

### Breastfeeding Rates Rise Again

In May, our 6 to 8 week breastfeeding continuation rate rose to 38%, marking a 1% increase compared to last month.

This represents an impressive overall improvement of 12 - 13% over the past two years.



### Health Visitor and School Nurse Apprentices Empowerment Project Event

On 12<sup>th</sup> May, six Specialist Community Public Health Nurse (SCPHN) Health Visitor and School Nurse Apprentices showcased their empowerment project ideas at Spencer House.

Each project addressed a public health gap or opportunity identified through their practical experience, receiving valuable feedback and guidance to shape next steps.

As the first event of its kind, the apprentices' passion and enthusiasm left a lasting impression.

We're excited to follow the progress of their projects in the coming months - keep up the fantastic work!



HEALTH VISITING



SCHOOL NURSING



SCHOOL AGED  
IMMUNISATIONS



FAMILY NURSE  
PARTNERSHIP



INFANT FEEDING

## Parent and Infant Mental Health

During Maternal Mental Health Awareness Week, our dedicated Emotional Health and Wellbeing team hosted a series of drop-in sessions to support families and raise awareness.

This year's theme, *Your Voice, Your Strength*, resonated throughout the week, with powerful messages around emotional wellbeing and the importance of speaking up.



## Widnes Young Women's Group Programme

Recognising a need for targeted support in Widnes, Halton Early Help colleagues launched an eight-week programme for young women aged 15–17, bringing together partner agencies across Halton's children's workforce.

Weekly sessions were held every Tuesday from 4pm to 6pm and delivered collaboratively by Halton School Nurse Vic Panther, School Nurse Apprentice Kate Howie and Child and Family Practitioner Rachel Rose.

Each session focused on a specific health and wellbeing need, including hygiene, sleep, mindfulness, lived experiences, housing, and independent living.

Activities were co-designed with the young women to reflect their interests and needs - ranging from arts and crafts, beauty sessions at the college, and dance, to cooking and life skills.

The sessions offered a safe, caring space for personal reflection, connection, and enjoyment, supporting the participants as they navigate their journey toward adulthood.

The programme was met with highly positive feedback and is set to be mirrored in Runcorn, where we'll be a core part of the eight-week delivery.

Team Leader Libby Evans proudly showcased this inspiring initiative at Bridgewater's Time to Shine meeting in May.



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## Halton Libraries: Promoting Smiles with the 0 - 19 Team

During May half term, Halton's 0 - 19 team joined library partners at Kingsway and Halton Lea to connect with families and promote positive oral health messages as part of National Smile Month.

Alongside engaging activities - including rhyme time, clay modelling, and a free packed lunch - the team shared practical advice on brushing, dental visits and reducing sugar intake.

Children recalled key messages from previous school sessions, and it was fantastic to see that impact in action.

We engaged with families throughout the day, including members of the home-educated community and distributed free toothbrushes and toothpaste.

We're excited to continue working with our library partners at future events.

## Showcasing the Halton 0 - 19 Service Across Schools and Communities

**Our 0–19 team has been actively engaging children, young people, and families across Halton in a range of uplifting community events.**

Vic and Katie visited Ormiston Academy to raise awareness of the school nursing offer as part of the Healthy Child Programme. At Weston Point Primary's Easter Bonnet Event, Estelle, Nancy, and one of our pre-reg students proudly represented the 0 - 19 service.

Meanwhile, Rachel and Julie joined colleagues from Health Improvement, Libraries, Communicate SLT, and Family Hubs at the Early Years cluster event at the stadium - strengthening partnerships and showcasing our support for early years children and families.

As part of Mental Health Awareness Week, Claire Snook hosted a lunchtime stall at the Grange School, sharing mindfulness tips and strategies with students to promote emotional wellbeing.



*Halton Borough Council fund the Halton 0-19 (+25 SEND) Healthy Child Programme through the Public Health Grant.*



### Contact Us

Runcorn duty team: 01928 593 056

Email: [Bchft.haltonhvduty@nhs.net](mailto:Bchft.haltonhvduty@nhs.net)

Widnes duty team: 01514 955 200

Website: [Halton 0-19 \(25\) Healthy Child Service](#)



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