

Small Steps Big Changes

Maggie Lambert

SSBC Area Coordinator – Aspley

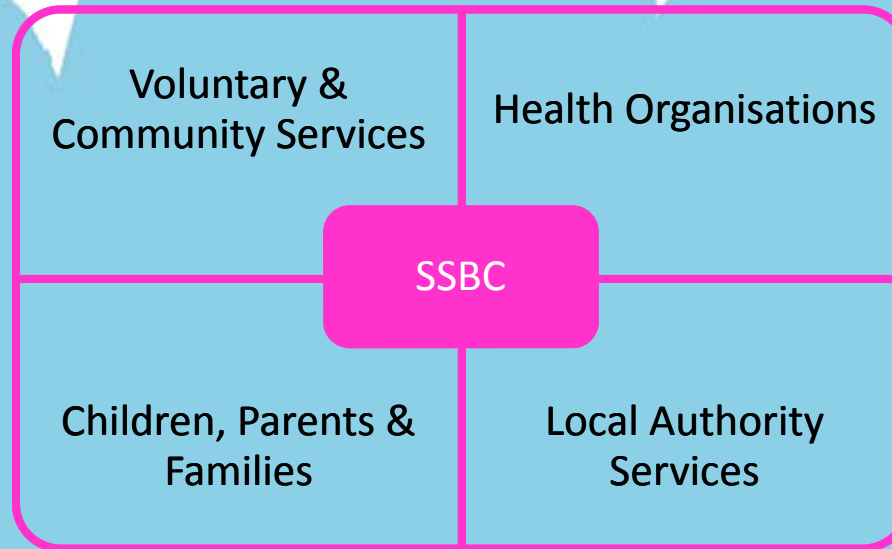
September 2015



- SSBC Overview
- Aspley and SSBC

SSBC – a 10 year Big Lottery Funded Programme to improve the lives and life chances of children

- Focus on pregnancy and first 3 years of life
- Four wards:
 - **Aspley**
 - Bulwell
 - St Ann's
 - Arboretum



SSBC aims to deliver improvements in three development outcomes:



It's all about our children

SSBC will:

- Have a universal, primary prevention approach
- Double the spend on 0 – 3s in the 4 SSBC Wards
- When programmes show success, they can be considered for scale up across the City

.....And develop a model for system change.

Designed with parents, managers & leaders

- **Community Partnership** (parents, workforce, voluntary sector organisations)
- Parents on the Board
- Development group
- Strategy days with senior leaders & parents
- Travelling playgrounds
- Area Well-being Survey
- Consulted over 1,500 parents in the 4 wards
- Now broadening out to front line workforce

What will SSBC do?

Parenting preparation and support:	
<ul style="list-style-type: none">• Introduce new workforce of paid and volunteer family mentors• Support for fathers	66.5 FTE paid posts
Over 40 evidence and science based activities & interventions identified and agreed in the plan, including:	
<ul style="list-style-type: none">• Enhanced supported book gifting	1000 families per year
<ul style="list-style-type: none">• Bump Birth and Baby groups	500 families per year by year 3
<ul style="list-style-type: none">• Strengths based support with parent infant relationships	During all contacts
<ul style="list-style-type: none">• Maternal mental health screening and structured listening visits	1000 families per year
<ul style="list-style-type: none">• Infant Massage	500 families per year by year 2
<ul style="list-style-type: none">• Baby buddy	City wide

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Aspley and SSBC

Capital Work Underway:

- Bells Lane Community Centre
- Best Creative (formerly ACTC)



Aspley and SSBC

Aspley, Bells Lane & Broxtowe SSBC Community Partnership:

- 4 meetings:
 - great commitment
 - great input/outputs
- 2 Aspley Parents on the SSBC Board
- Next meeting 21st September (Hope Centre)



Aspley and SSBC

Family Mentors :

- ~36 in Aspley
- Contract awarded to a local Consortium led by Groundwork
- Recruitment information events held
 - 18th Aug at BEST Creative (ACTC)
 - 20th Aug at Bulwell Riverside
- Interviews and assessments – September
- Start to meet families from December



Parents will benefit from mentoring by fellow mums and dads in Nottingham.

Helping Children Achieve

Continued from the front page...

After detailed procurement and competitive tender processes, Groundwork Greater Nottingham was selected to lead a consortium including the Bulwell Community Toy Library, Home Start and Right Track - collectively known as the Children First consortia - to deliver the £3m, three year contract.

SSBC parent Natalia Thomas, a mum-of-three from Bulwell, who was involved in the selection process said:

"The Groundwork application stood out for me because they seemed to have better understanding of what it's like to live in an area like Bulwell or Aspley.

"As a mother of three young children I think that having a family mentor to support you, at home and in group settings, before and after you have your new baby could really help to build parents' confidence to be the best parent they can be."

Michelle added: "All expectant families and families with newborn babies in Aspley and Bulwell will be offered a family mentor. Mentors will work alongside families, working in partnership with existing health and early years services.

Our aim is to create trusted relationships between new parents, their families and our family mentors so that together we can help children achieve better outcomes in nutrition, language and social and emotional development."

The family mentors will be supported and guided by the SSBC programme and specialist teams, taking activities into family homes and delivering group sessions and interventions.

The family mentors for Bulwell and Aspley will be recruited from local families by Groundwork from August and will start to meet families in their wards by December.

The process of selecting an organisation to deliver the family mentors programme in St Ann's and the Arboretum will then commence.

To find out more about SSBC, visit the programme's Facebook page or email SSBC@nottinghamcitycare.nhs.uk.

The recruitment events for family mentors in Aspley and Bulwell will take place on the following dates:

Aspley Training Centre - 18 August 1pm - 4pm
Bulwell Riverside - 20 August 3.30pm - 6.30pm

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Aspley and SSBC

Example Activities :

- Enhanced Supported Book Gifting
 - Imagination Library : all babies in Aspley born on or after 1st April 2015
 - Health Visitor Team – 6-8 week check
 - Range of related activities
- Bump, Birth and Baby
 - Refined/renamed by Community Partnerships
 - Successfully re-launched in Aspley by Health Visiting Team
- Infant Massage
 - Pilot training complete (3 from Aspley)
- Baby Buddy
 - Nottingham 'launch' – 29th September

