



SC000026506: New universal family behaviour change service launched - Hampshire Healthy...



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Please share with all staff and send the attached leaflet to families.

What? Barnardo's is excited to be working with Hampshire County Council (HCC) to launch a three-year pilot behaviour change programme known as **Hampshire Healthy Steps** for families with children aged 2 to 12 years, with the vision of promoting healthier childhoods, particularly around maintaining a healthy weight. HCC has commissioned Barnardo's to develop a bespoke, evidence-based six-step programme to engage and empower families, and support them to set, achieve and celebrate their own goals and achievements.

Background? The population of Hampshire is around 1.42 million people, with 312,000 being 0 to 19 years old. 20.7% of reception-aged children and 32.2% of year 6 children in Hampshire are over-weight or obese – prevalence in year 6 ranges from 25.9% in Winchester to 39.5% in Gosport. Three in ten children aged 5 to 19 years in Hampshire are 'less active', participating in under 30 minutes of exercise a day. Those living in more deprived areas are likely to be less active. Around 14% of 5-year-olds in Hampshire have one or more decayed, missing, or filled teeth, ranging from 9.3% in Hart to 18% in the New Forest.

How? Hampshire Healthy Steps will **give families ownership of the changes they wish to make**, create shared family values and be offered in safe, welcoming community settings. There will also be the option to join the programme online. Barnardo's is developing each element of the programme with the support of children and families.

The programme will support families to explore and build new healthy habits.

Our Family Health Coaches will offer advice, information and support about healthy eating, how to get more active, how to sleep well, ways to keep teeth healthy and how and where to access activities and support in the local area. Our groups are designed to be fun, interactive and to encourage children to get involved.

We will offer families with children aged 2 to 12 years:

- A flexible six-step programme of support in their local community or on-line
- One-to-one support to set small goals and practical ideas to promote success
- Information about and signposting to other local services and support
- Take-home guides and a range of online resources
- A positive and safe space to discuss concerns or worries, identify goals and to celebrate successes along the way.

Programme evaluation: Barnardo's and Hampshire will also work with Southampton University and consult with children and families throughout the pilot to:

- Understand what does and what does not work
- Ensure the programme is fully accessible and can be tailored to meet individual and diversity needs
- Build an offer within the local community in venues suitable for participants
- Does not duplicate the existing offer
- Strengthen partnerships with other agencies and community groups to support families to fully access resources and activities available to them.

Enquiries and referrals: Families can enquire/self-refer, or a professional can share a family's details with their consent. Enquiries can be made through:

Online enquiry form: <https://forms.office.com/e/yaDJ2wJkL2>

Email: healthysteps@barnardos.org.uk

Telephone: 08081 671 674

Website (coming soon!): hampshirehealthysteps.org.uk

Once we receive an enquiry, a member of the Hampshire Healthy Steps team will make contact with the family, discuss their needs and preferences, and offer them a place on a programme within one month of their enquiry. Families will be able to join the programme at whatever point they feel suits them, and Health

Coaches will support them to identify the ways in which the programme can support them, and what goals they would like to achieve.

FAQs: Please see the attached leaflet for more information. We are also building a resource for professionals, which will be available shortly here:

https://padlet.com/HampshireHealthySteps/HampshireHealthySteps_ForProfessionals

What next? If you would like to enquire on behalf of a family who may benefit from support, please contact us using the email address above, or by completing the online enquiry form. If you would like to know more about the programme generally and the way we will work with partners and colleagues to ensure that this new service meets local needs, please email me or Melissa Lewis, the Programme Co-ordinator, and we will come back to you.

Please share this leaflet with families: [Hampshire Healthy Steps Leaflet - Sept24.pdf](#)