

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

Number of children accessed Small Steps at Home or community groups

6,200

Individual children

Totalling

142,600

Interactions



Dolly Parton's
**IMAGINATION
LIBRARY**

8,000

Children registered to receive books (Nottingham City)

404,400

Dolly Parton's Imagination Library books delivered

SSBC has commissioned more than **44** projects including:

Co-production and Community Voice

1. Feed Your Way Campaign – **SUSTAINED**
2. Joint funding of the ICB coproduction team till 2025 – **LEGACY** (SUSTAINABILITY TBC late 2024)
3. SSBC Parents Voice – **SUSTAINED/LEGACY**
4. Community Partnership Approach – **SUSTAINED** in Aspley only.

Commissioning and Funding

1. Family Mentors and Small Steps at Home - **SUSTAINED**
2. Healthy Little Minds – **LEGACY/ADDITIONAL FUNDING**
3. Healthy Start work – **SUSTAINED**
4. Dolly Parton's Imagination Library – **SUSTAINED**
5. Commissioning and Strategies – **LEGACY**

Co-production and Community Voice

SSBC learning feeding into Family Hubs, Early Help Partnership, Start for Life and Infant Feeding Strategies with babies now referenced in the ICP refreshed 2024 Integrated Care Strategy.

Workforce Development

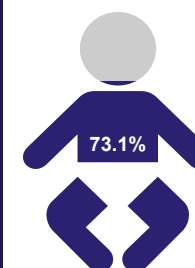
1. Pregnancy Mentors (Maternity Support Workers) – **LEGACY**
2. Father Inclusive – **SUSTAINED**
3. SSBC e learning/resources – **SUSTAINED**

Transformation and Partnership Initiatives

1. UNICEF Child Friendly City – **LEGACY**
2. National Literacy Trust Hub – **SUSTAINED**

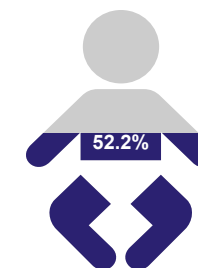
Reach against current 0-4 population

SSBC

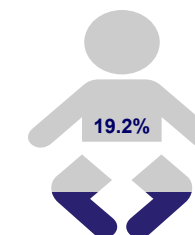
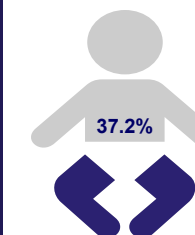


Small Steps At Home

DPIL



Community Groups



SSBC Programme - Our Story

How much have we done?

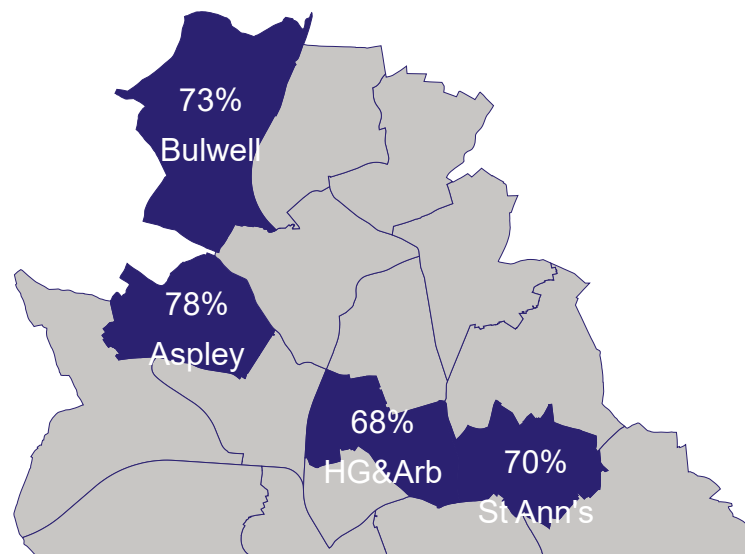
Since the start of the Programme (2015)

115 Family Mentors recruited, filling **75** roles. **13** Pregnancy Mentor roles created.

SSBC currently work with **11** Parent Champions supporting and promoting the SSBC programme, **49** Volunteers are currently 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.

National Literacy Trust recently started a new group in our wards, "Talking Tots and Babies" which has been very successful with 53 families attending over the last six months.

Current 0-4 year SSBC Reach by Ward



We have various online courses available for our Children, Young People and Family workforce - these have been designed and made available including courses and have had more than **300** accesses.

- Child Development,
- Oral health
- Nutrition
- Think Dads



These can be accessed [here](#)

Ideas Fund

Since 2016, SSBC has invested over **£1.34M** into the Ideas Fund with over **£1.01M** awarded directly to local projects, **72** individual projects have been awarded funding. Between 2016 and 2021 projects reached over **2525** individual children aged 0-4. **16** of our current projects have been awarded an extra year of funding to continue to deliver activities for families up to December 2025. As part of the application process projects were able to apply for additional sustainability/capacity building funding. This funding has been greatly received and it will enable these small organisations to dedicate some strategic resource to support the sustainability of their organisations.

Over the past 12 months, we have trained **281** members of staff across our Children, Young People and family workforce in "Think Dads" - *creating a father inclusive workforce.*

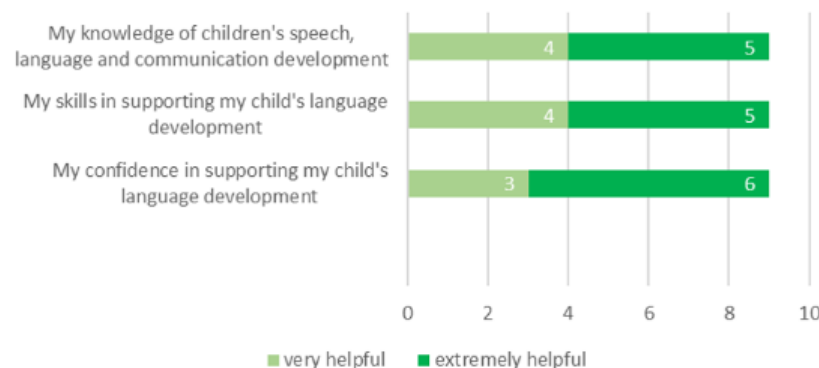


How well have we done it?

Tiny Steps for Talking Evaluation

Local evaluation for Tiny Steps for Talking, showed that all families asked, felt that the programme was either very helpful or extremely helpful across various language developmental aspects.

Please rate how helpful Tiny Steps to Talking has been for increasing the following.



Healthy Little Minds



Healthy Little Minds builds on existing knowledge.

HLM training provides a "real understanding of the importance of the first 1001 days."

- Enhances confidence and ability to share evidence-based insights with families.
- Improved Communication Skills
- Training improves discussions on difficult topics: trauma, personal struggles, insecurities, and emotions.
- Resources like 'family scripts' and 'emotions cards' are valuable tools.

"The More Training, the Better"

High interest in further HLM training: *"always excited to go to the training"* and *"always learn so much."*

Professionals find each session unique and enriching.

HLM - qualitative feedback from families

A 'Vital and Invaluable' Service.

Families describe HLM as essential: "I don't know what I would have done without HLM."

Critical support for low-income families: "Services like HLM are vital for us."

Healthy Little Minds Would 'Benefit Every Family'

Seen as the first point of referral: *"not the standard preach," "you learn so much beyond skin-on-skin contact."*

Opt-out rather than opt-in has been heard throughout the interviews

Strong Relationships Between Families and Staff

Families feel a personal bond with HLM staff: "so welcoming and supportive."

Positive feedback on the team's communication style.

How well have we done it?

Feedback

"Let's talk for the Under 5's"

Sessions are run by the Early Intervention Speech and Language Therapists (Home Talk)

My son still had not got his first word spoken yet after his second birthday. Luckily I met Home Talk staff in an event organised by SSBC. Our Home Talk adviser, officially started the scheme with us from November 2021. Based on a general assessment, the adviser suggested a visit schedule of once in every two weeks. For each visit, we were given strategy and target as the homework to do before the next visit. We were advised to record the WOW moments and further questions over the two-week period in between two visits. We were also kindly given extra two more visits after the scheme period. Looking back all these records now, we could clearly see the changes and improvement in terms of language development of my son.

We, as parents, learnt a lot throughout the process via working with our adviser. We not only realised the reason of the language development delay of my child but also practised a lot of approaches to help him. Our adviser also accompanied us to a toddler playgroup that suits my son's interest and character to examine how we could help him in these occasions. As our adviser pointed out that she could clearly see the changes not only in my son but also in me who became more enjoying as a mother to communicate and play with my child.

By the end of the scheme, we were asked to compile a list of words that my son can understand and highlight the words he can speak out. For the reason of consonant omission for beginning of most words my son could speak out by then, our adviser referred us to the speech therapist for further help. However, the therapist suggested a three-month observation period before admitting my son's case due to the number of words he could already pronounce and understand. Therefore, our story has not finished yet and our adviser is still giving us the support via feasible approaches. It was really impressive during these visits, how much our adviser had shown and enlightened us. For example, the communication strategy in daily playtime including pretend role play and messy play. In one visit, our adviser brought materials of play dough making. During that messy play time, she said that it was the time that she heard the most spoken words given by my son over the entire scheme with us. In another visit, our adviser observed our meal time with my son. Her advice helped us reduce the screen time of my child, especially over meal time. By the time of writing this story when my son is nearly two and half years old, he could speak out more words although there is still not sign of sentences yet. But we were less concerned than half a year ago since we know that advice would be also there from professionals like our adviser.



SSBC's Early Intervention and Learning Conference

Took place at Trent Vineyard on Tuesday 24th and Wednesday 25th September 2024.

Trying to pull together ten years of learning is no mean feat, but we hope that the conference met the delegates' expectations on what to expect.

Our themes over the two days covered the following areas of our work:

- Best Start for Speech, Language, and Communication: Enhancing Life for Children
- Rethinking Prevention and Early Intervention in Family Support
- Reducing Public Health Inequalities in the Early Years
- Harnessing the Power of Communities and Coproduction.

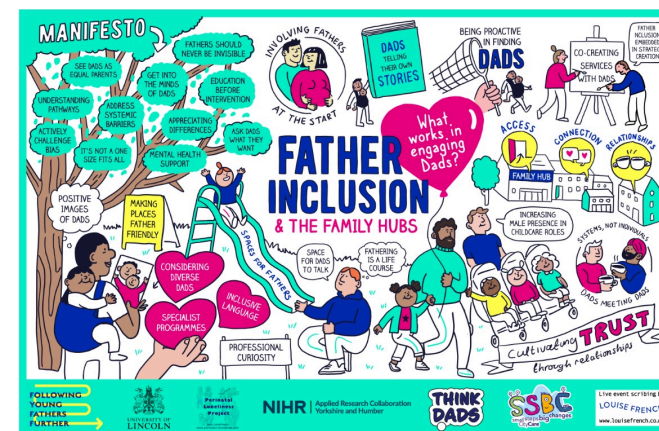
With a range of speakers from across the broad spectrum of the early years' environment the conference pulled together both national and local perspectives and learning.

Conferences & Training

Father Inclusion in the Family Hubs Conference

On the 8th October 2024, professionals, partners and policy makers from across the family hub partnership attended a one day workshop to explore the work taking place with father inclusive practice in the national Start For Life and Family Hub programmes.

The workshop was hosted in partnership with the Centre for Innovation in Fatherhood and Family Research at the University of Lincoln and the National Institute for Health and Care Research Yorkshire and Humber Applied Research Collaborative (NIHR Y&H ARC).



What difference have we made?

Co-production and Community Voice

Feed Your Way Campaigns - Public Health in the City will take 'ownership' of the campaign which will be considered across wider ICS Infant Feeding Strategy. We have also received interest from other LA areas.

Joint funding of the ICB coproduction team - SSBC learning has been shared and influenced coproduction strategy for the ICB.

Parent Voice and coproduction – SSBC parents invited to sit on newly established ICS Children and Young People's Board as 'blueprint model' for system, many are also members of variety of other Boards/ strategy developments and the support from SSBC has led to personal developments (e.g. Chair of MNVP).

Influencing Commissioning

Family Mentors and Small Steps At Home - Successful Bid for £600,000 to ICB Health Inequalities and Innovation Fund, to deliver a 'targeted offer' outside SSBC wards for three years.

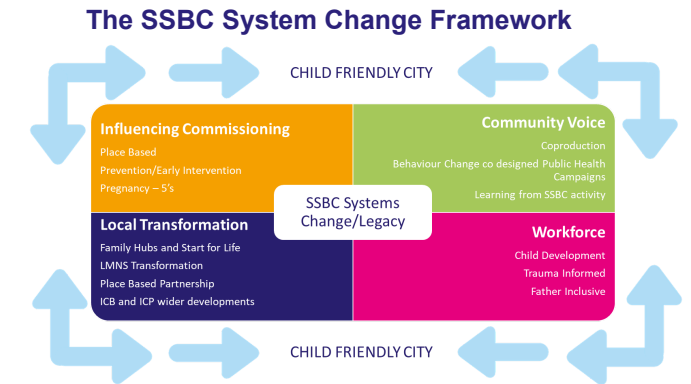
Healthy Little Minds – Currently received additional funding to SSBC investment as part of scale up plans for Family Hubs. Infant Mental Health Group now convened to consider if a system approach to commissioning for Infant Mental Health needs to be explored across ICS. Infant mental health named as part of the Integrated Care Strategy, alongside speech and language and reducing obesity. (Family Mentors appear as a case study)

Healthy Lifestyles Pathway and SSBC promotion of **Healthy Start** -This is now part of the Eating and Moving for Good Health Strategy and Delivery Plan, Child-Friendly City plan and within training to sit with CityCare 0-19.

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

Dolly Parton's Imagination Library - Charity now established to take this work forward, will fundraise independently of the City Council.

Communication and Strategies - Continued work with Work with Public Health and 0-19 to look at future commissioning intentions, this includes transition funding for Healthy Lifestyles Pathway. Have also supported development of speech and language pathways proposal with ICB, are now commencing conversations with County Public Health, and Children's Commissioning. SSBC learning feeding into Family Hubs, Early Help Partnership, Start for Life and Infant Feeding Strategies with babies now referenced in the ICP refreshed 2024 Integrated Care Strategy.



Workforce Development

Pregnancy Mentors – As part of wider maternity transformation and to support improvement plans at NUH, the plan is to take this learning and embed apprentice posts, with additional funding already identify from ICB.

Father Inclusive practice - Nationally SSBC have partnered with the Centre for Innovation in Fatherhood and Family Research (University of Lincoln) to transfer ownership of the Dads Pack, Father Friendly Standards and Think Dads Training and campaign resources to the Centre. Locally services will be able to access these and are considering transition funding to support the purchase of physical packs for 0-19's. Delivering training at the EH partnership workforce event in October also.

Trauma Informed approaches and practice in the prevention/early years space - ICB Trauma informed Implementation group. County and City Safeguarding training.

Local Transformation and Partnership Initiatives

UNICEF Child Friendly City – SSBC have agreed to support with funding till 2025/26 now in delivery phase and engaging with wider partners to support CFC ambitions and explore funding for post 25/26

National Literacy Trust National Literacy Trust have confirmed their 10-year commitment to fund the Hub till at least 2028. In addition NLT have received funding from Family Hubs to deliver Talking Tots and Babies in Family Hubs. SSBC have linked NLT to the strategic leads for Education and Early Help

What difference have we made?

Impact Update

Healthy Little Minds Evaluation

- . Midpoint evaluation shows statistically significant improvements in parental mental health measures and goal-based outcomes

Healthy Lifestyles Pathway Evaluation

- . Self-reported data indicates positive behaviour changes in families in the short-term.
- . Data suggests a reduction in post BMI Z score for children aged 2 to 4 years

Room to Play Evaluation

- . 70% Reduced isolation
- . 66% Improved wellbeing
- . 67% reported having more ideas of activities to do at home to support child development

Benefits to babies and children

- . 92% reported their child has benefited from play opportunities
- . 80% reported benefited from social opportunities
- . 73% reported their children have benefited from increased confidence.