

BARNARDOS

Healthy Child Programme 0-19 offer



Introduction to Barnardo's

Leading children's charity Barnardo's is one of the most comprehensive providers of integrated health and social care services for children and young people, with more than 150 years' experience of supporting them through a variety of challenging circumstances.



We work with a range of commissioners and partners including NHS England (NHSE), Integrated Care Systems (ICSs), Department of Health and Social Care (DHSC), Department for Education (DfE) and local authorities (LAs) to support the delivery of cost-effective and innovative integrated health and wellbeing services across prevention, early intervention, targeted and specialist support in a variety of place-based settings throughout the UK. Barnardo's currently holds more than 150 health contracts.

Our services take a trauma-informed and inclusive approach based on the principles of personalised care and shared decision making. We put the voices of children, young people and families at the heart of what we do to ensure all our services are accessible and appropriate.

Our offer

Barnardo's has significant expertise and experience in delivering an integrated approach to the Healthy Child Programme across the country, utilising our skill mix approach.

This includes partnership governance and matrix management approaches to subcontracted programmes. We offer flexibility and innovation to Healthy Child models, working with large lead providers and smaller community interest companies. Our Healthy Child Programme 0-19 +25 partnership offer supports registered health visitor and/or school nurse-led teams, according to place-based and commissioning needs. We deliver the programme as a strategic and operational partner in Birmingham and Essex.

Our staff are qualified to NVQ level 3 or above in child development/related areas and our comprehensive competency framework can flex to meet partnership requirements.

All staff receive appropriate mandatory and essential to role quality assured training and effective supervision to meet the needs of the Healthy Child service and comply with safeguarding requirements.

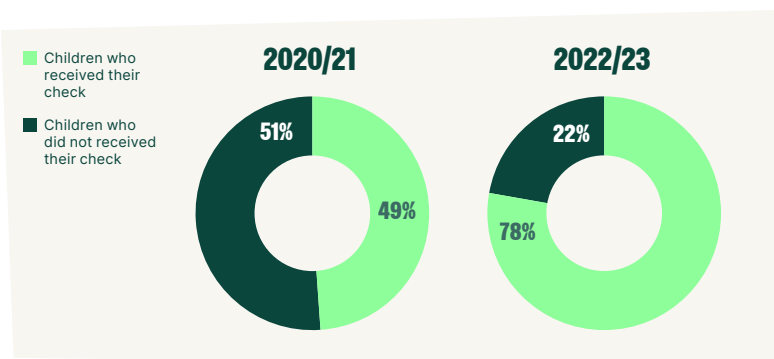
As a nationwide integrated health and social care children's charity, Barnardo's can offer:

- **The voice of children, young people and families at the core of our services.**

We're committed to ensuring that our practice aligns with our seven quality standards, which were developed in partnership with children and young people.



- **Delivery of Healthy Child Programme mandated contacts, increasing access to services and meeting key performance indicators.** An external evaluation in 2023 identified that Barnardo's practitioners overseen by an integrated health visiting team, significantly increased accessibility and reach of universal mandated contacts. This enabled more families to access Healthy Child services and supported a reduction in health inequalities. The alignment of electronic systems also meant that families were only required to tell their story once.



- **Shared best practice, innovation and resources in establishing and maintaining Healthy Child support offers.** Our experience and expertise mean that we are able to ascertain what works where and why. We're happy to share learning from other areas where we deliver services, link into communities of best practice and promote service improvement and innovation. With our specialist health team and subject matter experts, Barnardo's can help design and use learning from existing pilots for a number of prevention and early intervention interventions which, in partnership, can support the Healthy Child Programme.

- **A flexible response to resolving capacity issues.** With the current workforce challenges in health visiting and school nursing, we can help develop and design service models to address workforce gaps, through the provision of non-clinical support whilst maintaining the specialist knowledge and expertise these teams require. This enables clinically trained professionals to focus on complex cases and also support families that require more specialist help.
- **Broad experience of delivering parenting, infant and child support offers through our 87 child and family hubs.** We provide services in local communities that are trusted and accessible to our families and share these venues with our health partners. Our practitioners work across traditional organisational boundaries offering seamless care. Our expanding **Barnardo's Family Space** website also provides blended service delivery through offline and online services. This includes open access parenting and health literature, online breastfeeding support groups with 1:1 support sessions, school readiness, 1001 days programmes and shared knowledge on child development.
- **Leadership of an alliance or consortium of grassroots organisations.** Our approach helps us to harness local knowledge and trusted relationships within communities to maximise service coverage and applicability. It also alleviates pressure on health providers by linking in with the support smaller VCSE organisations require to engage in healthcare practice. Examples include **See, Hear, Respond; VCSE Health and Wellbeing Alliance** and **Surrey Wellbeing Alliance**.

Birmingham Forward Steps:

an example of where Barnardo's is successfully supporting the delivery of the Healthy Child Programme

Birmingham Forward Steps delivers health and wellbeing services as part of the Healthy Child Programme in a unique partnership and integrated service model with Birmingham Community Healthcare NHS Foundation Trust. Barnardo's prides itself on being in a partnership that is focused on the early identification of a child's needs to give them the best start in life and ensuring that parents/carers receive the support they need.

Birmingham Community Healthcare NHS Foundation Trust oversees the 5 key mandated health checks during preschool years, in clinic or at home. Since 2019, Barnardo's practitioners have been trained through our incremental model, to deliver universal mandated 2–2.5 year health checks.

Using our robust competency framework, signed off by the health team practice lead, Barnardo's delivers a gold standard service in support of Birmingham Forward Steps, using a one system approach to health and social care.

What stakeholders say about this partnership:



Families said...

- Support is more accessible, timely, tailored, coordinated and empowering.
- More families 'in' the system.

HCP Service Managers said...

- Creates more capacity for health visitors to deliver the HCP and allows them to focus on more complex cases.
- Reduces duplication of efforts.
- Improved communication.

Benefits described by stakeholders

Commissioners said...

- Prevents escalation of needs.
- Opens doors for wider collaboration.
- Local insights informing strategic level.

Health Professionals said...

- Develop skills/knowledge in other areas.
- Greater awareness of support available.
- Reduces workload burden.



Our Healthy Child Programme menu of interventions includes unique data-led co-produced, evidence-based and quality assured interventions.

We have designed it to mirror the 12 high impact areas for Healthy Child contracts, both as stand-alone programmes and as part of larger contracts.

The menu includes:

1. Supporting transition to parenthood
2. Supporting maternal and family mental health
3. Supporting breastfeeding
4. Supporting healthy weight and nutrition
5. Improving health literacy, managing minor illnesses, and reducing accidents
6. Ready to learn and narrowing the word gap
7. Supporting resilience and wellbeing
8. Improving health behaviours and reducing risks
9. Supporting healthy lifestyles
10. Reducing vulnerabilities and improving life chances
11. Supporting additional and complex health needs
12. Supporting self-care and improving health literacy

To find out more

We'd love to hear from you.
Please get in touch via
healthteam@barnardos.org.uk
if you would like more information.



[barnardos.org.uk](https://www.barnardos.org.uk)



Barnardo's Registered Charity Nos.216250 and SC037605. 25348AM24