

Flying Start programme Annual impact report 2015-16

The Flying Start programme has expanded from the initial 10 catchment areas to 26 Lower Super Output Areas (LSOA) based on the most disadvantaged areas in Caerphilly and targeted using the highest concentration of children aged 0-3 years living in income benefit households. The Flying Start programme delivers:

- Enhanced Health programme supporting families from antenatal stage until their child turns 4 years old, although they are not transitioned off the caseload until the September they attend reception.
- Parenting Programmes and individual Family Support – antenatal, postnatal, Solihull parenting programme, Parent Nurturing Programme, STEPS to success programme as well as bespoke individual support in the home and PAFT.
- Speech, Language and Communication interventions including Super Shellby support in childcare settings, Early Language Development groups, and Speech and Language Therapist support.
- Funded Childcare place for 2-3 year olds before they take up their Nursery place, including early identification and support for children with additional needs. Places are delivered in both non-maintained and maintained childcare settings to meet parental choice offering English or Welsh Medium provision.

Caerphilly started delivering the full Flying Start programme with all 4 components in the initial ten Flying Start areas in 2008-09. Therefore those children completing the Foundation Phase in the summer of 2016 will be the first cohort of Flying Start children who had access to the full programme prior to Nursery. The Programme has expanded the areas from 10 areas to 26 LSOAs during 2012-16.

The programme aims to establish positive behaviours in children and families, through healthy lifestyles, positive parenting, attendance and aspirations. Programme outcomes are based on the conditions of well being and are developing a range of population indicators to show progression in these outcomes:

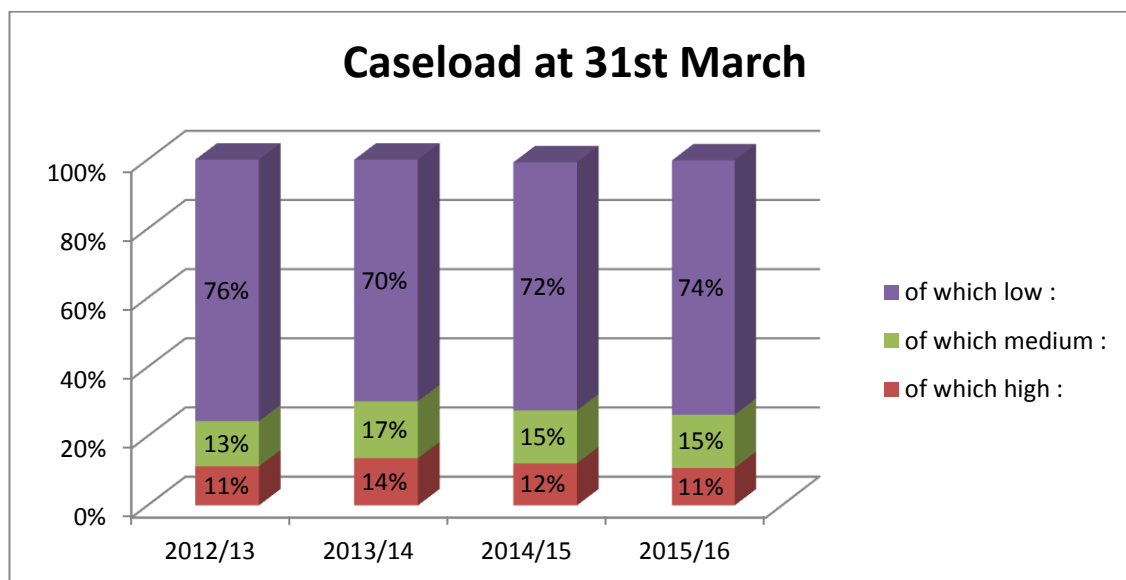
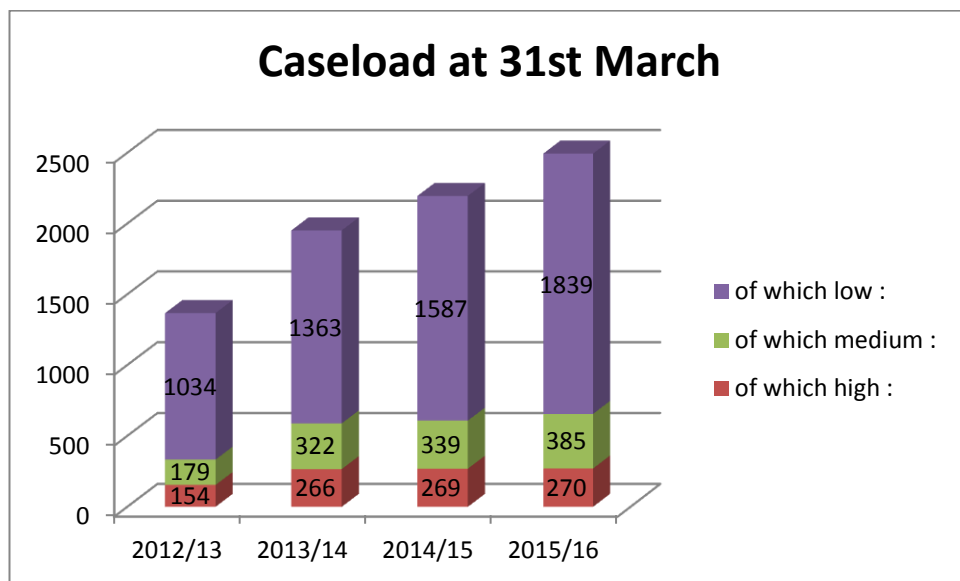
- Flying Start children are healthy and thriving
- Flying Start children and their families are capable and coping well
- Flying Start children reach their full potential

Currently some of these indicators are available on a Flying Start area basis but most are county borough wide and therefore only indicative of the trend of the population as a whole. Welsh Government is working on a pilot to track children and their long term outcomes so that over the coming years we will have more localised data for these population indicators.

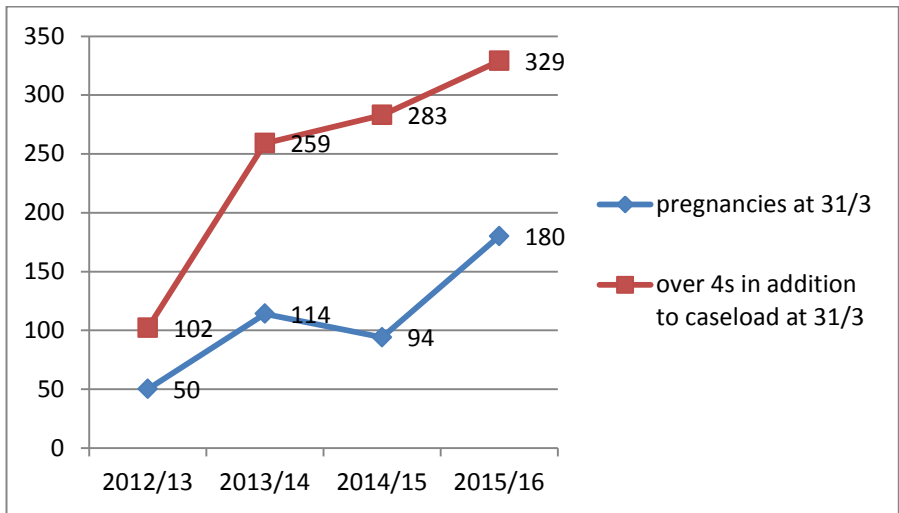
During the last period of expansion 2012-16 the programme has grown from a caseload cap number of 1250 to 2483, doubling the size of programme and enabling a reach of 29% of the children aged 0-3 in Caerphilly county borough (based on Nov 2016 caseload data) in all of the 10% most disadvantaged LSOAs and some of the 20% most disadvantaged.

The Health Visitors use an assessment with the family to identify our most vulnerable families and although the number of high need families has significantly increased with expansion and there was an increase in percentage of high and medium needs during initial expansion phase 2013-15 it has now returned to pre-expansion levels and is more stabilised. The data below is taken as a snap shot at 31st March but families move between high medium and low depending on their family circumstances. Our aim is to move families to a position where they are more resilient and coping with their circumstances, therefore supporting them to move from High to Medium and Medium to Low. Low need families may still have significant needs but they are more able to cope with their circumstances, they are able to access the support they need and they understand the needs of their children and how to meet those needs.

Some communities are relatively stable with little movement in or out of Flying Start areas; however, other Flying Start communities tend to have a migratory population where more vulnerable families are temporarily placed prior to final housing offer.

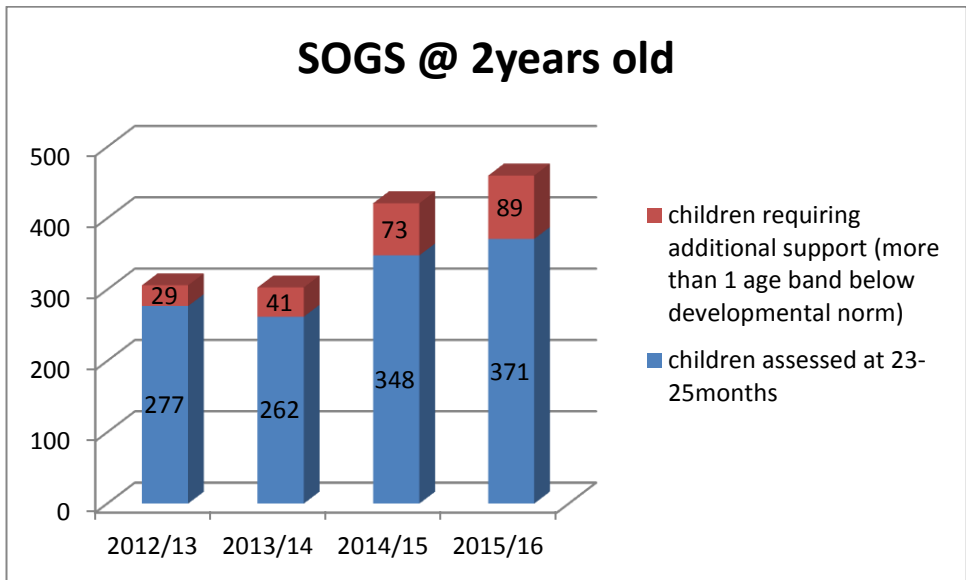


In addition Flying Start health visitors, health team and parenting team work with families in the antenatal period, to start interventions and support at the earliest point. This enables healthy relationships, realistic expectations and a healthy pregnancy as well as reducing anxiety during pregnancy which is better for brain development in the baby. The health visitors also carry 4 year olds on their caseload until they transition to school nursing in the September after their 4th birthday. There have already been interventions throughout the programme and so the impact of the additional 4 year old children is limited. Pregnancies and children over the age of 4years are not counted in the returns or data as they have officially left or not yet entered the programme, even though they may be in receipt of some Flying Start services.

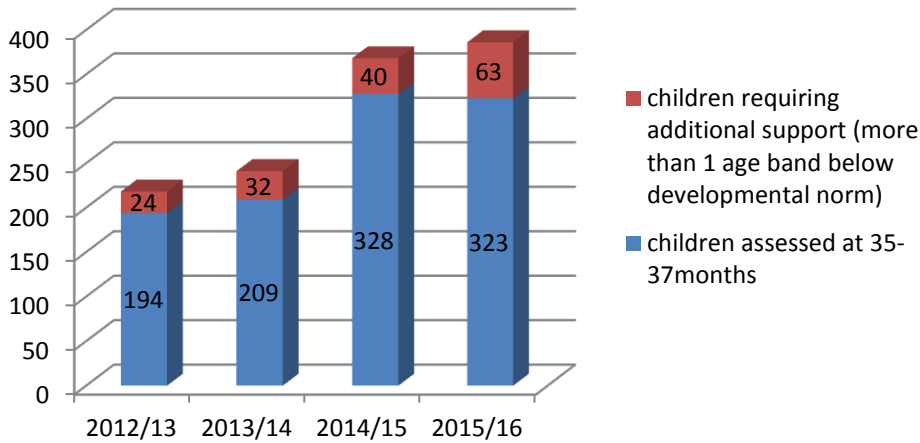


Health visitors, health nursery nurses and skills mix team and the family support team offer a lot of bespoke work in the home with families before families grow in confidence to be able to access groups in their community. Over the last 3 year period the number of individual face to face contacts has increased from 11,693 to 19,720 per year.

Children have developmental assessments at 2 key points in the programme at 2 years old and 3 years old, although this will change moving forward to 18months and 27 months in line with the new Healthy Child Wales programme. The Schedule of Growing Skills assessment is a child development screening tool and primarily used to identify significant delays of more than one age band below their expected level, to enable referrals to specialist services. The graphs below show that the Flying Start population of children has a higher number of children with development delays requiring additional support / more specialist interventions than in the wider borough population (statemented children at school age 3.1%).

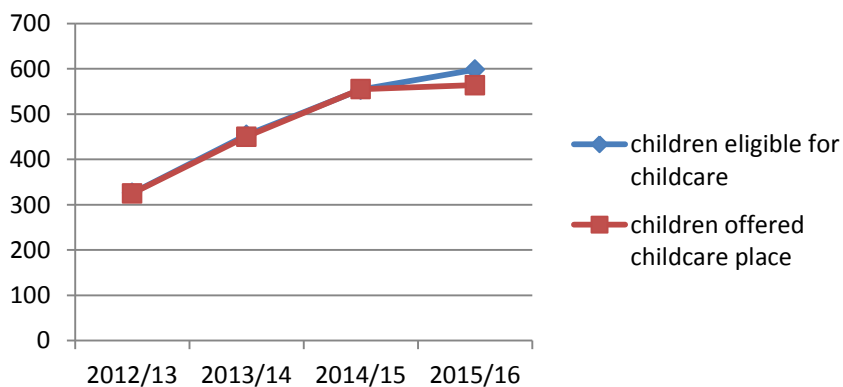


SOGS @ 3years old



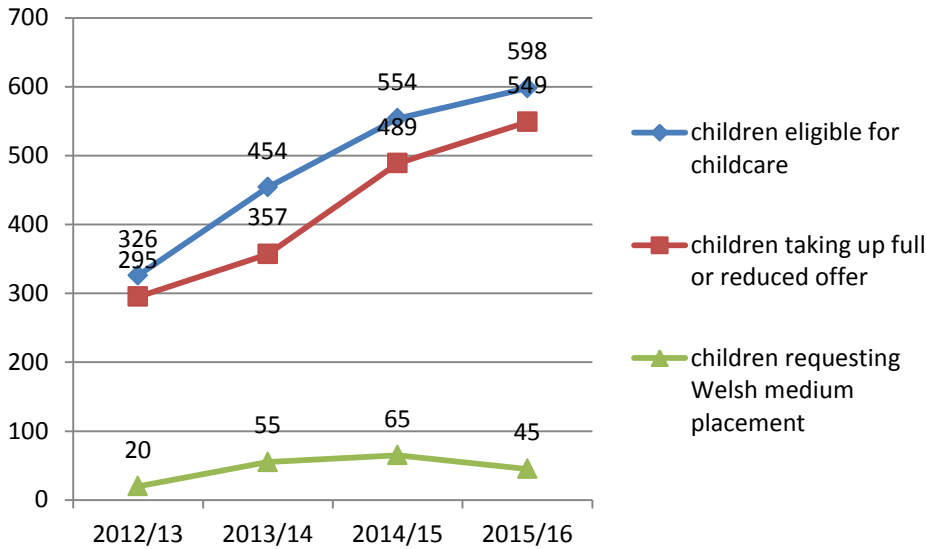
Childcare places are offered to all children with options of Welsh or English medium places and ability to use a childminder or day nursery to enable working parents to have wraparound for their working hours should they need it. This enables parents to have choice of provision including a local provision within 15 minute walking distance of their home.

Childcare eligible and offers made



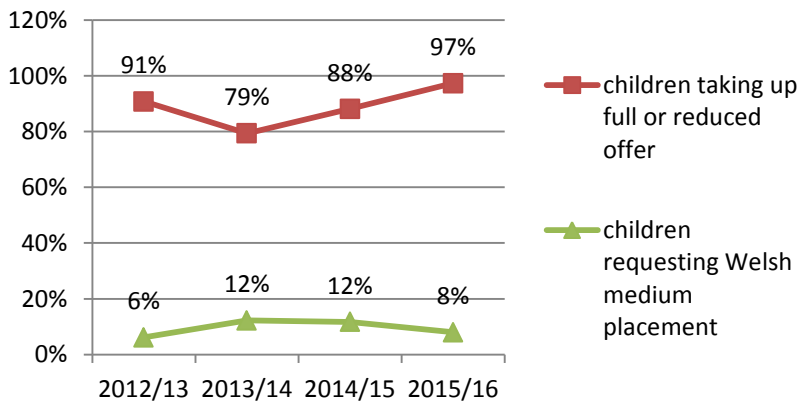
Childcare settings are a mix of maintained (employed and run by Caerphilly CBC) and contracted non-maintained settings (mix of providers including private business, voluntary management committee, Charitable Incorporated Organisations and sole traders). The increase in provision required has had added benefits to the local community through improving sustainability of community based provision, improvement in conditions of provision including infrastructure and equipment as well as upskilling staff and increasing those achieving level 5 qualifications. This has also created a significant number of jobs in the community and enabled career progression for staff. This is in addition to the actual delivery of the provision for the development of the children in our most disadvantaged areas. The ratio required is 1:4 and so there are a significant number of staff involved in delivery as well as additional staff to support children with complex needs on Early Years Action plus. All children have development assessments which form the basis for their individual plans which may have progress to a play plan if there are emerging needs or outside agencies involved in their support.

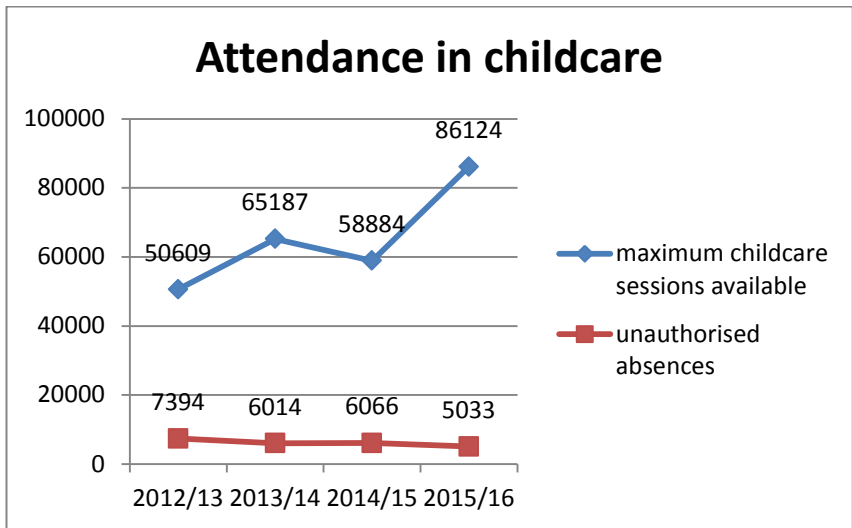
Take up of childcare placements



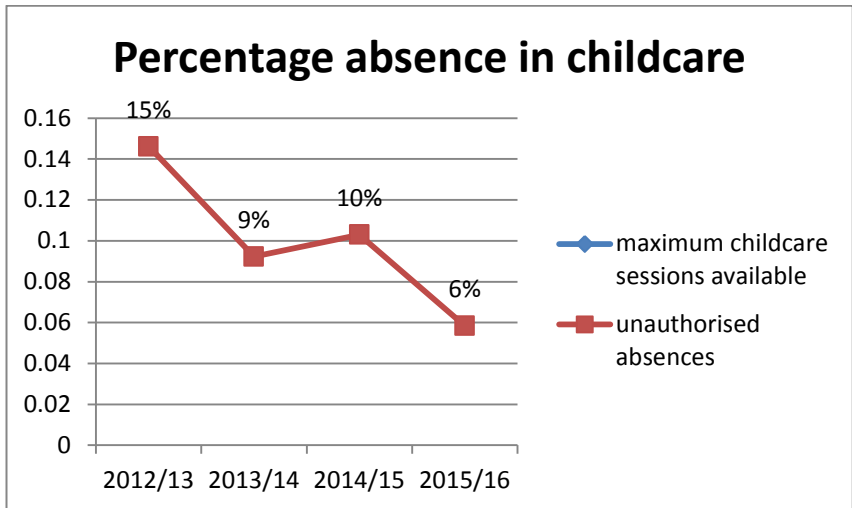
The health visitor checks with the family during the 18 month visit regarding language preference for childcare and this often prompts the family to check they are registered with the central team ready for an offer letter. The offer letter is sent to all families the half term before they are due to start asking them to return the slip with their choice of setting named. The family then books their appointment with their setting to complete all paperwork and plan transition.

Percentage take up of childcare placements

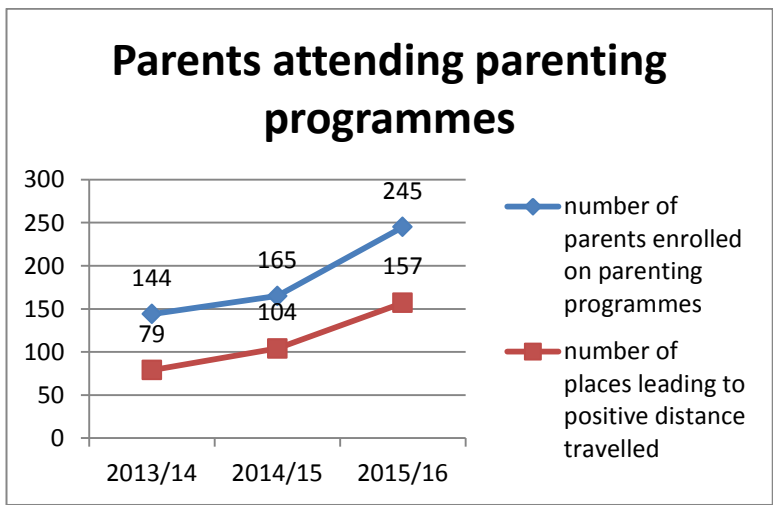




From the outset we encourage all families to attend regularly and this has improved attendance decreasing the number of unauthorised absences over the last 4 years.

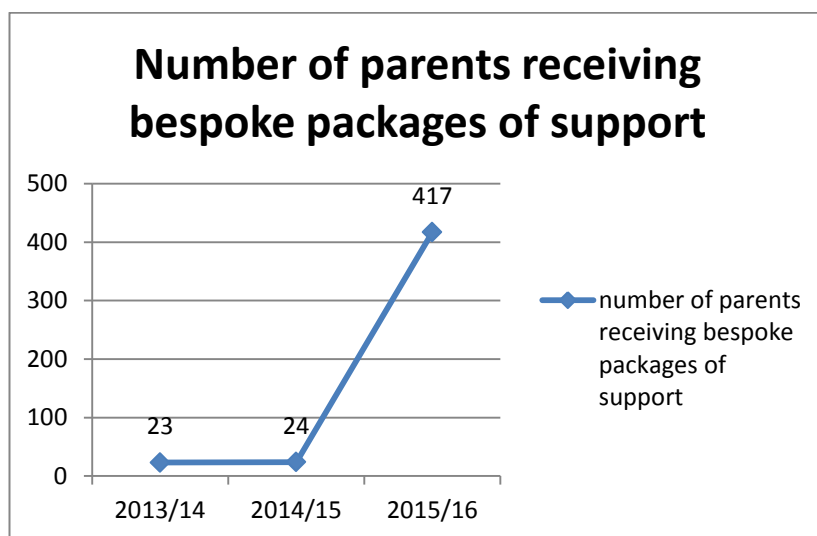
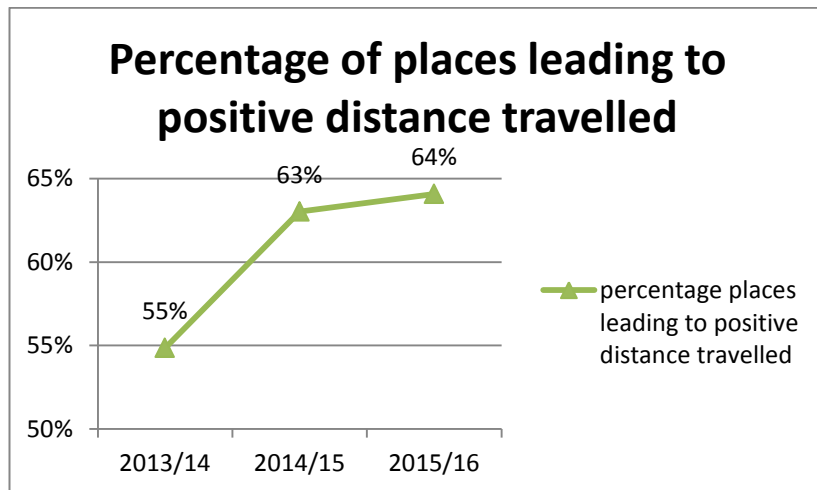


All parents are encouraged to attend parenting programmes or access bespoke packages of support in the home depending on their circumstances and family needs. This has shown a positive trend over recent years removing the stigma of accepting parenting support.



Many parents are recognising the positive aspects of parenting programmes and understand the difference in their skills from what they perceived in the beginning and what they now understand at the

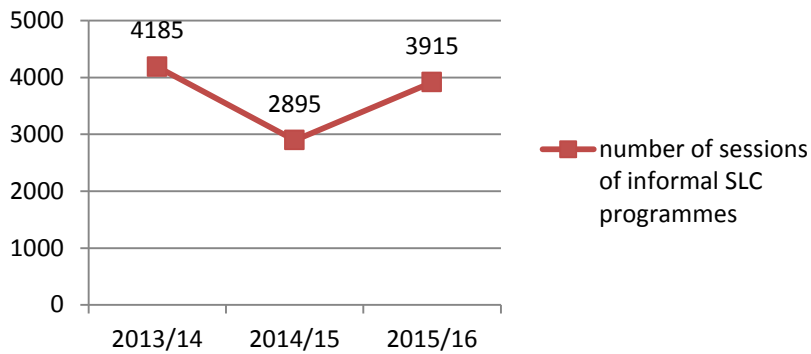
end of the course. Many realise that they weren't coping as well as they thought at the beginning of the course but now understand the improvement in their parenting skills.



Bespoke packages can be anything from 4 sessions in the home to 1 year or 3 years depending on the family's needs and the outcomes they are working towards. Most packages are completed within 1-2 terms but some need more long term work to change entrenched behaviours, although the maximum so far has been 18 months.

Speech Language and Communication is embedded throughout the delivery of all groups and interventions to improve parent and child understanding of how to support SPC development. The group based programmes are aimed at 1-2 year olds and support SLC in a play based structured parent and toddler course. The groups develop activities based around a story and show how to encourage a love of books and reading stories, as well as songs and rhymes.

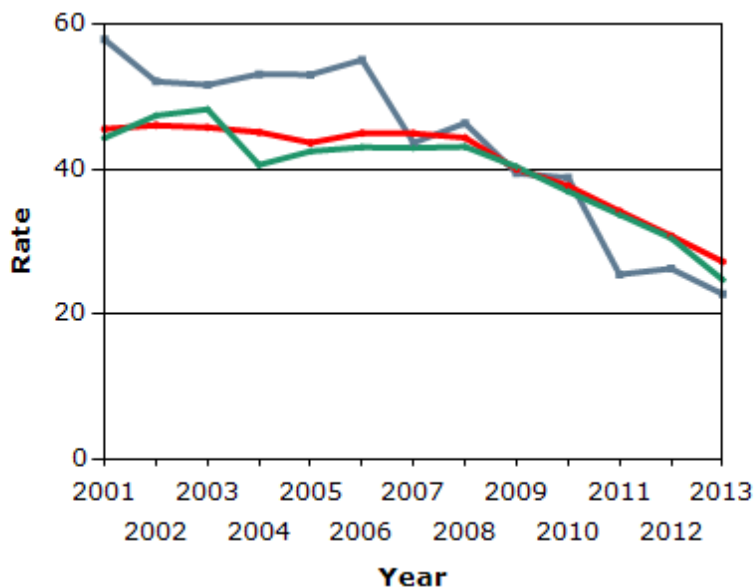
Number of sessions of informal SLC programmes



The population level outcomes are being tracked over time, and cannot be directly attributed solely to the Flying Start programme as there are several programmes designed to support families in need.

However, the trends do show an interesting trend in line with the launch of Flying Start nationally in 2006, full implementation of the Flying Start programme in Caerphilly borough in 2008 and its expansion to double the size in 2011-16.

Rate of teenage conceptions per 1,000 female population aged 15-17, 2013

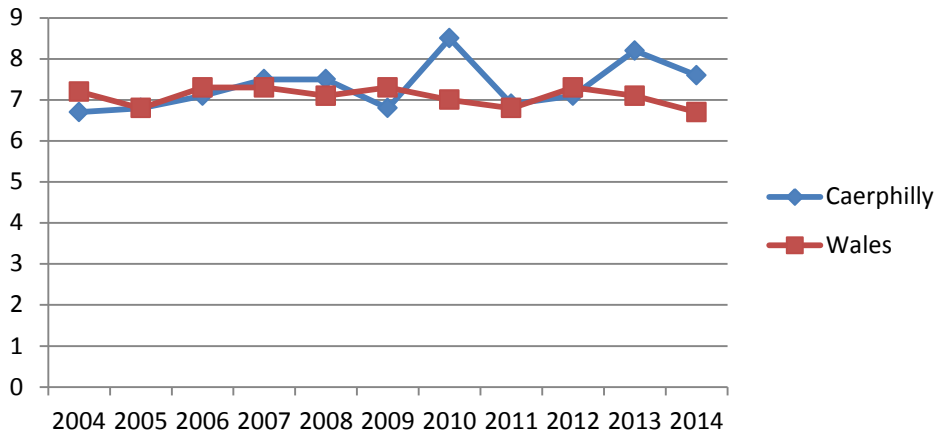


Source: ONS

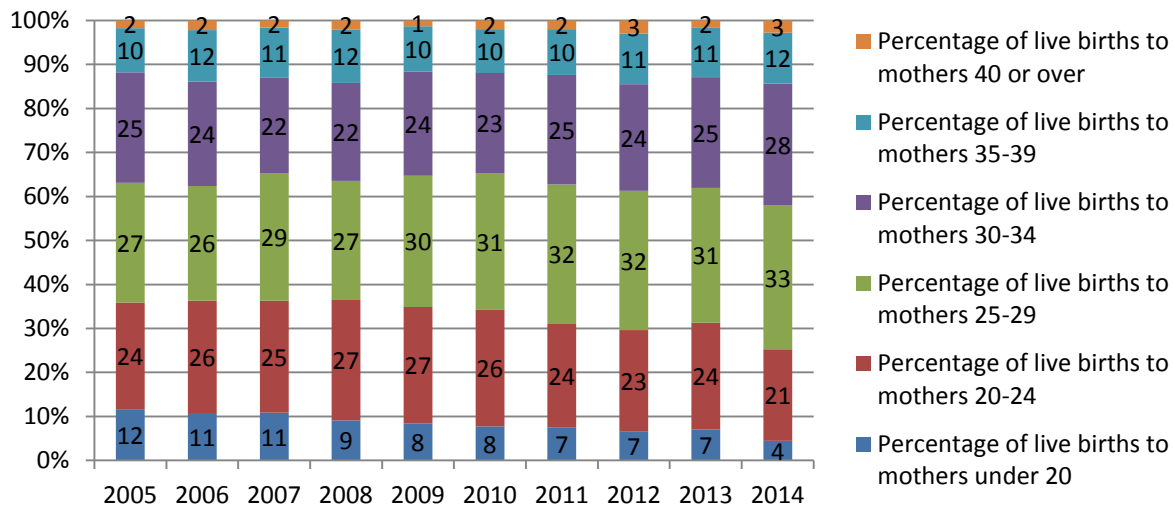
The rate of teenage conceptions has reduced significantly across the borough especially 2006 onwards, being below other comparable authorities as well as the Wales average.

Within Caerphilly there are still a relatively high number of low birth weight babies, although lower than Monmouthshire and similar to Blaenau Gwent. There is now a need to focus on having a healthy pregnancy across the age range and less need to focus on younger mothers as this has reduced significantly.

% of low birth weight live births

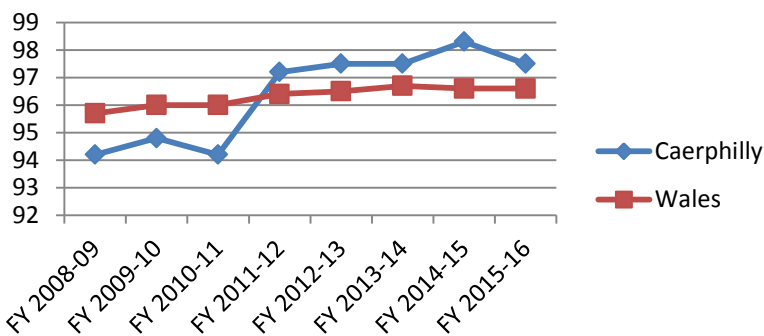


Breakdown for live births and age of mothers for Caerphilly

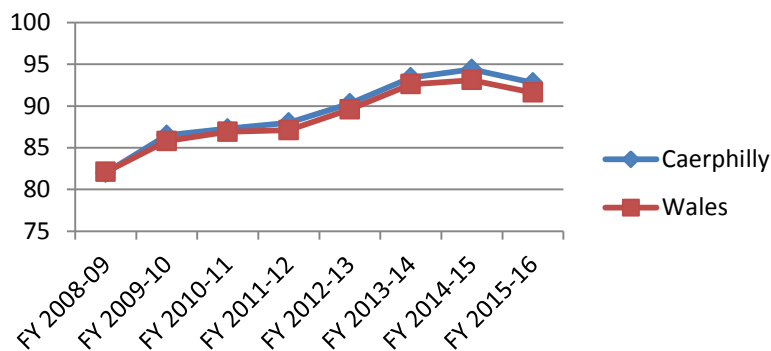


Other health population indicators include percentage children receiving their immunisations, which have also shown an increasing trend. Flying Start focuses on improving take up of immunisations where there may have been a historical culture in the community of non-attendance (DNA) trends for appointments.

% of children aged 1 receiving the 5 in 1 immunisation

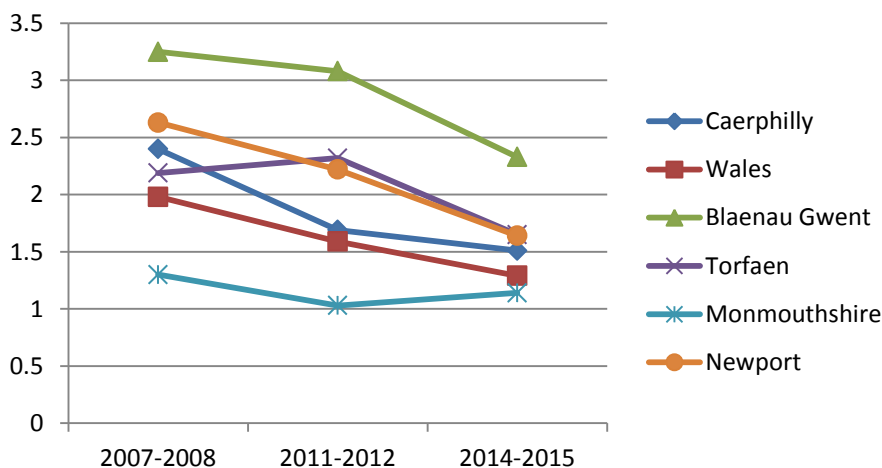


% of children aged 5 receiving the MMR2 immunisation



The Flying Start programme aims to support positive health behaviours including healthy eating, teeth cleaning and visits to the dentist. Initially there were cases of full tooth extraction in 2 year olds due to sprite in bottles causing delays in speech and language acquisition as well as behavioural impacts (frustration at not being understood as well as bullying for looking different). These cases are now very rare as parents understand the importance of using cups, removing dummies and only putting water or milk in bottle or sippy cups to not damage their teeth. The trend in Caerphilly is very positive and although slightly higher than the Wales average is lower than comparable authorities.

Average number of decayed, missing or filled teeth in children aged 5 years

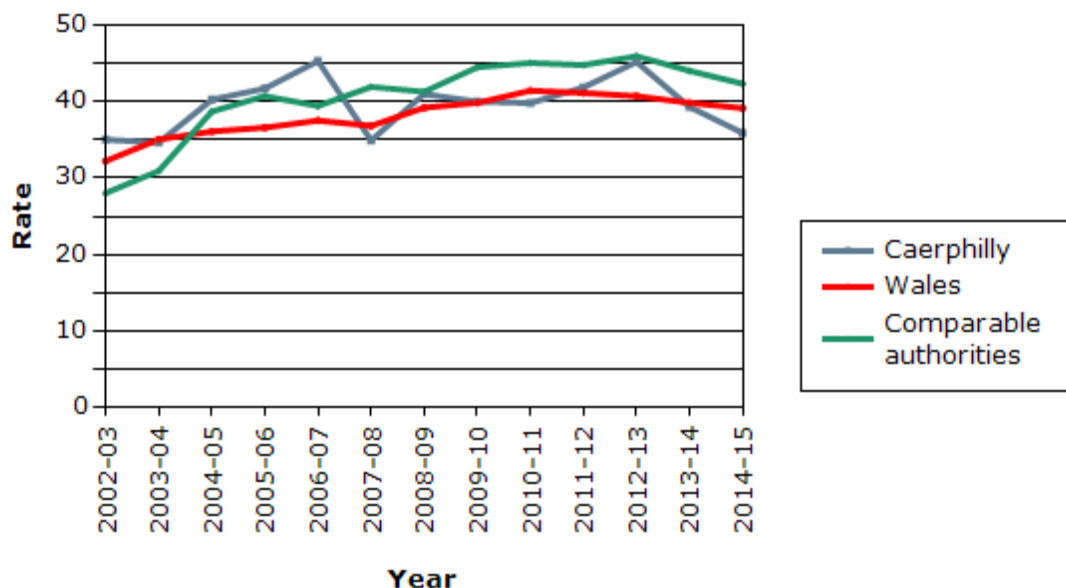


An aim of the programme was for early identification of need, and through being able to intervene early pre-crisis, to reduce the number of children coming into the social care system. While there were also other interventions also delivering family support during this time period and the figures are for a much wider range in population the trend does mirror identification spikes when the Flying Start programme was implemented in 2008/9 and expansion in 2011-13, along with the decrease as interventions become embedded, accepted and take up rates increase.

In Caerphilly the rate of child social care users was, at 36 per 1,000 population aged 0-17, lower than Wales' rate of 39 and it was less than the comparable authorities' rate of 42.

Between 2002-03 and 2014-15, the rate of child social care clients per 1,000 population aged 0-17 increased by 2%. This compares with a 21.4% increase across Wales. Figure 9 shows the trend over this period.

Rate of social care clients aged 0-17 per 1,000 population



During the past 6 years Flying Start has collaborated increasingly with the other anti poverty programmes to remove duplication and smooth transition for families who need access to wider support services. Joint commissioning with Families First for interventions from April 2017 will enable widening of Flying Start type interventions to families in non-Flying Start areas who have identified needs for support, including:

- Antenatal support
- Postnatal health support (with a focus on 1000 days interventions)
- Parenting programmes and individual bespoke family support
- Speech Language and Communication groups for families
- Individual child development support in nursery where they are SLC delays
- Child development support in the home for children with emerging developmental needs
- Short term childcare placements and supported childcare placements in community childcare provision for children with emerging additional needs

The collaboration is anticipated to continue moving forward to maximise reach and take up of services for families in need, focussing on preventing or mitigating the impact of Adverse Childhood Experiences. Welsh Government is committed to taking this agenda forward through both Flying Start and Families First and are continuing with the alignment project to look at further collaboration nationally, maximising reach of interventions as effectively and efficiently as possible. We anticipate a standstill budget for Flying Start in 2017/18 at the same price per child since 2006 when the programme was launched, and as such does not take into account inflationary increases of running and staffing costs.

Parental feedback from Facebook reviews:

Jodie Barcoe Mills to Flying Start Caerphilly

15 December at 15:41 ·

Just won't say a massive thank u to cefn fforest flying start they have been amazing with Jack can't fault them he's loved going missis them when he's home I'm devastated his placement has finished he starts a different flying start after christmas the staff are amazing couldn't wish For better they always there for me if I need to talk and always plenty of time for jessie x thank u gonna miss u all x

[Laura Grace Cook](#) reviewed [Flying Start Caerphilly](#) – *5 star*

[2 December at 21:37](#) ·

I absolutely love the Hengoed Flying start and all the staff up there are flawless!!! They've gotten to know me and Evie so well the attention to detail when it comes to her is incredible they know her so well and remember everything she tells them. Gemma her key worker is fabulous couldn't have asked for better! I love going up and hearing about what Evie's been saying and doing every time I pick her up! She loves all of you so much (although Gemma may slightly take the lead of fave sorry girls) and she will be gutted to leave!!! Thanks for everything and massive congrats to Gemma on the birth of baby Ollie we really hope all is well. Xxx

[Jess Davies](#) reviewed [Flying Start Caerphilly](#) – *5 star*

[28 November at 13:48](#) ·

For the first 5 weeks my son suffered with separation anxiety and if it weren't for the girls in Hengoed Flying Start we both wouldn't have overcome this. Not a bad word to say about the setting!! Myself and my son will really miss the girls as not only have they brought him out of his shell they also supported me as a parent when I needed it. Can't thank them enough

[Sara Griffiths](#) reviewed [Flying Start Caerphilly](#) – *5 star*

[24 November at 09:11](#) ·

My daughter has been going to Nant Y Parc Flying Start since January and she absolutely loves it there. All the staff are great and do so many things with the children and has so much time for both children and parents. When I talk to Leilani about her day her words have been "Amazing" and "So much fun" which shows how happy she is there. Thanks for everything you do..x

[Angel Edwardz](#) reviewed [Flying Start Caerphilly](#) – *5 star*

[23 November at 12:33](#) ·

My daughters have been going to Nant Y Parc Flying Start for a couple of months now and absolutely loves it! The staff are amazing and very helpful. My daughters come out of their shell so much since starting and will be sad to leave.

[Rachel Rae Aubrey](#) reviewed [Flying Start Caerphilly](#) – *5 star*

[18 November at 07:46](#) ·

My daughter went to Flying Start when she was younger and my son is in there now he will be leaving there Christmas time to start big school in January he absolutely loves it the staff are absolutely brilliant

[Samantha Harding](#) reviewed [Flying Start Caerphilly](#) – *5 star*

[3 November](#) ·

My little girl really enjoyed her first time at the new Panside Flying Start group the leaders are so kind and friendly, thank you so much we look forward to going again.

Love Sam and Louise x

[Ruth'Elaine Horrigan](#) reviewed [Flying Start Caerphilly](#) – *5 star*

[22 November at 19:58](#) ·

The girls at Flying Start in Blackwood are absolutely amazing. My son Callum wasn't there that long but in the time he was there he came on leaps and bounds. Thank you so much girls x

[Maria Davey](#) reviewed [Flying Start Caerphilly](#) – *5 star*

12 April ·

Got to Say the Girls in the Flying Start Senghenydd Are absolutely Brilliant They have helped my little one with her speech and are a great bunch of girls who are Always willing to Help She Loves it there and could see why on the parent play Days Fab place with brill Facilities And Staff! Thanks Girls From me and Faith♥.Xx

[Maria Victoria Price](#) reviewed [Flying Start Caerphilly](#) – *5 star*

27 March 2015 ·

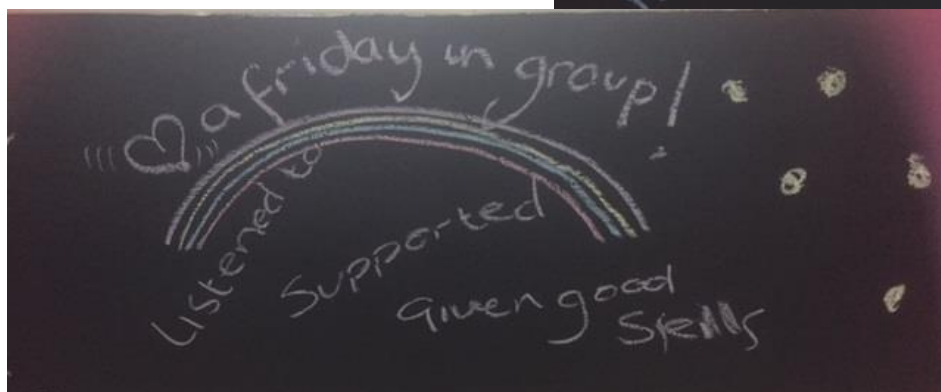
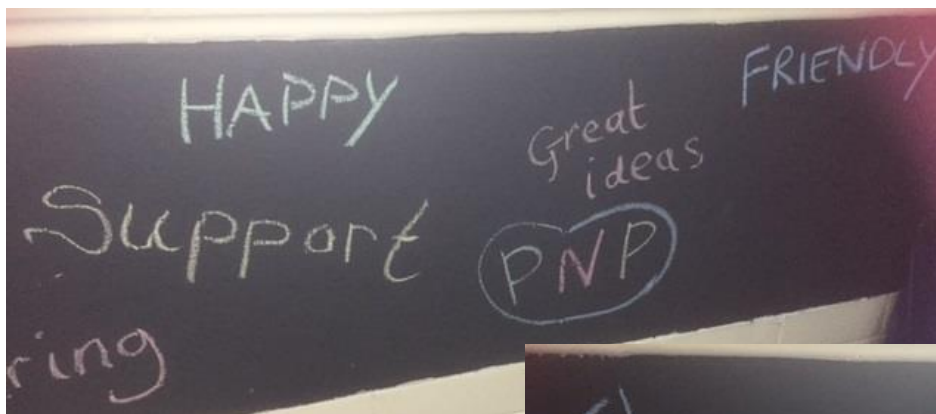
Huge huge thank you to the staff at Risca flying start. It was my littles girls last day today and she has really enjoyed herself with you guys, and come a long a way. Shall miss you guys till next year where hopefully my other little girl will join you guys. Xx

[Christina Kerr-Barnett](#) reviewed [Flying Start Caerphilly](#) – *5 star*

3 August 2015 ·

Amazing setting with brilliant staff in Hengoed ☐ && I just wanted to say thank you all for running all the activities during half term.. its been fab ☐ kept the kids happy && gives us something to look forward to even on the rainy days.. we have all had so much fun ☐ Can see you girls have put a lot of thought and effort in to it ☐ xxx

Parental feedback from the Parenting Programme in Parc y Felin ICC



MAKING
GOOD FRIENDS ♡
Caring
environment
laugh 😊
every week!
Safe

♡ Feel Like
you're not
alone

Telling it like it is!
PNP
2016
MAKING
GOOD FRIENDS ♡
We have
such a laugh 😊
every week!