

Meeting: Children and Young People's Overview and Scrutiny Sub-Board

Date: 18 12 2023

Wards affected: All

Report Title: Family Hub Sustainability

When does the decision need to be implemented? N/A

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1. Purpose of Report

- 1.1 This report has been prepared to provide members of the Children and Young People's Overview and Scrutiny Board with an update on the sustainability plan for Family Hubs following the end of the Start for Life Funding 31/03/2025.

2. Reason for Proposal and its Benefits

- 2.1 To ensure new and enhanced Family Hub and Early Intervention services can continue to be delivered post March 2025 to ensure children and families continue to receive the right services at the earliest opportunity.

3. Recommendation(s) / Proposed Decision

- 3.1. That members of the Children and Young People's Overview and Scrutiny Sub-Board note the contents of the report and continue to receive updates on the Family Hub sustainability plan.

Appendices

Appendix 1: Overview of each Family Hub workstream

Background Documents

N/A

Supporting Information

1. Introduction

- 1.1 Family Hubs and Start for Life programme; this programme aims to join up and enhance services delivered through transformed family hubs in local authority areas, ensuring all families can access the support they need.
- 1.2 Torbay Council was selected, as one of 75 local authorities, to:
- provide support to parents and carers so they are able to nurture their babies and children, improving health and education outcomes for all.
 - contribute to a reduction in inequalities in health and education outcomes for babies, children and families across England by ensuring that support provided is communicated to all parents and carers, including those who are hardest to reach and/or most in need of it.
 - build the evidence base for what works when it comes to improving health and education outcomes for babies, children and families in different delivery contexts.
- 1.3 Furthermore, Torbay Council was one of 14 local authorities to be awarded trailblazer status to go further and faster in delivering all 3 eligible workstreams: Parenting Support, Infant Feeding and Peri-natal Mental Health.
- 1.4 Please see appendix 1 for an overview of each workstream.
- 1.5 Torbay were chosen to be part of the Ofsted Thematic Review and National Evaluation. Receiving positive feedback on the progress made and seamless delivery of services by the Family Hub partnership.
- 1.5 In order to ensure implementation of Torbay's Family Hub model continues beyond the end of the funding as set out in the spending review, we have approached the transformation and spend of funding in a sustainable way. Such as, focussing on train the trainer and peer supporter programmes.
- 1.6 As well as ensuring delivery of the universal offer as specified within the Start for Life Framework, we have used the JSNA, Exeter University Research and local needs assessments (such as Early Help, Youth Work) to ensure the funding is used to respond to the unique needs for Torbay Families. This includes the establishment of the Breathing Space Team to work with parents who have had repeat removal of children, are known to unborn baby panel and our care experienced young people considering starting their own families.

1.7 Now all workstreams are established and delivering against the Start for Life framework, we are focussing on 3 elements:

1. measuring impact and outcomes. Including training practitioners across the family hub network in outcome star and empowerment star as a tool to measure distance travelled.
2. Reaching our underserved children and their families, a task and finish group has commenced and included scoping out where families are currently accessing support outside of the 3 Hubs, how we can take services to them and breaking down barriers to access the hubs.
3. Sustainability and exit planning. The DfE have asked we send case studies and evidence of impact and outcomes from our measurement tool to lobby central government for an extension to the funding. Until an extension is confirmed, we are working on the basis the funding will cease in March 2025.

1.8 Current sustainability planning includes:

1. Meeting regularly with the commissioner of the 0-19 service to review spend so far and plan for year 3 with a focus on which posts will cease, work which is now business as usual and can be absorbed, and which posts/initiatives need to be considered as part of the 0-19 service re-procurement.
2. We have internally reviewed the posts initially recruited during the set-up phase and reduced posts and absorbed posts as part of the internal restructure which has been in place since the 1st of September 2023.
3. Working with Business Intelligence to collate Management Information with qualitative data to create a Family Hub Dashboard which will be triangulated with the Children's Services Management and Performance data to review where Family Hub work had reduced the number of children and young people escalating to statutory services.

2. Options under consideration

- 2.1 Including Family Hub workstreams within the 0-19 re-procurement. Please note Family Hub spend is currently due to end March 2025 which does not align with the dates of the re-procurement which is an agenda item at the 0-19 re-procurement board.
- 2.2 Aligning Family Hubs to the 2024-2027 Early Help strategy.
- 2.3 Identifying cost reductions within statutory services that could be diverting towards Family Hub.

3. Financial Opportunities and Implications

3.1 The current spend for Family Hubs in year 3 is £932,600.00 of which IRO of 60% is transferred to the 0-19 service.

4. Legal Implications

4.1 N/A

5. Engagement and Consultation

5.1 Each Family Hub has a parent carer panel supported by VCS partners. We also engage with families accessing support via surveys and use of measurement tools such as outcome star.

6. Purchasing or Hiring of Goods and/or Services

6.1 Considered within the 0-19 re-procurement and currently managed via the current 0-19 contract.

7. Tackling Climate Change

7.1 N/A

8. Associated Risks

8.1 We are not able to continue 100% of the Start for Life programme and will need to review and agree which initiatives are reduced or ceased.

9. Equality Impacts - Identify the potential positive and negative impacts on specific groups

	Positive Impact	Negative Impact & Mitigating Actions	Neutral Impact
Older or younger people	Services delivered to parents with younger people.		
People with caring Responsibilities	Young Carers and Parent Carers are supported via the hubs.		

People with a disability	Hubs provide services to children and young people who experience SEND.		
Women or men	Current data evidence parents who are women are accessing services more than parents who are men. Specific workstream to engage Dad's in accessing services.		
People who are black or from a minority ethnic background (BME) (Please note Gypsies / Roma are within this community)			No differential impact
Religion or belief (including lack of belief)			No differential impact
People who are lesbian, gay or bisexual	Health visitors are receiving the institute of Health Visting LGBTQ+ training.		
People who are transgendered			No differential impact
People who are in a marriage or civil partnership			No differential impact
Women who are pregnant / on maternity leave	Focus of Start for Life programme is in on expectant parents and parents with children ages 0-2.5 yrs.		
Socio-economic impacts (Including impact on child poverty issues and deprivation)	Current task and finish group working on engaging families from our underserved communities.		
Public Health impacts (How will your proposal impact on the general health of the population of Torbay)	Focus of the Start for Life programme is to provide support to parents and carers so they are able to nurture their babies and children, improving health		

	and education outcomes for all		
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10. Cumulative Council Impact

- 10.1 Start for Life and Family Hubs aim to reduce the number of families known to statutory services across health, social care and education through the delivery of interventions with families at the earliest opportunity.

11. Cumulative Community Impacts

- 11.1 Start for Life and Family Hubs aim to identify needs and the earliest opportunity and to connect families to the right support within their community to improve health and education outcomes for all.

PERINATAL INFANT MENTAL HEALTH AND PARENT INFANT RELATIONSHIPS



100% New fathers' depression rates are double the national average for men in the same age group.



Around 1 in 5 women will experience mental health problems during or after pregnancy.

122 babies under the age of one are living with a parent who has a mental health condition



Suicide is the leading cause of direct maternal death within a year of having a baby.

Statistics from Maternal Mental Health Alliance

Workstream Priorities

Workforce Development	Parent Infant Relationships	Peer Supporters	A layered approach	
<ul style="list-style-type: none"> • Cross-workforce training to ensure professionals and volunteers are better able to support families • PNMH* competency framework • Establish a PNMH / Parent Infant relationship team • Recruit & train parent connectors and social prescribers • Develop a peer support network 	<ul style="list-style-type: none"> • Dedicated member of staff in place trained in IAPT* and VIG* supporting teenage parents and parent infant relationships • Building Babies Brains - training champions in Torbay • Groups to support bonding e.g. baby massage, circle of security • Reflective supervision • My developing baby groups 	<ul style="list-style-type: none"> • Develop a peer support network with a local charity to extend reach to communities • Provide group and 1:1 support to mothers, fathers and care givers • bring together people with shared experiences to support each other 	<h3>Training</h3> <ul style="list-style-type: none"> • Specialist training e.g. NBO*, IHV train the trainer • Infant mental health training for hub and health practitioners e.g. emotional • Multiagency induction training - infant mental health awareness • Community Champions, peer supporters & community connectors • Champions sharing the message and promoted in community venues 	<h3>Support</h3> <ul style="list-style-type: none"> • Community champions / peer supporters - pass it on model • Multiagency information advice & guidance • Group support in hubs & community e.g. Talkworks, Bluebells • 1:1 Emotional wellbeing support • Improved pathway to PNMH team
Fathers / co-parents	Perinatal mental health	Campaign messages	<h3>Parent feedback from emotional wellbeing visits</h3> <p>“ I just wanted to send you an email to say how grateful I am for your support, I struggled with my emotions and mental wellness for a few weeks after Cody's birth, but your support has absolutely helped me, it's unearthed and helped me through the trickiness of the issues that surrounded Harry and given me the space to be heard and talk about my emotions without any judgement or shame, without having to put on a strong act as I would normally in front of family and friends. I really hope that you can grow your group for helping others like myself. It has helped me get strong enough to find my flow of my new life with my new baby and be present enough to be able to enjoy him, rather than falling into a depression and anxiety lead place. ”</p> <p>“ M has helped us a lot as a family. My partner was struggling with bonding with my baby and She gave great advice and techniques. I feel I can talk to her about any problems. I started getting anxious and she has given me relaxation techniques to try and other advice. Every time I felt better for seeing her. ”</p> <p>“ The program has been key to my healing and I cannot recommend it enough as a pathway for other fathers who have experienced trauma during the birth of their child. ”</p>	

*PNMH - Perinatal Mental Health *IAPT - Improving access to Psychological Therapies **VIG - video interactive guidance *NBO- Newborn behaviour observations

Infant feeding

How We Will Achieve This:

- Developed a comprehensive peer support package
- Community engagement at grassroots
- Increase Infant Feeding support activity in the community
- Invested in training for staff and peer supporters
- Developing a face to face antenatal offer
- Targeted support for families including first time and young mums
- Work with local businesses and the community to provide welcoming breastfeeding environments
- Offer support for the wider family
- Develop a comprehensive education package



PEER SUPPORTER INSIGHTS

Our Vision is for breastfeeding to be normalised and protected, where mothers feel emotionally and physically supported and able to feed at home and in the community.

The infant feeding group, peer supporter and family hub staff came together to start to co-design the offer. Below are the insights

Virtual support

Insights

- Via Social Media
- BF peer support page (Private & Moderated)
- Shifts to cover responding
- Infant Feeding online course

What we are doing

- New social media posts being designed
- Infant Feeding lead and peer supporters exploring this
- Putting a rota system in place
- Looking at whether their is already in place elsewhere or develop locally

Family Hubs

Workstream priorities

- Develop a comprehensive peer support package
- Invest in training for staff and peer supporters
- Targeted support for families including first time and young mums
- BF masterclasses to be delivered in family hubs, not just hospital

To be developed

- Work with local businesses and the community to provide welcoming breastfeeding environments
- Offer support for the wider family
- Develop a comprehensive education package
- Community engagement at grassroots
- Infant Feeding community campaign to raise awareness - 'did you know'

Community

Insights

- Volunteering at community groups and GP/Hospital
- Support events like Children's and Baby week
- Explore new venues to offer peer support
- Link with community venues and parent carer panels

What we are doing

- Working with peer supporters setting up a rota to cover community groups / GP through increased number of supporters
- Working together to provide infant feeding friendly spaces
- Introducing breastfeeding friendly Torbay scheme

"My breastfeeding journey has been successful even with a few challenges but my health visitor was so supportive we are still going strong at 4 months!"

Being a Breastfeeding Peer supporter means that I can feel confident in the information I am providing to parents. I feel that I have been on a real journey of discovery and have learnt more about myself through this training, and how I want to support other people now and in the future."

Peer Supporters

Peer supporters insights

- Leaflets for signposting
- Home Visits/Health Visitor escorted - Introduction to peer support
- Attend Breastfeeding Masterclass, supporting and sharing information on family hub services
- Attend family hub groups to provide infant feeding support

What we are doing

- Developing an information pack based on feedback from peer supporters
- This is being considered as part of the infant feeding workstream
- The increase in peer supporters will enable supporter to attend the breastfeeding masterclasses
- Peer supporters are now attending 7 groups in family hub & the community

"For me personally, being a peer supporter is a great way to feel more connected with the community. I believe it is really important for the health and wellbeing of families that they can access information and support in a safe environment. I think it creates a really positive space to encourage parents/caregivers, celebrate achievements and access credible information. I have been given information and have been signposted to services by peer supporters before becoming one myself and I know how valuable the support can be. Being able to provide support to other people makes me feel proud of the training I have done."

Parenting

We already have a firm foundation on which to progress our parenting offer with a number of the “go further” options in Year 1, including

- Establish a parenting team to co ordinate and deliver a range of parenting support interventions from antenatal onwards with includes IAPT qualified family support workers trained in VIG, family intervention and social workers.
- Using a train the trainer approach to upskill the wider workforce and community partners in the Solihull approach. We have already trained midwives, our public health nurses, family support workers and the family intervention team. Solihull is offerered to all parents on a waiting list
- Develop our offer to dads, co parents and parents of teenagers
- Using our social prescriber to engage more effectively with primary care.
- Expanding our approach to peer support.



Parenting



We have supported 108 children during this quarter using a whole family approach

“The support I've received I've come a long way, feel more confident in myself and every step I've made *** has helped me. Nobody else has or would have helped me.”

“Having someone there to help me through the toughest times I have mentally and physically had to face and remind me that I'm doing all I can and that I'm not to be so hard on myself. Having someone there that I can be vulnerable in front of when I need to be and them tell me it's OK I don't have to be strong all the time. I can be honest without judgment.”

“***** is amazing at what she does. Everything has been helpful, and I couldn't have gotten through the last few months without her.”

Home Learning Environment and Early Communication

Familyhub
TORBAY

What parents carers and their child do together at home will make the biggest difference to their lives both educationally and in terms of their mental health and wellbeing!

What we are doing

- Training provided to key people in communities to support families with HLE and early communication, Chat, Play, Read (CPR) champions.
- Deliver Early Communication Interventions within the home, Early Years settings and Family Hubs
- Developing improved speech, language and communication pathways which is joined up across Start for Life services.
- Creating a range of resources to support early communication, which will be available in the hubs, community and virtually.



Home Learning Environment and Early Communication

