

**BARNARDOS**

# Healthy Child Programme 0-19 offer



# Introduction to Barnardo's

Leading children's charity Barnardo's is one of the most comprehensive providers of integrated health and social care services for children and young people, with more than 150 years' experience of supporting them through a variety of challenging circumstances.



We work with a range of commissioners and partners including NHS England (NHSE), Integrated Care Systems (ICSs), Department of Health and Social Care (DHSC), Department for Education (DfE) and local authorities (LAs) to deliver cost-effective and innovative integrated health and wellbeing services across prevention, early intervention, targeted and specialist support in a variety of place-based settings throughout the UK.

Our services take a trauma-informed and inclusive approach based on the principles of personalised care and shared decision making. We put the voices of children, young people and families at the heart of what we do to ensure all our services are accessible and appropriate.

## Our offer

Barnardo's has significant expertise and experience in delivering a mixed skill and integrated approach to the Healthy Child Programme across the country.

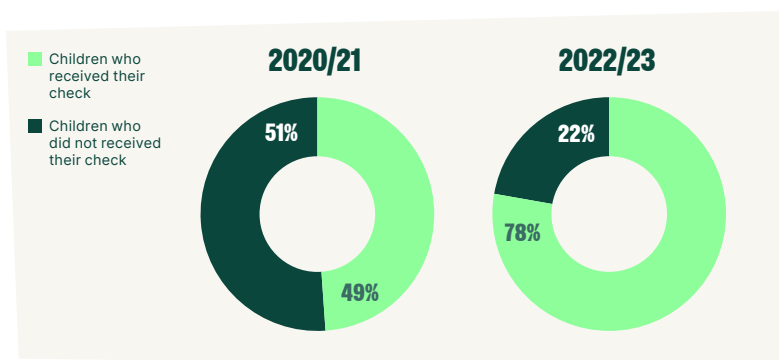
This includes partnership governance and matrix management approaches to subcontracted programmes. We offer flexible and innovative models, working with large lead providers of choice and smaller community interest companies. Our Healthy Child offer supports all elements of the Healthy Child Programme 0 – 19 +25 service in support of registered health visitor and/or school nurse-led teams, according to place-based and commissioning needs.

As a nationwide integrated health and social care children's charity, Barnardo's can offer:

- **The voice of children, young people and families at the core of our services.** We're committed to ensuring that our practice aligns with our seven quality standards, which were developed in partnership with children and young people.



- **More than 150 health contracts.** We have two large integrated Healthy Child 0–19 +25 contracts in Essex and Birmingham where Barnardo’s leads as a strategic and operational partner.
- **Delivery of Healthy Child Programme mandated contacts, increasing access to services and key performance indicators.**  
An external evaluation in 2023 identified that Barnardo’s working in an integrated health visiting team significantly increased accessibility and reach of the Healthy Child Programme mandated contacts. This enabled more families to access Healthy Child services and reduced health inequalities. The alignment of electronic systems also meant that families are only required to tell their story once.



- **Shared best practice, innovation and resources in establishing and maintaining Healthy Child support offers.** Our experience and expertise means that we are able to ascertain what works where and why. We’re happy to share learning from other areas where we deliver services, link into communities of best practice and promote service improvement and innovation. With our specialist health team and subject matter experts, Barnardo’s can help design and use existing pilots for a number of prevention and early intervention interventions which, in partnership, could support either their delivery or the learning from and application of them.

- **A flexible response to resolving capacity issues.** Within the current workforce challenges in health visiting and school nursing, we can develop and design service models to address workforce gaps, whilst maintaining the specialist knowledge and expertise these teams require. This enables medically trained professionals to focus on complex cases and also support families that require more specialist help.
- **Broad experience of delivering parenting, infant and child support offers through our 87 child and family hubs.** We provide services in local communities that are trusted and accessible to our families and share these venues with our health partners. Our practitioners work across traditional organisational boundaries offering seamless care. Our expanding **Barnardo’s Family Space** website also provides blended service delivery through offline and online services. This includes open access parenting and health literature, online breastfeeding support groups with 1:1 support sessions, school readiness, 1001 days programmes and shared knowledge on child development.
- **Leadership of an alliance or consortium of grassroots organisations.** Our approach helps us to harness local knowledge and trusted relationships within communities to maximise service coverage and applicability. It also alleviates pressure on health providers linking in with support smaller VCSE organisations require to engage in healthcare practice. Examples include **See, Hear, Respond; VCSE Health and Wellbeing Alliance** and **Surrey Wellbeing Alliance**.

### Families said...

- Support is more accessible, timely, tailored, coordinated and empowering.
- More families 'in' the system.

### HCP Service Managers said...

- Creates more capacity for health visitors to deliver the HCP and allows them to focus on more complex cases.
- Reduces duplication of efforts.
- Improved communication.

## Benefits described by stakeholders

### Commissioners said...

- Prevents escalation of needs.
- Opens doors for wider collaboration.
- Local insights informing strategic level.

### Health Professionals said...

- Develop skills/knowledge in other areas.
- Greater awareness of support available.
- Reduces workload burden.

## Why Barnardo's? What our stakeholders say

**Our Healthy Child Programme menu of interventions has been created using unique data-led programmes, co-produced programmes, evidence-based and quality assured interventions.**

We have designed it to mirror each of the 12 high impact areas for Healthy Child contracts, both as stand-alone programmes and as part of larger contracts.

### The menu includes:

1. Supporting transition to parenthood
2. Supporting maternal and family mental health
3. Supporting breastfeeding
4. Supporting healthy weight and nutrition
5. Improving health literacy, managing minor illnesses, and reducing accidents
6. Ready to learn and narrowing the word gap
7. Supporting resilience and wellbeing
8. Improving health behaviours and reducing risks
9. Supporting healthy lifestyles
10. Reducing vulnerabilities and improving life chances
11. Supporting additional and complex health needs
12. Supporting self-care and improving health literacy

## Spotlight on The Mothers United for Maternity and Mental Health Action (MUMMA) scheme

**Vision:** To establish a network of Maternity Equity Hubs that are core to Family Hubs and Healthy Child Programme delivery throughout England, to address health inequalities in maternity and improve early years outcomes.

Barnardo's set out to improve the perinatal care experience of Black, Asian and Mixed Ethnicity parents, to reduce maternal mortality, other maternal health outcomes and perinatal mental health to give babies the best start in life.

This first hub is funded by **SEEN**, Barnardo's Centre of Expertise for Children and Young People of African, Asian and Caribbean Heritage.

### Maternal and infant health inequalities

Black women are four times more likely than white women to die in pregnancy or during childbirth, mixed ethnicity women are twice as likely, and Asian women are twice as likely. There is also further evidence these health inequalities are increasing.

**Link: MBRRACE-UK Maternal Core Report 2022**

### The first Maternity Health Equity Hub in Peterborough

Barnardo's pilots provision in areas where health inequalities exist. North-West Anglia Foundation Trust (NWAFT) covers Peterborough and surrounding areas: the most deprived areas in the Integrated Care System (ICS) footprint. Data relating to births by NWAFT mirrors the national picture of health inequalities. MUMMA, which is why our pilot Maternity Equity Hub, is in operation here.

### Co-production

From the very start of the MUMMA programme, Barnardo's has pioneered different approaches to ensure co-production has been the golden thread throughout. Through collaboration with black-led grass root organisations and in partnership with CPSL Mind and Raham Project, over 100 voices of Black, Asian or Mixed Ethnicity women with experience of or those who will have experience of maternity services have been listened to. From recruitment to logo and service design, the programme and its activities are fully tailored around lived experiences of what people feel is needed to help reduce maternal and infant health inequalities in their communities.

More information on MUMMA can be found here: [www.barnardos.org.uk/mumma](http://www.barnardos.org.uk/mumma)





## Spotlight on Young People's Social Prescribing

Social prescribing is a key element of the **NHS Long Term Plan** and is focused on enabling people to manage their own health conditions leading to behaviour change and reducing system pressures. Nationally, children and young people's social prescribing is considered emergent, although significant momentum is building for it to be used more widely. Social prescribing provides effective support to children and young people focused on their mental health and emotional wellbeing.

### As a delivery partner, Barnardo's can offer:

- Support to implement an individualised approach, which meets the needs of and is designed with children and young people.
- Knowledge and learning from implementing and delivering one of the largest social prescribing schemes for children and young people in the country.
- Specialist expertise in mental health and wellbeing interventions for children and young people.

Find out more: [Social prescribing | Barnardo's](#)

## To find out more

We'd love to hear from you.  
Please get in touch via  
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if you would like more information.



[barnardos.org.uk](https://www.barnardos.org.uk)



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