



Perth & Kinross Getting it Right

‘Men in Childcare - The Childcare Challenge’

The very successful ‘Men in Childcare - The Childcare Challenge’ course run by the Childcare Strategy Team of Perth and Kinross Council comes to an end on Monday 26 January 2015.

It is fully expected that the class of 8 men will all complete the National Progression Award (NPA) in Playwork giving them a Support Worker qualification which will allow them to register with the Scottish Social Services Council. A further 4 men will have received accredited units from the award. The group consisted of: childminders, holiday club staff, support for learning staff, private nursery staff, foster carer, activity centre staff, sports coach, adult day centre staff and a parent volunteer.

In addition to gaining more qualified staff in the childcare sector, there have been other positive outcomes for children and staff colleagues as well as the men themselves besides them gaining a qualification. Some of these men

have now gained employment within the childcare sector as a direct outcome of undertaking the course and also gaining confidence to pursue this route.

This training has significantly increased their employment opportunities with Perth and Kinross Council as well as enhancing and expanding the current workforce in early years and childcare, giving children access to a broader range of role models within the settings.

In January 2014 Perth and Kinross Council’s Childcare Strategy workforce consisted of a predominantly female workforce with 95% females and only 5% males, consistent with the national picture. As of September this has increased to 89% and 11% respectively. We are very proud of the 100%+ increase achieved in our male workforce.

We would encourage any male that would like to be part of a new group to get in touch with the Childcare

Strategy Team on 01738 472350 or email childcare@pkc.gov.uk
The new course is planned to start in April 2015.

So please consider: NEW YEAR – NEW CAREER or NEW CHALLENGE?



Photograph from Doodlebugs Nursery in Bridge of Earn provided by Perthshire Advertiser

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Young Fathers Network

Our new service, **Young Fathers Network** is available in Perth & Kinross, and the Clackmannanshire area.

The service is available for young fathers aged 14-25 including soon to be fathers, biological and step fathers.

At The **Young Fathers Network** we aim to help young fathers gain the essential skills to become the best father they can be, providing sup-

port in the practicalities of fatherhood and importance of being a positive role model.

We believe that all young people should be involved in the big decisions in their lives and the lives of their children. We accept both self and agency referrals.

We want to help young fathers develop their

skills, confidence and self-esteem to reach their full potential.

Contact Us -

Post: Young Fathers Network
149 - 151 Dunkeld Road Perth
PH1 5AU

Phone: 01738 639265

Email: YFNScotland@actionforchildren.org.uk



PKAVS Young Adult Carers Service



Is there someone in your family who needs your support, and would face difficulties without your support? Do you have day to day responsibilities such as cooking and cleaning, shopping, looking after siblings, assisting with personal care or providing emotional support? Are you aged 16-25?

PKAVS Young Adult Carers Service was launched in April 2014 and since this date we have been supporting 23 carers aged 16-25 within Perth and Kinross. Supporting young adult carers is about providing practical and emotional support, helping to ensure they have an equal opportunity

to achieve and thrive just like their peers. Some young adult carers may struggle educationally or have difficulties accessing employment. They can become isolated from their peer group and some may struggle to plan for the future, with worry and anxiety about leaving the person(s) they support.

PKAVS Young Adult Carers Service works to support young people in a variety of ways-

- Helping the family to access the support they need, and are entitled to, from local services, so that a young person's responsibilities can be reduced.
- Providing advice and emotional support through 1-1 sessions.
- Liaising with secondary schools and Perth College UHI so that academic staff can better support their students.

- Providing opportunities for young people to take a break from their responsibilities; spend time with other young people in group and residential settings, and share experiences.
- Support the transition into adulthood by focussing on independent living, employment and further education.

To make a referral to the Young Adult Carers Service or for more information please contact Sarah Kidd on 01738 567076 or sarah.kidd@pkavs.org.uk

You can also look out for more information on our website at www.pkavs.org.uk



'Accept & Respect' message for girls in Perth & Kinross



A group of young people have highlighted the value of 'Accept & Respect' among girls and young women.

Kirsty Pearson, Jade Clark, Chloe Stewart-McIlwraith, Jessica Nolan and Alex Murie gave a presentation to the Perth & Kinross Community Health Partnership (CHP) committee on their experiences during the Accept & Respect campaign.

The Accept & Respect scheme is run by Perth & Kinross CHP's Children, Young People & Families Service in collaboration with Soroptimist International, who funded the project. The initiative aims to provide health and wellbeing support to girls and young women to enable them to reach their full potential.

The girls and young women took part in a 12-week programme of sessions and had the opportunity to communicate with their peers and guide the Accept & Respect cam-

paign.

The group worked together with partner agencies to develop a workshop programme to engage with young women and covered topics such as team building and conflict resolution, exercise and mood and mind, body & soul.

Jade Clark (17) told the committee that she had really enjoyed taking part in the Accept & Respect campaign. Jade said, "The group has helped me find my voice and to voice my opinions. I am now more willing to try new things. I recently applied for a Health and Social Care Modern Apprenticeship and I have now heard that I have an interview in January."

Julie Flynn, Head of Children, Young People & Families in Perth & Kinross, said, "The support of the Soroptimists has been invaluable in enabling our experienced Young People's Health Team to take forward the innovative and worthwhile Accept & Respect campaign project.

"The team wants to ensure that the target audience of young girls is given the opportunity and support to guide the Accept & Respect campaign. It is hoped that after evaluation we can consider the potential roll-out of this project."

Perth & Kinross CHP chairperson Linda Dun-ion said, "It's been inspiring to hear about 'Accept & Respect' first-hand. It's obvious that all the young women have benefited from taking part in such an exciting programme.

"They have clearly learned new skills and grown in confidence as a result of the work they have done together.

"All the committee members have been tremendously impressed by what we have heard and are unanimous in our support for this valuable work to help girls and young women fulfil their potential."



Early Years Collaborative Update

Welcome to the Perth & Kinross Early Years Collaborative page. Over the coming months it will keep you updated on local EYC activity.

The Early Years Collaborative (EYC) is a national initiative which aims to improve the health and wellbeing of all children in Scotland. It brings partners from social services, health, education, police and third sector to work together and share in learning gained from improvement projects taking place across the community planning partnerships. Perth & Kinross EYC is part of the national collaborative. There are currently a number of improvement projects (tests of change) ongoing across Perth & Kinross, that cover four age related Workstreams. They are also linked by our three local priorities: Attachment, Engaging Parents and Literacy. Some of the current activities include:

Workstream 1 – (conception to 1yr)

- Improving child development through increased interaction between mother and baby;
- Reducing early subsequent pregnancies.

Workstream 2 – (1yr to 3yr)

- Bedtime reading to establish consistency and attachment at bedtimes;
- Improving the early identification of health/social needs of children.

Workstream 3 – (3yr to start of Primary School)

- Improving behaviour and peer relationships through social eating;
- Improving children's motor skills.

Workstream 4 – (P1 to P4)

- Improving family literacy;
- Increasing opportunities for play in the community.

Success with EAL Families

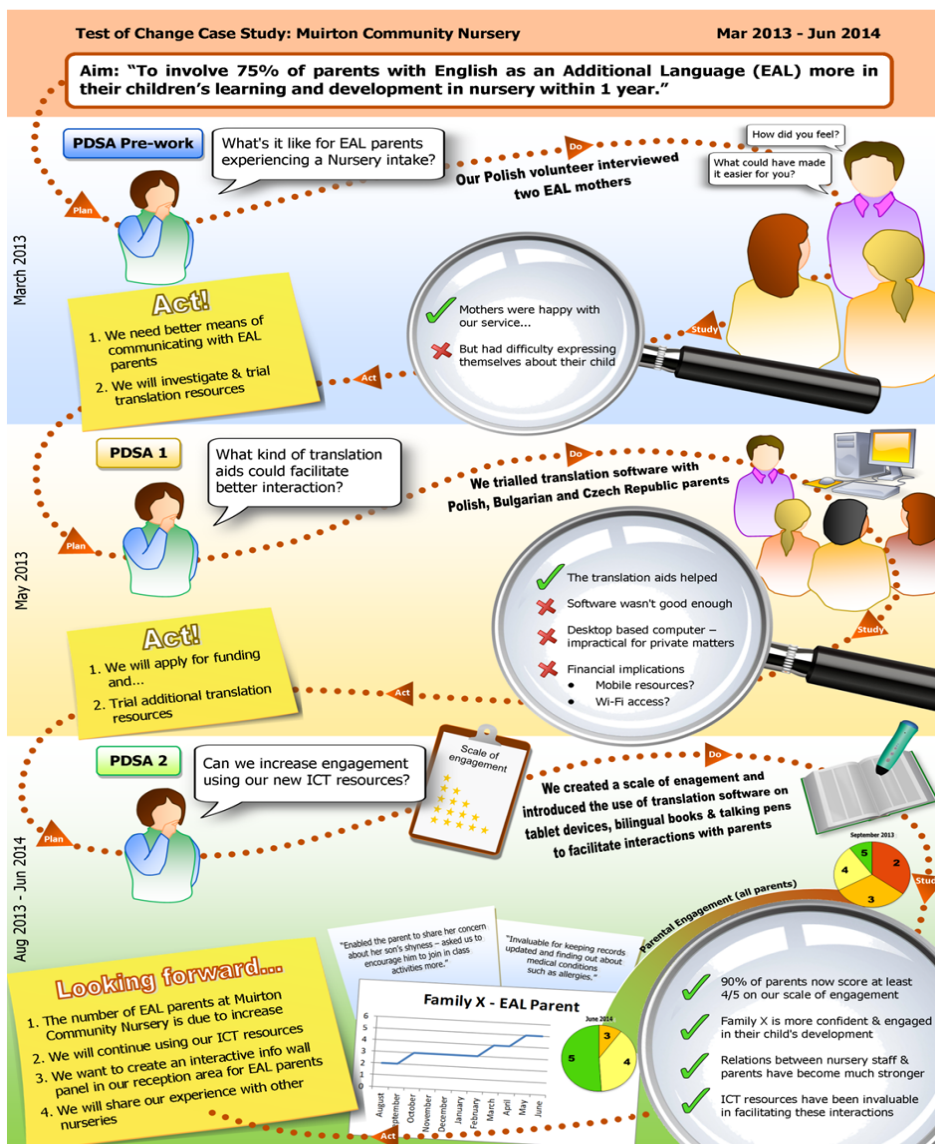
This article follows the improvement journey of Muirton Community Nursery, who recently completed their improvement

project. We are now at the stage of disseminating the valuable learning from this project and would encourage anyone interested to get in contact.

Last year Muirton Community Nursery completed their test of change on improving engagement of parents with English as an additional language (EAL). Situated in North Perth, the nursery offers provision to children of parents with low incomes, supporting parents to access work or edu-

cation. They have a high proportion of EAL families, accounting for 60% last year. It was recognised that engagement with these parents was limited, which meant a reduced ability for them to have input into their child's development.

They set out to improve how they engaged with EAL families... Follow their improvement journey below.



The next Perth & Kinross Local Learning Session 7 will take place 2nd February 2015, if you would like to attend please email: EYCollaborative@pkc.gov.uk

Lookout for an update on what happens at our Local Learning Session in the next issue.

If you have any questions please contact us: EYCollaborative@pkc.gov.uk

Do you have an article for this newsletter?

Editor: Miss Joanne Southern, Tel: 07793 746525 Email: j.southern@nhs.net

The Perth & Kinross Getting it Right newsletter is a multi-agency publication produced and edited by Perth & Kinross Community Health Partnership. Editions of this newsletter are published in:-

February (Article deadline 1st January)
April (Article deadline 1st March)
June (Article deadline 1st May)
August (Article deadline 1st July)
October (Article deadline 1st September)
December (Article deadline 1st November)

Please send any articles you have for this newsletter to j.southern@nhs.net.

If you would like to be added to the distribution list for our newsletter please contact Jo Southern on the above contact details.

NHS Tayside **Somewhere Over the Rainbow**
Early Years Training Team

Did you know that 20-30% of children do not meet their developmental milestones by school entry? Lets work together to reduce these numbers. 'Somewhere over the Rainbow' is available to all multi-agency workers who work with parents/carers. We deliver information from Speech & Language Therapy, Occupational Therapy, Physiotherapy and Nutrition & Dietetics. The session includes ages & stages of child development and focuses on how we can encourage parents to support their child's development (pre-birth – 5 years) through 3 key messages "Talk, Play and Explore". This is a great opportunity to come together and share ideas and experiences.

Informative & enjoyable

Learn from others
Real life scenarios
Fun & practical
Share experiences

Lets make Scotland the best place to grow up!

P&K Dates:
26th February 1:30- 4pm – Central Music Room, North Inch Community Campus, PH1 5BF
12th March 9.30-12pm – Perth Royal Infirmary (old building), Level 2, Board Room, Management Offices

To book a place please contact or for more information please contact:
Early Years Training Team eyt.tayside@nhs.net

Proposal of Early Years Health Outreach Pilot

Perth & Kinross CHP's Children, Young People & Families Service, in collaboration with other agencies, aspire to launch the 'Early Years Health Outreach' pilot, targeted at families with children under 5 years old who reside in North Perth.

The objective of this pilot is to provide health and wellbeing support through different resources and interventions to families within North Perth areas, where access to health resources could be sig-

nificantly improved.

To help us ascertain the needs of these families, we have created two quick survey monkey questionnaires, one for families and one for practitioners and front line staff. It would be appreciated if you could encourage families who you interact with to complete the attached link.

We would also appreciate if you could complete the practitioner survey, which will take no more than one minute to complete.

If you would like further information on this pilot please do not hesitate to contact: Jo Southern, Business & Project Manager, Children, Young People & Families, Perth & Kinross CHP on j.southern@nhs.net or 07793 746525.

Survey Monkey Links:

Practitioner:

<https://www.surveymonkey.com/s/WC9M2W5>

Family:

<https://www.surveymonkey.com/s/W56NJRM>