



How LEAP is Making a Difference (Published in February 2019)

About LEAP

Lambeth Early Action Partnership aims to improve children's lives by radically changing the way that agencies collectively work with pregnant mothers, fathers, babies, their families, and communities, in the four LEAP wards of Coldharbour, Stockwell, Tulse Hill and Vassall.

LEAP is hosted by the National Children's Bureau and comprised of Lambeth Council and Clinical Commissioning Group, King's Health Partners, as well as schools, nurseries, police leaders, local voluntary organisations, community groups, parents, babies and children. In 2014, we came together to develop a bold vision of Lambeth as the best place in the world for babies and toddlers to be born and to grow up.

LEAP focuses on three main development areas:

- **Social and emotional development**
Supporting soon-to-be mums and dads to prepare for parenthood, helping parents to spend quality time with their babies and toddlers, and working with practitioners to provide the best possible care and advice for families.
- **Communication and language development**
Helping parents develop to support their young children's early language skills and assisting practitioners to create language-rich early years settings.
- **Diet and nutrition**
Supporting healthy living (including oral health), promoting breastfeeding, and providing practical advice on healthy meals and portion sizes for young children.



Update from the Director

It's been an incredibly busy year for LEAP as we increased the number of services being delivered in our four wards.

Throughout 2018, LEAP has worked with our local community to help provide a better start for every baby and young child. For babies, we have focused on establishing a range of maternity services that will support all pregnant women and their families during pregnancy and the first year of a child's life, including breastfeeding peer support and building positive relationships through our PAIRs service. We also introduced a range of services for young children, distributing toothbrushing packs through our oral health work, supporting early literacy on our biggest estates with Doorstep Library, promoting the use of outdoor space for early learning with Natural Thinkers and running physical activities and cook and eat sessions through Incredible Edible Lambeth.

We have also created opportunities for the early years workforce to develop valuable new skills, including sleep training, infant nutrition and identifying speech and language issues. Our training for practitioners on how best to work in partnership with families was shortlisted for a Children and Young People Now award.

Work has also progressed well with our capital building project, which will see us redevelop 11 early years buildings and hubs in Lambeth, with all work scheduled to be completed by this summer.

During 2019, we will have all our services up and running, including a new perinatal mental health offer, a LEAP Community Awards scheme and more opportunities for parents to learn about how best to support their child's development. Also, keep an eye out for our brand new "Big Little Moments" campaign, which offers parents and carers practical steps to support their children's development and learning

Finally, I want to extend a huge thank you to all the babies, children, parents, communities and professionals for supporting and engaging with LEAP in 2018. We are looking forward to an even more exciting and productive year ahead.

Laura McFarlane
Director, LEAP



Some of the LEAP services

Baby Steps

Support and advice for soon-to-be parents.

Breastfeeding Peer Support

One-to-one and group support with breastfeeding for new mothers.

Caseload Midwifery

Providing continuous care from a named midwife throughout pregnancy and birth.

Community Activity and Nutrition (CAN)

Supporting pregnant women to adopt and sustain a healthier diet and lifestyle.

Domestic Violence Support Service

Support groups and professional support for parents with babies or toddlers.

Enhanced speech and language

Work with early years practitioners to create language-rich environments. Includes additional "Chattertime", a service developing a child's speech.

Family Nurse Partnership

Regular home visits from a Family Nurse for first-time young parents.

Natural Thinkers

Looks at ways to best utilise outdoor space and nature to promote children's early language development.

Oral Health

Advice on oral health for parents and supervised toothbrushing in childcare settings.

Overcrowded Housing Support Service

Home visits, space-saving advice, and DIY workshops aimed at improving parental and child well-being.

Parent and Infant Relationship Service (PAIRS)

One-to-one and group support to help create a strong attachment and bond between parent and child.

Raising Early Achievement in Literacy (REAL)

Home visiting service to help parents develop their children's early language and literacy.

If you would like more information about any of these services, please contact LEAP:

Email: LEAPadmin@ncb.org.uk

Telephone: 020 7582 4182

Website: leaplambeth.org.uk

A snapshot of LEAP activity*

232

Parents involved in shaping the design and delivery of services from 2016-2018.

176

Pregnant women supported to adopt a healthier lifestyle since 2016 (CAN).

50+

Oral Health Packs given to LEAP one-year-olds every month.

665

One-to-one appointments delivered since 2016 to help promote strong and lasting attachment between parents and their babies and toddlers.

86% of health visitors and all children's centre managers completed training to help them form strong partnerships with local families.



An Early Years Forum in every ward so that parents and the wider community can help shape local early years services.

50+

Engaged with over 50 local organisations throughout 2018.

6

Local agencies received training, so they can better identify and help victims of domestic abuse in 2018.

36

Women supported to breastfeed between June 2018 and December 2018.

In 2018 we had



19

Active Parent Champions.

50

Over 50 community events in 2018 and over 60 community events planned for next year.

104

Practitioners attended sleep training, so they can provide the best advice to parents whose children are experiencing sleep difficulties.

358

Home visits carried out since 2016 to help improve children's early language and literacy.

Dad's Events in 2018

- 3 Engagement Events
- 1 Networking Forum for providers
- 2 Focus Groups with young dads
- 1 Pilot Parenting Programme (12 weeks)

44

Parents supported through pregnancy and the early years of a child's life with a Family Nurse.

17/18

Financial year there were a total of 30 training events delivered by LEAP.

73

LEAP early years practitioners trained to better support children's communication and early language in 2018.

*These statistics have been collected via our monitoring returns.

Quotes from parents

Community Engagement

"LEAP takes great enthusiasm in listening to what it is the community needs by maintaining a great rapport with parents and volunteers which makes me feel empowered and grateful to be appreciated as part of the community."

Chattertime

"His language and vocabulary have expanded this term and he is beginning to construct proper sentences and using his language to direct play with his peers."

PAIRS

"The home visits and events have helped me personally because I didn't know how to play with my children."

REAL

"The home visits helped me to have more confidence in myself. I never thought I would have the courage to do some of these activities at home."

Parent Champions

"I think being a Parent Champion gives you an opportunity to do many things. It gives you access to further develop yourself, for example you've got access to different courses that otherwise you wouldn't be able to access. And it's like a community because everyone's striving for the same thing - they want to be helping out in the community."

LEAP into Healthy Living

"You know, we cook, and we clean the house, it made me think how I want the kids to be in 10 years' time. I want them to be healthy, I don't want them to have rotten teeth. If they want a biscuit I say, 'no, there's an orange, biscuits are just for the weekend.' I want them to do well at school, I hope that other parents will do exactly the same thing."