

iHV Institute of Health Visiting

Excellence in Practice



Year six report

2017/2018

Introduction

This has possibly been the most challenging year that many health visitors in England have faced in their careers, it's certainly been the most challenging that I remember in 35 years as a health visitor. The cuts to public health budgets which have compelled local restructuring decisions have continued to affect health visitors' ability to do the job they were trained to do. Many English health visitors feel that they have lost their professional autonomy and their time is no longer focused on the right things – supporting all parents, identifying risk early, and preventative and supportive interventions. There are 'green shoots' suggesting that change may be coming in England, let's hope they get 'watered' quickly!

I am delighted to report that the situation is very different in Wales, Scotland and Northern Ireland who are all investing in health visiting, responding to the evidence on how this can strengthen their public's health and wellbeing. We do have one English town, Blackpool, who are also investing, let's hope others soon follow.

I would like to take this opportunity to thank our Chair, Pamela Goldberg, and our fantastic board who are unfailing in the support they give me and the team in our work, a particular thank you to Professor Rosamund Bryar and Sarah Davies who left the board this year. Ros has been part of the iHV from the time when it was just an idea, fortunately both Ros and Sarah have pledged to stay close to our work.



Dr Cheryll Adams CBE
Executive Director



Message from the Chair

We, as an organisation, have been working hard behind the scenes to raise the concerns of English health visitors, and those of the Institute, regarding the measurable effects of reduced public health budgets on outcomes for all young children and their families. As a result, our voice has been heard by health visiting's many friends in Parliament, partner organisations, by journalists and by the public.

The professional team is small, but well formed, and very well connected. Each is totally passionate about making a difference to children's lives through strengthened health visiting. Despite the difficult year, as you will see from this report, they have energetically continued in their mission of developing activities to help strengthen the services which health visitors deliver across the UK.

May I take this opportunity of thanking our many partners and friends who constantly petition on behalf of the professional role that health visitors do, fully understanding the difference that the health visitors' skilled one to one work with families and communities can make to children's lives today and in the future. May I also thank all who have supported the Institute in our work over the past year, far too many to mention by name. Finally, a big thank you to our great staff team who have developed the work of the Institute month by month.



Pamela Goldberg OBE
Chair



Leadership

Leadership is one of the five pillars of Institute activity. This year we have continued to develop our health visiting leaders in a variety of ways:

Fellows – FiHV

We were delighted to work with the NHS Leadership Academy to run two workshops for our Fellows. Their focus was on 'Health visitors as a collective force for change in strengthening outcomes experience and use of resources for children and families'. They were invited to each bring a commissioner to the workshops which led to a unique opportunity to explore one another's opinions and demands. We also had an artist capturing the discussions, adding a novel way of revisiting them at a later date.

While some Fellows have left practice over the years, and we have still not managed to locate income to create some more, many remain very active both in their workplaces and supporting our various workstreams. We are able to offer them development opportunities such as representing us at national meetings as well as consulting them on policy and practice.



Specialist Champions – We continue to create specialist Champions and now have Champions for perinatal mental health, infant mental health, safeguarding, domestic violence, healthy weight - healthy nutrition and most recently Research Champions.

Whilst a Champion's responsibility is to cascade our various training to colleagues, or in the case of the Research Champions to boost trial recruitment, what we have discovered over the years is that, at the same time as bestowing the title Champion, we create many local leaders. Inspired by what they have learnt, many Champions go back to the workplace and start driving improvements in their specialist areas. One of the challenges they have faced, however, has been maintaining their energy. Regional forums for our Perinatal and Infant Mental Health Champions have started to provide them with support and we hope to increase the number to 11 next year. Research Champions will also have regional meetings and we have a bid in to see if we can develop similar support for our Healthy Weight, Health Nutrition Champions.



Leadership training – senior HVs and middle managers

A 2-day leadership training for managers to strengthen collective leadership to build networks across organisations and communities has been expanded this year with the introduction of Action Learning Sets.



We have also designed and tested and are now ready to disseminate a stand-alone Leadership Game which provides a novel way of learning. These developments have been possible thanks to a grant from the Burdett Trust for Nursing.



Challenging Times

2017/18 has seen further restructuring and reductions in the trained English health visiting workforce as the public health budget continues on its downward trajectory towards 2020. There has now been a loss of almost one in four health visitors working in the NHS over the past 3 years, with huge variation in losses across the country.

We are working with ministers, MPs, the Department of Health and Social Care officials, Public Health England, NHS England, the Local Government Association, the Association of Directors of Public Health, the Royal College of Nursing, the Royal College of Paediatrics and Child Health, the Children's Commissioner, the Health Select Committee and many others to highlight the negative effects of the ongoing cuts and restructuring on the services that health visitors can provide to families and also to health visitors themselves. We have been able to evidence our concerns with a publication 'Voices from Practice', which captured feedback on the state of services around the country submitted by health visitors, as well as with our annual survey data.

The challenge now faced is that it would appear that 152 local authorities are commissioning health visiting in 152 different ways. One is even investing, Blackpool, and doing creative work such as training health visitors to include routine enquiry on Adverse Children Experiences (ACEs) during their antenatal visit. What a difference it might make to vulnerable children if all health visitors were given the time to do this! I hope that their evaluation may lead to that in the future.

The iHV continues to believe that this madness, which is so counterproductive to creating a healthy society with happy children who are well prepared to embrace productive futures, will pass and health visiting will finally be able to provide the services it should. We have produced our vision of what that future might look like and distributed it widely, our 10-year plan. We are delighted that many other organisations have now endorsed this and it is gaining traction. We have proposed that the service needs a joint NHS/Local Authority commissioning model focused on delivery of a refreshed Healthy Child Programme. If the past three years have taught us anything, it's that services for the most vulnerable in society require proper sustainable protection.

There are some powerful national MP-led initiatives which are very concerned about the impact of disinvestment in health visiting. These include two Select Committees, one focused on ACEs and the other on the first 1000 days of life, and a cross-government ministerial Taskforce led by Rt.Hon. Andrea Leadsom MP which is looking at how services can best be strengthened across government departments in the first 1000 days.

The Institute has submitted written evidence to both Select Committees and Dr Cheryl Adams was called to give verbal evidence to the First 1000 days enquiry. She is also on the professional advisory group for the Taskforce. The fact that we are being invited to be so engaged demonstrates the interest by many in government in the health visitor's role. We hope that the outcomes of all this work will feed into next year's spending review.

State of Health Visiting Survey

This year we are comparing feedback from our 2018 annual survey of over 1200 health visitors to what they told us in 2015 when the budget reductions started.

Delivery of the Healthy Child Programme to all or most families by a health visitor or member of her team and by whom i.e. universal coverage:

Contact	2018	2015	Delegated 2018
Antenatal Visit	51%	58%	7.8%
New Birth Visit	96%	96%	8.4%
6/8 Week Visit	91%	90%	14%
3/4 Month Visit	16%	36%	14%
9-12 Month Review	88%	93%	62%
2 ½ Year Review	89%	80%	77%

It is shocking that so many families do not have a formal review by a health visitor after the 6-8 week check. So many challenges only become apparent after that. Equally, early reviews may not be carried out by a health visitor.

Safeguarding

Health visitors are finding their time increasingly focused on safeguarding families who would once have been the responsibility of social services:

63% believe that focusing only on those most at risk is diluting the universal service, so that needs go unrecognised.

36% report working with children on a children protection plan all of the time or very often.

43% of health visitors say that they are so stretched they fear there may be tragedy at some point.

Very worryingly **75%** say that they don't believe local authorities understand their role!

Case loads have increased with 15% between 600-1000 (7% in 2015). 72% report their stress levels have increased as a result. See our website for the full report.

Working with Service Users

The Institute is increasingly engaging families in their work. For example:

... in running **RUNNING READY STEADY MUMS** groups

Our popular Ready Steady Mums groups continue to meet around the country and now total 90, with new groups in Wales and Scotland, each run by a mum. Inspired by the UK network, a health visitor has also just launched a group in Bermuda! Ready Steady Mums gets mums and dads outside going for walks together to build social networks and promote their physical and emotional wellbeing.



...in **EDUCATION AND TRAINING**



We now try to always have a service user telling their story as part of our perinatal mental health training and have built up very productive working partnerships with many members of Action on Postnatal Psychosis as a result. Our first perinatal mental health conference included presentations from no less than seven service users, each having a very powerful impact on the audience.

...in **QUALITY ASSURANCE**

Service users have also been engaged in helping us develop new Parent Tips and have been involved with online chats with users of the Health Visitors e-Community of Practice.

...in making our **CHANNEL 4 NEWS FILM**

The iHV was delighted to work with Victoria Macdonald, Health and Social Care Correspondent at Channel 4 News, to make a short film on the complex role of the health visitor in Perinatal and Infant Mental Health (PIMH), and how the recent cuts to the public health budgets are impacting on the mental health care from health visitors that families may receive.



The 8 minute film was broadcast on Channel 4 news in April. The film includes interviews with mums and health visitors in Wigan and Hull, not to mention our own mental health lead, Melita Walker. Victoria is a fantastic advocate for the mental health of women and their families. She also opened our first national multi-agency PIMH Conference held in Manchester, where she talked about her experiences of the hidden challenges in PIMH.

We hope that this film shone an important light on the complexity of the work you all do. Watch the Channel 4 News film - Cuts to vital service for new parents and babies scrutinised. Link: <http://bit.ly/2S3DSnS>

One service user, Jane Price, met a junior minister and some of our Perinatal Mental Health Champions on the NHS' 70th Birthday and powerfully told her story about how her health visitor, Mark, had helped her to survive her acute perinatal mental illness.

Our partnership work

“Collaborative working for health and wellbeing” is one of the NMC proficiencies for health visiting practice and as such forms a significant part of the work of the iHV.

We currently work collaboratively with a wide range of organisations to deliver on key public health priorities for the best start in life.



Active Member of the Obesity Health Alliance, support national campaigns to reduce obesity levels.

Promote UNICEF Baby friendly through all our work.

Joint working with ukactive to promote physical activity in pregnant women and new mothers.

Infant feeding working alongside First Steps Nutrition and leading policy advisors to ensure contemporary advice is available to practitioners.

Promoting oral health working in partnership with the Royal College of Dentistry and Public Health England (PHE).

Breastfeeding conference with the Royal Society for Public Health and World Trends in Breastfeeding.

Member of the operations group of the Maternal Mental Health Alliance (MMHA).

AIM Family Foundation to support perinatal and infant mental health champions.

Action on Postnatal Psychosis (APP) to support user voice in training.

Promote infant attachment and attunement with Association of Infant Mental Health.

Present at International and UK conferences of The Marcé Society for Perinatal Mental Health.





- Member of the steering group of The Communication Trust project to support the development of Communication Leaders in Health Visiting who will work with their teams to identify and offer early interventions for children with speech language and communication needs.
- Provided feedback to the Bercow review and the Royal College of Speech and Language Therapists on the training needs of health visitors.
- Member of the PHE expert reference group for speech language and communication supporting the sharing of best practice and national pathways.
- Working with CreativeMetaphor to consider the development of films to support parents identify opportunities for language development.

- Joint working with iPIP on a PHE-funded project to offer training to help health visitors and practice nurses identify and refer on pregnant women and new mothers to specialist stop smoking services.
- Work alongside The Lullaby Trust to promote the latest evidence on SIDS.
- Work alongside Tommy's to promote pre-conceptual care.
- Work alongside SANDS with Tommy's, Lullaby Trust and Bliss on the SANDS-led National Bereavement Care Pathway.
- Support Best Beginnings to develop content for their Baby Buddy app.



Our work has extended beyond these areas and other partners we have worked with include (but are not limited to): -

ROYAL COLLEGE OF MIDWIVES
MATERNITY STAKEHOLDER COUNCIL **UNIVERSITIES**
NHS LEADERSHIP ACADEMY **BURDETT TRUST FOR NURSING**
ROYAL COLLEGE OF NURSING
DEPARTMENT OF HEALTH & SOCIAL CARE **RESEARCHERS**
HEALTH EDUCATION ENGLAND **STEFANOU FOUNDATION**
STRATEGIC CLINICAL NETWORKS **GOVERNMENT MINISTERS**
EMPLOYERS **NATIONAL INSTITUTE FOR HEALTH RESEARCH**
ROYAL COLLEGE OF MIDWIVES **NATIONAL HEALTH SERVICE**
NATIONAL HEALTH SERVICE EXECUTIVE **SERVICE USERS**
SPECIALIST PIMH TEAMS **MEDICAL ROYAL COLLEGES**

International



In March, health visitors from Japan visited the UK to observe health visiting. We are very grateful to our Fellow, Jackie Gaventa, and Hornsey Central Health Centre in Haringey, for hosting them so well. The visitors were enthusiastic and appreciative of this opportunity to learn about health visiting in the UK, which they suggested was highly specialised when compared to the public health nurse programme in Japan.

We were absolutely thrilled to win first prize in the White Swan Foundation and Marcé Society International Perinatal Mental Health Education Awards for our well-loved and very popular Perinatal and Infant Mental Health Champions training programme. This was conferred at the Marcé Society International conference in India in September.



Melita Walker also presented a poster on our PIMH Champions and Forums which was very well received and generated plenty of comment and discussion.

During November, we hosted six Singaporean nurses for a month. Their backgrounds were in paediatrics, midwifery and primary care and they came to London on study scholarships to look into health visiting as a possible model for Singapore. We put together a packed programme of activities with shadowing opportunities hosted by Oxleas Trust, the Whittington, Barts and the London, Lewisham hospital, Southbank University and Warwick maternity services. They also attended several interesting conferences and received presentations from representatives of many of our partner organisations and Fellows.



Global Network of Public Health Nurses – the Institute, host of the Network's secretariat and a founding member, has been working with other secretariat members on its 5th International conference taking place in May 2019 in Nairobi, Kenya. With a conference theme of 'Good Health & Well Being', the conference aims to provide delegates with an opportunity to present and learn about new evidence-based knowledge concerning health systems/services/practice to enable public health nursing to contribute to the achievement of the targets of Goal 3 of the UN Sustainable Goals. Abstracts have been submitted and final arrangements are now underway.



The Institute continues to support the Nursing Now campaign and is delighted to be welcoming its Executive Director, Barbara Stilwell, as guest speaker at our annual event in December.

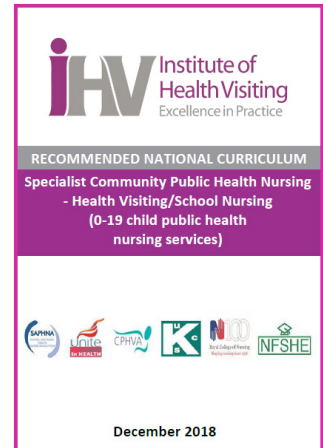
Future international connections in the next few months include: a possible visit to Poland to present on health visiting and Dr Cheryl Adams presenting at an International Home Visiting conference in Washington, USA in January 2019.

Educational Developments

In 2018, we said farewell to Dr Karen Stansfield, Head of Education and Quality, and Barbara Potter, Project Development Manager, thanks for their leadership and energy.

Key educational developments included:

Leadership of National Recommended Curriculum for Health Visiting and School Nursing with other stakeholders across the UK. Project led by Dr Karen Stansfield and completed by Dr Robert Nettleton, Education Lead. Publication of final document due December 2018.



Contributing to National Trailblazer Group to develop Apprenticeship Standard for Specialist Public Health Nursing - Health Visiting and School Nursing in England.

Working with colleagues in the Trailblazer Group, Higher Education and government bodies to raise these risks and gain further clarification to secure the smooth transition to any new arrangements for the funding and recruitment of new entrants to SCPHN programmes.

Raising the risks of falling recruitment to SCPHN programmes and implementation of Apprenticeship Levy funding with Health Education England, Public Health England and NHS England.

Publication of Professional Briefing on Apprenticeships and the Apprenticeship Levy.

Contributing to NMC evaluation of Standards of Proficiency for SCPHN.

All the above developments position us well to actively lead contributions to the NMC's review of standards for SCPHN in 2019 as part of its Programme of Change for Education.

Highlights

iHV gives verbal evidence to the London Assembly Health Committee

iHV interviewed by London Live before London Assembly meeting

Launch of RCPCH scorecard on State of Child Health

Meeting in Northern Ireland Assembly

2nd research conference with NIHR

January 2018

iHV letter to Jeremy Hunt MP re green paper on children's mental health

iHV at Royal Foundation Meeting

Japanese visitors in Haringey

Filming for Channel 4 news took place

Evidence-based practice conference in Manchester

iHV presents poster at Commonwealth Conference for Nursing

PIMH Champions training in Manchester

March 2018

Submission of evidence to Science and Technology Committee for Evidence-based Early-years Intervention & ACEs inquiry
Call for research champions
Dr Adams awarded Alumna of the year at Uni of Surrey
FiHV joined HepB screening and immunisations pathway group
Dr Alain Gregoire speaks up for health visiting on Radio 5 Live 6am programme during maternal mental health week.

May 2018

December 2017

2 x FiHV attend ASH meetings – smoking in pregnancy

iHV annual Leadership conference

Annual report

iHV annual national HV Survey results published

iHV celebrates 5 years

Contributed to Ministerial Perinatal Mental Health Roundtable

Meeting with the Royal Foundation

February 2018

Eating Disorders resources launched

Launch of Nursing Now

PIMH Champions training in London

Cheryll Adams addresses Hillingdon Health Visitors

Contributed to Dept of Health Roundtable on Domestic Abuse

April 2018

Breastfeeding conference with RSPH and WBTi

Jon Ashworth, Shadow Health Secretary, announces pledge for additional mandated visit at 3-4 months at Breastfeeding conference

PIMH conference in Manchester

Meeting with minister, Jackie Doyle-Price MP

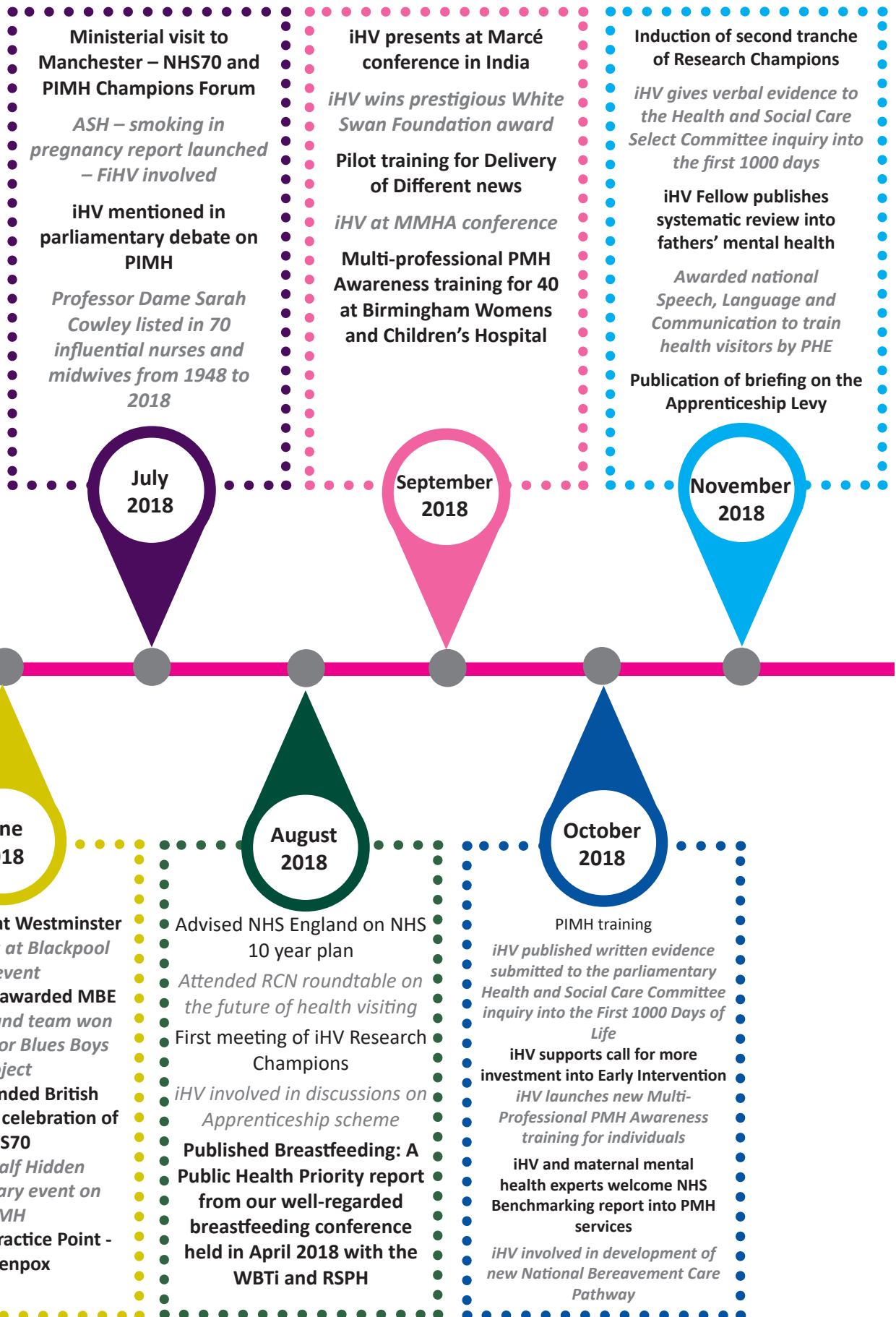
FiHV leadership courses

New updated training portfolio

New national work on making England breastfeeding friendly

Airing of joint iHV/Channel 4 News film

of the Year



Training



We have had another excellent year for training and look forward to extending our reach in 2019:

Just a snapshot of some of what we have achieved during 2018:

Developing Resilience



120 health visiting and school nursing staff at a London Trust (and a further **22** for a Trust in the South) attended Developing Resilience Awareness one-day workshops to support well-being at work. Our programme is evidence-based, interactive and evaluated positively by those attending.



Participant tweeted on 9th October 2018: -



"Brilliant toolkit, an essential mix of emotional intelligence and resilience building required for all professionals, not just health visitors. I attended training today. Awesome! Well done Rachel Stephen and Diane Massey"

Perinatal & Infant Mental Health

Our Champions go from strength to strength – an army of multi-agency practitioners as advocates, leaders and trainers for PMH across and beyond their services and across the country through our two-day training programmes, supported by fantastic Champions resources. Here are just a few numbers:

100

Realised more PIMH Multi-Agency Champions for the South West PIMH Network across STP areas of Gloucestershire, BANES, Wilts and Swindon, Bristol, Somerset, Devon and Cornwall.

182

Increased the number of PMH Multi-Agency Champions across London for the London Perinatal Network.

128

Created a further 68 PIMH Multi-Agency Champions for the East of England Network across STP areas of Herts, Essex, Suffolk, Norfolk, Bedfordshire and Cambridgeshire, to add to the 60 already there.



Lived Experience Speaker tweeted on 22nd August 2018:



"It's been brilliant to be involved in your training! Each cohort I've shared my family's story with has blown me away with their insightful & empathic questions. Looking forward to where you are next – health visiting is so important perinatally & beyond"



Participant tweeted on 11th July 2018:

"Excited for Day 2 of Perinatal and Infant Mental Health Champions training, such a wealth of experience in the room, really dedicated professionals leading to some fascinating discussions"

Leadership Development Programme



60 new leaders trained - our Leadership Development Programme for Health Visitors and School Nurses has seen a further **60** places offered to a Trust in the North West. The six-month programme is currently ongoing and now offers a self-assessment day, two taught days and three development half-days based upon action learning principles.



Trainer tweeted on 16th July 2018: -



"@BurdettTrust #leadership #liverpool @vickygilroy2305 really energetic conversations about leadership identity"

NEW DEVELOPMENTS THIS YEAR

Accreditation of our programmes

Our programmes have been accredited by the CPD Standards Office in 2018. External accreditation is a rigorous process that applies quality criteria to our programmes to offer extra assurance around the excellence of our training.

Website access to Champion Training Resources

All participants on Champions programmes from April 2018 onwards will have access to their presentations, evaluation and certificate templates online. This helps us with version control and enables us to keep the materials for Champions' use up-to-date.

Going online

We are making improvements to the way we collect data during our training and have started piloting the electronic collection of attendance and evaluation data to increase our efficiency and reduce the administrative load.

Leadership Game

With a market-leading games designer, we have developed a game to underpin the Leadership Development Programme. Pilot groups road-testing the game are positive for this fantastic teaching resource.

Research

In October 2017, the iHV launched an ambitious research strategy to generate and promote the use of high quality evidence to understand and provide effective solutions to the increasing challenges faced by children and families. The strategy contributes to our efficiency and effectiveness in closing the gap between evidence and action in the provision of family and child health services.

One of the strategic goals of the iHV is to increase the number of research active health visitors. The iHV received funding from the National Institute of Health Research (NIHR) to hold a research conference in London in January 2018 to encourage those interested in having a research career.

The iHV also received funding from the NIHR to appoint HV Research Champions. Research Champions are role models for other HVs. They raise awareness about the importance of research and signpost others to the iHV/NIHR for research advice or resources as appropriate. They inform their teams about any local research opportunities particularly for recruiting families to appropriate studies. The scheme was officially launched on 16th August 2018 and 15 research champions have been appointed across the NIHR clinical research networks.



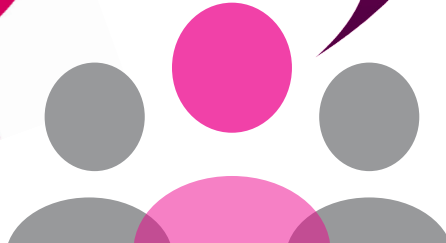
Conducting primary research remains a key priority at the iHV. We are spearheading a study on improving how healthcare professionals break news about an unborn child or newborn having a congenital anomaly associated with learning disabilities. The study is funded by HEE working across Kent, Surrey and Sussex. We presented our study findings at two Different News Events hosted by Public Health England

in London and Birmingham. We have also just completed two pilot trainings on delivering different news. Some comments from participants are below:

"This has been so informative and the opportunity to listen to a lived experience will be so useful to my future practice - thank you."

"It has made me think more widely about the way in which I approach delivering unexpected news and a great awareness of words I use and an appreciation of how this can impact families into the future."

"I want to speak to seniors on having departmental guidelines to follow on delivering different news."



This year we have also successfully completed an evaluation of perinatal mental health services for Family Action. We plan to conduct more research in this area and have partnered with the London School of Economics, the University of Leicester and the University of Kent to develop a research proposal on addressing perinatal mental health problems.



Conferences

What a busy year we had for Institute-run conferences! We convened / partnered in five extremely successful and highly popular conferences:



iHV Leadership Conference: Making a difference through leadership – held on 5 December 2017 in London. An amazing day to mark the iHV's 5th birthday! With over 100 delegates, the room was buzzing all day, and we had a great line up of speakers.

Research Conference - Collaborations for Great Beginnings: Developing Early Years Research was joint hosted with the National Institute of Health Research (NIHR) – held on 19 January 2018 in London. This very vibrant conference introduced us to the concept of Research Champions. Some of the superb NIHR Midwifery Research Champions spoke and we were quickly sold on the model and thrilled when the NIHR offered us the opportunity to recruit some of our own!



iHV's evidence-based practice conference: Best Start in Life, held on 7 March 2018 in Manchester. Over 180 people filled the room as a great line up of national speakers provided the latest evidence-based updates on a range of key public health issues, and also gained an early insight into the recommendations expected from Health for All Children (Hall) 5 and the evidence for ACEs. It was a full and packed day - with keynote sessions and concurrent sessions plus lots of amazing posters.

Breastfeeding: a public health priority was joint hosted with the Royal Society of Public Health (RSPH) and supported by the World's Breastfeeding Trends Initiative (WBTi) – held on 19 April in London. With lots of exceptional speakers, it was a very dynamic day with masses of learning and collaboration. In addition, Jonathan Ashworth MP, Shadow Secretary of State for Health, announced a pledge to introduce an additional mandated health visit at 3-4 months, as part of Labour's commitment to childhood.



Perinatal and Infant Mental Health Conference: The Hidden Challenges – held on 24 April in Manchester. With almost 200 people, including many of our Perinatal and Infant Mental Health Champions and those working alongside them, this multi-agency conference was a packed day – with internationally-acclaimed speakers, a theatre production and amazingly brave mums and dads talking about their personal stories and lived-experiences.

We always seek to ensure our activities comply with the UNICEF Baby Friendly Initiative – our events are not and never will be sponsored by the formula milk industry.

Publications

Our publications continue to be an invaluable resource for our members – as evidenced again in our annual survey. Our Good Practice Points, Parent Tips and Professional Briefings remain extremely popular and the most frequently used documents available to our members via our website. Our written evidence to government is extremely well received.

Responses and new publications in 2018 include: -

- Written evidence to the Health and Social Care Committee inquiry into the First 1000 Days of Life. Link to document: <http://bit.ly/2DSVlw2>
- Response to the consultation – Mental Health in the Long-Term Plan for the NHS. Link to document: <http://bit.ly/2S7LOEs>
- Health Visiting and the NHS in the next 10 years - iHV position statement. Link to document: <http://bit.ly/2Oyi8TR>
- Breastfeeding: A Public Health Priority; report from our popular breastfeeding conference. Link to document: <http://bit.ly/2SbyKhG>
- Written evidence submitted to the Science & Technology Committee inquiry into Evidence-based Early-years Interventions and Adverse Childhood Experiences (ACEs) Link to document: <http://bit.ly/2DSWCmO>
- Professional Briefing: Apprenticeships and the Apprenticeship Levy. Link to document: <http://bit.ly/2SceDQb>
- Recommended National Curriculum Specialist Community Public Health Nursing - Health Visiting/School Nursing (0-19 Child Public Health Nursing Services) - Dec 2018

New GPPs:

- Signs and symptoms of Varicella (chickenpox) and knowing what to look for
- Signs and Symptoms of Retinoblastoma and Knowing What to Look for
- An Introduction to Food Allergies
- Early identification of Muscular Dystrophy



New PT:

- Managing Food Allergies in children under 5 years

Updated GPPs:

- Complementary Feeding and Baby-led Weaning
- Promoting a Healthy Infant and Toddler Diet
- Helping the older child to eat well
- Treatment of Umbilical Granuloma using Household Salt



Updated PT:

- Understanding Umbilical Granuloma

Our Work in Mental Health

iHV Perinatal and Infant Mental Health (PIMH) Champions: A national celebration and social movement in the UK - now having international reach!

The iHV Champions project has become a social movement of people and organisations who are committed to creating local health and social capital, and building a sustainable, community-based public health service. As of the NHS 70th birthday on 5 July 2018, the iHV had trained 1545 health and social care professionals as Champions – with numbers increasing all the time!



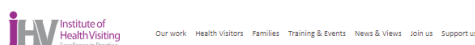
We were delighted that the quality and potential of our PIMH Champions programme was recognised by the White Swan Foundation and Marcé Society International Perinatal Mental Health Education Awards:

“the prize recognises the pioneering work of institutions that catalyse perinatal awareness through stakeholder education. It particularly focuses on models that have the potential to be scaled in low and middle-income (LAMI) countries where perinatal mental health issues are largely ignored and do not receive professional interventions.”

iHV Website: The GO TO place to support excellence in MH practice

A new section on our website is dedicated to Mental Health Champions and members are telling us it's great to have all the essential resources for Mental Health including the latest policy and research all in one place. 2018 has seen another busy year for the iHV in influencing policy and growing the evidence base, and we have provided expert evidence into many major MH national policy consultations, Health Select committees, Round Tables, APPGs and research projects! We have published these activities on the website and summarised them into briefings and resources to support our members at every local level to reduce health inequalities and improve outcomes for all families.

Hot off the Press!! We are delighted to share that we have just become an official Signatory for the Prevention Concordat for Better Mental Health (which, of course, you can find on the website!! <https://bit.ly/2LkZtEn>)



Our work in Mental Health

Our core mission is to improve the lives of all infants and their families through leading excellence in practice and reducing health inequalities. To achieve this the Institute has a strong focus on perinatal and infant mental health (PIMH).

We believe that there really is "No Health without Mental Health" and that a healthy parent and a healthy parent-infant relationship is the foundation for good mental health across the life-course and, in turn, a healthy society.

Some areas of this section are available to iHV members only – so please login using your password to gain access. If you are not a member join us today. Those who work alongside health visitors in public health related areas may join the iHV as Friends to access these documents and resources.



iHV PIMH Conference: Kindness Rocks!



2018 saw our first multi-agency PIMH conference and it was a jam-packed day – with internationally-acclaimed speakers, an interactive theatre production, a research cinema, amazing brave mums and dads talking about their personal stories and lived-experiences and even a “gratitude” donkey!



“Thanks for an inspirational day with excellent speakers! My head is overflowing but my heart is full of gratitude...”

“Thank you so much to everyone involved in #iHVPIMH18. It was emotive and inspiring. Lots to take forward into practice...”

“I can’t remember any conference before where I’ve felt so moved, inspired and awe struck by the speakers...”

“An inspirational conference! Well done everyone who bravely shared their personal stories & all involved”

“Wow! a conference with a difference they said! I wasn’t expecting that— an amazing inspiring day...”

iHV PIMH Champions Forums

The iHV was delighted to present the PIMH Champion Forums at the International Marcé Conference in India this year. The Forums are going from strength to strength and we are delighted to be able to offer our Champions ongoing support. Feedback from members continues to validate the need and potential of the Forums, with members stating that the Forums are essential to empowering their role as an iHV Champion.

“I just had to write and thank you for the part you’ve played in up-skilling my knowledge, your infectious inspirational approach to the PIMH agenda and facilitating some amazing networking opportunities”

“Being a member of the Forum is an honour and vital to ensuring current and future care provision is of the highest standard and equitable for women experiencing perinatal mental health illness and their babies..”

“I was privileged to spend some of the NHS’ 70th birthday with such fantastic advocates for the Health Visiting profession. They really are our eyes and ears for good perinatal health and do an important job in supporting new parents and families through a child’s early years”
Minister, Jackie Doyle-Price MP

**THE INSTITUTE OF HEALTH VISITING:
SUPPORTING PLACE-BASED LEADERSHIP IN PERINATAL AND
INFANT MENTAL HEALTH FOR WHOLESALE CHANGE**

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BACKGROUND

The Institute of Health Visiting (iHV) has a credible track record for up-skilling health visitors and leaders in Perinatal and Infant Mental Health (PIMH). Through the iHV Champion Model, we have supported over 10,000 health agency PIMH Champions in England, supporting them to become leaders and ambassadors for PIMH. Champions equipped with training resources have cascaded the learning to well over 100,000 multi-agency practitioners.

“When a flower doesn’t bloom, you fix the environment in which it grows, not the flower”

AIM

To provide iHV PIMH Champions with essential support to grow and sustain their roles as Champions, leading improvements to PIMH in every local area across England.

CONCLUSION

Regional iHV PIMH Champions Forums are an exciting and innovative way to develop Champions and sustain their motivation to lead and drive forward the PIMH agenda – improving care locally, as well as contributing to the evidence base nationally and internationally.

COMING SOON!

By the end of April 2019, we will have established a further 6 iHV PIMH Champions Forums covering the remaining regions in England.

ACKNOWLEDGEMENTS

We would like to thank the AIM Foundation who have made this project possible through their continued support.

We would also like to say a special thank you to all the iHV Champions for their fantastic commitment to making a difference for all mothers and their families every single day.

Watch this space! We look forward to developing the strategy for Forums into 2019 and beyond!

We would like to thank the AIM Family Foundation who have made this project possible through their continued support.

Our Professional Services

This past year has seen a growth in our professional services department.

We have expanded our work to meet the needs of those providing and commissioning health visiting services. We are passionate about improving outcomes for children and families, and working collaboratively with services in this way enables us to achieve this.

We have worked in partnership to improve the quality of services, addressing what might have been a significant challenge or an opportunity for innovation.

This year has seen us:



Provide professional advice regarding recruitment and retention of the workforce.



Provide expert review of service policies, pathways and guidelines to ensure they have the most up to date policy evidence with its implications and application in practice.



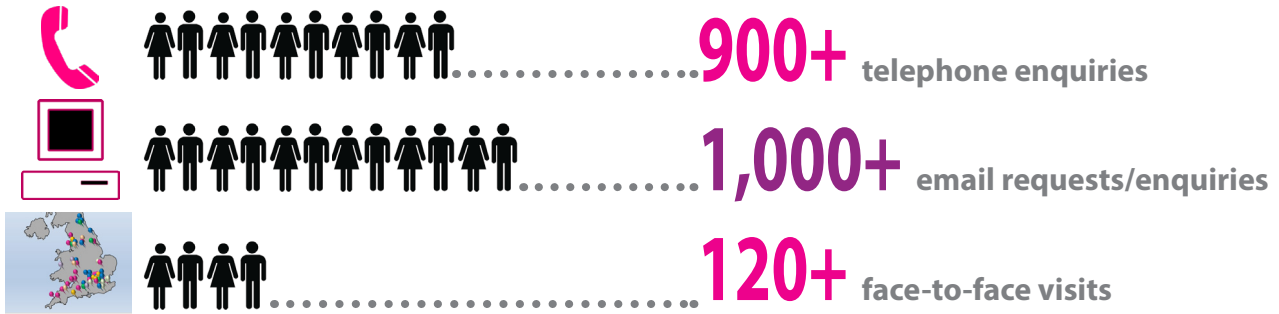
Develop a set of quality indicators to use with learning and development programmes to assess their application and ability to embed successfully in practice.



Provide advice and support on a variety of professional issues including interview preparation, outcome measures, caseload management, developing resilience in practice and in the workforce, and CPD requirements.



We prioritise enquiries from our members and, over the past year, we have addressed in the region of:



Valuable feedback this year...

"Thank you for your most comprehensive response"

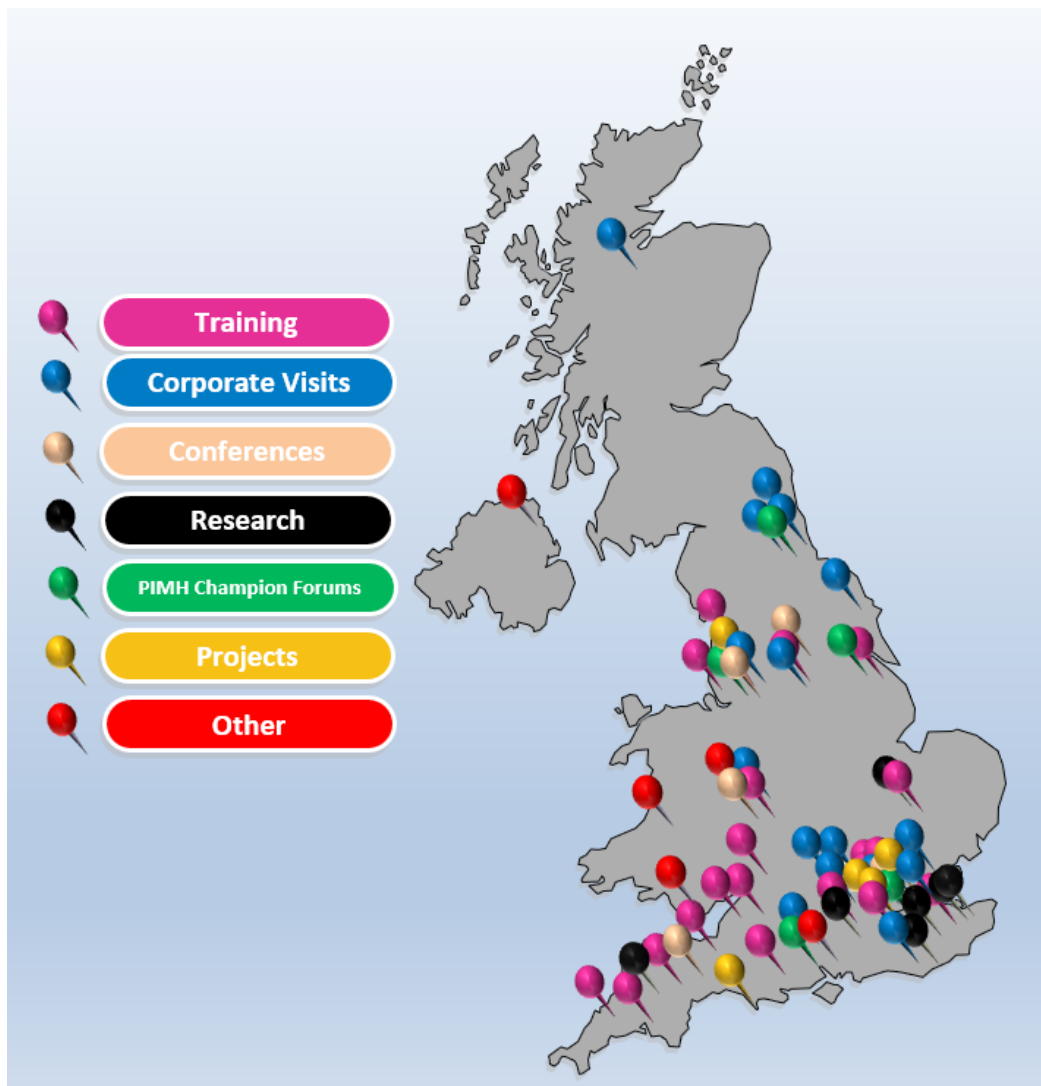
"Just wanted to say a huge thank you for the information that you gave me, especially the modules, they were extremely helpful. Also just wanted to let you know I got offered the post today and I'm so excited. So thank you for all your help"

"We commissioned the iHV to work with us to deliver a project focused on undertaking a training needs analysis and to support the development of a training needs framework for health and social care practitioners to support the delivery of the Healthy Child Programme high impact areas. The team were responsive, professional and produced work of an extremely high quality"
Lynne Reed
Head of Health Visiting and School Nursing
Croydon Health Services NHS Trust

"Thank you again for your help and support"

"As a provider lead, I have found corporate membership of the iHV invaluable to support service development, innovation and quality improvement and as a vehicle to support recruitment and retention"

Where have we been this year?



Why not ask us to come and visit your organisation?



Institute of Health Visiting

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