



Harrogate and District
NHS Foundation Trust

Northumberland 0-19 Service

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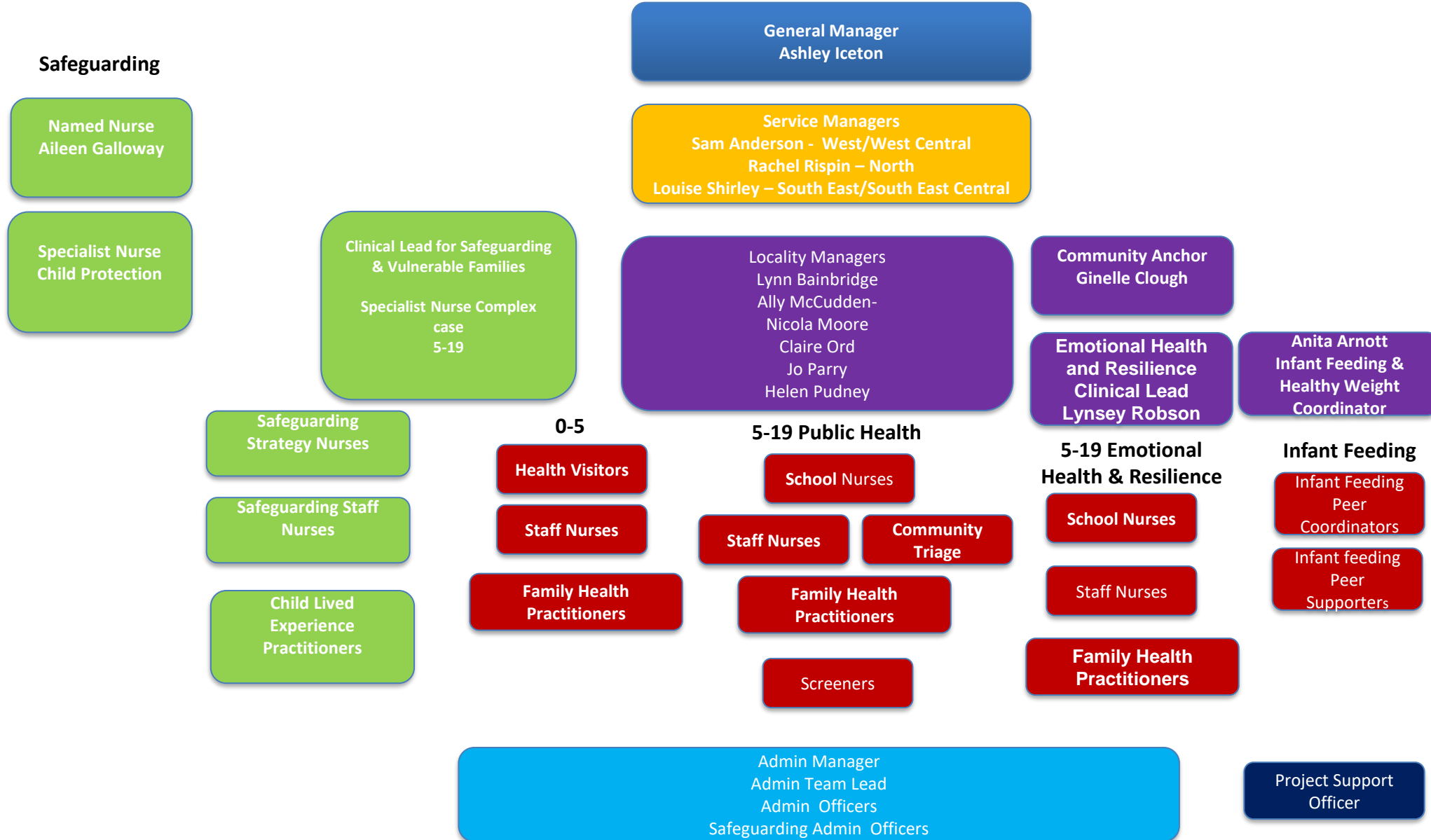
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HDFT Trust
Value and
Behaviour
Framework.



Northumberland 0-19 Structure



The New 0-19 Service Model

- The 0-19 Service model delivers the service through skill mix to meet the key priorities of the partnership arrangements and support integration and collaboration with Local Authority Partners, Family Hub model. Midwifery and key stakeholders.
- The model is influenced by experience and best practice, will evolve and develop, responding to local and national changes and need.
- 0-19 Locality Managers – manage colleagues across 0-19 service, each with a thematic lead area to promote service transformation and quality improvement (Quality and Performance Management, EPP, Best start in life, SEND, System1, Digital and Service User Experience, Education).

The 0-19 model

- All children are allocated to a Health Visitor from antenatal to age at reception. Health Visitors lead on the delivery of the Healthy Child Programme and targeted interventions.
- The health visiting service have a skills mix approach to delivery and work closely with staff nurses and family health practitioners.
- All families are offered contacts within the family home unless there is a request not to or a risk associated with this.
- The Healthy Child Programme contacts - Antenatal visit, New Birth Visit, 6-8 week visit, 9-12 month visit and 2-2.5 year visit.
- Targeted Interventions include safe sleep, behaviour, healthy lifestyles, infant feeding/nutrition, parenting skills, maternal mental health, speech and language, home safety and accident prevention.. **The examples are not exhaustive.**

The 0-19 model

- Infant Feeding Pillar compliments the service by delivering antenatal advice after the antenatal visit by the health visitor or proactive contacts postnatally after the new born visit if required.
- There are Infant Feeding Peer groups facilitated by the pillar across Northumberland and the pillar deliver care in line with UNICEF standards. Growing Health Northumberland 0-19 service have maintained UNICEF gold accreditation.

Infant Feeding Support Groups

Monday

Cramlington Community Hub (Manor Walks)- 9:30-11:30
Ashington Family Hub - 10:00-11:30



Tuesday

Prudhoe Family Hub - 10:00-11:30 1st & 3rd Tuesday of the month (Alongside Learning Together Through Play)
Ponteland Library - 10:00-11:30 2nd & 4th Tuesday of the month

Wednesday

Blyth West Family Hub - 12:30-14:00



Thursday

Bedlington Family Hub - 10:00-11:30
Alnwick Family Hub - 10:00-11:30
Berwick Family Hub - 13:30-15:00

Friday

Hadston Family Hub - 10:00-11:30 (Alongside Learning Together Through Play)
Hexham Library - 10:00 - 11.30 (Temporary change of venue until 1st March)



The Infant Feeding team offer support, whether you're getting started with breastfeeding, starting solids, returning to work and everything else in between. The groups are also a great place to chat with other parents about you & your new addition to the family.

No Booking Required



The 0-19 model

- The Health Visiting service will facilitate bookable Health and Wellbeing clinics across Northumberland – booked through Single Point Of Contact.
- Many health and well being clinics run in conjunction with local groups within the family hubs.



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0-19 Health and Wellbeing Clinics



North Of Northumberland

Alnwick Family Hub: Monday 9.30 - 11.00

Amble Health Centre: Mondays fortnightly 09.30 - 10.30

Belford Health Centre: 2nd Tuesday of the month 13.30 - 14.30

Berwick Family Hub: Wednesday 13.00 - 15.00

Hadston Family Hub: Fridays fortnightly 9.30 - 10.30

Rothbury Hospital: 4th Wednesday 13.30 - 14.30

Wooler Fire Station: 3rd Monday 09.30 - 11.00

West of Northumberland

Haltwhistle Family Hub: 1st Tuesday of the month 13.00 - 14.30

Hexham Fire Station: Tuesdays except 1st Tuesday 13.00 - 14.30

Prudhoe Oaklands Health Centre: Wednesday 09.00 - 11.00

Ponteland Health Centre: Wednesday 09.30 - 11.30

South East of Northumberland

Blyth Central Family Hub: Tuesday 09.30 - 11.30

Bylth West Family Hub: Wednesday 13.30 - 15.30

Cramlington Hub: Tuesday 09:30 - 11:00 & Wednesday 13:30 - 15:00

Elsdon Avenue Church Hall: Thursday 10.00 - 11.30

Central Northumberland

Ashington Family Hub: Tuesdays 13.00 - 15.00

Bedlington Family Hub: Thursday 09.30 - 11.00

Guidepost Health Centre: 1st and 3rd Tuesdays 09.30 - 11.30

Lynemouth Health Centre: 2nd & 4th Fridays 09.30 - 10.30

Morpeth Methodist Church: 1st and 3rd Thursdays 09.30 - 11.00

Newbiggin Family Hub: 1st & 3rd Wednesdays 09.30 - 11.00

Behavior
Toileting
Sleep
Development Concerns

Growth Monitoring
Advice & Support
Diet
Speech

APPOINTMENT ONLY

If you would like to attend one of our sessions, please book an appointment
Contact 0300 3732488
Email: hdft.spocnorthumberland@nhs.net
or our Growing Healthy 0-19 App








The 0-19 model

- Virtual weaning offer available booked through Single Point Of Contact.



Thinking of starting solids?

IS YOUR BABY READY?

BOOK ON TO OUR VIRTUAL WEANING SESSIONS

DELIVERED VIA TEAMS BY NORTHUMBERLAND 0-19 SERVICE AND NORTHUMBERLAND FAMILY HUBS

Please book via Northumberland SPOC

☎ 0300 3732488

Wondering if your baby is ready?

Better Health Start for Life

Working In Partnership





The 0-19 model

- The 3 pillars are skill mixed staffing for 5-19:
- Public Health Pillar delivers Tier 1 bladder and bowel advice, healthy lifestyles support, sexual health advice, sleep hygiene to name a few. The pillar offers all schools annual school profiles to support key health priorities. The pillar also support organisation and delivery of the National Child Measurement Programme.
- Bladder and Bowel workshops are facilitated monthly face to face and /or virtual

The examples are not exhaustive.



Toileting and Enuresis Workshop

COME ALONG TO OUR WORKSHOP TO RECEIVE INFORMATION AND ADVICE FROM OUR 0 -19 PRACTITIONERS.

LEARN STRATEGIES TO SUPPORT YOUR CHILD WITH TOILETING ISSUES - WORKSHOP AIMED AT CHILDREN 4+



Please book via Northumberland SPOC
☎ 0300 3732488

The 0-19 model

- The role of the Emotional Health and Resilience pillar is to support school aged children and young people who have been referred into the service with low level, emerging emotional wellbeing needs. Provides evidenced based care packages to both individuals & groups, that focus on identifying and improving areas of need, such as but not limited to - anxiety, low mood, low self-esteem and building resilience.
- Relax Kids (5-10) and Charge Up (11-16) is delivered in partnership with the family hubs which both focus on improving skills around emotional regulation and building and maintaining positive relationships. The course is delivered over a period of 4 weeks.

The examples are not exhaustive.

The 0-19 model

- Safeguarding Pillar, includes Complex Case Nurses, Strategy Nurses, Staff Nurse and Child Lived Experience Practitioners. Their role is to work with children and families collaboratively with other partners, focusing on the health needs and capturing the voice of the child.

The examples are not exhaustive.

Innovative roles.

Community Anchor: role objectives include, scoping the various community projects and initiatives across Northumberland. Community profiling work with the Family hub/Early help project team. Support the development of the family hub model.

Housing pathway and the fire brigade.

Community Triage Nurse: role to work alongside the Early Help Hub to support the flow of referrals across the system, representing the 0-19 service. The role will be pivotal in providing a timely response to referrals, ensuring agreed waiting times are adhered to. They will also signpost referrals to partners deemed most suitable to meet the needs of service user.

The Project Support Officer Role: This role includes responsibility for implementing and transforming the digital platform. The service is developing and expanding the social media offer including facebook, Instagram, Healthy Child App, this includes our virtual nurse offer and Single Point Of Contact.

The service collates service user feedback with the theme of feedback Friday. The role also includes integrated working with other partners, sharing digital information and contributing to the family hub digital offer.

Access to the Service

- Single Point of Contact Telephone Number **0300 373 2488**
- Single Point of Contact Email Address HDFT.spocnorthumberland@nhs.net
- Referrals into the service for pre school children – Health Visitor – through single point of contact. All children have an allocated Health Visitor.
- Other referrals to the 5-19 service – Through a MARF form or Early Help Hub 01670536400 or EHA@northumberland.gov.uk
- 0-19 Office Duty - A practitioner is available for professionals and service users between the hours of 8.30am – 5pm to discuss any queries if an allocated practitioner is not available.
- Health Chat – families are able to access support from the service using this function, this is a messaging function and is monitored between office duty hours.

Connect



Growing Healthy
Northumberland
Growing Healthy 0-19

Connect With Us



Contact 0300 3732488
Email: hdft.spocnorthumberland@nhs.net
or our Growing Healthy 0-19 App



Connect



APP

[_Northumberland Growing Healthy 0-19 HDFT App_ MOBILE ROCKET HEALTHCARE.mp4](#)

Connect



New Website Launch!