

How much have we done? Since the start of the Programme (2015)



SSBC has commissioned **46** projects including:

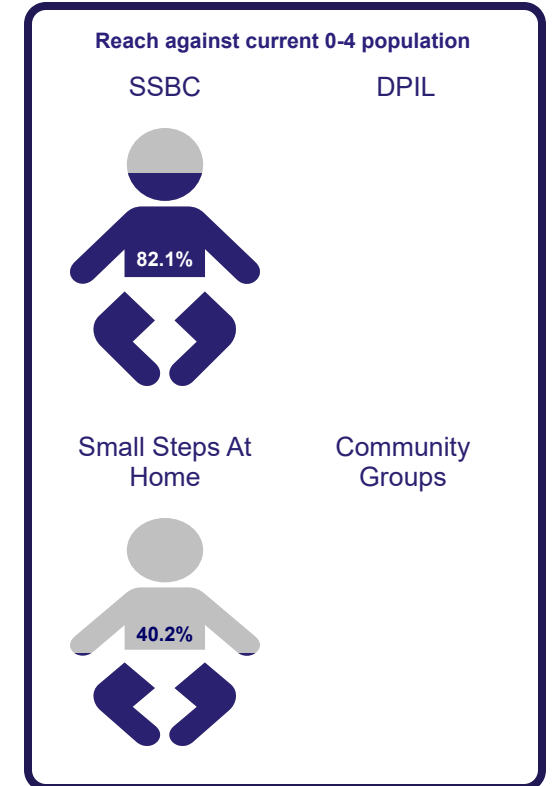
- [Small Steps At Home](#)
- [Stay One Step Ahead \(SOSA\)](#)
- [Healthy Lifestyle Service](#)
- [Home Talk](#)
- [Healthy Little Minds](#)
- [Child Friendly City](#)
- Midwifery Support Workers Apprentices (Pregnancy Mentors)
- National Literacy Trust Literacy Champions

SSBC has designed and delivered **4** Public Health and Awareness Campaigns including:

- [Love Bump](#)
- [Healthy Start Promotion](#)
- [Feed Your Way](#)
- [Big Little Moments](#)

SSBC has co-designed and developed resources that support early child development outcomes including

- [Ramadan Booklets](#)
- [Dads Pack](#)
- [Child Development Tool](#)



How much have we done?

Since the start of the Programme (2015)

73 Family Mentors currently working across our wards and 13 Pregnancy Mentor roles created

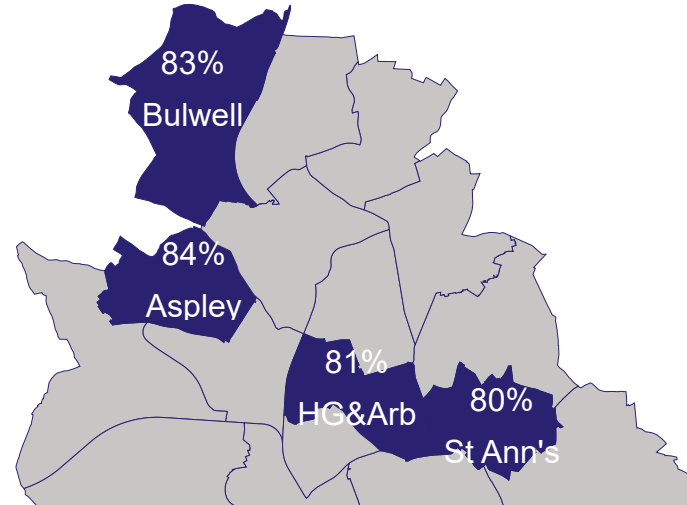
SSBC currently work with 16 Parent Champions supporting and promoting the SSBC programme, 67 Volunteers are supporting the Family Mentor service and community groups. There are 96 Literacy Champions supporting the “Read on Nottingham” project ran by the National Literacy Trust.

SSBC has supported 329 partnership workforce to access 3675 sessions of training, conferences and events.

The first **Trauma Informed Conference** (March 2023) had 250 delegates attend.

SSBC has funded 133 Recliner chairs in maternity units at Nottingham City and Nottingham University Hospitals.

Current 0-4 year SSBC Reach by Ward



SSBC have funded 46 Ideas funds projects with over **£1.34M** awarded. There has been **8,559** attendances to these sessions, with **13** projects currently running until the end of the Programme.

Click [here](#) for more details on projects we have supported.

Produced **14** children's animated videos with **SoJo** with **76,000** views.

Six Virtual Courses have been designed and made available to Workforce covering

- Child Development,
- Oral health
- Nutrition

Our **SSBC website** is translated into **five** of the most used languages.



3,621
Total Followers

How well have we done it?

Nottingham Trent University Local Evaluation



Small Steps At Home

"100% of families interviewed would recommend Family Mentor to family's with young children" (Harding and Paechter 2022)

Parents reported improvements in wellbeing and confidence, children eating healthier food options, improvements in sleeping routines and behaviours .

Parents views of having a FM

"I feel very supported as a parent. I feel like there's backup, there's someone there that I can, if I'm like, out of my depth, there's someone that I can always like turn to, to ask for guidance. Yeah, I feel reassured by having them"

(female age 35, child age 1 year)

Increased participation in Small Steps at Home in the first 12 months improves childrens communication and gross motor scores at 12 months and improves fine motor scores at 24 months (Lushey et al 2023)

Participating in SSAH for 18 months or more resulted in highest mean 24 month ASQ scores (excluding problem solving domain)

More details on the **Small Steps At Home** evaluation can be found [here](#)

Group Triple P (Positive Parenting Programme)

- Childrens conduct and hyperactivity problems decreased
- Childrens prosocial scores increased
- Parents mental wellbeing increased
- Parents parenting skills problems decreased*
(*all statistically significant)

Toft et al., (2020).
More details can be found [here](#)

Dolly Parton's Imagination Library

The number of books received correlated positively with ASQ scores at 12 months. (Lushey et al 2023)

Improved home learning environment - Increased length of registration lead to improved parent-child reading related behaviours.



Baby Massage

Improved parental wellbeing and confidence - "With the baby massage, it's also calming for us, like I think for me as a parent to do the baby massage. So when I'm massaging him, it feels a lot calmer"

(Parent) (Toft et al 2020)
More details can be found [here](#)



Dads Pack

It's a really informative, a great Pack, and I must commend the people that put it up, they did a great job trying to show and expose this kind of information for the fathers.

"So, coming in contact with the Fathers' Information Pack had certainly you know, give me another level of knowledge. Give me a whole comprehensive knowledge about fatherhood, about how to behave with my kid, how to handle my kid, and how to handle issues relating to health and all of that. How to bond with my kid, so it's just a whole lot of positive experience" (Father).

National Literacy Trust Evaluation



Literacy Champions

An exploratory evaluation of what engaged literacy champions in Nottingham found

"I felt like I've been really in charge and at the forefront and able to make a difference to parents."

"Everyone has different talents and ways of contributing. It's sort of like being part of a team."

Quote from Literacy Champions
More details can be found [here](#)



How well have we done it?

Feedback



"I would not forget the valuable and practical 'parenting tips' that I gained ... I am already seeing an improvement in our communication at home."

"I loved the class we had. I have found it very helpful and relevant to both my children. Using the learning here, I feel more confident and equipped to help support my children's speech and language. Thank you for the course and the programme."

"Home Talk is an amazing service, it has helped our family."

"Worker has communicated well with (child) and given us some good pointers. The Home Talk service is excellent."



"A family I am working with could not praise your service enough, they said that Dad had also found it very useful. They spoke very highly of the worker and repeated several times how nice she is."

"Being in contact with a worker from Healthy Little Minds has been good for us. She's been a none judgemental ear when we've needed a good vent. And is completely understanding when we need to reschedule our appointment. Rescheduling usually fills me with a lot of anxiety but Debra never seems to mind."

"I am very grateful to have been given the opportunity to build on the bond with my baby. Thankyou for all your support!"

Healthy Lifestyle Pathway

After talking with parent in the initial assessment the parent took on our advice and when we next visited said "I have made changes since we spoke and noticed that my child is better behaved and has an increase in their appetite by reducing their milk intake"

After the initial assessment Parent took on advice about portion sizes and has made changes for themselves and children. The parent stated that they have lost weight, given up fizzy pop, introduced healthier snacks, says no and has stayed consistent with the advice that we have given.

Mum said to the CYPP that she has been really enjoying the different sessions and stated they have helped to her to make changes and improve herand her family's healthy lifestyle. She listed the things that she has learnt from the sessions- portion sizes, sugar and the different sugar contents and oral hygiene (dentist, how to brush teeth and different things to maintain oral hygiene.)

We have completed our first complete sessions and work with a family and the family was pleased with all of the help and how the small changes that they have made from our tips, tricks and advise have been so beneficial and the mum has noticed a big difference in all of the children in the family not just the child that we was doing the targeted work with. She could not thank us enough and had high praise for the service and the outcomes that she has managed to achieve herself and for her family during our time with her.

Comment from Maternity Clinical Apprenticeship Practitioner/Midwife (NUH) on training received from Health Little Minds.

"We have just had the second in the series of four workshops with Healthy Little Minds, and the education and training this organisation are providing is fantastic. Natasha, Debra and Vicky have provided the group with research based material regarding baby's brain development and bonding in the antenatal and post natal period that I know our apprentices will be able to utilise with the families they are seeing. I think that this is a good example of collaboration and cooperation between Projects that SSBC have funded, that will enhance the support we can deliver to families in the City."

Conferences & Training

Creating a Trauma Informed Workforce (March 2023)

"This was the best conference/training I have attended. Having dealt with trauma in my own childhood, a lot of what was discussed resonated in me and will help and will help me to show more compassion towards the families I work with."

"Really eye-opening informative conference. I had never considered how trauma may affect children from such a young age & the impact it has. I will try to implement a trauma-informed response in both my personal and professional life"

"This training is essential to those beyond health and social care and education"

Read more [here](#)



Motivational Interviewing Training (2023)

"The session gave me a lot of food for thought, but it will take some practicing before I feel confident about putting it into action in workplace. However, I was inspired by the approach and glad I attended the training. I will be very mindful of aspects of the approach in my day to day work interactions (and possibly personal interactions too!)"

"Really enjoyed the course, I will be revisiting the slides sent out to me and I am looking forward to putting the skills into practice."

What difference have we made?

Coproduction and Community Voice

Love Bump and Feed Your Way Campaigns - Exploring 'ownership' of both campaigns, post-SSBC.
Joint funding of the ICB coproduction team - SSBC learning has been shared and influenced co-production strategy for the ICB.

Parent Voice and coproduction - NTU Research Findings - *"When a parent comes along it forces people to think outside of the box", "Taking this approach leads to more innovation and creativity", "We couldn't have done it without SSBC leading the way".*

Influencing Commissioning

Family Mentors and Small Steps At Home - Successful Bid for £450,000 to ICB Health Inequalities and Innovation Fund, to deliver a 'targeted offer' outside SSBC wards for two years focused on learning from NTU alongside affordability.

Healthy Little Minds – currently part of scale up plans for Family Hubs. Infant mental health named as part of the ICB 5 Year Plan.

Healthy Lifestyles Pathway and SSBC promotion of **Healthy Start** - linked to Eating and Moving for Good Health plan, with a 90% uptake target for Healthy Start

Influencing: Family Hubs, Infant Feeding Strategy for Integrated Care Partnership, oral health and speech and language commissioning, and Early Help Strategy.

Workforce Development

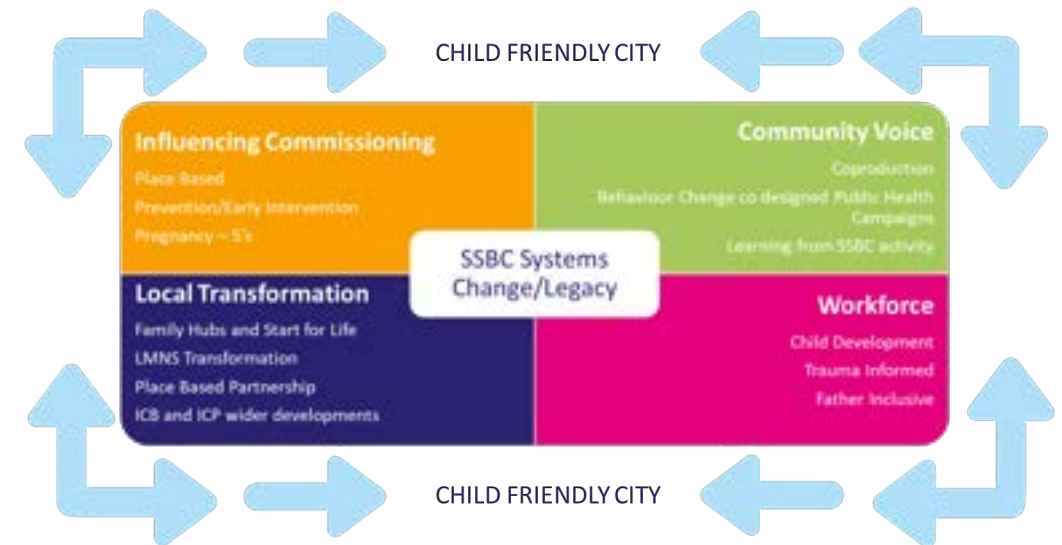
Pregnancy Mentors – As part of wider maternity transformation and to support improvement plans at the Trust, the plan is to embed and grow this model, with funding already identified from ICB.

The support for **Father Inclusive** is growing with the Dads Pack given out across NUH and by 0-19 colleagues. - NTU Research – *"It has become more normal for dads to come to Groups- we have seen a fantastic change"*

Supporting **Trauma Informed** approaches and practice.

Healthy Start Champions – offering free introductory training to The Healthy Start Scheme, to increase awareness and support uptake - links to Eating and Moving for Good Health plans.

The SSBC System Change Framework



Local Transformation

UNICEF Child Friendly City – now in development phase and engaging with wider partners to support ambitions. 80 children were part of Discovery Day November 2022 - this and other consultation resulted in children selecting the following badges chosen:

Healthy, Safe and Secure, Education and Learning.

National Literacy Trust have confirmed their 10 year commitment to fund the Hub till 2028.

Dolly Parton's Imagination Library (DPIL) – There remains a strong political commitment to support children as part of the Labour party Manifesto. Exploring how this can take on charitable status with direction from NCC.

What difference have we made?

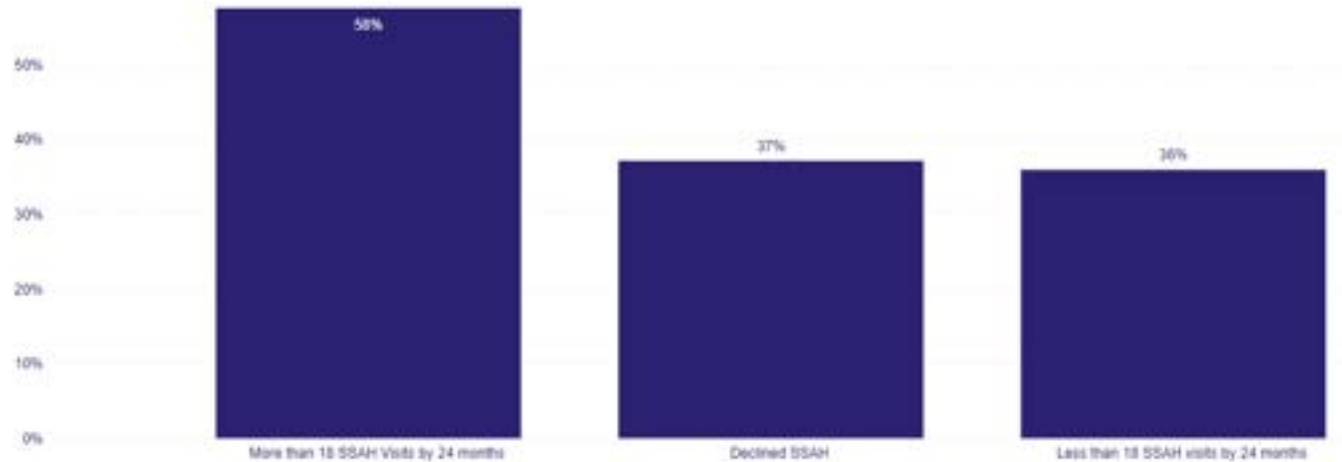
Outcomes Framework

24-Month ASQs

There are **4626** children who have lived in SSBC wards between 2015 and 2022 (inclusive) and have completed a 24-month ASQ assessment with their Health Visitor. Of these children **1787(39%)** have been identified as "On Target" across all five Areas of Learning (AOL) -

- Communication
- Personal & Social
- Gross Motor
- Fine Motor
- Problem Solving

This was then broken down to compare those who have a "fair amount of visits (18)" by the age of 24 months, compared with those less engaged with the Small Steps At Home offer, and those who declined the service.



ASQs are a measure widely-used to identify children who may need further interventions and support, generally it is expected that 80-90% of children are "On Target" across each assessment area,



Further reporting on the outcomes framework will be supplied in the future.

The SSBC System Change Framework



SSBC has recently completed a review of the impact of coproduction and father inclusive practice on the 'system' using 'The Water of Systems Change' model (J Kania, M Kramer, P Senge. June 2018)

The six conditions of system change that hold a problem in place

Evaluation - waterfall model

"The model helped test for lasting change because it identified the nature of remaining challenges"

"Once the factors had been explained, it helped organise their thoughts"

