



# One minute guide

Appendix 1

## Early Start Service

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### What is the Early Start Service?

The Early Start Service was developed to help key services working with families with young children work more effectively together. This supports our ambition for Leeds to be the best city for children to grow up in, a child friendly city ([guide](#)).

Early Start is an integrated family based offer for children aged 0-5 years and includes the provision of services such as health, childcare, play, early learning and development. Early Start recognises the importance of early help ([guide](#)) and giving every child, in every community, the best start in life both through improving maternal health and better care of children's health and development.

The Early Start Service is comprised of health visitor service practitioners and children's centre practitioners working together in fully integrated teams which are aligned to each of the 25 clusters ([guide](#)) and based in health centres and children's centres across the city.

### Why do we have the Early Start Service?

The Early Start Service was established to ensure that practitioners with the appropriate skills are working together to provide the right support to meet the needs of children and families from pregnancy up to when the child is five years of age to ensure children achieve the best start in life.

The aims of the Early Start Service are to:

- Ensure that families are offered the [Healthy Child Programme](#);

- Ensure that families are offered the [Early Years Foundation Stage Framework](#) as part of the Children's Centre [Core Purpose](#);

- Identify children and families where additional preventative programmes and interventions will reduce their risks and improve future health and wellbeing;

- Promote and protect health, wellbeing, learning and school readiness; and

- Provide a gateway into specialist services.

### What do the Early Start teams do?

Early start teams provide families with a clear point of contact, communication and realistic choices. They work collaboratively with communities to improve health and education outcomes and support families to keep children safe from harm. They provide family support using restorative ([guide](#)) and collaborative approaches, in partnership with other agencies such as GPs, maternity and other early help services.

For families in greater need, they also provide additional support services through the different pathways and offers.

## What are the Early Start offers and pathways in Leeds?

In Leeds, there are different offers and pathways depending on the needs of the family. These are the: Universal Family Offer; Universal Plus; Universal Partnership plus Family Offer; and Care Pathways.

**Universal Family Offer** – this is a planned programme of contacts and services available to all families in Leeds which starts from 28 – 34 weeks into pregnancy and up to the child's fifth birthday. Every family is offered a programme of screening tests, immunisations, development reviews and information and guidance to support parenting and healthy choices; all the services that children & families need to receive if they are to achieve their optimum health & well-being. Also available include: pregnancy, birth and beyond group programme; breast feeding support group; and information, advice and signposting.

**Universal Plus and Universal Partnership plus Family Offer** – it is recognised that some families need additional services at times. When these needs are identified, by one of the early start practitioners, they make their initial assessment of the situation and in collaboration with the family, discuss this at an Early Start Allocation Meeting. Early Help Assessments may be offered with the aim of offering the family the most responsive and appropriate route of support available:

Universal plus includes additional services that families might need for a specific length of time provided by the early start team; and Universal partnership plus Family Offer refers to services for families with more complex and longer term needs. This includes adult substance misuse, children with a disability and those with complex needs as well as children who may have social work involvement.

Care pathways are developed by Early Start practitioners and supported by those with specialist expertise where the family needs additional services, for example additional support for: domestic violence; alcohol misuse; or maternal mood.

## What practitioners need to know, how to access the service, key contacts and for more information

When practitioners come into contact with a pregnant woman or a family with a child under five, they should inform them about the Early Start Service and how to contact them. This is especially important if it seems that the family are not receiving the services they are entitled to. The Early Start Service can be accessed through any Health Visitor team or Children's Centre.

A useful post code tool to help families and practitioners find the right Health Visiting Team and Children's Centre is available from the [Family Information Service](#).

Key contacts are:

Andrea Richardson, Head of Service Learning for Life - [andrea.richardson@leeds.gov.uk](mailto:andrea.richardson@leeds.gov.uk)

Sam Childs, Head of Service Healthy Child Pathway – [samantha.childs@nhs.net](mailto:samantha.childs@nhs.net)

Amanda Ashe, Children's Centres and Early Start Lead – [amanda.ashe@leeds.gov.uk](mailto:amanda.ashe@leeds.gov.uk)

Debra Gill, Service Manager for Health Visiting – [debra.gill@nhs.net](mailto:debra.gill@nhs.net)

For more information you can also access the Council's [Early Start web page](#) and the [Early Start](#) leaflet and the Leeds Community Healthcare [Early Start web page](#)