



Facilitating health enhancing activities

Health visitors as social prescribers

Andrea Johns -Fellow of the Institute of Health Visiting
Professional Lead Integrated Children's Division
Wirral Community NHS Foundation Trust

What is the iHV?

The Institute of Health Visiting is a charity and academic body. Its core purpose is:

To improve outcomes for children and families and reduce health inequalities through strengthened health visiting services across the UK.



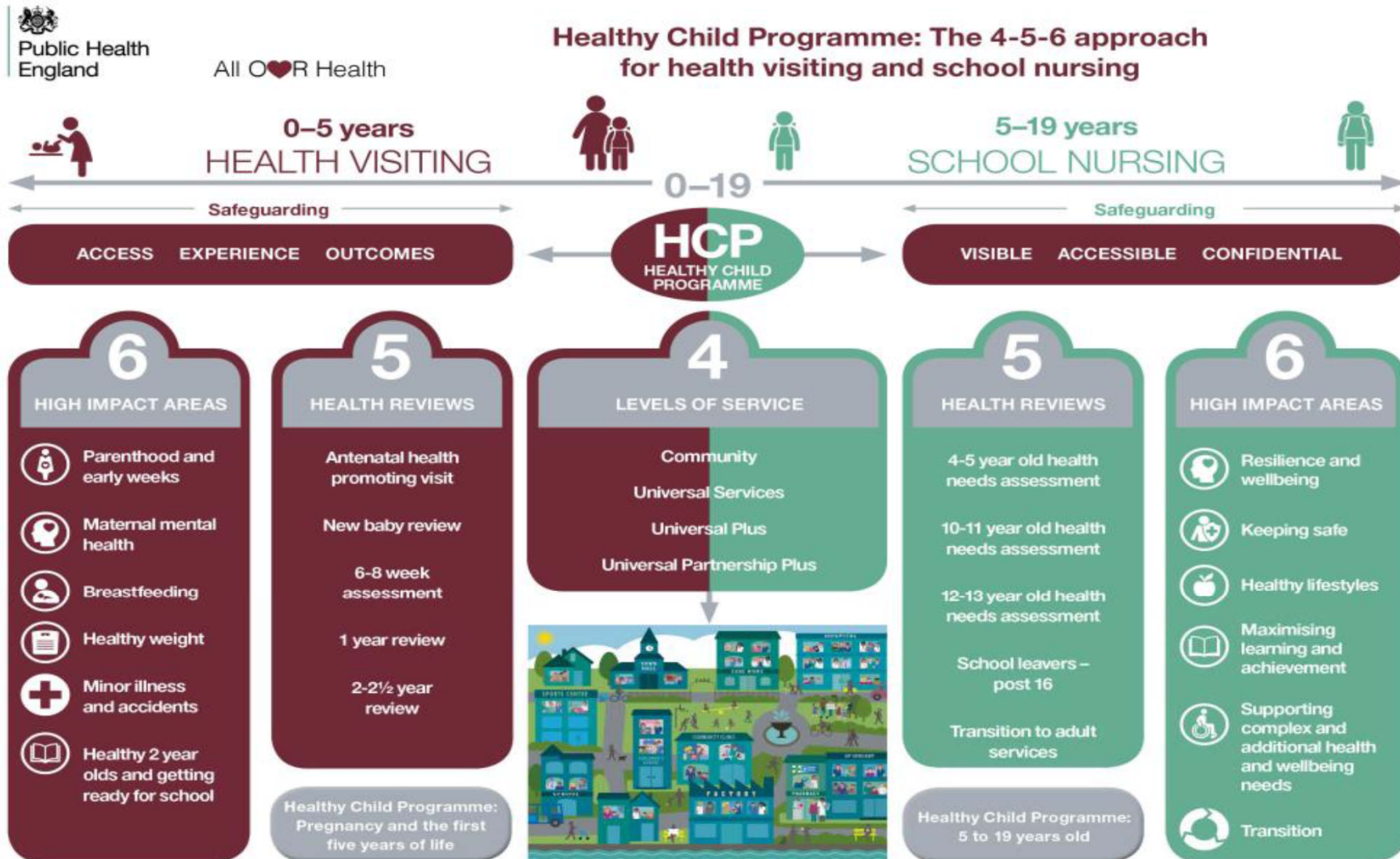
Principles of health visiting

- The search for health needs
- The stimulation of an awareness of health needs
- The influence on policies affecting health
- **The facilitation of health-enhancing activities**

aligns fully with the philosophy and practice of social prescribing



Delivering outcomes for children and families through Partnerships using 4-5-6 model



Universal reviews to identify need and facilitate health enhancing activities

- A full assessment is carried out at each of the universal reviews as per Healthy Child Programme
- The health visitor will use promotional interviewing to assist in the identification of strengths, concerns and vulnerabilities that may impact on both the physical and mental health and wellbeing of the mother, father and child
- Use of Wellbeing plan- endorsed by NICE helps mums start thinking about how they feel and what support they might need during the pregnancy and beyond



More than signposting: Families value a health visitor who

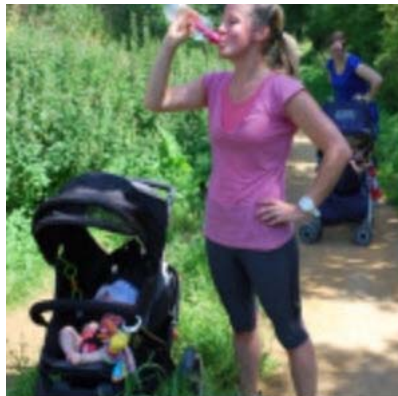


- Knows them and their community
- Has trustworthy knowledge of health issues and the health system
- Is accessible directly or through innovative technology and apps for information that promotes self care and improves wellbeing

Support that is currently available for women and children

Ready Steady Mums

- Volunteer-led community exercise movement for mums, a programme run by the Institute of Health Visiting.
- Socialising walking groups can have a profound impact on maternal mental health, wellbeing and community cohesion.
- Mothers, who meet regularly to get active together outdoors with their babies and children, report improved physical and mental health and valuable friendships.



'Ready steady mums has reached parts of me that running alone simply won't reach. It's a joy working out with like minded mums and my daughter gets to socialise too'

Group support in the community

- **Multi agency antenatal and post natal groups** e.g. Cheshire East Parenting Journey

“The sessions reassured me that I am on the right track and also supported me in the next steps”



Group support in the community

Multi-agency Postnatal depression support groups
e.g. Lavender group (iHV champion led)

Smile group: voluntary peer support and virtual support globally via social media channels

“I have enjoyed the peer support, meeting other mums and babies and have been given useful information which helped”



Innovation in technology to support self care



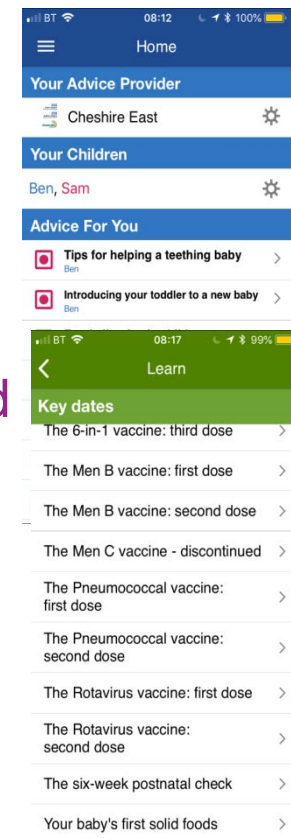
- **Raise confidence in self-care**
- Helps parents to navigate those challenging early years and give each child the best possible start in life.

- **Trusted health advice**
A common approach to children's health

- **Reduces unnecessary hospital visits**

Cheshire East

91% would recommend CATCH to a relative or friend
47% had chosen self-care instead of attending A&E.
22% reduction in 0-5yr A&E attendances (where discharged with only basic advice) 2016/2017



Social prescribing – the future

- Through social prescribing, we can improve the way we approach the physical and mental health and wellbeing of mothers, fathers and children
- ‘Facilitating health enhancing activity’ aligns fully with the philosophy and practice of social prescribing
- Health Visitors work in an integrated way with other services to identify what is needed and signpost or refer
- Trusted relationships open doors to unused opportunities and resources for health for children and their families

Thank you for listening!

