

## Flying Start programme Annual impact report 2017/18

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.

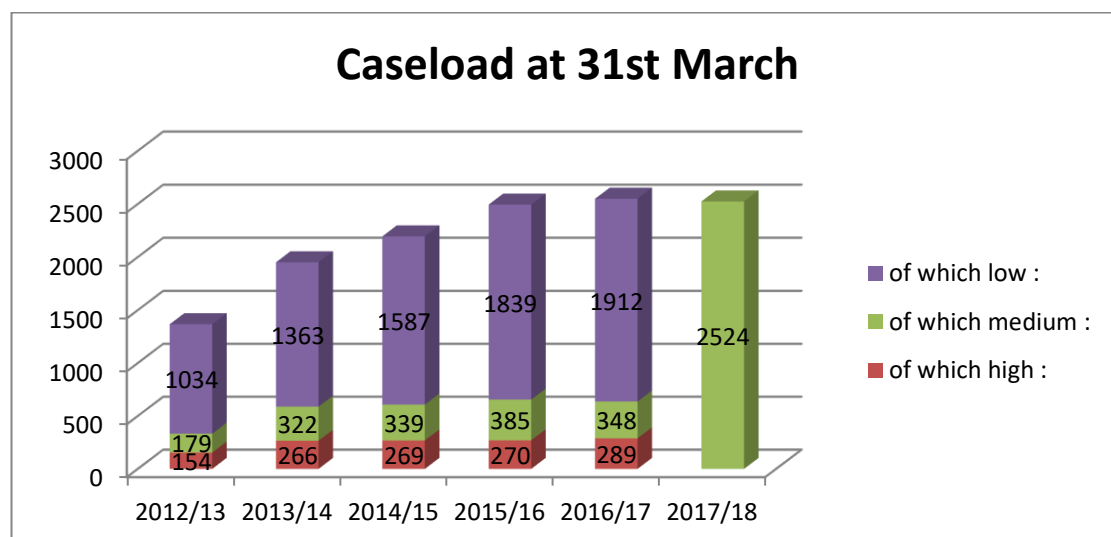
Caerphilly started delivering the full Flying Start programme with all 4 components in the initial ten Flying Start areas in 2008-09. Therefore those children completing the Foundation Phase in the summer of 2016 will be the first cohort of Flying Start children who had access to the full programme prior 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:

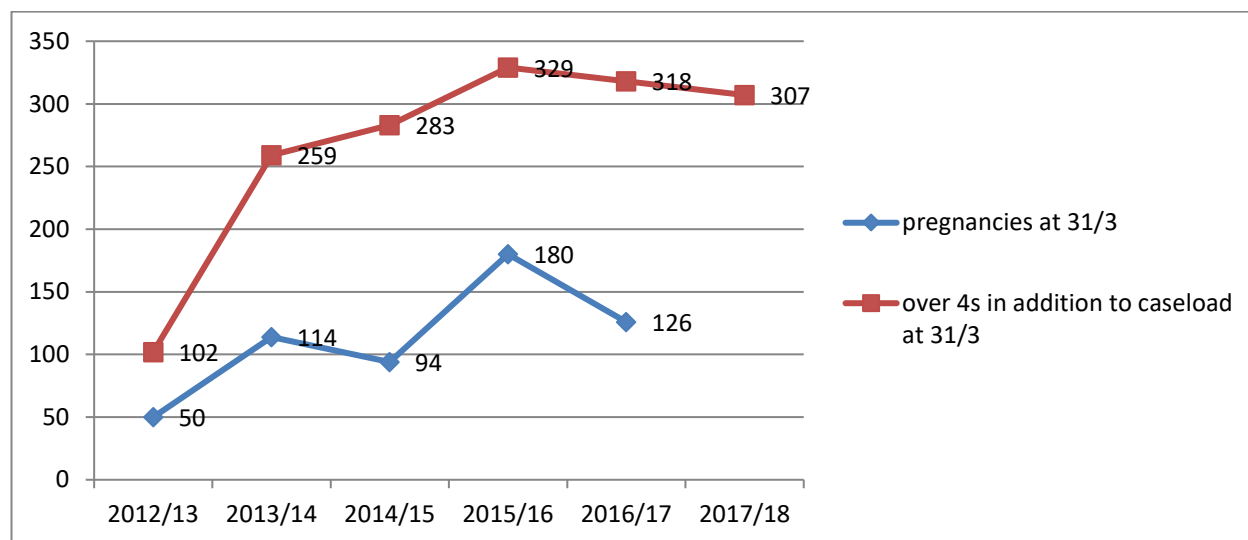
- Flying Start children are healthy and thriving
- Flying Start children and their families are capable and coping well
- Flying Start children reach their full potential

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.

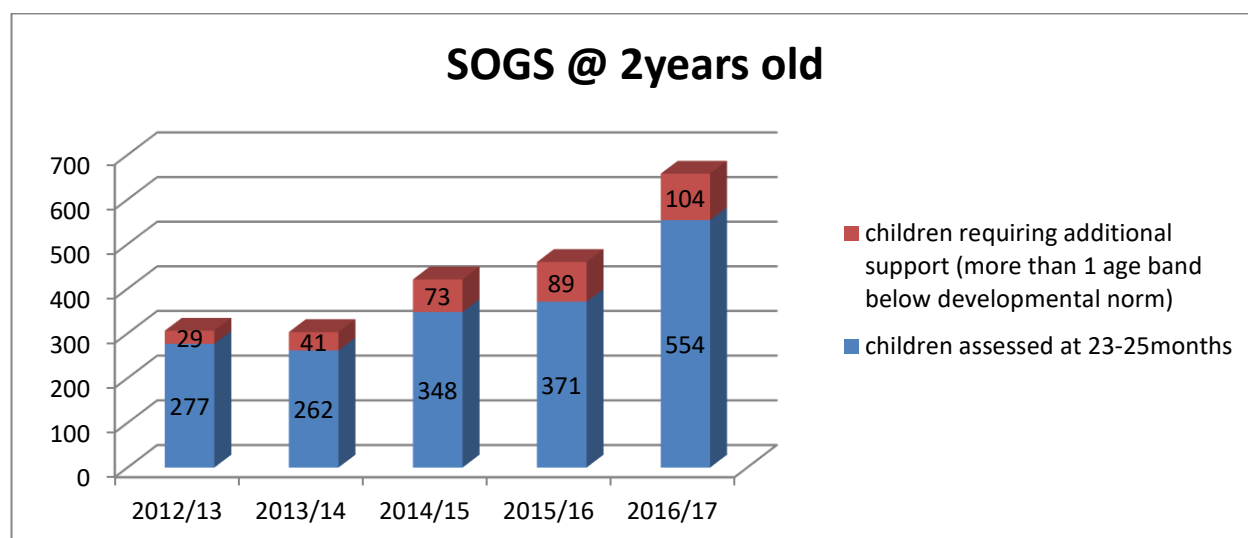
The Health Visitors are changing their family assessment to a resilience assessment and so the data will change accordingly.

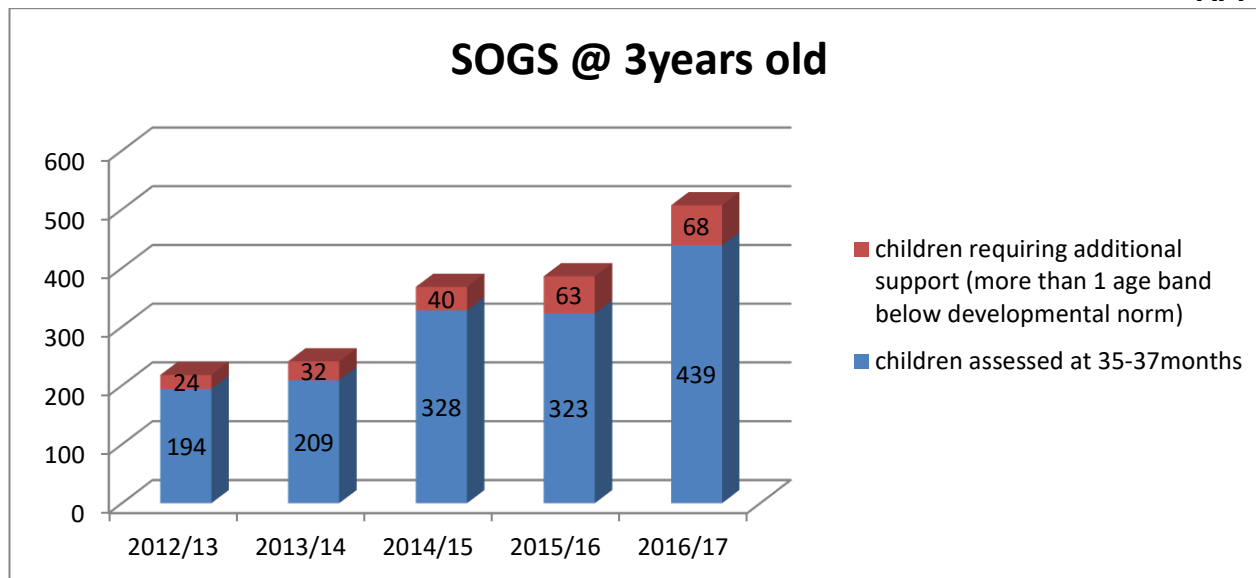


In addition Flying Start health visitors, health team and parenting team work with families in the antenatal period, to start interventions and support at the earliest point. This enables healthy relationships, realistic expectations and a healthy pregnancy as well as reducing anxiety during pregnancy 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 4<sup>th</sup> 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. From 2017/18 pregnancies are no longer counted but moved to number of antenatal contacts.

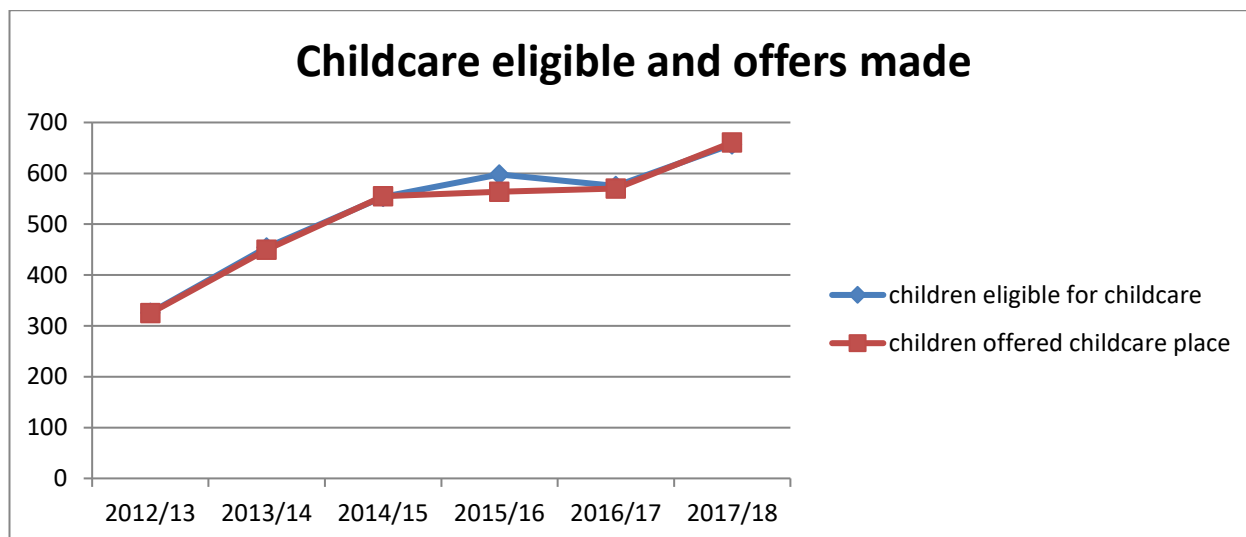


Children have developmental assessments at 2 key points in the programme at 2 years old and 3 years old, although this will change moving forward to 18months and 27 months in line with the new Healthy Child Wales programme. The Schedule of Growing Skills assessment is a child development screening tool 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 are no longer routinely undertaken on all children in Flying Start and so this indicator discontinues from 2017/18.

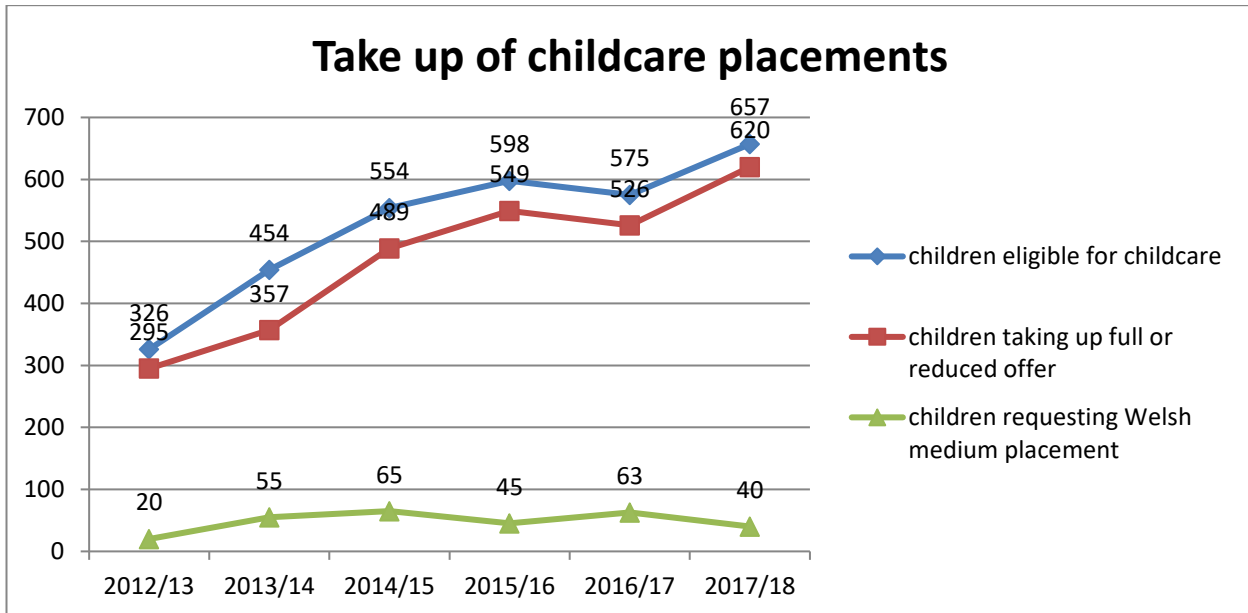




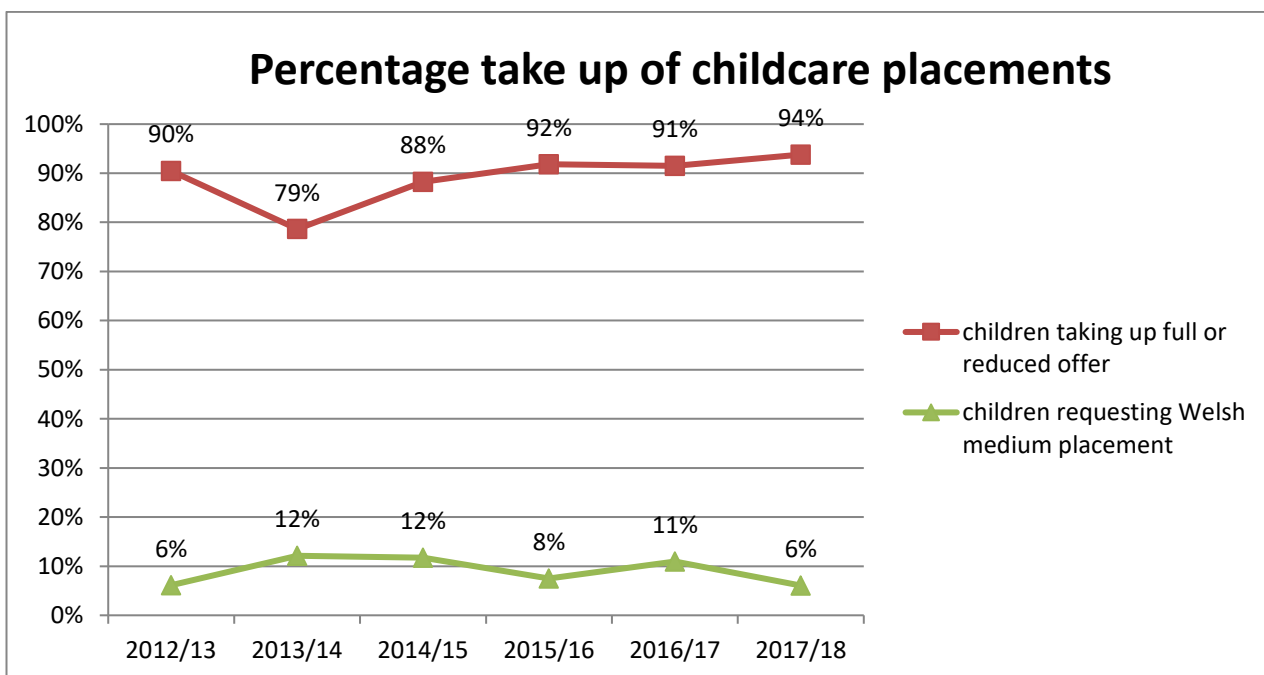
Childcare places are offered to all children with options of Welsh or English medium places and ability to use a childminder or day nursery to enable working parents to have wraparound for their working hours should they need it.



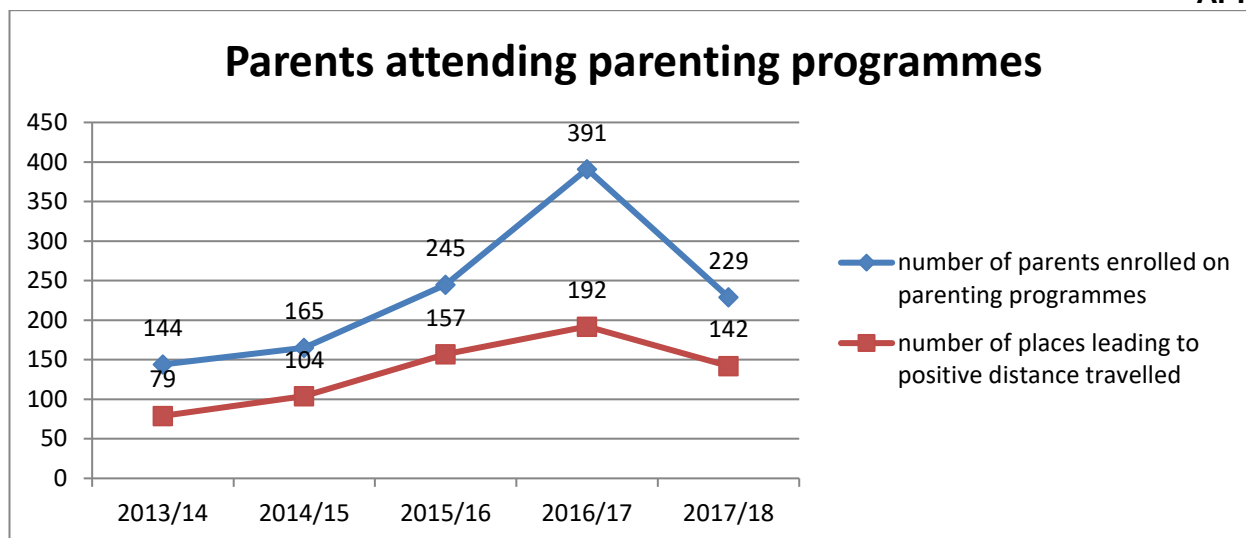
Childcare settings are a mix of maintained (employed and run by Caerphilly CBC) and contracted non-maintained settings (mix of providers including private business, voluntary management committee, Charitable Incorporated Organisations and sole traders). The increase in provision required has had added 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 and 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.



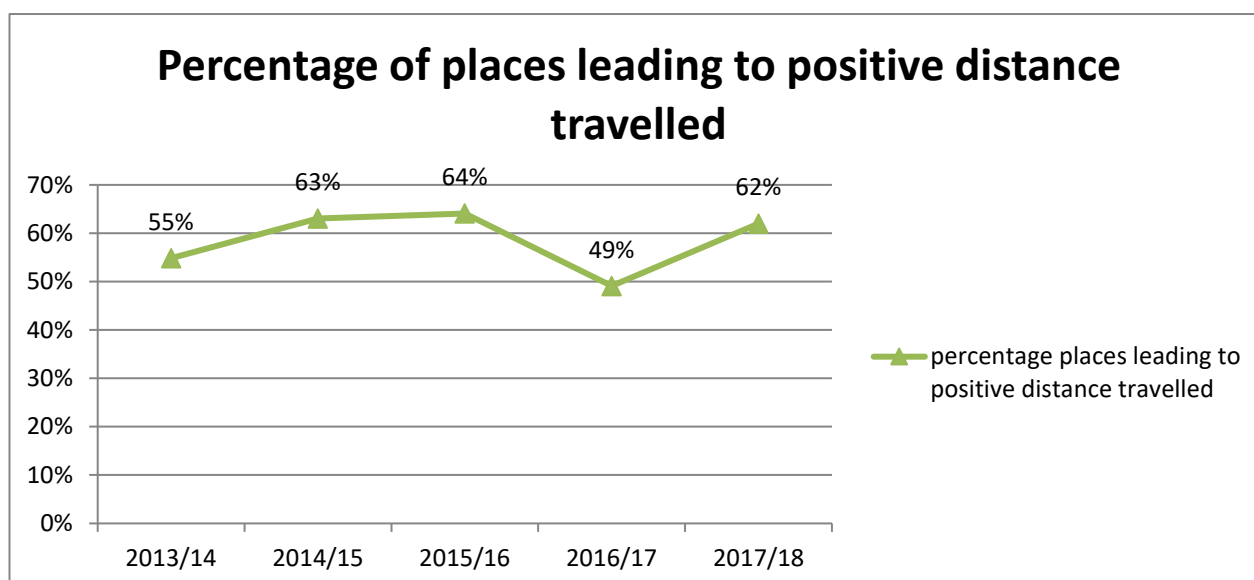
The health visitor checks with the family during the 18 month visit regarding language preference for childcare and this often prompts the family to check they are registered with the central team ready for an offer letter. The offer letter is sent to all families the half term before they are due to 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.



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.

**Case Study Flying Start family support****5 Star review on Facebook by parent NW**

*Recently completed the Flying Start Solihull course and could not fault it, especially the team leaders S and L. Very relaxed and friendly environment, and very enlightening. Looking forward to the next two.*

**5 star review on Facebook page by parent SG**

*I got help from Flying Start after my second child. I had post natal depression and couldn't leave the house. Flying Start were amazing and helped me become the mum I'm proud to be. The service is great and I highly recommend.*

**Message from parent C**

*I've just completed the Solihull course in Hengoed with S&M and the girls have helped me no end. I struggle with a lot of things. Battle my own demons with anxiety and stuff, but the girls have taught me its ok not to be ok. Ways to deal with parenting advice and ways to explain things to my children. Its been so helpful and given me confidence in parenting. I still lose my s\*\*\* but I feel like I can cope and there is light at the end of the tunnel. So thank you!*

**Case study Flying Start Childcare****5 star review on Facebook by parent KW**

*My daughter has come on amazing since joining Phillipstown Flying Start. Her face lights up every morning when she sees the girls every morning.*

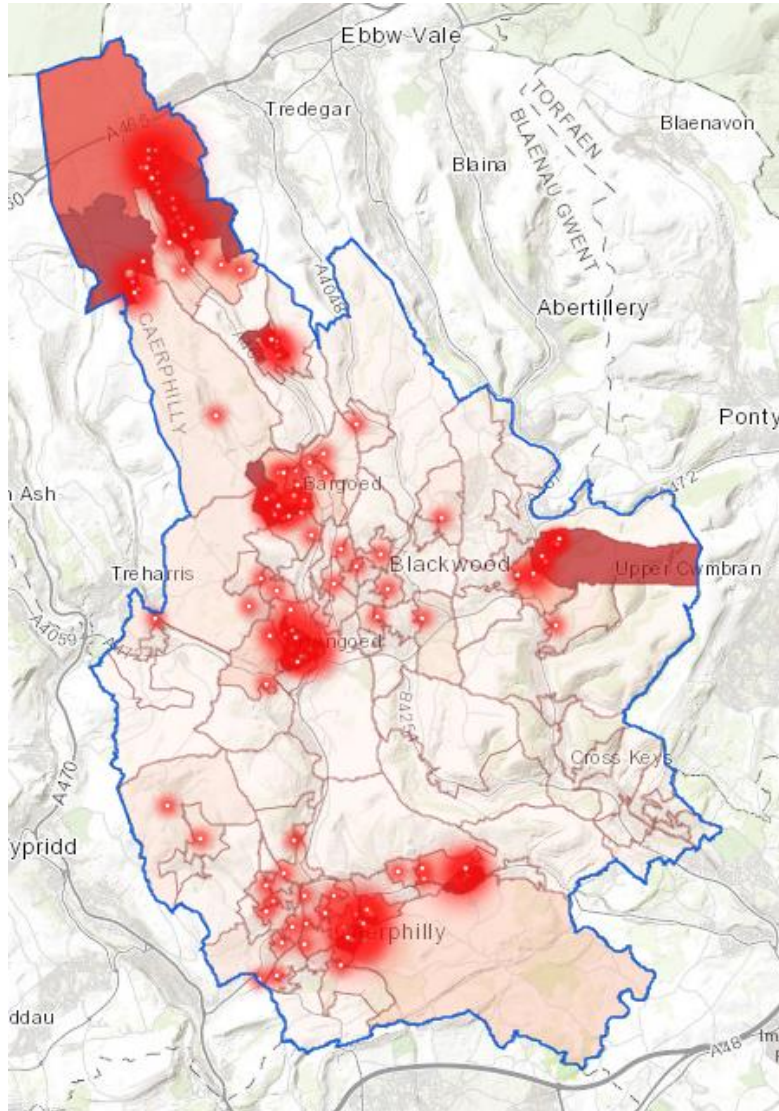
**5 star review on Facebook by parent NME**

*Cefn Forest Flying Start I cant thank them enough for all they do. My daughter loves it there. The staff go above and beyond and my little one always has so much fun and learns lots. Thank you*



Initial data analysis of first Flying Start cohort

Flying Start programme began full delivery in September 2008 so children born would then have had access to the full programme. Of the 280 children attending childcare from that cohort, 245 children remained in the borough at the end of Foundation Phase. Therefore 35 children had moved out of the borough entirely and some children had moved away from their original Flying Start area so a direct correlation with their Primary School Foundation Phase results was not achievable. The largest moves seem to be from Hengoed, Bargoed, St James and Panside areas.



Welsh Index of Multiple Deprivation 2005  
Key to Lower Layer Super Output Areas

