



Welcome to the fourth teenage pregnancy strategy newsletter.

New Resource - the Ultimate Guide

A comprehensive directory of services for young parents in Hertfordshire has just been produced by the Teenage Pregnancy Strategy and will be distributed in January 2008.



This new resource "the Ultimate Guide – Information for young parents in Hertfordshire" contains information on a whole range of key services for young parents, including information on how to access advice and support services such as ante natal groups, support for dads, Children's Centres, housing and many more.

This resource also contains quick tips on subjects such as safety in the home, ways to deal with isolation and information on how to manage on a budget, benefit entitlement and what to do if you are faced with debt.

The information is neatly packaged in an attractive and

durable mini handbook, which easily fits in a handbag or indeed a changing bag.

Young parents were involved in the development of this resource, which is colour coded by topic for ease of reference.

A copy of the directory can be obtained free of charge from the Teenage Pregnancy Midwives, Connexions PAs, young parents support groups, Health Visitors etc.

Alternatively, a copy can be obtained from the **Teenage Pregnancy Strategy Team** on **01992 556131**.

We want to hear **from you!**



We hope you are finding this newsletter informative and useful in your work.

We have included a short one page questionnaire in this issue of the newsletter, as we would very much like to hear your views. This would enable us to shape future issues of the newsletter to ensure the articles are meeting your needs.

Please complete and fax back your completed questionnaire on **01992 555681** or if you would find it easier, email your feedback to **christine.kirby@hertsc.gov.uk**

Please accept our thanks in anticipation of your response.

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Every Young Parent Matters in Hertfordshire

A brand new way of supporting young parents was piloted in September and October 2007 – with two events entitled **‘Every Young Parent Matters – Your Day, Your Say’**.



The Teenage Pregnancy Strategy together with Connexions, Youth Service, Health and voluntary groups worked together to give young parents their own day. To enable them to share their experiences with each other and hear about local services.

The events were held in Hemel Hempstead (targeting West and South areas of the county) and Stevenage (targeting East and North) and aimed to give information about local services and support, whilst providing an atmosphere in which young parents felt comfortable and valued.

Activities at the events included:

- Workshops on a range of issues affecting young parents including housing, money matters, training and education opportunities, childcare options, employment, sexual health and contraception
- Consultation sessions with open questions to find out from young parents their experiences and what they want for the future
- Specific discussion groups for the dads and dads to be

What young parents want

Safe, affordable housing, support with parenting, better coordinated information, more respect from society – these were just some of the things young parents put on their wish lists during the consultation sessions. We consulted on a broad range of topics from housing,

training/education, employment, to what it's like being a young mum or a young dad.

Young parents were asked a series of open questions to draw out positive and negative experiences across the subjects.

They didn't hold back and have given us some extremely useful information about the current picture for young parents in Hertfordshire.

Feedback from the sessions has been compiled into a report entitled **‘What Young Parent's Want’**. The report sets out the common themes and cross cutting issues that came up in all the different topic discussions – for example, inadequate information was cited as a real problem in all the groups, as was the impact on young parents of society's general antipathy towards them.

The report **‘What Young Parent's Want’** is available to download on www.hertsdirect.org/teenpregnancy under resources for staff.

Do you know Herts Young Homeless Group (HYHG)



is an independent charity enabling young people to secure and maintain appropriate accommodation through prevention, crisis intervention and tenancy sustainment?

Prevention

HYHG have an under 16's mediation project and referrals for this come from CSF. They also have a mediation project for 16-17 year olds and referrals for this can come from local councils, Connexions and HYHG direct. Part of this service is also looking at educating young people and undertaking schools and youth club work.

There are 2 young people's case workers (one in Welwyn/Hatfield and one in Stevenage) working with young people and their family to prevent homelessness and encourage them to remain in the family home.

Contact numbers:

Welwyn – 01992 635001

Stevenage – 01462 435668

Crisis Intervention

This service looks at working with young people in crisis.

There are advice and support workers in every team across Hertfordshire who work with

young people who are homeless or threatened with homelessness. There are some restrictions in age due to funding in areas.

The contact numbers for each team:

North – 01462 435668

East – 01992 635001

South – 01923 231528

West – 01442 219121



Crashpad

There is a crashpad facility that young people can access in crisis for up to 3 weeks. Young People are placed with host families and also receive support from HYHG.

Tenancy Sustainment

Once young people are re-housed tenancy sustainment workers can go in and work with young people to help them maintain their accommodation and set up all accounts etc and manage money. They are also called floating support workers and can be contacted on:

North – 01462 435668

East – 01992 635001

South – 01923 231528

West – 01442 219121

Herts Health Action with the Homeless (HHAH)

HHAH works with all age ranges from 16+. A dual diagnosis

worker works in the Stevenage and Watford area. There is a counselling service which uses student counsellors on placement for their course.

HHAH can be contacted on 01707 251374.

Further information can be obtained from www.hyhg.org

Teenage Pregnancy Network a

Two network and learning events were held in the autumn to support practitioners working with young people, and enable the exchange of ideas and good practice.

The events were themed on the two main elements of the teenage pregnancy strategy – supporting teenage parents and preventing teenage pregnancy.

“Fantastic use of a morning”

“Dads project very inspiring”

1 The first event

‘Supporting young parents’:

How best to support young parents is an area of great interest and importance to many of us. With the establishment of Children’s Centres across the county it is also very timely to consider how we can all work together effectively, to provide the best support we can. We also know that more could be done to specifically support young dads, but that we often don’t know how best to engage with them. The programme attempted to cover all these issues, with three main presentations:

Sarah Green, Teenage Pregnancy Specialist Midwife, West Herts Hospitals NHS Trust gave a very ‘eye opening’ presentation on **‘Working with pregnant teenagers’** She highlighted the role of a Teenage Pregnancy Midwife, which includes:

- Primary prevention
- Early identification
- Ensure informed choices are made – impart accurate objective information
- Deliver individual service
- Act as link between appropriate agencies (i.e. housing, counsellors, Connexions)
- Provide health promotion
- Optimise physical and emotional well being of the mothers and their babies
- Attempt to reduce their continued social exclusion.

Sarah emphasised, dads are always included and welcomed to attend appointments with the teenage mothers.

‘Supporting Young Dads’ was presented by **Andy Wood**, of Mancroft Advice Project (MAP), Norfolk. Andy showed a very thought provoking DVD of a play called ‘Against the Wall’. The play, which was both humorous and poignant, was devised and performed by young fathers. It gave their experiences of agencies and family attitudes towards them, the ‘brick wall’ they were up against. Most people who attended bought the DVD, such was the effect it had. Funds for this will help towards resourcing MAP. Two young dads from MAP also attended the event. They explained how the advice project had helped them through challenging times. Their stories gave the human feel of what some dads who want to be involved with their children are up against.



From left to right Anita Harris Children’s Centre Manager, Andy Wood from MAP and Micky Waters Children’s Centre Manager

Nancy Burge, Teenage Pregnancy Project Officer, explained **‘What Young parents Want’**. The information for this presentation was as a result of the young parent events.

The opportunity to find out what young mums and dads really want will help with future planning by Children’s Centre Managers. They are in a good position, based in local communities working between key agencies to provide some of the support that young parents need. A Children’s Centre manager said

“The events provided helpful information and an opportunity to network is always useful. In particular I found the young fathers’ project really interesting and hope to set up something similar in my area”.

nd Learning Events

2 The second event **Contraception and Sexual Health: Meeting the Needs of Young People.**

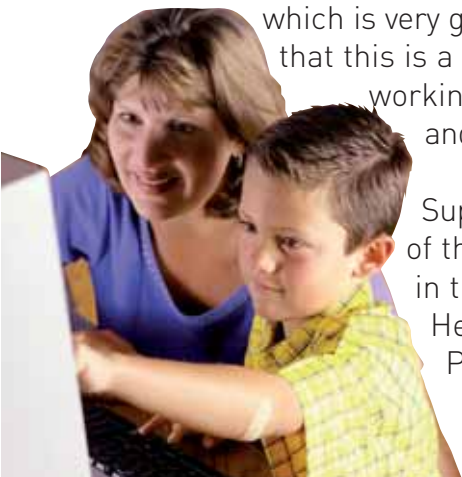
The purpose of this session was to look at successful ways of supporting young people and providing information around sexual health.

The **Supporting Parents in Sex Education** presentation was delivered by **Tanja Stocks**, Child & Family Health Team Leader and **Alison McNaught**, Community Staff Nurse.

As part of their work they hold 1 1/2 hour sessions for parents of pupils in years 5 and 6. Some parents are unsure how to react to questions asked by their children and what response is appropriate at the different stages of their lives. The outcome of Government research and Hertfordshire's own survey shows that young people would rather initially hear about sex and relationships from their parents/carers. The aims of the sessions are to encourage better communication, be less embarrassed and give confidence. This approach has also encouraged parents to talk to one another to make an informal support network.

As sex and relationships is not an easy subject to talk freely about, the sessions start with simple icebreakers, which are not embarrassing but help people to realize how much the discussions between parents/ carers and pupils have changed over the years. Parents are given scenarios and encouraged to have open discussion to share ideas and experiences, with follow up sessions for girls and guest (usually mum), boys & guest (usually dad) and puberty workshops are held in the classroom. The sessions are evaluated by feedback from parents and teachers. Young people have sent thank you letters to the presenters, which is very gratifying and shows that this is a positive approach to working with young people and their parents.

Supporting parents is one of the key areas of work in the implementation of Hertfordshire Teenage Pregnancy Strategy.



The C-Card Scheme in East and North Hertfordshire

– **Cindy Howard**, Health Promotion Adviser and **Sally Lydamore**, Public Health/ School Nurse both from East and North Herts PCT. The C-Card Scheme was mentioned at the pilot stage in our July 06 newsletter and it has gone from strength to strength. There were 1,153 visits in 2005-06 and 2,444 visits in 2006-07, with the average age of 15.51 years for young women and 15.83 years for young men. The figures show a slightly higher percentage of young men registrations to young women. This is an encouraging sign as it shows that this is a service that young men are willing to access. Young People like the ease of access to the service and the opportunity to discuss a range of issues in confidence. Every young person is assessed using the Fraser Guidelines during registration. For information on registration and distribution outlets go to the Hertfordshire health promotions website

www.hpherts.nhs.uk.

National Personal Social Health Education (PSHE) Continued Professional Development (CPD) Programme for Teachers and Community Nurses

– **Ann Devlin**, Child and Family Health Team Leader. This programme has been running in the county for four years and in past newsletters, we have named teachers and community nurses who have successfully gained their PSHE certification. *“Those who have gained their accreditation have developed confidence in delivering PSHE and the pupils have benefited from improved teaching and learning, including more varied and appropriate teaching methods”.*

The feedback from all who attended both events was positive, with many indicating that their own practice would be improved as a result.

Veronica Hutchinson,

Pupil Development Manager said: *“The presentation on ‘Educating Parents’ underlined the importance of involving parents in discussing this area, and has prompted me to think about ways we could support parents at our Education Support Centre”.*

Spring Term 2008

Sex & Relationships Education (SRE) Package

Working in partnership with schools to strengthen the delivery of SRE is a key element of the Teenage Pregnancy Strategy.

One of the actions in this year's Teenage Pregnancy Action Plan is to offer a package of support to develop and enhance Sex and Relationships Education. Schools have been selected through a number of criteria to take part in this package which includes:

- Access to Theatre in Education to support the SRE curriculum
- One to one meeting to discuss and review school SRE policy in line with national guidance
- Training for staff delivering SRE
- Training session for Governing Body
- A range of resources for both pupils and staff
- Evaluation report, which will be presented in a format to feed into your SEF



Fifteen secondary schools have taken up the offer of the SRE package.

A local theatre company – “**Tip of the Iceberg**” has been commissioned to develop and deliver the theatre in education element of this package as an integrated part of wider SRE, in partnership with schools, Healthy Schools Programme, school nursing and teenage pregnancy strategy.

Delivery of the various elements of this package is underway and the theatre in education element will be delivered in the spring term.

The package will be fully evaluated and an evaluation report will be available in the summer.

Teenage Pregnancy Local Media Campaign Update

The campaign is moving on at great speed. We are in the process of developing two separate campaigns – a campaign aimed at boys aged 13-15 to build self-esteem and aspirations to fulfil their potential and minimise risk taking behaviour and a campaign aimed at parents/carers to encourage them to discuss relationship issues with their children – as this is what young people want.



A range of resources will be developed as part of this campaign.

Four concepts of varying designs have been developed and are currently being consulted on with boys aged 13-15 years old. The outcome of the consultation with boys will determine which concept will be chosen and used in the campaign.

A special briefing paper with details of the campaigns and its launch will be released soon.

Further updates will be posted on our website www.hertsdirect.org/teenpregnancy

Young Parents to be courses



The Learning and Skills Council (LSC) is providing new funding for a range of 'young parents to be courses' for young parents in Hertfordshire. The courses cover a number of topics and are designed to help young parents with skills such as common illnesses, understanding child development, first aid, personal development, independent living and many more.

Who are the courses for?

The courses are aimed at young parents and parents to be, both male and female, aged 16-18yrs (there are limited spaces for those aged 19+) and are starting up throughout January, February and March. They are being promoted to the target group through a wide range of services including Children's Centres, hostels, young parents support groups, GP surgeries etc. The LSC has produced a set of standard flyers to help with promotion.

Course details

The courses are provided by local colleges and training providers. Details such as venues and specific course content differ, but core elements remain the same including length of the course (10 weeks) and number of hours (16). Course providers will work with young parents to help arrange childcare where this is needed.

The courses are being provided as part of a pilot and their progress will be closely monitored. If you work with young parents please ensure you promote these courses as widely as possible. Full details are set out below:

Provider: **North Hertfordshire College**
Course Title: **Parenting skills for young parents**
Start date: **11th Feb 08**
Venue: **North Hertfordshire College, Monkswood Way, Stevenage, Herts, SG1 1LA**
Contact: **Sarah Robins, 01462 424242, srobins@nhc.ac.uk**

Provider: **EYS**
Course title: **The Baby and Me Programme**
Start date: **29th Jan 08**
Venue: **38 Park Place, Stevenage, Herts, SG1 1DP**
Contact: **Kim Speer 01438 726111, k.speer@eys.org.uk**

Provider: **Ridgmond Training**
Course Title: **New Life**
Start date: **4th Feb 08**
Venue: **Ridgmond Training, Q3 Building, Caxton Way, Stevenage Herts, SG1 2DF**
Contact: **Tracy Edwards 01438 842200, tedwards@ridgmondtraining.org.uk**

Provider: **YMCA Training & Oaklands College**
Course Title: **to be confirmed**
Start date: **5th Feb 08**
Venue: **Delivered at dual centres – Oaklands WGC campus and YMCA Training Welwyn**
Contact: **Clare Tyler 01707 351415, ctyler@ymcatraining.org.uk**

Provider: **Essex Training**
Course Title: **New Beginnings – Essex Training**
Start date: **27th Jan 08**
Venue: **10 Cartersfield Road, Waltham Abbey, Essex EN19 1JD**
Contact: **Paul Garrett 01992 760244**

Provider: **Hertford Regional College**
Course Title: **New Beginnings**
Start date: **18th Feb 08**
Venue: **Hertford Regional College Broxbourne centre and Waltham Cross Youth Centre**
Contact: **Wenderlynn Bagnall 01992 411387**

Provider: **West Herts College**
Course Title: **So you want to know more about childcare?**
Start date: **18th March 08**
Venue: **to be confirmed, Hemel Hempstead area**
Contact: **Maureen Daly or Rachel Holden 01923 812000, Maureen.daly@westherts.ac.uk**

Places still available on the free 'unintended pregnancy and young people' training 4 March 2008.

The aim is to provide information to enable staff to work more effectively with young people at risk of unintended pregnancy. The target group is all professionals working with young people.

If you are interested in attending this one day training please complete the application form which can be found on the website www.hertsdirect.org/teenpregnancy or contact Christine Kirby **01992 556131** for more information.

National Services & Helplines

Brook www.brook.org.uk

British Pregnancy Advice Service 08457304030

www.bpas.org

Care Confidential 0800 028 2228

www.careconfidential.com

Marie Stopes Abortion Advice 0800 300 8090

(24 hour helpline)

www.mariestopes.org.uk

Health Screening 0845 300 0460 and 0845 122 1441

Family Planning Association 0845 310 1334

www.fpa.org.uk

RUThinking 0800 28 29 30 www.ruthinking.co.uk

Sexual Health Line 0800 567 123 (24 hours)

NHS Direct 0845 46 47 www.nhsdirect.nhs.uk

NHS Pregnancy No Smoking Helpline
0800 169 0 169

Free Local TP Resources

NEW Numbers U Need Booklets – Information for young people

NEW Sexual health services for young people in Hertfordshire poster

NEW Emergency Hormonal Contraception for young women in Hertfordshire poster

Hertfordshire Teenage Pregnancy Strategic Overview and Forward Action Plan 2006/07

Sex and relationships education scheme of work for key stages 3 and 4

NEW The Ultimate Guide Information for young parents in Hertfordshire

Please note the above local resources are available in hard copy from Christine Kirby, 01992 556131 or can be downloaded from our website www.hertsdirect.org/teenpregnancy

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Future Issues

If you would like to include information on your work or project in the next issue of the Hertfordshire Teenage Pregnancy Strategy Newsletter, please contact:

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Email: christine.kirby@hertsc.gov.uk

Copy deadline for the
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