

June 2018

ESSEX CHILD AND FAMILY  
 WELLBEING SERVICES  
**NEWSLETTER**

I hope you enjoy another great newsletter jam-packed with terrific developments and stories from across our service. I would like to take this opportunity to thank everyone who has contributed to this edition and previous editions of this important newsletter, which serves to share good news stories, spread information and promote greater understanding and a sense of belonging for all of us working in Essex Child and Family Wellbeing Service. If you have got anything you would like included I would urge you to send it in.

You will have received a document from me in mid May about some changes we are making to the workforce structure that will bring greater

clarity to the line-management of colleagues within teams and that will assign certain job roles to the most appropriate managers. I am pleased to say that all the feedback I have received about this has been overwhelmingly positive and many of you have asked why this new structure wasn't put in place in October 2017 when the new integrated service was launched. It is a good question but I genuinely don't believe we were in a position to make this change at that point in time given the level and complexity of transformation that we have had to go through. Sometimes incremental change is necessary to keep stability and I feel we are now set in terms of our structure and job roles to help us go from strength to strength going forward.

Only a few weeks ago our own Lisa Farrell (Deputy Quadrant Manager in Mid Essex) was invited to 10 Downing Street to talk about our service, which demonstrates that the integrated model we are delivering for children and families is of national interest. We do need to keep reminding ourselves of the great stuff we're doing in Essex and that we are doing something that is of national interest. I feel privileged to be a part of it and enthused by the weekly correspondence I receive from families who are complimentary about the staff they have seen and the service they've received.

It goes without saying that not everything is running smoothly everywhere. We're critically short of health visitors in the Basildon area of the South Quadrant and we are doing everything to recruit, even offering a substantial 'golden hello' for new appointments as well as the 'introduce a friend' bonus for colleagues. I'm incredibly grateful to the team leaders and colleagues in the Basildon teams for their perseverance and resilience at this difficult time. I have been amazed by the team work and flexibility shown by everyone there throughout this difficult period and I hope there will be some respite for them in the very near future.

**Richard Comerford**  
**Managing Director**



**Send us your news**

If you want to share some news, social stories or shout-outs in the next newsletter send them over, ideally with a nice photo, to: [news@virgincare.co.uk](mailto:news@virgincare.co.uk)

**Some of what's in this edition**

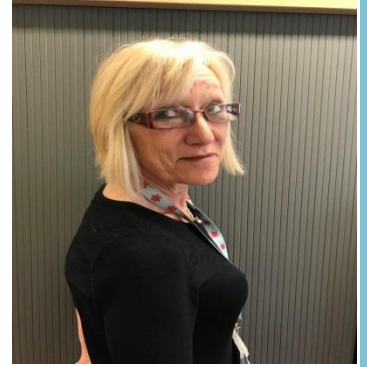
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## OUR STAR OF THE MONTH! Bronwyn Mephram

Bronwyn has been working within the Braintree district for nine years as an administrator for Health Visiting and School Nursing teams.

Since the integration of services, Bronwyn who is now the Healthy Family Team Administrator for the Braintree Central team and works from the Carousel Family Hub where she has face to face contact with our clients.

Bronwyn's experience, knowledge and skills within the services has supported better outcomes for our children and families.



Bronwyn was recently able to identify a vulnerable pregnant lady who dropped in to the centre to enquire about groups. Bronwyn exercised professional curiosity, immediately reviewing the records and in discussion with the lady she signposted them to the duty health visitor who was able to undertake a health needs assessment and book follow-up care. This lady is now being seen in line with the Maternal Early Childhood Sustained Home-visiting (MECSH) programme and without Bronwyn's forward thinking and intervention she may have missed or had delayed access to the support she needed.

Bronwyn is a real asset to the Braintree Healthy Family Team, providing a friendly face within the hub, her hard work and dedication is appreciated by all who come through the door here and her support to her colleagues and managers has been invaluable.

**Congratulations Bronwyn!**

## Outcomes Launch!

After months of preparation we have finally launched our Outcomes Measures.

The new functions on S1 (SystmOne) may take some time to get used to, but please keep in mind these outcomes are here to evidence the amazing work we do across our service.

Unfortunately, we are still struggling to get the training on TLE, therefore we ask all Virgin Care colleagues to buddy up, and use the link below with a Barnardo's colleague to complete the training via B-Hive. This new Outcomes training is designed to assist you with the new functions on S1.

B-Hive: <https://barnardos.clcmoodle.org/course/view.php?id=211>

Please complete this training as soon as you are able as it is compliant with all statutory and mandatory training.

For any help, please speak to one of the S1 superusers within your quadrant and for any other queries contact [grainne.sweeney@virgincare.co.uk](mailto:grainne.sweeney@virgincare.co.uk).

## WOW (Well Organised Working) Week Transformation

We've seen some amazing improvements to our working environment across the service during WOW week and we wanted to share some pictures of what can be possible!



*Berechurch before*



*Berechurch after*

The fantastic colleagues based at Berechurch Family Hub have completely transformed the room above. They have worked really hard on creating a useable space enabling the team to bring in families for contacts such as developmental reviews and self-weigh. Please continue efforts to remove clutter and maintain a clean and tidy working environment for colleagues and visitors to enjoy.

If you have any transformation photos you wish to share of how the service has been 'WOWING' please send to [grainne.sweeney@virginicare.co.uk](mailto:grainne.sweeney@virginicare.co.uk).

## Health Needs Assessment SOP:

There is a new Health Needs Assessment Standard Operating Procedure (SOP) for the Essex Child and Family Wellbeing Service.

Please see below link for access.

JAM : <https://jam.virginicare.co.uk/intranet/documents/1914/16039>

Please would all Health Visitors and School Nurses ensure that they have read and understood the SOP. For any queries please contact Clare McKay: [Clare.McKay@virginicare.co.uk](mailto:Clare.McKay@virginicare.co.uk)

## MECSH Re-Launch

The new Essex-wide leaders of MECSH have been treated to an inspiring two days training with professor Lynn Kemp the designer of the MECSH programme.

Over the next four months all clinical colleagues across Essex and some of our partners will be upskilled in the process and ethos of the MECSH programme.

This is an exciting re-launch we have ahead of us so please make sure you keep an eye out for course details which will be sent out shortly and get yourself booked on.



## Our Day at No.10!

The Essex Child and Family Wellbeing Service, which we provide in partnership with Barnardo's, was delighted that one of its leaders was given the rare privilege to attend 10 Downing Street to share experiences in delivering our exciting and innovative Family Hub model for supporting local children and families.

The roundtable discussion held by Nero Ughwujabo, Special Adviser to the Prime Minister, and Chaired by David Burrowes was attended by representatives from parliament including Lord Michael Farmer and Dr Samantha Callan along with Children's Commissioner Anne Longfield and Barnardo's Chief Executive Javed Khan. It was an opportunity to share good practice and begin composing recommendations for service development country-wide.

Lisa Farrell, Deputy Quadrant Manager for Mid Essex, was invited to attend to represent the Essex Child and Family Wellbeing service, with a particular focus on the Chelmsford Family Hub, which is considered as an exemplar site in Essex.



Lisa said: *"The unique redesign and integration of the Chelmsford Family Hub with the city library provides pregnant women, children and families with a wonderfully wide-ranging combination of education and support opportunities. It was a fantastic opportunity to showcase what we have done in Essex and to highlight how our strength-based, whole system approach to people's care needs means that the right type of support is given at the right time in the right place, whether this be in the Family Hub, at home or elsewhere in the community."*

*"I shared the benefits from there being a single point of contact for families and the concept of a 'service without walls'. New partnerships in the Chelmsford Family Hub has resulted in a unique opportunity where library employees, Healthy Family Team members (Health visitors and Support Workers), community groups and volunteers come together to deliver a range of services."*

*"We recognise how important it is for communities, families, children and young people we serve to help shape the support offered. A main aim of our service is to build on community capacity to support themselves and build resilience whilst focusing on positive outcomes and impact."*

*"Lord Farmer along with Council officials and dignitaries attended the grand opening of new development within Chelmsford Family Hub and library on 27 March 2018 and it was because of this experience that he invited me onto the roundtable event at Number 10."*

*"We are very proud of what we have achieved in Essex. The innovative co-production of commissioning that has been happening in Essex means we can look forward to taking part in future opportunities to feed into government policies about family hubs."*



## West Essex Guiding the Future



Eleanor Hewins was able to benefit from a day's work experience with the Harlow Speech and Language Therapy Team in West Essex.

Eleanor is currently in Year 9 and hoping to pursue a career in health care. This was made possible through Virgin Care's Work Experience Policy, which is open to young people aged 14 years and above.

Eleanor accompanied Speech and Language Therapists during Nursery Visits when the Therapists went out to pre-school settings to work with children and support staff. She also observed some therapy sessions at Nuffield House Clinic in Harlow, where the Speech and Language Therapists were working with children with speech and language problems and feeding difficulties.

Eleanor's feedback.....

*"As part of an enrichment week at school, I had to undertake a day work placement in an area that I might like to work in when I get older. On 11 June I spent the day working with Charlotte, Hannah, Meghan and Lyn who are Speech and Language Therapists working in West Essex. I really enjoyed my day and I got to see many different aspects of the job and visit different places and I really liked getting to work and play with the children. It was very different from my normal school day and I was quite tired but I had a fantastic day so thank you to everyone who helped make it possible."*

We wish Eleanor every success in her future studies and career in health care!

**For more information on Virgin Care's work experience policy please go to**  
<https://jam.virginicare.co.uk/intranet/documents/262/13334/>

# National Breast Feeding Week

## Monday 25 – Friday 29 June is National Breastfeeding week.

The week will focus on celebrating the benefits of breastfeeding and promoting the role that all healthcare professionals, commissioners and managers have in advising and supporting mothers to take up and continue breastfeeding for at least the first six months of their baby's life. The week will look at the evidence that exists, showing breastfeeding's wide and positive impact on a baby's development, from strengthening immunity and providing nutritional value to emotional bonding and building mental resilience. PHE will be publishing a number of blogs during the week at <https://vivbennett.blog.gov.uk/> using the hashtag #CelebrateBreastfeeding.



During this week Essex Child and Family Wellbeing Service in partnership with the local authority will launch the Essex-wide Breastfeeding Welcome initiative. This initiative will enable mothers to be confident to breastfeed when out and about.

The initiative supports the ambition for England by encouraging food outlets in Essex to welcome breastfeeding mothers and their family. Of course, mothers should be able to breastfeed wherever they feel comfortable, however knowing that you are entering a welcoming environment can be a real confidence booster. Mothers will be able to plan their day by looking up breastfeeding welcome venues in the local area on our ECFWS website.

Please promote to your families and make them aware of the sign in shop windows, cafes, coffee shops, garden centres... There will also be a press release to promote this. This initiative is being undertaken by our fab community engagement workers. However if you are aware of any venues that would like to sign up or if you require further information please contact Dionne Wilson at [Dionne.Wilson@virgincare.co.uk](mailto:Dionne.Wilson@virgincare.co.uk) or <https://jam.virgincare.co.uk/intranet/documents/262/13334/>

## 2018 Volunteer Week

Volunteer week ran from Friday 1 June – Friday 8 June. This year North Quadrant celebrated by hosting Thank You afternoon tea events at Sydney House Family Hub, Clacton, Berechurch Family Hub, Colchester and Harwich Library delivery site.



***Volunteers at Sydney House enjoying afternoon tea***

All volunteers within the North Essex Child and Family Wellbeing service were invited to attend one of the volunteer afternoon teas to show them our thanks for all the commitment and dedication they have shown to supporting colleagues, families and the service over the last year. Volunteers enjoyed a lovely lunch and were given awards celebrating their length of service. Special thanks was given to Jill Burkett and Heather Minter-Ruffle who both received their five year award for volunteering with Barnardo's and also to Sheila Crow who has also earned her five year award but unfortunately was not available to attend.



***Jill Burkett***





## 2018 Volunteer Week – Continued

Network Rail kindly allowed six of their staff to come along and spend a day volunteering with us at Berechurch Family Hub. Adrian, Cat, Jenny, Cordu, Tom and Darren worked with the Community Engagement Team to create a sensory water wall ready to be installed into the sensory garden project at the hub. The volunteers did a fantastic job and thoroughly enjoyed their volunteer day!



**Volunteers from Network rail**



**Sensory water wall**

## RAP - Risky Adolescents and Parents

RAP is a new project working with young people (aged between 11-17) who are engaging in risky self-harming behaviours and their parents/or carers. Young people and parents/carers attend separate workshop groups which have linked themes.



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We have been asked by RAP to advertise their workshops and details have been sent to Healthy Family Team Leads.

Workshops will be interactive and fun – it's not the classroom! We acknowledge that these workshops may not stop young people from self-harming – but instead aim to show alternative ways to cope with stress, sadness, self-esteem issues, and the many issues facing young people today.

### **Young people's workshops will run on a Saturday from 11.00 – 4.00pm**

Saturday 30 June 2018: How do we listen & self esteem

Saturday 14 July 2018: Who am I, my inner circle and how do I manage tough times?

Saturday 28 July 2018: Managing the tough times (2) & moving forward

### **Parents/carers workshops will run on Saturday from 10.00 – 3.00pm**

Saturday 23 June 2018 : Understanding How to Listen and Raise Self-Esteem

Saturday 7 July 2018 : Managing Behaviour Within the Family Environment

Saturday 21 July 2018 : Coping Strategies for Parents

**For more information on RAP and the work they do please contact:**

**The Ministry of Parenting**

Address: Suite 6, Wellington House, 90/92 Butt Road, Colchester, CO3 3DA

Telephone: 01206 562626

Email: [Debbi.barnes@theministryofparenting.com](mailto:Debbi.barnes@theministryofparenting.com)

Website: [www.theministryofparenting.com](http://www.theministryofparenting.com)



# Introduction to CAVs (*Castle Point Association of Voluntary Services Ltd.*)

Virgin Care has a sub-contract with Castle Point Association of Voluntary Services Ltd (CAVS) to enhance our Essex Child and Family Wellbeing Service by providing volunteers to support children with difficulties across our communities. Each quadrant has a dedicated volunteer coordinator whose job it is to recruit and supervise volunteers who provide direct support to school-age children in need.



My name is Julia Westley and I am the Volunteer Coordinator for CAVS Children & Young People's Service, covering North Essex, Colchester and Tendring districts.

I have worked in Young People's services for the last fourteen years beginning my training as a youth worker on the Information and Advice team. I worked in youth centres and detached settings before spending seven years supporting young people on Alternative Education provision. I have been a mentor for young people in the care system working with them in a specialised school. Working at a college enabled me to reach many young people in my role as a learning coach, from here I went to work with EYPDAS, supporting young people with drug and alcohol issues. Working alongside young people to make positive choices and feel empowered to move forward with their lives is something I am passionate about.

I am Sinead Noad, the Coordinator for the West of Essex, covering Harlow, Epping and Uttlesford.

In the past I have been a volunteer, I was a Befriender for Mind, so I understand how rewarding this role can be and also the demands juggling this with work and family commitments. The feel good factor from volunteering cannot be underestimated and volunteers are extremely passionate people.

I have worked in Domestic Abuse for most of my career, working mostly with high risk victims and managing a team of Domestic Abuse Practitioners and Independent Domestic Violence Advisors. I am a qualified Independent Sexual Violence Advisor (IDVA). Within this role I found that I had a real passion for supporting Young People and educating them about healthy relationships and empowering them, which lead me to my current role working in a level 2 service, as early intervention can help to build resilience and educate young people to make more positive lifestyle choices and hopefully have more chance to have happy and fulfilled lives.





Hi, my name is Paul Tufnell and I am the Coordinator for the CAVS Essex Children & Young People's Service covering Mid-Essex (Chelmsford, Maldon & Braintree Districts).

I have been working in the family support sector for over 18 years in various roles and with various organisations. I was privileged to work as an Extended Services Manager in the very first Essex Pathfinder Children's Trust which was Essex's first multi-agency co-located team of around 25 practitioners based in Braintree. I have also been the Manager of 4 Sure Start Children's Centres in Brentwood working initially with the national children's charity 4Children and then latterly with Barnardo's. In all my roles there has been the thrilling element of setting up a service or project from scratch and I love the pioneering element this brings. More recently I set up a Parent Peer Mentoring scheme in Brentwood which, not unlike this service, utilised volunteer parents who were recruited and trained to mentor other parents who were facing difficult and challenging circumstances. It was during the development of this scheme that I fully appreciated the powerful impact a volunteer can have on a person's life. That someone would give of their time and energy free of charge to someone who is struggling speaks volumes! I also currently volunteer with Chelmsford Foodbank on the "Meet & Greet" team and I am also a Supervisor. Improving lives is something I am passionate about.

I am Zoë Westwood and I am the Coordinator for the South of Essex, including Castle Point, Rochford, Basildon and Brentwood.

I started volunteering at CAVS five years ago and quickly gained employment as the Volunteer Centre Coordinator, recruiting and matching volunteers to suitable opportunities. From there I moved onto Coordinating Ways to Wellness, which is the social prescribing scheme for Castle Point and Rochford. By working alongside GPs within the locality, we identified those patients who required additional 'social' support and after an initial assessment, looked to link them with support resources within their community to help promote health and wellbeing.

Working within this role, enabled me to gain insight into the issues that families and individuals face on a daily basis and it also armed me with a wealth of knowledge of what support resources are available within our communities. I am passionate about supporting and empowering young people to make positive choices and ensuring they feel connected to their peers and community. Being a mother myself, I have first-hand experience of the challenges facing young people and I am looking forward to using these skills to enable our clients to gain confidence and move forward with the next chapter of their lives.



**If you are aware of children who you feel would benefit from the support of a volunteer please refer them to your quadrant-based CAVS Volunteer Coordinator.**

**For more information on CAVs and the amazing work they do please go to <http://www.castlepointavs.org.uk/>**

# Be a part of the Community Fridge Network!

Community Fridges are communal places where surplus food is shared between people in a community, by local businesses and individuals.

## Why are they needed?

The average UK family wastes £470 a year by throwing away food and drink and £3 billion is wasted by the food industry. Despite growing awareness of food waste, there are few easy ways for individuals or businesses to share food near its 'sell by' date to those who need it.

So far Community Fridges has helped thousands connect to their communities, access nutritious food, save money and reduce waste.

## How you can get involved?

The Community Fridge Network has been set up to connect Community Fridge projects across the UK. Here's how you can get involved:

- Spread the word!
- Donate surplus food that you're not going to use to your local Community Fridge - find your nearest one at: <https://www.hubbub.org.uk/Event/community-fridge-network>
- Volunteer to help maintain your local Community Fridge
- Set up your own at: <https://www.hubbub.org.uk/the-community-fridge>

# Essex Child & Family Wellbeing Service - School Nurse Conference

**Wednesday, 11 July 2018**  
**9am – 4:30pm**

**Essex County Cricket Ground**  
**The Cloud FM County Cricket Ground, New Writtle Street, Chelmsford CM2 0PG**

This conference is aimed at all school nurses and will give you an opportunity to discuss a plan for how we will work in the next academic year and ensure a consistent approach to delivery across Essex.

There will be confirmed guest speakers, refreshments throughout the day and a light lunch will be provided.

Please confirm your place by emailing (also advising of any dietary requirements):  
[Helen.Foster@virgincare.co.uk](mailto:Helen.Foster@virgincare.co.uk)

**\*\*Please book your place no later than 29 June 2018\*\***



## **Good News Stories: West Essex Children and Community Therapies Team benefit from Tesco donation through “Fledglings”**

Children who use the West Essex Community Therapies Team (Occupational Therapy, Physiotherapy and Speech and Language Therapy) have benefitted from a donation of £1000 worth of equipment and toys from “Fledglings”.

“Fledglings” is a national charity that provides practical advice and support when living with children with additional needs. “Fledglings” finds and sells products that improve the lives of children with additional needs and their families. It also signposts people to other organisations for any further advice they may need (See <https://www.fledglings.org.uk/>).

Funding was generated through the “Tesco Groundwork Bags of Help” scheme where money raised from the sale of carrier bags is used to fund local community projects. “Fledglings” approached the West Essex Community Therapies team to distribute their products to local families who would benefit. As a result, a number of families have received donations of useful equipment or toys. The Occupational and Speech and Language Therapy services have also acquired some additional resources to use in therapy sessions, for example liquid floor tiles.



*Meaghan Reid (Specialist Speech and Language Therapist), with a little girl and her parents and the toy that Fledglings donated*

The parents of one child who received a toy from Fledglings reported that they were really pleased saying, *"Thank you, she loves it"*. Her mother commented that: *"It is a great sensory toy, similar to a toy that she uses when she goes to a specialist play session"*. They were pleased that she now has her own at home to support her development.



Other items included a range of special equipment to support feeding, for example cups and cutlery. A mother commented that she was pleased to receive the cutlery from *"Fledglings"* which prompts her son to hold the utensils correctly through the shaped handles.



*Jean Millward (Occupational Therapist) supporting a child to grip cutlery supplied by "Fledglings" correctly and to use a knife and fork to cut up his food.*

# Essex Exposed... Introducing Matylda Fataba



## Q. What is your name and what do you do?

I am Matylda Fataba Demby and I am a School Nurse.

## Q. What inspired you to work with children and families?

When I finished school many moons ago, I didn't know what I wanted to do. A holiday job was advertised to work in the school library. Part of the role included reading with year 7 children. After my GCSE's, I got a place at university where I completed my Bachelor of Arts in Education and I have never looked back. In 2004, I qualified as nurse after 20 years teaching experience. Basically, I have worked with children and families all my life.

## Q. What is your worst personal habit?

Worst personal habit - Snoring. The good thing is I don't get to hear it. I get told of the different sounds and tunes I play whilst snoring. On a serious note, it stops me from going to bed early especially when we go on holiday to family and friends abroad because I want to ensure they are asleep before I go to bed.

## Q. Which of your colleagues, past or present has had the greatest impact on you, and why?

One of my matrons now retired had the greatest impact on my work life. She was softly spoken, knowledgeable, approachable, and supportive. She always saw the good in people and ensured everyone was given a fair chance. The world would be a better place if we had more people like her. I try to emulate her when dealing with people.

## Q. If you could invite five people, dead or alive, around for dinner, who would they be?

Mother Teresa, Nelson Mandela, George Clooney, Gary Barlow, Oprah Winfrey

## Q. What three courses would you provide?

Starter: Tomato/Crab soup, Main Course: Seafood saffron rice or rice & peas served with chicken curry, Dessert: Sticky toffee pudding served with custard or strawberry cheesecake

## Q. What is your greatest achievement in your career journey?

My 20 years teaching experience and getting acknowledgement from former pupils saying I contributed to making them who they are today.

## Q. Tea or coffee?

I like milky coffee with no sugar.

## Q. If there is one thing you could change at work what would it be?

In addition to the starter pack it would be good to have a list of services in the community for referring clients and to have S1 training within the first two weeks of starting your role.

## Q. Favourite perfume?

J'dore by Dior

## Q. Most memorable childhood memory?

My dog was run over by a truck driver outside our house. The driver was very shaken when he came to meet my father to explain what had happened. My father was a pharmacist and very well known in the town. He said to the driver in a very stern voice, "You wait until the owner of the dog tells me what to do with you". The poor man must have been wondering who would be in a higher position than my father to make such a decision. I was asked to determine this man's fate and he couldn't believe it when he saw this 5 year old girl. He couldn't thank me enough when I told my father to let him off. My little 5 year old brain made me feel very important for weeks on end. I surely did miss Dimple.

## Q. Favourite film or book?

My favourite movie is Sound of Music. (I've just given my age away now). I have watched it umpteen times.

## Q. The best thing you are good at in your job?

I am good at delivering health talks to children and young people.





# Essex Exposed... Introducing Gill Sharman

## Q. What is your name and what do you do?

Gill Sharman, Public Health Specialist

## Q. What inspired you to work with children and families?

When I had my own children, I realised how important getting the right information and support was.

## Q. What is your worst personal habit?

Always leaving tea in the bottom of the cup. My grandma always used tea leaves and there would often be tea leaves in the bottom of the cup, so I got in the habit of leaving a safe amount in the bottom to avoid the grouts!

## Q. Which of your colleagues, past or present has had the greatest impact on you, and why?

Pauline Smith, a teacher I used to work with who was inspirational and innovative and really made a difference. She taught me the power of a positive attitude. More recently a group of colleagues that all worked together on the public health agenda to reduce inequalities in children and families.

They had a real impact on me, because they were a true team and we became good friends too.



## Q. If you could invite five people, dead or alive, around for dinner, who would they be?

That's a tricky one. I would have to do two. One for people I know (my besties group), there are six of us and although we struggle to get together these days, when we do, we have a blast. The one for people that I don't know, but would like to would be: JK Rowling, (without Harry Potter, I don't think my son would be reading now!) James Martin (he could take over the cooking – as he's the chef I get another pick!), Tracy Ullman, (she can be any politician you like and talks more sense!) As I can't decide between Robbie (Williams) or Gary (Barlow) I would invite them both. Then if allowed James Corden and first reserve - as I'm still not convinced that Robbie and Gary like sharing the limelight Brad Pitt – I owe him a burger from the Billericay Whimpy!

## Q. What three courses would you provide?

Scallops with bacon or crab and lobster cocktail, beef wellington, or dover sole, raspberry pavlova or cheese and biscuits. (Anything left over my family would eat).

## Q. What is your greatest achievement in your career journey?

Being part of an amazing Health Improvement team that were able to deliver interventions and training that really made a difference. Their belief in me enabled me to complete my post graduate certificate in adolescent and adult mental health.

## Q. Tea or coffee?

Tea, but I do enjoy the occasional flat white.

## Q. If there is one thing you could change at work what would it be?

I would have more Children Young People Practitioners (CYPP) to compliment the current staff – their strength would be in emotional health and wellbeing – to ensure that targeted interventions with vulnerable groups would not be let down when safeguarding priorities take over.

## Q. Favourite perfume?

Jo Malone

## Q. Most memorable childhood memory?

My family holidays to Cornwall, they were great fun.

## Q. Favourite film or book?

This changes like the weather! But the book Me Before You, by Jojo Moyes although a real tear jerker I loved it and I saw the film too.

## Q. The best thing you are good at in your job?

Listening to what's needed and then finding a way to make it happen.

Each newsletter we are asking for one Barnardo's and one Virgin Care employee to take part in **Essex Exposed**. If you, or someone you know would like to make front make news in **Essex Exposed** please email: [grainne.sweeney@virgincare.co.uk](mailto:grainne.sweeney@virgincare.co.uk)

## Your National News Updates

### My Wellness Activity Challenge



We are now officially underway with the *My Wellness Activity Challenge* and if you haven't signed up already there is still time.

You can join at any time between now and 13 July for your chance to win weekly prizes by being more active and having fun with your colleagues at the same time.

To get involved you'll need to register either through the *My Wellness* website or the app via your phone.

Don't forget that we'd love to see you in action so make sure you take plenty of photos and [send it to us](#) to be included in our Jam gallery. Good luck to everyone taking part!

### Royal Marsden Manual

The Learning Enterprise (TLE) is happy to announce the Royal Marsden Manual of Clinical Nursing Procedures is now available on Jam.

The manual aims to ensure that service users receive the very best care and expertise from nurses during clinical procedures, combined with an attitude of respect and compassion.

As a practitioner, access to The Royal Marsden Manual will provide you with the most up to date information and guidelines. It is structured to enable nurses to develop a number of competencies in addition to understanding the rationale behind procedures and how it may impact service users.

To access the Royal Marsden Manual online, visit the [TLE Jam page](#) and follow the links. If you have any problems accessing the manual please contact: [training@virgincare.co.uk](mailto:training@virgincare.co.uk).

### Fire Awareness Training



We have adapted our basic fire safety awareness training to include face to face sessions to comply with the Regulatory Reform (Fire Safety) Order 2005. Fire safety awareness training is important to all of us so we can ensure we can provide assistance to our colleagues and service users in the event of a fire incident.

The basic training all colleagues must complete as part of our statutory and mandatory training now needs to be completed face to face once a year, and then e-learning the following year, and so on. If you are a nominated fire warden or work in an in-patient area you will also need to complete additional training modules as shown [here on Jam](#).

### NHS70 – Get involved

As you know, the NHS turns 70 on 5 July 2018. The national birthday celebrations are already in full swing – [let us know](#) if you're getting involved. We're also recognising this special milestone and have created a number of ways to help you join in:

**- My Wellness Activity Challenge:**

If you haven't already signed up, it's not too late. Find out more on [Jam](#).

**- Send us your memories:**

Send us your memories of the NHS either as an article with a photo or a video clip telling us why the NHS is important to you. [Find out more here](#).

**- Nominate a colleague for a *Feel the difference* award:**

There are some great ambassadors amongst us who have worked in the NHS for many years. So why not nominate one of your colleagues, who thinks, cares and does their bit to provide a truly heartfelt service.

## National Awareness – Dates For The Diary



Date	Event
18 February	International Day of Prayer for Autism and Asperger syndrome
1 April	National Child Abuse Prevention Month
2 April	World Autism Awareness Day 2018
7 April	World Health Day 2018
7 May	National Weaning Week
13 May	National Children's Day 2018
14 May	Mental Health Awareness Week 2018
14 May	Foster Care Fortnight 2018
15 May	International Day Of Families 2018
21 May	Walk To School Week 2018
25 May	National Missing Children's Day
1 June	Volunteers Week 2018
4 June	International Day Of Innocent Children Victims Of Aggression 2018
5 June	Child Safety Week 2018
25-29 June	National Breastfeeding Week 2018
1 August	World Breastfeeding Week 2018
12 August	International Youth Day 2018
1 September	Childhood Cancer Awareness Month
12 November	Anti Bullying Week 2018