

## Appendix 1

### **Leeds Children's Centre Update- Briefing for Scrutiny Board (Children's Services)**

#### **July 2016 Report written by Andrea Richardson**

##### **Recent context**

Sure Start Children's Centres were established nationally from 2010 as the cornerstone of early support and advice for families with young children. The services are intended to be targeted to families with greatest need, but available in all communities. The intention for Sure Start Children's Centres was to be:

*"... the key mechanism for improving outcomes for young children, reducing inequality in outcomes between the most disadvantaged and the rest, and help bring an end to poverty." (DfES 2006).*

More recently the Wave Trust report (2013) gives strong evidence of the economic value of investing in the earliest years resulting in real gains in social, health and economic benefits. This study 'The First 1001 days' forms the basis of the Leeds Best Start strategy and is a key priority for both the Children and Young Peoples Plan and the Health and Wellbeing Strategy for the city. The report identifies key actions to ensure good outcomes these include:

- Secure early attachment between mother and baby;
- Good maternal mental health and wellbeing;
- Healthy nutrition and lifestyle;
- Awareness and strategies to reduce violence and neglect in the home;
- Good parenting capability.

Leeds Children's Centres deliver against a clear specification, jointly funded by LCC and health, to meet these outcomes and is demonstrating significant success. However reducing budgets nationally and locally has compromised the future of Children's Centres. The 4Children National Children's Centre census, undertaken in July 2015, suggested that of the 3,700 Children's Centres opened across the country in 2010 63% of centres had experienced significant changes ranging from closure, de-delegation or grouping of centres together. A high proportion of centres nationally state that budget cuts are having a tangible impact on the level of service with the direct result of a reduced service for families. It is possible that further changes have taken place since undertaking the census.

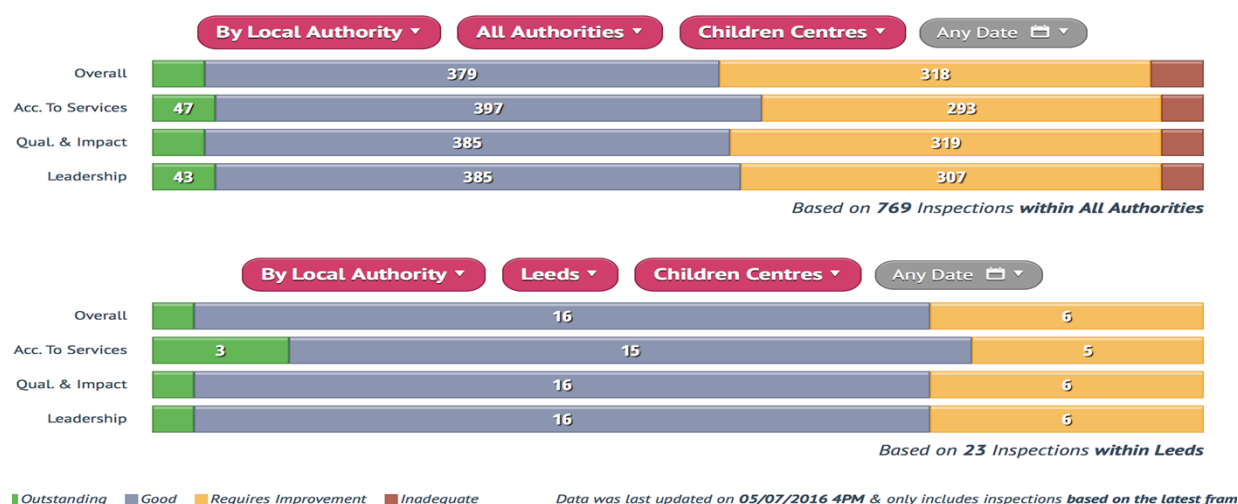
As part of a Child Friendly Leeds approach Leeds City Council have maintained strategic support for an early preventative approach for families through a decision to maintain all 56 Children's Centres as accessible community hubs for all families. Whilst budgets have reduced over the last five years the reality of a universal service for all families, with more service for those in need has been sustained. Unlike the national picture Leeds has

increased the level of contact with families across the city, but also increased the level of support for those with greatest need.

This extension of services for families has been facilitated by developing strong partnership working with key partners, as in schools, health visitors, midwives, public health, social care and the voluntary sector. This was recognised by the recent Ofsted report which stated;

*“There are extensive early and targeted help services available to families at the first emergence of a problem, delivered by knowledgeable, confident and well-trained practitioners.” Ofsted 2015.*

The individual Ofsted inspections of Children’s Centres are above national average with most centres achieving a good or outstanding judgement.



The most significant of these partnerships has been the integration of Health Visiting service and Children’s Centre services into 25 cluster based **Early Start Teams**. This work has strengthened the infrastructure of 56 Children’s Centres and the community focused Health Visiting Service through improved information sharing, monitoring of service and impact, swift and easy access to additional services.

### Children’s Centre- Family Services budget breakdown:

Childrens Centre’s have historically been funded through Sure Start Grant and latterly LCC funding. In 2015-16 Public Health, CCG’s and Schools Forum invested significantly to sustain children’s centre’s in the short term, but also to give time to understand the impact and plan the future service in response to the local evidence base.

The budget in 15/16 was £6,353,240, in 16/17 this reduced slightly to £6,151,000. The breakdown of partner funding is as follows:

| Source                    | Amount     | Notes  |
|---------------------------|------------|--|
| LCC (Children's Services) | 2,252,300  |  |
| LCC (Public Health)       | 1,398,700  |  |
| Schools - DSG             | 900,000    | Funding is included in the budget but there is significant risk this will not be available in the future |
| CCG                       | 1,600,000  | Funding is included in the budget but there is significant risk this will not be available in 16/17      |
| Total                     | £6,151,000 |  |

### **What do Children's Centre (Early Start teams) do?**

They support families with young children from pregnancy through to 5 years providing parent training, information, support and advice, access to child care. The work delivered by Children's Centre managers and Family Outreach workers includes;

|   |  |
|---|--|
| Preparation for Birth & Beyond                              | <p>A programme of perinatal education and support based on a systematic review of what works (DoH 2011). The programme is a seven week course taught by family outreach worker, health visitor and midwife. It teaches parents about;</p> <ul style="list-style-type: none"> <li>• Labour and meeting your baby;</li> <li>• Practical care of your baby;</li> <li>• Understanding your baby;</li> <li>• Baby development;</li> <li>• Parent health and wellbeing;</li> <li>• Support and networks.</li> </ul> <p>PBB is a universal offer for every first time parent in the city.</p>   |
| HENRY (Health, Exercise and Nutrition for the Really Young) | <p>Developed in Leeds the HENRY programme has one of the strongest evidence bases of any early years obesity prevention programme (Willis et. Al. 2013). The approach is an integral part of the Care Pathway for the Management of overweight and very overweight babies and preschool children (0 - 4), see Appendix 5.</p> <p>The programme aims to tackle childhood obesity through training health professionals to work more effectively with parents of preschool children around obesity and lifestyle issues. The 2-day Core Training was developed and piloted in 2007 and has since been adopted nationwide. Over 800 members of the Early Years and Health Visiting service teams have participated in the HENRY core 2 day training and over 40 completing the 2 day Group Facilitation Training. The impact of HENRY includes increased self-efficacy and ability to encourage good behaviour. Increased consumption of fruits and vegetables was reported in both children and adults, together with reduced consumption of sweets, cakes and fizzy drinks in</p> |

|   |   |
|---|---|
|   | adults. There were also positive changes in eating behaviours e.g. frequency of family mealtimes and eating while watching television or in response to negative emotion and reduced screen time in adults. |
| Safeguarding interventions  |   |
| Early Help Assessments and Safeguarding Assessment Plans                            |   |
| Bereavement Support   |   |
| Breastfeeding Support   |   |
| Stay and play   | Locally based parenting groups to support parenting and child development   |
| Family Learning (delivered in partnership with Leeds City College – jointly funded) |   |
| Promotion of Free Early Education Entitlement 2-5                                   |   |
| 0-6 Parenting programmes  |   |
| Parenting support individual packages   |   |
| Support for domestic violence   |   |

### **Additional Offer**

|                              |  |
|------------------------------|--|
| Healthy Start in Childcare   | Currently funded by South East CCG   |
| First Aid for Parents        | Currently funded by South East CCG   |
| Baby Steps                   | Targeted ante-post natal training<br>Joint funding   |
| Infant Mental Health Service | Joint commissioned staff development and support service in baby brain development, early attachment |

### **Centrally run / commissioned services**

| <b>Service</b>  | <b>Provided by</b>   | <b>Core or additional</b>             |
|---|----------------------|---------------------------------------|
| Parenting: <ul style="list-style-type: none"> <li>Incredible Years or others</li> <li>Webster Stratton</li> </ul>   | Parenting Team       | Additional – funded by South East CCG |
| Counselling for parents (contract for £173,001 per annum)   | Northpoint Wellbeing | Core - Targeted                       |
| Citizens Advice Bureau (contract for £135,000 per annum)<br>Children's Centre delivery is part of a larger service commissioned by Citizens and Communities | Leeds Advice Network | Core - Targeted                       |

### **How many families are Children's Centres working with?**

Currently 96% of families in Leeds with children under 5 are registered with Children's Centres (100% through Early Start) that is around **25,304 families**.

Of these families, **13,581** are in target groups (from Childrens Centre inspection framework-see footnote<sup>1</sup>) which are considered to be '**hard to reach**'. **7,443** families in target groups (70%) regularly **engage** with children centres.

Family outreach workers deliver a number of **universal services** to non-working mothers and some more targeted groups. These include Henry (healthy eating and nutrition for the really young). Stay and play for mums and toddlers, First aid courses, Parenting courses, adult education courses and breast feeding support. **8,096** people **attended** these **groups** in the last three months.

Family outreach workers also work intensively with '**targeted families**' these are families who have been referred or refer themselves for short, but intensive pieces of support work with family outreach workers. **4,495** families with **6,543 children** under 5 are currently being supported through family difficulties by our family outreach workers in centres across Leeds.

**334** children supported by children's centres across Leeds on the edge of care last year. 23 children of those supported by children centres were taken into care. Childrens centres also provided a 'soft landing' for 33 children de-escalating from care last year.

### **What difference do Children's Centres make for Leeds?**

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#### <sup>1</sup> Footnote

- lone parents, teenage mothers and pregnant teenagers
- children from low income backgrounds
- children living with domestic abuse, adult mental health issues and substance abuse
- children 'in need' or with a child protection plan
- children of offenders and/or those in custody
- fathers, particularly those with any other identified need, for example, teenage fathers and those in custody
- those with protected characteristics<sup>16</sup>, as defined by the Equality Act 2010
- children who are in the care of the local authority (looked after children)
- children who are being cared for by members of their extended family such as a grandparent, aunt or older sibling
- families identified by the local authority as 'troubled families' who have children under five
- families who move into and out of the area relatively quickly (transient families), such as asylum seekers, armed forces personnel and those who move into the area seeking employment or taking up seasonal work

| 2010  | 2015   |
|---|--|
| 72% of families received a face to face antenatal contact from Health Visiting service;           | 98.5% numbers of families received a face to face antenatal contact - <b><u>28% increase</u></b>   |
| <b>9.6%</b> children were identified as obese in reception  | <b>8.7%</b> identified as obese in reception, bucking the national trend <b><u>-1% less.</u></b> In comparison with other core cities <b><i>Leeds now has one of the lowest childhood obesity rates, significantly lower than five of the seven core cities.</i></b> |
| <b>600</b> 'vulnerable' 2 year olds were accessing early education places                         | <b>2700</b> vulnerable 2 year olds were taking up early education places - <b><u>2200 more children</u></b>  |
| <b>450</b> children under 5 years were taken into the care of the local authority (in quarter 4); | <b>309 children under 5</b> were taken into the care of the local authority- <b><u>141 less in a growing population</u></b> (in quarter 4);  |
| <b>125</b> went onto a CP plan (in quarter 4).  | <b>110 children under 5</b> going onto a CP plan (in quarter 4)- <b><u>15 less children in a growing population.</u></b>   |

### **List of Children's Centres**

| Children's Centre             |
|-------------------------------|
| Alwoodley <sup>(3)</sup>      |
| Ardsley &Tingley              |
| Armley                        |
| Wetherby <sup>(2)</sup>       |
| Boston Spa <sup>(2)</sup>     |
| Hollybush                     |
| Bramley                       |
| Burley                        |
| Carr Manor                    |
| Castleton                     |
| Chapel Allerton               |
| Meanwood                      |
| Chapelton                     |
| City & Holbeck <sup>(5)</sup> |
| Cross Gates & Manston         |
| Farnley                       |
| Farsley /Calverly             |
| Garforth                      |

|                             |
|-----------------------------|
| Gildersome                  |
| Gipton N                    |
| Gipton S                    |
| Guiseley <sup>(1)</sup>     |
| Harehills                   |
| Hawksworth Wood             |
| Headingley                  |
| Horsforth                   |
| Hunslet Rylestone           |
| Hunslet St Marys            |
| Ireland Wood <sup>(4)</sup> |
| Kentmere                    |
| Kippax                      |
| Kirkstall                   |
| Little London               |
| Lofthouse                   |
| Meadowfield                 |
| Middleton under             |
| Middleton                   |
| Moortown <sup>(3)</sup>     |
| Morley North                |
| Morley South                |
| New Beverley                |
| Osmondthorpe                |
| Otley                       |
| Pudsey Southroyd            |
| Quarry Mount                |
| Richmond Hill               |
| Rothwell                    |
| Roundhay <sup>(3)</sup>     |
| Parklands                   |
| Seacroft/                   |
| Shakespeare                 |
| Shepherds Lane              |
| Swarcliffe                  |
| Swinnow                     |
| Temple Newsam & Colton      |
| Two Willows                 |
| Cottingley                  |

|                                |
|--------------------------------|
| Villages East                  |
| Windmill                       |
| Yeadon & Rawdon <sup>(1)</sup> |