



Holiday Kitchen

October 2021 Newsletter

This summer, Barnardo's Children's Centres ran Holiday Kitchen over eight different sites as part of Birmingham's Healthy Activity Programme. The programme helps to address holiday hunger, inactivity, isolation and learning loss by children. The Children's Centres (including Edgbaston St Boniface, Edgbaston Cobden, Edgbaston Holloway Hall, Bertram Golden Hillock, Soho Handsworth Church, Yardley Oasis Blackenhale, Ladywood Children's Centre and Northfield St Gabriel) opened their rooms and garden spaces to provide a safe, non-stigmatised place for physical and enrichment activities to help keep children feed and have continual learning.

The holiday provision took place between 26th July and 27th August 2021 as part of '[Bring it on Brum](#)'. In total, 483 young people over 5 years old and 417 children under 5 attended the activities alongside with their parents. Some centres prepared food, whilst others utilised local partners to provide healthy meals through the week. Overall, 1861 meals were proudly provided to families!

One family that accessed Holiday kitchen had 7 children and had very recently moved to the area. Mum shared that she had not previously accessed sessions like these and was not aware of anything like holiday kitchen operating in their previous area. Holiday kitchen provided the opportunity for mum and the children to build relationships with local families and to develop positive friendships they could continue outside of the sessions. Mum stated that the sessions have been a lifeline and they look forward to attending again in the future. *By Sam Hoskins, Children's Services Manager Ladywood District*



'Have Your Say' Summer Holiday Programme



Provided by Sue Turner, Community and Engagement worker , GBNFC Children's Centre , Selly Oak District

GBNFC Children's Centre conducted Parent Consultation to support the Summer Holiday Programme. With the COVID-19 restrictions lifting; parent's views were needed to ensure programmes were developed to support the needs of the families in the Selly Oak District.

Zoom meetings were set up and one-to-one phone calls were made. 27 parents took part in 'Have Your Say'. Parents said they would like to attend baby groups, sessions where 0 – 5years could attend, activities that had a specific focus e.g. speech and language, healthy eating, and outdoor activities (e.g. sports day, exploring the outdoors, local and seaside trips).

PLAYDAYS incorporated a healthy eating and physical programme with outside agencies supporting; healthy eating, speech and language, physical development, story tellers, soft play, bouncy castles, magician & circus skills, face painting, exploring small animals and yoga bugs. Community members included the Police, the Fire Service, Employment and Training providers, as well as family support and specialist teams offering a wide range of advice and support.

BABY GROUPS were planned at various venues across the Selly Oak district providing the opportunity for parents to meet other parents in groups and trips in the local area

LET'S EXPLORE GROUPS were planned at various venues for children who had begun to walk and up to the age of 2 years to support confidence in being able to explore and promote physical development in a group environment

Examples of feedback

'Really enjoy coming to this baby group, everyone makes me feel welcome' – Parent from Baby Group

'I have a baby and the Playday has really helped me to get out and meet people, my baby likes the soft play.' - Parent from Playday

'I like the children to play together and for adults and children to be active together.' – Parent from Playday

'It's a wonderful, nice place to be, arts, games and jokes' – Child

'I love the things that are here today, I can't wait till I come again.' – Child

'Had fun and food, painting, singing and dancing, lego building'. - Child



How and why an Assistant Practitioner Moodle Page has been developed...



By Kathy Elzner, Assistant Practitioner

“Rachael Garvey (Divisional Director Nursing & Therapies BFS) has recently introduced an Assistant Practitioner Forum; within this meeting, there were discussions regarding the Assistant Practitioner (AP) role, how the role could be developed and possible training opportunities in the future.

Gwen Gerald-Briscoe (Head of Clinical Education and Practice Development) spoke with us about the option of developing a Moodle page. I volunteered to help develop this platform. After several meetings with Peter Haynes (IT Trainer) and Andrew Hughes (E-Learning Support Officer), I developed a tool on which I felt in the current situation would help all staff.

Previous to COVID-19, staff would be able to access the office to complete paperwork, send referrals, access folders with assessment tools; due to COVID-19 restrictions, these practice elements of our role have become more of an issue. I have uploaded many referral forms, internet links to helpful information, contact details of valuable departments on the Moodle page. The idea of the Moodle Page was for it to be a one-stop-shop for information, tools and resources, as well as a communication tool. I have linked in with Learning and development and have provided links for training opportunities if any of the AP’s were interested in developing their role further.

I am a member of the Health Visiting Council, I understand the importance of cascading valuable information. I have created a notice board. Hopefully, staff will also be able to view these pieces of information when accessing the page for their daily work. My hope for the page is that this tool will make our working day more streamlined and more effective.”

Kathy is exploring how Early Years Workers can access the Moodle page. If anyone would like to get involved to support the development of the page or have any suggestions on what else could be included, please contact: k.elzner@nhs.net

For Assistant Practitioner, Health Visitors & Health Visiting Students. How to access Moodle:

1. Click on the Moodle icon on your desktop

2. When the Moodle page is open, please sign in

3. Type ‘Assistant Practitioner’ into the search facility.

4. Click on the link to the Assistant Practitioner page.

Any Moodle access issues, please email: bchc.virtual.campus@nhs.net

Breastfeeding Peer Volunteer's Story

Provided by Natalie Clarke, Volunteer Coordinator (Hodge Hill District)

BACKGROUND: Natalie Clarke is the Volunteer Coordinator responsible for recruitment, support and training of all the volunteers in Hodge Hill. Volunteer A has been buddied up with Victoria Evans, Ante-natal & Infant Feeding Lead. Volunteer A is a Breastfeeding (BF) peer volunteer supporting parents and babies in the Virtual Breast Feeding lounge during Covid 19.



“I am a Breastfeeding Peer Volunteer. Normally I support in the face to face breastfeeding lounge sessions; however during Covid I have supported my buddy Victoria in the virtual lounges. I had never used or accessed a virtual session before, so this was a new experience for me. However, I recognised the importance of reaching out to new parents and parents who were requiring support with breastfeeding in a time where many felt isolated and alone due to Covid, so I learned how to use the virtual system to support families. To begin with I was nervous and observed my buddy Victoria (Infant Feeding Lead) delivering the virtual sessions. Each session I became more and more confident and engaged in conversation and support to Mothers and their babies.

My engagement in the sessions each week raised my confidence.

Mothers shared their experiences of breastfeeding and the impact of Covid restrictions. The virtual Breastfeeding lounge enabled parents a support network to access support and much needed conversation.

I feel that parents and babies left the sessions supported and happy.

I feel that I played huge part in that success, as I have built rapports with parents and children throughout the pandemic and they have become regular attendees to the sessions. Parents who came to the face to face sessions with their first child came back to the virtual sessions with their second child because they have built professional relationships with myself and Victoria and I feel that seeing a familiar and consistent face encouraged parents to attend.

Through the pandemic I have completed my Paediatric First Aid and Breastfeeding awareness online training. I received support from the Employment and Training worker at the centre who helped me to apply for an access course to nursing, inspired by my volunteering work. After receiving a reference from the volunteer coordinator I was accepted onto the course and I am nearly at the end of the course and preparing for my next journey to university.” – VOLUNTEER A

The Volunteer Programme

The Volunteer Programme at GBNFC Children's Centre is designed for local parents and community members to have the opportunity to gain work experience, undertake training, achieve valuable skills and knowledge to help find employment or gain confidence and self - esteem to continue with further education. Below is a volunteer's story:

"My name is Karen, I am 40 years old and a mother of a 2 year old. After attending GBNFC Children's centre groups when my child was 6 months old, it made me realise that I wanted to help at the children's centre and within groups.

I was not working and felt I wanted to do more because I was so used to working before I had my child. I knew that even though I was a mother I wanted to do something to support families and felt Volunteering was the way forward. Through Volunteering with the children's centre; I felt I had a new found confidence and supported in learning new skills to help me help others, Volunteering increased my self esteem. I would describe Volunteering as a way of helping me to give something back. I found the children's centre professional but relaxed and a place where parents feel a part of the group naturally and where parents can gain confidence in themselves and as parents.

For my son; Volunteering has helped me to learn new skills as a parent. I have been involved with groups and getting ideas from the parents. Being a part of a group and helping I have found Volunteering as a way of being able to listen to parents and their experiences of parenting. It has helped me to be aware of how others parents go through similar situations and we can learn from each other. The children's centre service has made me more relaxed about my son's medical needs; I have learnt to let go a little more and allow him to space to develop naturally.

If you are looking to make a positive difference to the lives of children and families in the Selly Oak area, gain experience in a work environment, give something back to the community then Volunteering could be right for you. To find out more information please contact: 0121 464 4189



Karen Joynes,
Volunteer

Artist In Residence

[The Springfield Project](#) is delighted to welcome Zoe Challenor as 'Artist in Residence' for 2021-22. Zoe is co-founder and director of [B'Opera](#). Zoe and The Springfield Project have a shared passion for increasing access to the arts for children, families and the wider community. They value the role that the arts can play in child development, emotional wellbeing, self expression, confidence, family relationships and social cohesion.

THE RESIDENCY HAS THREE PRIMARY AIMS:

1. To provide children and families with a rich experience of music and singing through regular artist-led sessions. Music and singing will be used to enhance and develop the EYFS provision, providing children and families with the opportunity to develop their musicality and love of music, as well as using music to enhance other areas of the curriculum and support all round development.
2. To provide opportunities for the artist to explore their practice for children, young people and the wider community with a view to continuing their development as an artist alongside the teams at The Springfield Project.
3. To support the continual professional development of staff and volunteers at The Springfield Project, through increasing their understanding of the value of music in their practice, and developing their skills and practice in music making.

<https://www.springfieldproject.org.uk/>



"I'm looking forward to working more with The Springfield Project - every time I visit I'm delighted and impressed by the people and what you are all doing. There is such friendliness, curiosity, openness, and in that atmosphere the children thrive and flourish. It's a joy to be around, and to contribute to that vision."

– Zoe Challenor

Supporting those impacted by the issue of Forced Marriage

Multiple online training dates in November: This multi-agency workshop, organised by [Birmingham and Solihull Women's Aid](#), is designed to raise awareness of the signs and indicators of Forced Marriage. Booking can be completed by clicking on the Eventbrite links below, using the password 'FM2021'.

Joining instructions for use of the Zoom virtual platform will be sent out one week before the event date: <https://www.eventbrite.co.uk/e/supporting-those-impacted-by-the-issue-of-forced-marriage-tickets-176367358517>



Offering Support to Victims of Domestic Abuse (Case Opened 12/1/21 - Closed 11/06/21)

Provided by Jeanette Duncan ,Senior Family Support Worker, Doddington Green Children 's Centre

"I worked with a parent and child of who mother was a victim of domestic abuse; this continued even after their relationship ended and was having an impact on the child as he was subjected to dad making unannounced appearances which would end up with mom becoming distressed and the police being called out. This happened on several occasions, usually whilst the child was in bed, waking him from his sleep and understandably causing upset and distress.

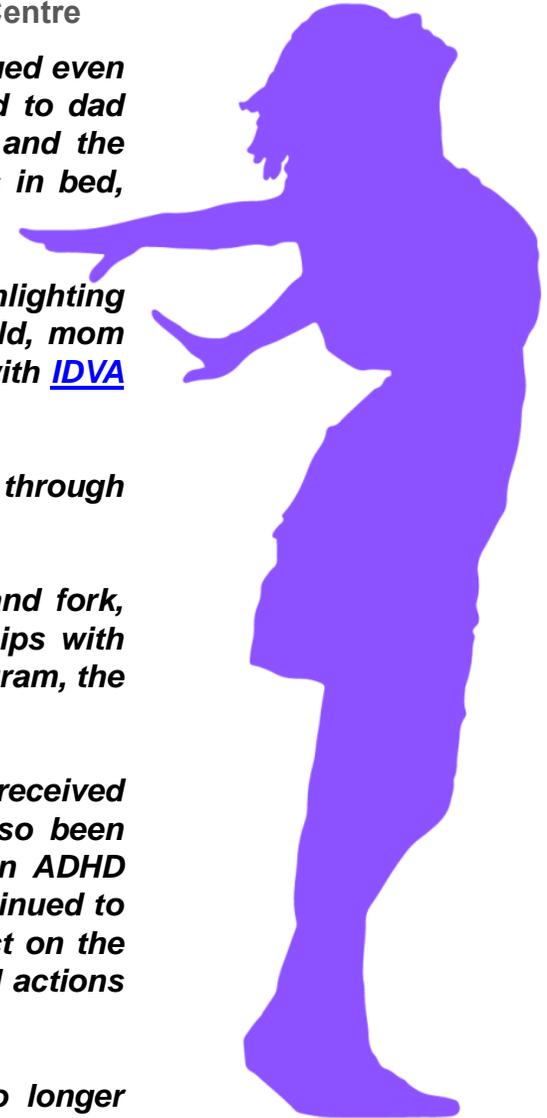
Initially mom was unsure about a non molestation order but after working with mom and highlighting the domestic abuse (mom did not see it as it was not physical) and the impact on the child, mom agreed to complete the [Freedom Program](#), further down the line mom also agreed to work with [IDVA \(Independent Domestic Violence Advisor\)](#) and obtain a non-molestation order.

We also worked on the child's speech and language signposting to speech and language through play worker, and also got the child in to nursery using the child care plus funding.

The childcare plus funding supported the child with development such as using a knife and fork, drinking from a cup, using single words and has enabled him to build positive relationships with other adults and his peers. With the child in nursery, mom was able to complete the PHP program, the Freedom Program and attend appointments with IDVA to obtain the non-molestation order.

At the end of the intervention mom gave positive feedback in regard to the support she had received through the family support package of care. By the end of the intervention mom had also been confident in seeking out support with other professionals such as the GP to look into an ADHD diagnosis for herself, mental health and confidence support groups for herself and also continued to access nursery provision. Mom was also able to see how this would have a positive impact on the child and enable her to also focus on the child when he was in her care (not at nursery). All actions from the EHA were either achieved or improved by the end of the family support intervention.

The child settled well within nursely and showed good progress. The child was also no longer witnessing distressing DA incidents and was able to feel safe and secure when in his home environment."



Health Visiting Hub Parent & Carer Survey

Birmingham Forward Steps are looking at developing a single point of contact, for when you need to get in touch with us.

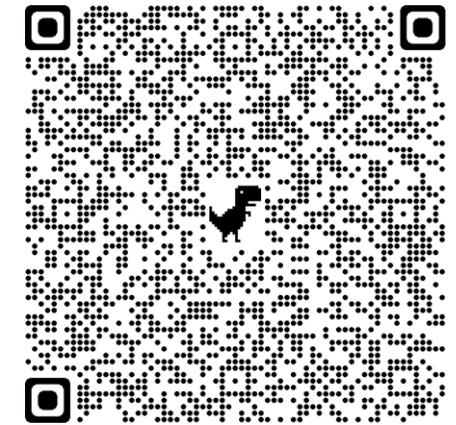
So, wherever you live you only need to have one number to call to speak to someone about your child's health and development.

We would like to ask for your views. If you are happy to help you can do this by scanning the QR code or clicking on the link to complete the short survey.

<https://www.oc-meridian.com/bchc/survey/BFSHVHubParentCarerSurvey>



Scan the
QR code:



BUMP: “Ask the Health Visitor”

The *Birmingham & Solihull United Midwifery & Newborn Partnership Steering Group (BUMP)* arrange an “Ask the Midwife” session every month whereby parents can join and ask any questions relating to midwifery. The BUMP group have also included a section relating to “Ask the Health Visitor”. These sessions are 60 minutes in total and occur on the last Tuesday of every month at approx. 10:30 – 11:30.

The BUMP team would like to know if any health visitors, Team leader, DPLS would like to join future sessions to answer questions relating to health visiting. If you are interested, please contact: carroll.johnson-chapman@nhs.net



Ask the
Midwife

Last Tuesday of every month 10.30am – 11.30am

Get answers to any questions you have on our live zoom session.

Our midwives are here to support you on zoom: <https://bit.ly/ATMbsol>

bump

Birmingham and Solihull United
Maternity and Newborn Partnership
project.bump@nhs.net