

# Essex Child and Family Wellbeing Service

## 3 Year Strategic Plan for School Age Children 2018 - 2021

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18 September 2018



Co-commissioned by:

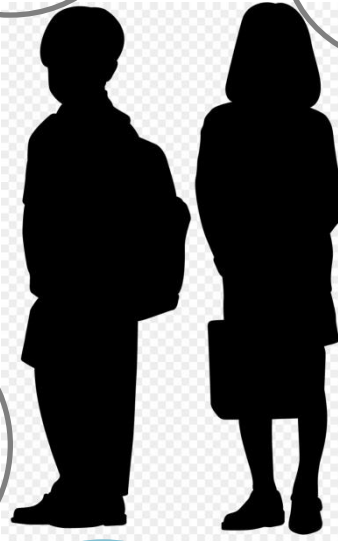
Essex County Council - children and family support services (pre-birth to 19 years)  
NHS West Essex Clinical Commissioning Group - children's community health services



# Foreword

“During the next 15 years I am likely to...”

“Who is going to teach me the knowledge and skills I will need to manage these ‘first moments’ and stay healthy and safe?”



Experience my first bereavement

Open my first savings account

Crossing my first busy road without someone to watch over me

Experience or witness my first incident of racism

Fall in love for the first time

Start my first job

Experience the start of puberty

Make a decision about my career path

Witness or experience my first incident of bullying, either in person or online

Sign my first legally binding document

Live my first day on my own

Travel to school for the first time

Live my first day when I am responsible in law for my own actions

Go on my first date

Have my first kiss

Question if my body image is ok

Make my first decision about drug use

Go out on my own for the first time

Attend my first interview

Take on my first financial debt

Have my first opportunity to join different groups, perhaps a gang

My first choice of whether or not to carry a knife or weapon

Travel into town on my own for the first time

Make my own decisions about my diet and exercise

Be offered a cigarette for the first time

Be offered my first taste of alcohol

Experience my first dare

Courtesy PSHE Association

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# 1. Background and purpose

On 01 April 2017 Virgin Care Services Limited together with Barnardo's commenced a new Essex County Council commissioned contract to deliver children and family services across the whole of Essex, including local children's community health provision commissioned by West Essex CCG.

A key feature our service is the integration of professionals from Children's Centre, Health Visiting and School Nursing Teams to deliver a new service focused on improving outcomes for children, young people and their families. In West Essex, this integration includes the paediatric health provision commissioned by West Essex CCG.

The purpose of this document is to lay out our 3-year strategic plan for how we will work in and alongside schools to support children's development. It is intended to be shared with schools so that there is a collective commitment to the Healthy Schools agenda as well as a clear understanding of the roles carried out by the different professionals working with school-aged children.

## 2. Supporting system change

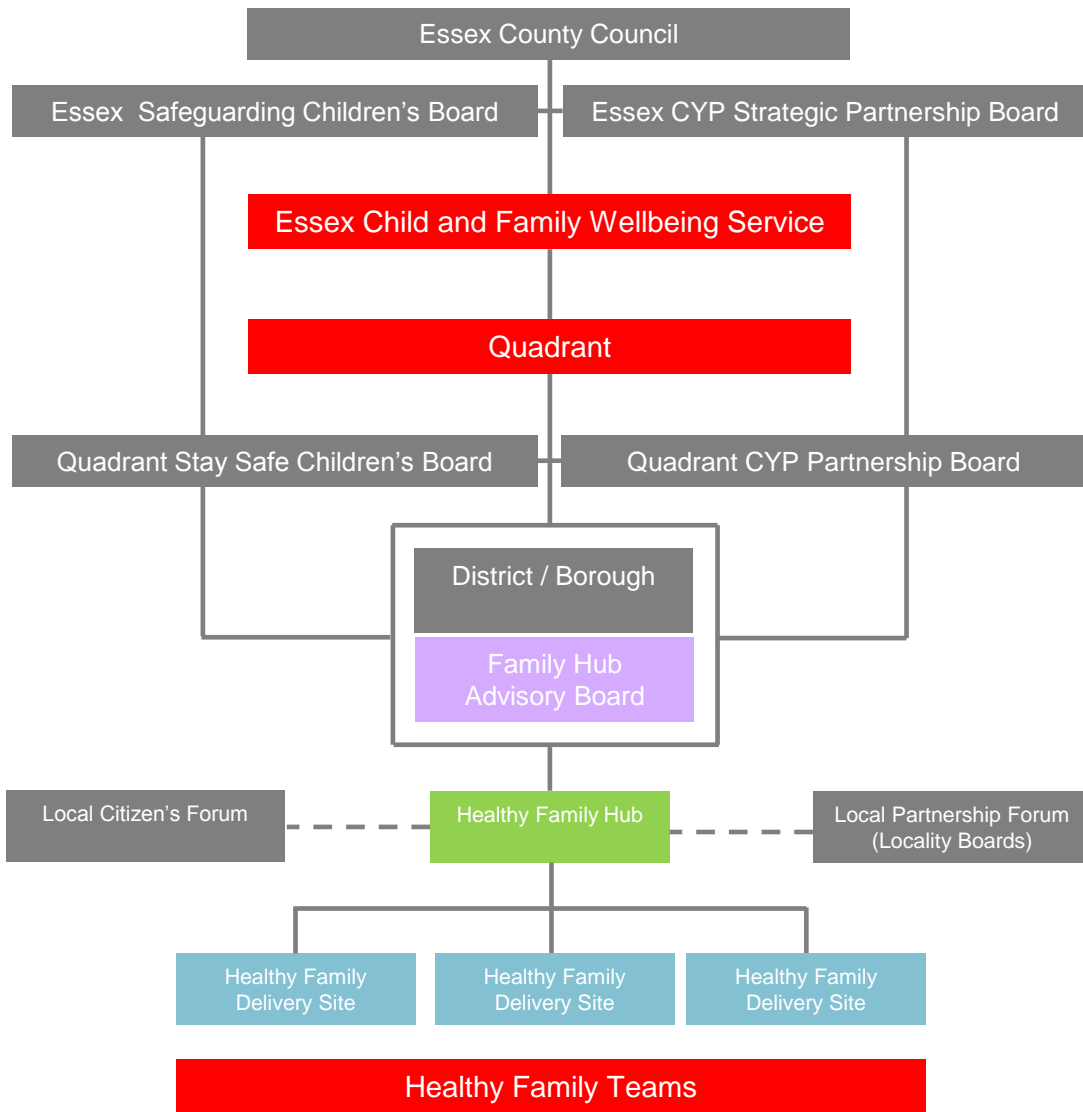
Research and literature relevant to this field asserts that many of the issues that either undermine or enhance immediate and long-term health outcomes for children have structural, social and behavioural determinants. This includes, but is not limited to,:

- Education
- Social norms
- Social context
- Online and built environments
- As well as the whole person.

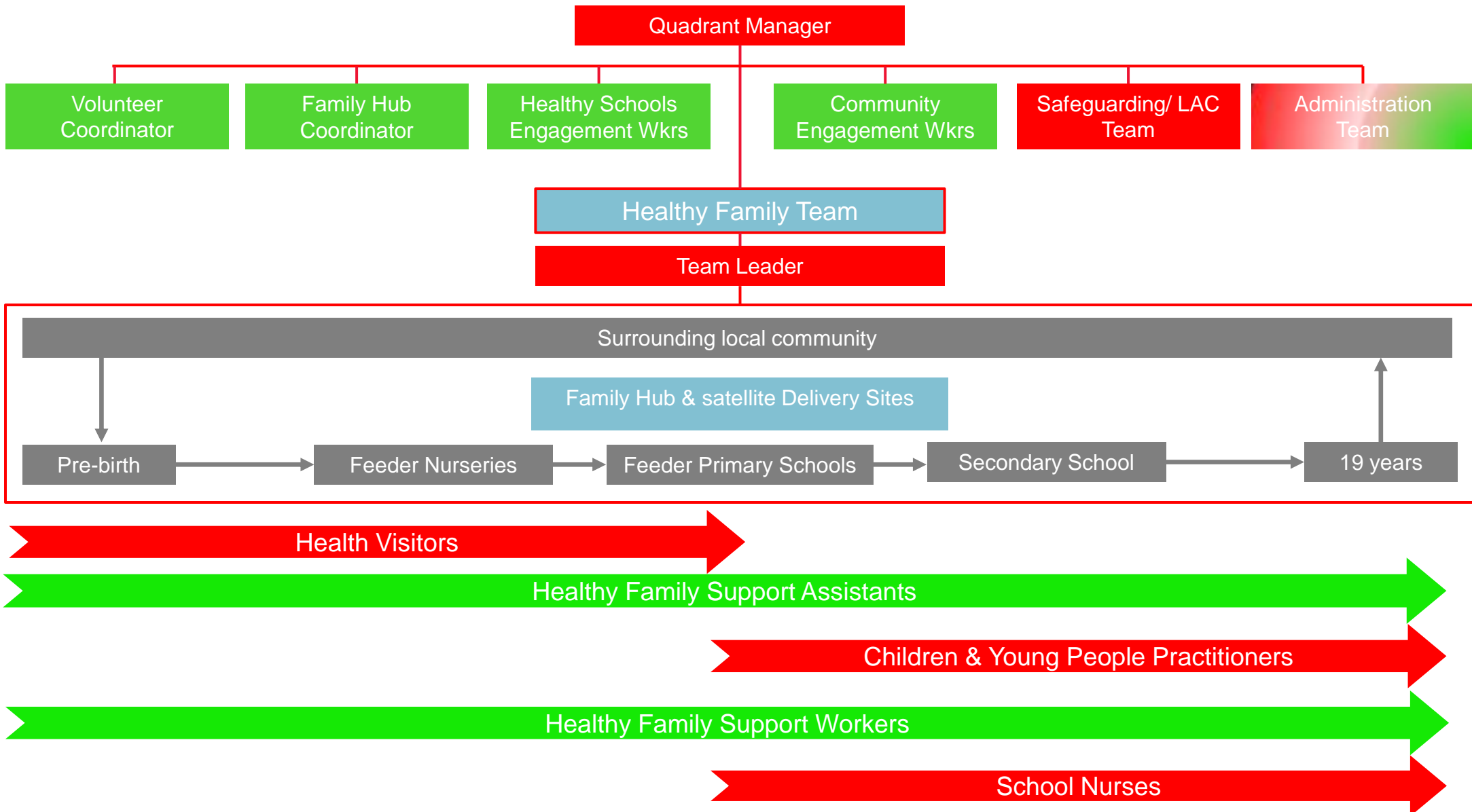
In order to effectively contribute to preventing poor health, the Essex Child and Family Wellbeing Service will embed a holistic approach that takes in to account all of the above – ensuring a systems and partnership approach is at the centre of the delivery model.

The unique transdisciplinary model Essex Child and Family Wellbeing Service employs, enables us to go beyond traditional methods to change outcomes and affecting system change, by bringing a range of activities and interventions to work with both individuals and the wider community in which they live. These activities, interventions and resources are specifically focussed on strengthening individuals knowledge and resilience in children and building capacity within their communities that priorities prevention, targets the issues most predominantly disadvantaging vulnerable groups and which supports recovery, growth and independence.

### 3. Overview of our delivery model (1/3)



### 3. Overview of our delivery model (2/3)



### 3. Overview of our delivery model (3/3)

#### Essex-wide school provision



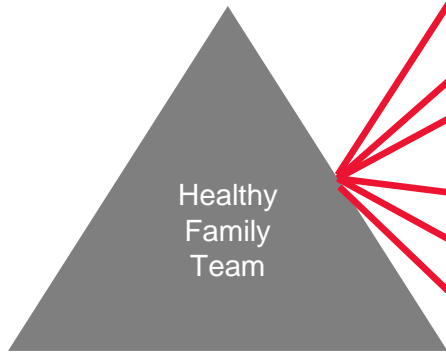
Public Health Specialists

- Development and Quality Assurance of Public Health Education resources; PSHEe curriculum and targeted Behaviour change interventions
- Oversight of Targeted Healthy Schools Action Plans
- Training, Advice and Guidance on Public Health agendas, including leadership of calendar of Health Promotion campaigns

Healthy Schools Engagement Workers

- School Population level Needs assessment and development of Enhanced Action Plans
- Support to Schools to self assess against and achieve foundation Healthy Schools status
- PSHE curriculum advice
- Recruitment and Training of Peer Educators within Schools

#### Local school provision



Health Visitors

- Targeted support for Parents and Children in EYFS and Key Stage 1
- Health Assessments for all children and young people in the safeguarding arena

School Nurses

- Targeted support for Children and Young People in Key Stages 2,3, 4 and 5
- Medical Conditions awareness training for School Staff
- One to one sessions in every secondary school and CHAT Health (Virtual drop-in)
- Liaison with SENCO, Pastoral Support Senior Leadership team
- Health Assessments for all children and young people in the safeguarding arena

Children & Young People Practitioners

- Targeted support for young people and parents as delegated by School Nurse
- Support to Peer Educators in delivering PSHE and Health promotion campaigns
- Lead projects to improve Health and Wellbeing with young people ie care leavers

Healthy Family Support Workers

- Targeted support for Children KS1 and 2 and parents as delegated by School Nurse
- Facilitate community drop ins

Healthy Family Support Assistants

- NCMP
- Universal Intervention delivered through Family Hubs and Delivery sites
- Resource support for schools in line with Health Promotion calendar



## 4. The numbers of school-age children

Quadrant	No. of children 0-4	No. of children 5-19	
South	25,977	69,006	
West	19,310	48,310	
Mid	21,717	63,246	
North	18,351	52,877	
<b>Essex Total</b>	<b>85,355</b>	<b>233,439</b>	<b>318,794</b>

	No. of primary schools across Essex
School sites	414
Total unique schools (Infant & Junior separated if on one site)	450

No. of primary school children across Essex	Total on SystmOne	Total children with an active school on SystmOne
Reception	18,127	16,895
Year 1	18,004	17,327
Year 2	17,911	17,217
Year 3	17,891	17,235
Year 4	17,451	16,722
Year 5	17,562	17,281
Year 6	17,292	16,574
<b>Total</b>	<b>124,238</b>	<b>119,251</b>

No. of secondary school children across Essex	Total on SystmOne	Total children with an active school on SystmOne
Year 7	16,722	14,146
Year 8	15,867	14,278
Year 9	16,139	14,993
Year 10	15,290	14,175
Year 11	14,849	13,693
<b>Total</b>	<b>78,867</b>	<b>71,285</b>

The data represents children on ECFWS SystmOne within age range living within Essex (excluding Southend and Thurrock) as of July 2018

## 5. The numbers of schools (1/2)

### Independent Schools

By Quadrant & District	No. Schools
<b>Mid</b>	<b>9</b>
Braintree	2
Chelmsford	6
Maldon	1
<b>North</b>	<b>6</b>
Colchester	5
Tendring	1
<b>South</b>	<b>6</b>
Basildon	1
Brentwood	5
<b>West</b>	<b>11</b>
Epping	7
Harlow	1
Uttlesford	3
<b>Grand Total</b>	<b>32</b>

### State-funded Primary Schools

	No. of primary schools across Essex	By District	No. Primary Schools
School sites	414	Basildon	50
Total unique schools (Infant & Junior on one site)	450	Braintree	52
		Brentwood	24
		Castle Point	23
		Chelmsford	56
		Colchester	64
		Epping Forest	35
		Harlow	29
		Maldon	18
		Rochford	22
		Tendring	40
		Uttlesford	37
		<b>Grand Total</b>	<b>450</b>

Quadrant	No. Primary Schools
South	119
Mid	126
West	101
North	104
<b>Grand Total</b>	<b>450</b>

The data represents children on ECFWS SystemOne within age range living within Essex (excluding Southend and Thurrock) as of July 2018

## 5. The numbers of schools (2/2)

### State-funded Secondary schools

By Quadrant	No. Secondary Schools
<b>Mid Quadrant</b>	
Secondary Comprehensive	18
Secondary Grammar Boys	1
Secondary Grammar Girls	1
<b>Mid Quadrant Total</b>	<b>20</b>
<b>North Quadrant</b>	
Secondary	2
Secondary Comprehensive	12
Secondary Grammar Boys	1
Secondary Grammar Girls	1
<b>North Quadrant Total</b>	<b>16</b>
<b>South Quadrant</b>	
Secondary	1
Secondary Comprehensive	22
Secondary Comprehensive Girls	1
<b>South Quadrant Total</b>	<b>24</b>
<b>West Quadrant</b>	
Secondary Comprehensive	17
<b>West Quadrant Total</b>	<b>17</b>

By District	No. Secondary Schools
<b>Basildon</b>	<b>9</b>
Secondary Comprehensive	9
<b>Braintree</b>	<b>8</b>
Secondary Comprehensive	8
<b>Brentwood</b>	<b>6</b>
Secondary Comprehensive	5
Secondary Comprehensive Girls	1
<b>Castle Point</b>	<b>5</b>
Secondary	1
Secondary Comprehensive	4
<b>Chelmsford</b>	<b>10</b>
Secondary Comprehensive	8
Secondary Grammar Boys	1
Secondary Grammar Girls	1
<b>Colchester</b>	<b>10</b>
Secondary Comprehensive	8
Secondary Grammar Boys	1
Secondary Grammar Girls	1

By District	No. Secondary Schools
<b>Epping Forest</b>	<b>7</b>
Secondary Comprehensive	7
<b>Harlow</b>	<b>6</b>
Secondary Comprehensive	6
<b>Maldon</b>	<b>2</b>
Secondary Comprehensive	2
<b>Rochford</b>	<b>4</b>
Secondary Comprehensive	4
<b>Tendring</b>	<b>6</b>
Secondary	2
Secondary Comprehensive	4
<b>Uttlesford</b>	<b>4</b>
Secondary Comprehensive	4
<b>Grand Total</b>	<b>77</b>

The data represents children on ECFWS SystemOne within age range living within Essex (excluding Southend and Thurrock) as of July 2018

## 6. Key stages and national curriculum (1/3)

The Department for Education (DfE) is the central government office that is responsible for the education system in England. In the UK, education is compulsory from the ages of 5-16 inclusive.

All schools must follow a National Curriculum which is divided into the following Key Stages:

	<b>Key Stage</b>	<b>Year Groups</b>	<b>Age of Children</b>
Primary	1	1, 2, 3	5 - 7
Primary	2	4, 5, 6	8 - 11
Secondary	3	7, 8, 9	12 - 14
Secondary	4	10, 11	15 - 16
Secondary	5	12, 13	17 - 18

## 6. Key stages and national curriculum (2/3)

The Department of Education's statutory guidance - National curriculum in England: framework for key stages 1 to 4 (Dec. 2014) – outlines the structure of the national curriculum, in terms of which subjects are compulsory at each key stage, which is set out in the adjoining table.

	Key stage 1	Key stage 2	Key stage 3	Key stage 4
Age	5-7	7-11	11-14	14-16
Year groups	1-2	3-6	7-9	10-11
<b>Core subjects</b>				
English	✓	✓	✓	✓
Mathematics	✓	✓	✓	✓
Science	✓	✓	✓	✓
<b>Foundation subjects</b>				
Art and design	✓	✓	✓	
Citizenship			✓	✓
Computing	✓	✓	✓	✓
Design and technology	✓	✓	✓	
Languages		✓	✓	
Geography	✓	✓	✓	
History	✓	✓	✓	
Music	✓	✓	✓	
Physical education	✓	✓	✓	✓

## 6. Key stages and national curriculum (3/3)

All schools are also required to teach religious education at all key stages. Secondary schools must provide sex and relationship education.

	Key stage 1	Key stage 2	Key stage 3	Key stage 4
Age	5-7	7-11	11-14	14-16
Year groups	1-2	3-6	7-9	10-11
Religious education	✓	✓	✓	✓
Sex and relationship education			✓	✓

Relationships and Sex Education is expected to be statutory from 2020. (Guidance is expected to be issued in 2019).

The Education Act 2002 requires schools to deliver a broad and balanced curriculum and for preparing young people for adult life. Academies Act 2010 makes the subject 'Citizenship' statutory – to promote interest and understanding in the democratic electoral process, British values, and developing and changing laws.

Every state-funded school must offer a curriculum which is balanced and broadly based\* and which:

- Promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society
- Prepares pupils at the school for the opportunities, responsibilities and experiences of later life

## 7. Schools as a community

Schools are often only considered in relationship to a geographical community. The approach employed by the Essex Child and Family Wellbeing Service identifies schools as a community in their own right with their own set of shared norms, values and goals. Community members (teachers, students, parents) strive to feel a sense of 'connectedness', which in turn shape motivation and have an implication on children's ability to learn and develop. Therefore, when considering approaches to change health and wellbeing; developing and working with 'the community' should be at the core.

Evidence suggests that students who attend schools with a strong sense of community are more likely to:

- Be academically motivated
- Act ethically and altruistically
- Develop social and emotional competencies
- Avoid engaging in risky behaviours (e.g. drug use and violence)

The Essex Child and Family Wellbeing service adheres to the Asset Based Community Development ethos in supporting the development of healthy school communities through:

- Championing the Essex Healthy Schools Programme
- Capacity building in partnership with local groups and organisations that promotes family participation
- Undertaking assessment's that focus on strengths
- Delivering interventions that focus on empowerment and resilience building
- Developing peer education and mentorship programmes

## 8. Healthy Schools status (1/2)

The Essex Healthy Schools programme aims to improve health and wellbeing outcomes and raise pupil achievement. Using this mechanism, The Essex Child and Family Wellbeing Service works in partnership with schools to develop an individualised whole school approach with targeted support and focus to change outcomes for school communities that are based around local need.

Healthy Schools Foundation stage is the application of a self-assessment tool whereby schools identify gaps in provision across the following core areas:

- PSHE (including Healthy Relationships and Sex Education)
- Healthy Lifestyles (including school food provision)
- Emotional Health and Wellbeing
- Policy, Curriculum and School leadership

Where schools identify a gap the Essex Child and family Wellbeing service will work with schools to address the needs to reach a satisfactory level of provision. Once this is in place the school will be recorded as achieving Foundation Stage Healthy Schools Status.



## 8. Healthy Schools status (2/2)

Once Foundation Stage has been achieved the next step in the process is to work towards achieving the desired Healthy Schools Enhanced Stage.

ECFWS Healthy Schools Engagement Workers work with schools to identify local need and develop an action plan.

Action plans consist of two universal outcomes focussed on the whole school community, and one targeted outcome focussed on a priority group identified in each particular school.

Healthy Schools Engagement Workers guide and support ECFWS local Healthy Family Teams to work with schools to deliver against their action plan and to ensure an improvement is seen against baseline data.

Support that can be expected from the Essex Child and Family Wellbeing Service, includes:

- Training
- Termly Networking Events
- One-to-one support and advice to achieve Healthy School Foundation Stage
- One-to-one support and advice to develop Healthy School Enhanced Stage action plans
- Quality assured resources to aid delivery of universal enhanced outcomes
- Specialist guidance in design, development and delivery of targeted provision

## 9. PSHE education (1/2)

*‘Personal, Social, Health and Economic (PSHE) education is a school subject through which pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. These skills and attributes help pupils to stay healthy, safe and prepare them for life and work in modern Britain. When taught well, PSHE education helps pupils to achieve their academic potential, and leave school equipped with skills they will need throughout later life.’ PSHE association*

Personal, Social, Health & Economic Education (PHSEE) is not currently part of the statutory curriculum for schools but there is a strong evidence that well delivered PSHE can:

- Improve pupil health and wellbeing
- Increase readiness to learn and academic attainment
- Increase Resilience and life skills

Relationships and Sex Education is expected to be statutory from the year 2020. In July 2018, compulsory Health Education was added to the proposals, including:

- Mental wellbeing
- Consent
- Keeping safe online
- physical health and fitness
- LGBT issues

The Essex Child and Wellbeing Service is committed to supporting schools to manage and implement the new guidance through the delivery of the Essex Healthy Schools Programme.

## 9. PSHE education (2/2)

The PSHE Association is a charitable organisation that has quality assured programmes of study and supporting materials which is essentially a resource centre for Schools, School Nurses, Healthy Schools Engagement Workers and wider partners.

**In supporting schools to deliver their PSHE curriculum, the Essex Child and Family Wellbeing Service will:**

- Work with schools to complete / review their respective Healthy Schools Benchmarking Document bi-annually to assess areas of focus that reflect local need, county-wide initiatives and national priorities
- Provide PSHE curriculum advice on planning modules and practical training and support to teachers
- Develop bespoke curriculum, and teacher training, on topical PSHE issues identified or emerging in targeted schools
- Deliver Public Health development training to schools to address significant gaps preventing foundation level attainment
- Carry out an audit of Healthy Schools Benchmarking Documents during School Holidays to develop an informed training schedule for next academic year
- Host, promote and support other agencies through network meetings and use of Family Hubs: Termly thematic meetings for both Primary and Secondary
- Establishing Networks for Pastoral Support / PSHE and Healthy Schools

# 10. Provision for Early Years Foundation Stage and KS-1 & KS-2 (1/2)

## INTRODUCTION

Early Years Foundation Stage (EYFS) sets standards for the learning, development and care of children from birth to 5 years old.

All schools and Ofsted-registered early years providers must follow the EYFS standards, including childminders, preschools, nurseries and school reception classes.

The EYFS framework supports an integrated approach to early learning and care. It gives all professionals a set of common principles and commitments to deliver quality early education and childcare experiences to all children.

ECFWS provides child and family service from pre-birth to 19 years of age and services have been invested in helping young children become 'school ready'. As such, Health Visitors, who traditionally end their involvement with children aged 4 are now following children with complex needs up to the age of 8 (end of KS1) to ensure continuity of care.

## 10. Provision for Early Years Foundation Stage and KS-1 & KS-2 (2/2)

### UNIVERSAL PROVISION

In supporting the development of children and young people throughout primary school, the Essex Child and Family Wellbeing Service will be provide:

- An identified Link Health Visitor and School Nurse to every school
- A termly visit from link practitioner to each school's senior leadership and pastoral support team to discuss needs and priorities
- Thematic public health messaging in response to local and national need:
  - Communications to share via Parent Mail
  - Planned Health Promotion Calendar to support PSHE curriculum development
- School Entry Health Assessment: Vision screening, NCMP and hearing on request
- Year 6 National Child Measuring Programme
- Year 6 Transition Talk session bespoke to year group needs identified through Risk Avert questionnaire.
- School Entry New Parent talks to support transition and tell parents about the health and wellbeing support available to them
- Information, Advice and Guidance to Parents via social media, telephone and face to face
- Accessible community drop-ins within Family Hubs and satellite Family Hub Delivery Sites
- Family activities at Family Hubs and satellite Family Hub Delivery Sites, both during school holidays and after school

## 11. National child measurement programme (NCMP)

(1/3)

Every year in England, children in Reception and Year 6 have their height and weight measured as part of the National Child Measurement Programme (NCMP).

National figures state that 1 in 5 children starting reception year are overweight, which rises to 1 in 3 by the end of primary school.

The NCMP helps to identify national and local trends in child weight. It is important to have a good understanding of how children are growing, so that the best possible advice and support can be provided for them and their families as well as their schools.

Measurements will be collected by our Healthy Family Support Assistants in a private space away from other pupils, but within reach of class teachers. Children who take part will be measured fully clothed except for their coats and shoes. Routine data such as the child's name, date of birth, gender, address, postcode and ethnicity is also collected. All our staff have enhanced-level DBS (criminal record) checks and receive Safeguarding Children training.

Data gathered is held securely in accordance with strict data protection legislation. Each child's information is stored in their personal health record and may only be shared with other relevant health professionals to support direct care e.g. with the child's GP. No individual measurements will be given to school staff or other children, and all information is treated strictly confidentially.

## 11. National child measurement programme (NCMP)

(2/3)

Anonymised data from this project is used to help plan provision of services to support healthy lifestyles across Essex and allows us to target activities in areas with the highest need.

Provide CIC are an Essex-based health and social care provider who are commissioned by the NHS Clinical Commissioning Groups, on behalf of NHS England, to operate the Child Health Information Service. As part of this service Provide CIC are responsible for sending out letters on behalf of organisations like ours to families for matters relating to immunisations (delivered by Essex Partnership University NHS Foundation Trust), disease screening and the Healthy Child Programme, which the National Child Measurement Programme falls under.

We send a letter to parents to notify them that we will be weighing and measuring their children in Reception and Year 6. We give parents the opportunity to call us should they have any questions or should they choose to exclude their child from the programme. Children will not be made to take part if they do not want to.

The size and weight of children naturally fluctuate as they grow and develop. We are committed to supporting parents and schools to promote and embed healthy messages in children about food and exercise, so that they grow healthily. If a child is significantly above the healthy weight range we would like to ask our partner - Anglian Community Enterprise - to contact parents to discuss the services available what options are available to you.

## 11. National child measurement programme (NCMP)

(3/3)

The table below outlines the cohort of children in Essex, excluding Southend and Thurrock, undergoing NCMP screening in 2017-18 (July 2018 data)

Quadrant	Reception	Year 6
Mid	4,240	4,146
North	3,611	3,478
South	4,930	4,686
West	3,634	3,340
<b>Total</b>	<b>16,415</b>	<b>15,650</b>



## 12. Provision for KS-3, KS-4 & KS-5 (1/3)

### INTRODUCTION

The importance of secondary school education in promoting the best possible outcomes for children and young people cannot be overemphasised.

Secondary School teaching and pastoral staff are able to provide an environment that fosters social and emotional wellbeing, equipping young people with the knowledge and skills they need to overcome adversity which might hinder their later life chances.

PSHE in secondary education is developed on an understanding of the developing adolescent brain and designed to universally enable all young people to develop social and emotional skills, this is further complemented by specific help for those most at risk (or already showing signs) of developing problems.

## 12. Provision for KS-3, KS-4 & KS-5 (2/3)

### UNIVERSAL PROVISION FOR KS-3 & KS-4

In supporting the development of children and young people throughout secondary education, the Essex Child and Family Wellbeing Service will provide:

- Link School Nurse: Minimum of termly visit with School Senior Leadership Team
- Promotion of and support to implement Risk Avert screening tool
- Link Healthy Schools Engagement worker, to provide support with population needs assessment and curriculum.
- Planned health promotion resources linked to national calendar
- Annual school service review meeting with School Nurse and Healthy Schools Engagement Worker
- Year 6 primary schools students with a tailored 'transition talk' before they move into Year 7
- School Nurse led introduction assemblies
- School Nurses eC-Card assessments for young people aged 13-16
- Information, Advice and Guidance for Parents and Young People in family hubs and accessible venues outside school times
- Regular accessible School Nurse one to one sessions in every secondary school
- All Family Hubs and delivery sites are eC-Card distribution outlets
- CHAT Health School Nurse texting service

## 12. Provision for KS-3, KS-4 & KS-5 (3/3)

### UNIVERSAL PROVISION FOR KS-5

Recognising that young people may enter a range of education establishments post 16, the Essex Child and Family Wellbeing Service will provide:

- Regular accessible School Nurse one to one sessions in every secondary school
- PSHE Curriculum resources
- Training for young people as school based peer educators
- One to one school nurse sessions within the family hub and secondary schools
- CHAT Health School Nurse texting service
- Information, Advice and Guidance for Parents and Young People in family hubs and accessible venues outside school times
- All Family Hubs and delivery sites are eC-Card distribution outlets

## 13. Targeted provision

In supporting the development of children and young people identified as being at risk of poor outcomes, the Essex Child and Family Wellbeing Service will provide:

- Training for school staff to address public health issues in line with identified need.
- PSHE training and resources in response to identified public health need
- Holistic Health Needs Assessments of young people and school community
- Peer Educators / Mediators / Mentors – recruit and train students in Secondary Schools across Essex to deliver elements of the PSHE curriculum and build self efficacy in young people
- One to one work with young people to build self efficacy and emotional wellbeing
- Behaviour change interventions with young people to support in reducing unhealthy lifestyle behaviours
- Targeted bespoke therapeutic interventions linked to Healthy Schools Enhanced Action Plan. Implemented with a sustainability plan through training, co-facilitation and coaching for school staff
- Community projects to address local need e.g.: Period Poverty, Holiday Hunger, Child Exploitation

## 14. Medical conditions

Medical conditions such as Anaphylaxis, Asthma and Epilepsy can have a significant impact on a child or young persons general health and wellbeing and their success in school.

School Nurses will provide Epilepsy and Anaphylaxis awareness Training for School Staff:

- Corporate; termly training delivered in central locations
- Number of places based on number of children attending each School.
- Minimum of 2 spaces up to a maximum of 8 per school

## 15. Special Schools Provision (West Essex Only)

Essex Child and Family Wellbeing Service is commissioned to deliver a Specialist School Nursing service to:

Harlow Fields School and College, Harlow

Oak View School, Loughton

Wells Park School, Chigwell

The School Nurses supports the schools by:

- Delivering clinic/ drop in sessions to all children and young people
- Safeguarding
- Liaison with professionals regarding care planning
- Direct support to parents
- Attending home visits
- Targeted support on a needs led basis; such as training for parents and staff, PSHE support

In addition, Community Paediatricians and Therapists from West Essex Quadrant also provide a visiting service, which meets the neurological and physical care needs of these children.

## 16. Communication

The Essex Child and Family Service will communicate regularly with schools to share a range of public health information appropriately at both individual and population level. This will be done through:

- An annual health promotion campaign calendar focussing both on national campaigns and emerging local trends to include:
  - Information to share via parentmail
  - Resources to support the delivery of PSHE
  - Activities to use with children, parents and the wider school community
- Termly Newsletter providing public health updates at service, local and national level
- Themed termly networking opportunities incorporating CPD and sharing of best practise
- Link Health Visitor, School Nurse and Healthy Schools Engagement Worker to discuss individual and population health and wellbeing issues
- Development of interactive website to hold a resource library and 'submission portal' for Healthy Schools
- An annual training calendar

## 17. Maximising partnerships and building community resilience

There are a number of different publicly-funded and charitable / voluntary service providers serving school-aged children and their families. We require our staff to work collaboratively with such partners to maximise effectiveness and forge a proactive community-led culture that promotes the health and wellbeing of children.

We believe it is essential that local partnership working arrangements in schools are enhanced when schools facilitate regular forums as part of the Healthy Schools governance process, which our School Nurses and Healthy Schools Engagement Workers can partake.

Some of our partners include:

Essex-wide	Local
<ul style="list-style-type: none"> <li>• Emotional Wellbeing and Mental Health Service: NELFT</li> <li>• Immunisation service: EPUT</li> <li>• Social Care: ECC</li> <li>• Family Solutions: ECC</li> <li>• Essex Young Carers service: ECC</li> <li>• Essex Youth Service: ECC</li> <li>• Essex Sexual Health Service delivered by Provide</li> <li>• Risk Avert delivered by The Training Effect</li> <li>• Essex Lifestyle Service delivered by Provide</li> <li>• The Children's Society</li> <li>• CAVS</li> <li>• Kids Inspire</li> <li>• ISS &amp; Gang Prevention Service</li> </ul>	<ul style="list-style-type: none"> <li>• The Wilderness Project (Chelmsford)</li> <li>• YES (North Essex)</li> <li>• FAST (Families and Schools Together – Braintree)</li> <li>• Community 360 (Braintree)</li> <li>• Red Balloon Family (Epping Forest)</li> <li>• District Councils</li> <li>• Colchester travel plan club</li> </ul>

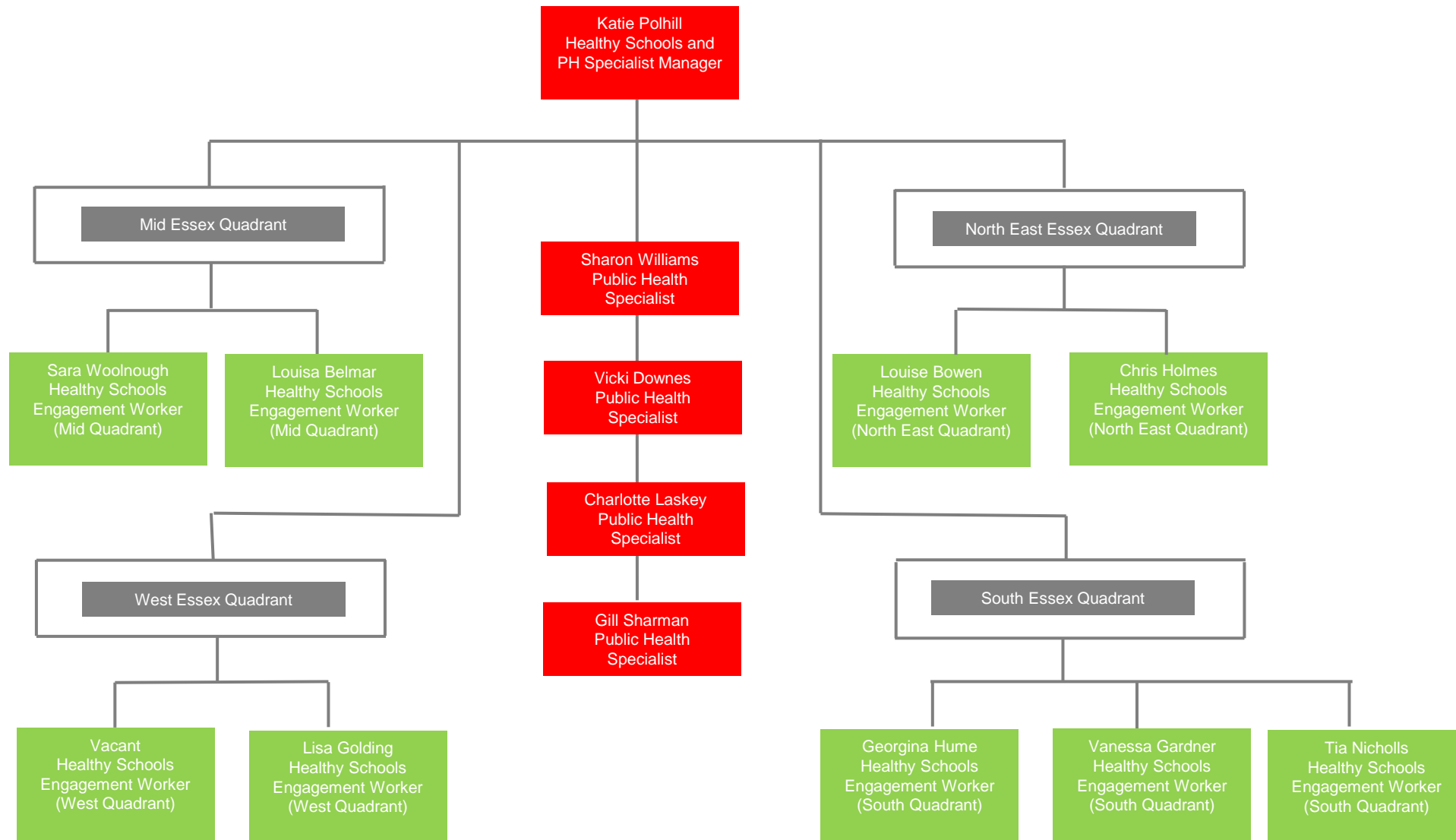


## 18. Knowing your Healthy Family Team and contact information (1/7)

ECFWS has 29 multidisciplinary Healthy Family Teams across the County as well as a Healthy Schools and Public Health Team. that service local communities across Essex.

Healthy Family Teams consist of a Team Leader, Health Visitors, School Nurses, Healthy Family Support Workers, Healthy Family Support Assistants and Administrators.

# 18. Knowing your Healthy Family Team and contact information (2/7)



## 18. Knowing your Healthy Family Team and contact information (3/7)

Healthy Schools and Public Health Team	Telephone	Email
Katie Polhill Healthy Schools and Public Health Manager	07773 206377	<a href="mailto:katie.polhill@virginicare.co.uk">katie.polhill@virginicare.co.uk</a>
<b><u>Mid Essex Healthy Schools:</u></b>		
Louisa Belmar Sara Woolnough	07921 092974 07712691726	<a href="mailto:louisa.belmar@barnardos.org.uk">louisa.belmar@barnardos.org.uk</a> <a href="mailto:sara.woolnough@barnardos.org.uk">sara.woolnough@barnardos.org.uk</a>
<b><u>West Essex Healthy Schools:</u></b>		
Lisa Golding	07815 706038	<a href="mailto:lisa.golding@barnardos.org.uk">lisa.golding@barnardos.org.uk</a>
<b><u>South Essex Healthy Schools:</u></b>		
Vanessa Gardner Tia Nicholls Georgina Hume	07540 920054 07802 655641 07720 063185	<a href="mailto:vanessa.gardner@barnardos.org.uk">vanessa.gardner@barnardos.org.uk</a> <a href="mailto:tia.nicholls@barnardos.org.uk">tia.nicholls@barnardos.org.uk</a> <a href="mailto:georgina.hume@barnardos.org.uk">georgina.hume@barnardos.org.uk</a>
<b><u>North Essex Healthy Schools:</u></b>		
Chris Holmes Louise Bowen	07807 298097 07749 316946	<a href="mailto:chris.holmes@barnardos.org.uk">chris.holmes@barnardos.org.uk</a> <a href="mailto:louise.bowen@barnardos.org.uk">louise.bowen@barnardos.org.uk</a>

# 18. Knowing your Healthy Family Team and contact information (4/7)

## Mid Essex Quadrant

Integrated PB-19 Services	Telephone	Email	Base
Single Point of Contact	0300 2470014	<a href="mailto:vcl.essexmid-pb19adminhub@nhs.net">vcl.essexmid-pb19adminhub@nhs.net</a>	Seax House Central Office Hub, 8 <sup>th</sup> Floor, Victoria Road South, Chelmsford CM1 1QH
Braintree Rural Healthy Family Team	01376 556863	Via above	Acorn Family Hub Delivery Site Beridge Road, Halstead, Essex CO9 1JH
Braintree Central Healthy Family Team	01376 556863	Via above	Carousel Family Hub Chapel Hill, Braintree, Essex CM7 3QZ
Witham Healthy Family Team	01376 556863	Via above	Harlequin Family Hub Delivery Site Spa Road, Witham, Essex CM8 1NA Silver End Family Hub Delivery Site Broadway, Silver End, Essex CM8 3RQ
Maldon Healthy Family Team	01621 272060	Via above	The Pavilion Office Hub, Bentalls Shopping Centre Colchester Road, Heybridge, Essex CM9 4GD
South Chelmsford Healthy Family Team	01245 329240	Via above	Chetwood Family Hub Delivery Site Shirebourn Vale, Off Gandalf's Ride, South Woodham Ferrers, CM3 5ZX
Central Chelmsford Healthy Family Team	0300 247 0014	Via above	Seax House Central Office Hub, 8 <sup>th</sup> Floor, Victoria Road South, Chelmsford CM1 1QH
Springfield Healthy Family Team	0300 247 0014	Via above	Seax House, Central Office Hub, 8 <sup>th</sup> Floor, Victoria Road South, Chelmsford CM1 1QH
Parkside Healthy Family Team	0300 247 0014	Via above	Seax House, Central Office Hub, 8 <sup>th</sup> Floor, Victoria Road South, Chelmsford CM1 1QH

# 18. Knowing your Healthy Family Team and contact information (5/7)

## North East Essex Quadrant

Integrated PB-19 Services	Telephone	Email	Base
Single Point of Contact	01206 372300	<a href="mailto:vcl-essexnorth-PB19adminhub@nhs.net">vcl-essexnorth-PB19adminhub@nhs.net</a>	Lanswood Park Broomfield Rd, Elmstead Market, Essex CO7 7FD
Blackwater Healthy Family Team	Via above	<a href="mailto:vcl.essexne-blackwater@nhs.net">vcl.essexne-blackwater@nhs.net</a>	Berechurch Family Hub CO2 8NN
Castle Healthy Family Team	Via above	<a href="mailto:vcl.essexne-castle@nhs.net">vcl.essexne-castle@nhs.net</a>	Greenstead Family Hub CO4 3QE
Chappell Viaduct Healthy Family Team	Via above	<a href="mailto:vcl.essexne-chappellviaduct@nhs.net">vcl.essexne-chappellviaduct@nhs.net</a>	Berechurch Family Hub CO2 8NN
Stour Valley Healthy Family Team	Via above	<a href="mailto:vcl.essexne-stourvalley@nhs.net">vcl.essexne-stourvalley@nhs.net</a>	Greenstead Family Hub CO4 3QE
Martello Healthy Family Team	Via above	<a href="mailto:vcl.essexne-martello@nhs.net">vcl.essexne-martello@nhs.net</a>	Tendring Education Centre CO16 8BE
May Flower Healthy Family Team	Via above	<a href="mailto:vcl.essexne-mayflower@nhs.net">vcl.essexne-mayflower@nhs.net</a>	Spinnels Lane, Wix, CO11 2UJ
Naze Tower Healthy Family Team	Via above	<a href="mailto:vcl.essexne-nazetower@nhs.net">vcl.essexne-nazetower@nhs.net</a>	Tendring Education Centre CO16 8BE

# 18. Knowing your Healthy Family Team and contact information (6/7)

## South Essex Quadrant

Integrated PB-19 Services	Telephone	Email	Base
<b>Single Point of Contact</b>	<b>0300 2470013</b>	<a href="mailto:vcl-essexsouth-PB19adminhub@nhs.net">vcl-essexsouth-PB19adminhub@nhs.net</a>	Phoenix House Office Hub Basildon, SS14 3EZ
Basildon Central Healthy Family Team	0300 2470013	<a href="mailto:vcl.essexsouth-southwest@nhs.net">vcl.essexsouth-southwest@nhs.net</a>	Phoenix House Office Hub Basildon, SS14 3EZ
Basildon East Healthy Family Team	0300 2470013	<a href="mailto:vcl.essexsouth-southwest@nhs.net">vcl.essexsouth-southwest@nhs.net</a>	Phoenix House Office Hub Basildon, SS14 3EZ
Basildon West Healthy Family Team	0300 2470013	<a href="mailto:vcl.essexsouth-southwest@nhs.net">vcl.essexsouth-southwest@nhs.net</a>	Phoenix House Office Hub Basildon, SS14 3EZ
Billericay Healthy Family Team	0300 2470013	<a href="mailto:vcl.essexsouth-southwest@nhs.net">vcl.essexsouth-southwest@nhs.net</a>	Billericay Health Centre Billericay, CM12 0BJ
Brentwood Healthy Family Team	0300 2470013	<a href="mailto:vcl.essexsouth-southwest@nhs.net">vcl.essexsouth-southwest@nhs.net</a>	Larchwood Gardens Family Hub Brentwood, CM15 9NG
Rochford Healthy Family Team	0300 2470013	<a href="mailto:vcl.essexsouth-southeast@nhs.net">vcl.essexsouth-southeast@nhs.net</a>	Warren House Hockley, SS5 4QS
Rayleigh Healthy Family Team	0300 2470013	<a href="mailto:vcl.essexsouth-southeast@nhs.net">vcl.essexsouth-southeast@nhs.net</a>	Warren House Hockley, SS5 4QS
Thundersley Healthy Family Team	0300 2470013	<a href="mailto:vcl.essexsouth-southeast@nhs.net">vcl.essexsouth-southeast@nhs.net</a>	Little Handprints Family Hub Delivery Site Thundersely, SS7 3PT
Canvey Healthy Family Team	0300 2470013	<a href="mailto:vcl.essexsouth-southeast@nhs.net">vcl.essexsouth-southeast@nhs.net</a>	Little Lions Family Hub Canvey, SS8 9SU

## 18. Knowing your Healthy Family Team and contact information (7/7)

### West Essex Quadrant

Integrated PB-19 Services	Telephone	Email	Base
Single Point of Contact	01279 342166	<a href="mailto:vcl-essexwest-PB19adminhub@nhs.net">vcl-essexwest-PB19adminhub@nhs.net</a>	Kao Park Office Hub London Road, Harlow, CM17 9NA
Uttlesford Healthy Family Team	01799 642 300 01279 812 348	<a href="mailto:vcl.essexwest-uttlesfordadminhub@nhs.net">vcl.essexwest-uttlesfordadminhub@nhs.net</a>	Spangles Family Hub Lower Street, Stansted, Mountfitchet, CM24 8LR
Harlow North Healthy Family Team	01279 773 900	<a href="mailto:vcl.essexwest-harlowadminhub@nhs.net">vcl.essexwest-harlowadminhub@nhs.net</a>	Tree House Family Hub Parnall Road, Harlow, CM18 7NG
Harlow South Healthy Family Team	01279 772 600	<a href="mailto:vcl.essexwest-harlowadminhub@nhs.net">vcl.essexwest-harlowadminhub@nhs.net</a>	
Epping, Ongar & Waltham Abby Healthy Family Team	01992 575 175	<a href="mailto:vcl.essexwest-eppingadminhub@nhs.net">vcl.essexwest-eppingadminhub@nhs.net</a>	Brambles Family Hub Epping Library, St Johns Road, Epping, CM16 5DN
Loughton, B'hurst Hill, Chigwell Healthy Family Team	020 8272 4600 020 3243 2086	<a href="mailto:vcl.essexwest-loughtonadminhub@nhs.net">vcl.essexwest-loughtonadminhub@nhs.net</a>	True Stars Family Hub Delivery Site The Limes Centre, Limes Farm, Chigwell, IG7 5LP

## 19. Our role in Safeguarding children (1/3)

**Safeguarding Children is a large aspect of the role of the School Nurse, with significant impact on their time related to the development and processing of information that is used within the service directly, and by other professionals who work in partnership with vulnerable families. The Essex Child and Family Wellbeing Service provide:**

- Attendance at safeguarding meetings, including all initial and review child protection conferences (which require full written assessments of the child's and parents strengths and vulnerabilities)
- Attendance at all additional safeguarding meetings where there is a health linked issue where ECFWS will have an input. This 'may' require a report, in particular if the practitioner is unable to attend. Meetings include core groups, CIN meetings and strategy meetings (this is not an exhaustive list)
- Review of specific information from external partners. This includes review of all domestic abuse notifications (DAN's), non attendance to some medical appointment notifications and A&E attendance information in relation to the entire health record, and family dynamic, and follow-up if assessed as necessary.
- Completion of S17 and S47 requests within set timescales
- Full health assessments for known vulnerable families who move into Essex from out of area.
- Undertaking of Review Health Assessments for all children who are Looked After who are over the age of 5 years which includes assessment of health, and the development and monitoring of attainment of the associated health plan inclusive of the required referrals to achieve this. This is reviewed every 12 weeks. There are also numerous additional statutory review reports required for this caseload.
- Writing of reports for all LAC children who are on an EHCP and attendance at the EHCP Outcome meetings for LAC children (when required).
- Offer for all LAC children aged 14-16 of a transition to adult services questionnaire and the development of interventions to meet any identified need.



## 19. Our role in Safeguarding children (2/3)

School Safeguarding Leads must continue to report urgent Safeguarding matters to Essex County Council's Children and Family Hub, via their on-line Request for Support portal.

[https://schools.essex.gov.uk/pupils/Safeguarding/Child\\_Protection\\_Referrals/Pages/Safeguarding-Key-Service-Contact-Infomation.aspx](https://schools.essex.gov.uk/pupils/Safeguarding/Child_Protection_Referrals/Pages/Safeguarding-Key-Service-Contact-Infomation.aspx)

### How to report a concern about a child

If a teacher is concerned that a child or young person is being harmed or neglected, or is at risk of this, they should go to the Essex Effective Support website where you can make a referral to the Children and Family Hub.

Where a child is at immediate risk of significant harm, teachers should call the Children and Families Hub on **Tel: 0345 603 7627** and ask for the 'Priority Line' or call the Police.

Out of Hours: Monday -Thursday 17:00 pm to 09:00 am and Fridays & Bank Holidays 16:30 pm to 09:00 am call: 0345 606 1212 or Email: [emergency.dutyteamoutofhours@essex.gov.uk](mailto:emergency.dutyteamoutofhours@essex.gov.uk)

Essex County Council's Children and Families Hub also offers a consultation line for professionals providing advice and guidance. This can be accessed by calling 0345 603 7627 and asking for the 'Consultation Line'.

## 19. Our role in Safeguarding children (3/3)

ECFWS has a dedicated team of Safeguarding and Looked After Children professionals in each Quadrant who support and advise our Healthy Family Teams in managing complex risks involving children.

Mid Essex Safeguarding and Looked After Children's Team  
Essex Child and Family Wellbeing Service  
8th Floor SEAX House  
Victoria Road South  
Chelmsford, CM1 1QH

Safeguarding Administration: 01245 782053  
Looked After Children Administration: 01245 782052

Safeguarding generic email: [vcl.essexmid-safeguardingchildren@nhs.net](mailto:vcl.essexmid-safeguardingchildren@nhs.net)  
Looked After Children generic email: [vcl.essexmid-lac@nhs.net](mailto:vcl.essexmid-lac@nhs.net)

North Essex Safeguarding and Looked After Children's Team  
Essex Child and Family Wellbeing Service  
Broomfield House  
Lanswood Park  
Broomfield Road  
Colchester, CO7 7DD

Safeguarding & Looked After Children's Team: 01206 372300 ex.239

Safeguarding generic email: [vcl.essexne-safeguardingchildren@nhs.net](mailto:vcl.essexne-safeguardingchildren@nhs.net)  
Looked After Children generic email: [vcl.essexne-lac@nhs.net](mailto:vcl.essexne-lac@nhs.net)

South Essex Safeguarding and Looked After Children's Team  
Essex Child and Family Wellbeing Service  
Suite 14, Phoenix House  
St. Christopher Martin Road  
Basildon, Essex. SS14 3EZ

Safeguarding & Looked After Children's Team– 0168 600303

Safeguarding generic email: [vcl.essexsouth-safeguarding@nhs.net](mailto:vcl.essexsouth-safeguarding@nhs.net)  
Looked After Children generic email: [vcl.essexsouth-lac@nhs.net](mailto:vcl.essexsouth-lac@nhs.net)

West Essex Safeguarding and Looked After Children's Team  
Essex Child and Family Wellbeing Service  
Kao Park 2, Hockham Way  
Harlow, Essex, CM17 9SR

Safeguarding & Looked After Children's Team- 01279 342166

Safeguarding generic email: [vcl.essexwest-safeguardingchildren@nhs.net](mailto:vcl.essexwest-safeguardingchildren@nhs.net)  
Looked After Children generic email: [vcl.essexwest-lac@nhs.net](mailto:vcl.essexwest-lac@nhs.net)

## 20. Learn more about us

[www.essexfamilywellbeing.co.uk](http://www.essexfamilywellbeing.co.uk)