_Years](#), [Dr\\_Ranj\\_7+\\_Years](#)

### Try reducing the amount and frequency of sugar in the diet

Use [Change 4 Life](#) to check sugar in your diet

### Visit the dentist when baby’s teeth first come through or by the age of one

Due to restrictions on dentists new information has been produced by British Society Paediatric Dentists: [Dental check by one – or thereabouts](#).

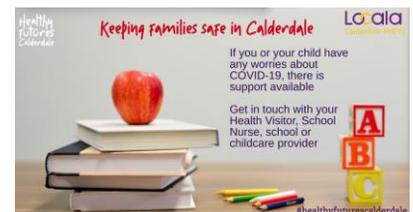
If urgent dental treatment is required call your dentist. If you cannot contact your dentist or do not have a dentist, you can call 111.

Further information is available at [www.nhs.uk](http://www.nhs.uk)

Calderdale PHEYS and Healthy Futures Calderdale have produced a series of COVID-19 safety messages around the return to school and childcare. This includes the key message that children under the age of three should not wear face masks or any type of face covering.

Images are being shared through social media and digital and printed resources have been based on the latest Public Health England messaging around COVID-19.

You can see some of the imagery and messaging here – and please see below for the social media channels of PHEYS and Healthy Futures Calderdale. Follow the #Calderdale and #healthyfuturescalderdale hashtags



## Follow our teams on social media

### Locala Health Visiting Calderdale –

Facebook [www.facebook.com/locala.org.uk](http://www.facebook.com/locala.org.uk)

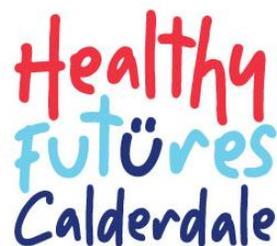
### Healthy Futures Calderdale (School Nursing)

Facebook – [www.facebook.com/HealthyFuturesCalderdale](http://www.facebook.com/HealthyFuturesCalderdale)

Twitter: @HealthyFuturesC

Instagram: @healthyfuturescalderdale

# Healthy Futures Calderdale Updates



## Welcome – we're here to help

The Calderdale School Nursing team hopes that you and your staff are keeping well during this difficult time.

We would like to take this opportunity to inform you that the school nursing service continues to be available for advice and support for staff, parents and young people and this can be accessed in the usual way either by contacting us on our duty number **030 3330 9974** or by making a referral via our website:

<https://www.locala.org.uk/your-healthcare/school-nursing/calderdale-school-nurses/>

We also continue to update our social media platforms: Facebook, Twitter and Instagram with useful information.

Please do not hesitate to get in touch with us. We hope that you all stay healthy and safe.

## Stoptober

Stoptober is a campaign running throughout October which encourages people to stop smoking, and offers support to help achieve a smoke free life.

More details of this year's campaign will be available soon but in the meantime a range of free support options are available on the [Stoptober website](#).

## Our COVID-19 response

The Healthy Futures Calderdale School Nursing Teams has continued to work to deliver the service throughout the pandemic and lockdown. We have continued to provide support and advice for families to ensure that the most vulnerable families received the help that they needed.

This included wearing Personal Protective Equipment (PPE) in line with national guidelines so that we could continue to see children in their own homes and those that were in school in school.

We continued to be available on the phone to support children, young people and their families and have successfully launched our texting service for young people and parents: Chathealth (see page 14). We are also able to use new technology on SystemOne to video-call people who would like this method of contact.

## Dates for your health diary

### 23<sup>rd</sup> September

[National Fitness Day](#) encourages people all across the country to make 23 September the most active day of the year.

### 28th Sept – 4th October

[Healthy Eating Week](#) celebrates and promotes healthy eating, as well as cooking and being active.

### 10th October

[World Mental Health Day](#) raises public awareness about mental health issues.

### 16th to 20th November

This year's [Anti-Bullying Week](#) theme is "Respect".

### 1st December

[World AIDS Day](#) is an opportunity for people worldwide to unite in the fight against HIV.

## Introducing Chathealth

ChatHealth is a secure and confidential text messaging service for young people which allows them to easily and anonymously get in touch with a healthcare professional for advice and support.

This is a locally-run service which is available now in Calderdale – meaning our area now joins more than 40 areas across the UK where Chathealth is offered.

### How can young people access ChatHealth?

ChatHealth is accessed by sending a text message and there are separate numbers for young people and parents:

- **07480 635297 - for children and young people aged 11 to 19.**
- **07507 332157 for parents/carers with children aged 5 -19 years**

## What is the ChatHealth process?

During a text conversation, staff will attempt to gain as much information as possible e.g. name, age etc. However, we will always allow the person to lead the conversation so as not to frighten them or try to gain more information than they wish to disclose.

The main aim of the service is to provide an alternative way for families to contact us to receive advice and support. If a family would like a visit in school/home this can be also arranged.

## What support can ChatHealth provide?

Support provided is led by the service user. Confidentiality and safeguarding is discussed prior to any further discussions and an assessment is made using the information shared. Reassurance and signposting to apps, online support and professional bodies are mainly used.

If the situation is deemed an emergency, such as immediate danger, the number used is sent to the police to follow up and report.

Transcripts of conversations are documented on the person's SystemOne record if security questions are passed. Otherwise the script is saved onto a SharePoint document which is a Locala secure database and attached to the number if no personal details are provided.



For advice and support about any physical health or emotional wellbeing concerns.

Young People: 07480635297  
Parents/ Carers: 07507332157  
Text to start a conversation



*If you want to talk about*

Relationships	Mental Health
Problems with friends or family	Substance use
Bullying	Healthy eating
	Behavioural problems

## Feedback on our services

"The school nurse was very friendly and knowledgeable."

**Asthma Training Session at school**

With the current pandemic it was really nice for someone to check in on our progress"

**Health Visiting**

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

"Really lovely and gave great advice! "

**Health Visiting**

"The service I received was 1st class. I cannot thank the school nurse enough or her understanding of my son's needs and reassurance that help is at hand for parents in need such as myself".

Between September and October 2019 and March 2020, oral health training was delivered to 184 professionals, 100% 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.

### Healthy Futures Calderdale (School Nursing):

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

Online using our e-referral service - [www.locala.org.uk](http://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 Health Future Calderdale 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](mailto:communications@locala.org.uk)