

St.A.R. Partnership Progress Update

Promoting the St.A.R. Partnership and community participation:

St.A.R. Informal Group:

Objective: To increase community participation and ownership of the St.A.R. Partnership by Rochford community members.

Success to date: A flexible group of interested community members have shown interest and are participating in various activities. The aim is that the community members can dip in and out according to their needs and time constraints as most members work and are involved in other activities. E.g. 1 member is being trained up on infant massage in June and she and the community development co-ordinator will run drop in infant massage classes which will supplement the health visitor's infant massage classes. The aim is that the community development co-ordinator will be able to get an in-depth knowledge of the local community's needs which will supplement the coffee mornings and talks with regards to local information and need. Another community member and the community development co-ordinator will be organizing and running various activities, which will link up with the Cubs.

Planned activities: The St.A.R. Informal group needs to be revived and interest needs to be renewed. This will be done in the following months, June-September 2002.

Promoting the St.A.R. Partnership

Objective: Raise knowledge and awareness of the St.A.R. Partnership amongst the community and other stakeholders.

Success to date: Held coffee mornings and talks to organizations and groups in Rochford.

Planned activities: Continue with coffee mornings and other informal events. Need to renew interest and publicity of the St.A.R. Partnership through having combined coffee morning with other organizations, using all the available publicity sources. This will complement the St.A.R. Informal Group in June-September 2002.

Community Newsletter

Objective: Distribute local community information.

Success to date: Funding secured for the community newsletter.

Planned activities: To publicise and St.A.R. Partnership and other community events through the development of a community newsletter. It will be distributed on a quarterly basis. The idea is to work with other community groups to design and develop the newsletter. The newsletter has been delayed in its progress. St.A.R. Partnership members have been asked to contribute articles. The newsletter will be distributed in the September-October 2002.

Capacity Building

Objective: Increase stakeholder participation

Success to date: St.A.R. Partnership meetings.

Planned activities: One-day event to increase capacity building.

Ongoing Projects:

St.A.R. Toy Library

Objective: To establish a toy library for 0-5 years.

Success to date: The toy library has about 40 registered families who use the service regularly. It's opened on the first and third Monday of the month. An assistant health visitor is in post and she will set up structured play sessions within the toy library. The toy library has a dual function, parents and carers can either use the toy library as a library or they can socialize and the children can take part in the planned activities. We are having problems attracting volunteers, only one potential volunteer has contacted the St.A.R. We are also hoping that through the St.A.R. Informal Group and Infant massage classes we will be able to recruit more volunteers.

Planned activities: The evaluation of the toy library will be started at the end of May-June 2002.

Projects targeting families and children:

Infant Massage Classes

Objective: Promote Baby massage sessions.

Benefits: Improve communication between baby and parents; help to calm babies' emotions and relieve stress; relax parent and baby and promotes better sleep for the baby; facilitates babies to develop an awareness of their own body; enable parents to understand their babies needs better; relieve colic, wind and constipation and aids digestion; aid the development of muscle tone, co-ordination and suppleness; strengthen the immune system; relieves nasal congestion and regulates breathing, improve skin condition and texture; stimulates senses and shown to reduce symptoms of postnatal depression.

Success to date: The health visitor has been trained by funding from the St.A.R. Partnership runs baby massage classes.

Planned activities: Two more people will be trained up and will run drop-in infant massage classes that will supplement the regular infant massage classes. The training is in June 2002 and the drop in classes will start in July-October depending on the summer uptake.

Postnatal Exercise Classes

Objective: Promote postnatal exercise classes.

Benefits: improved self-esteem and confidence, fitness level, shown to reduce symptoms of postnatal depression.

Success to date: The postnatal exercise classes are provided after the toy library session. They are very popular with 8-15 mothers attending the classes regularly.

Planned activities: The classes are so popular that another session a week is being looked into. The classes have been running since January 2002 and they are ongoing.

Parenting Programme

Objective: Establish support programmes for parents

Success to date: The parenting programme is proving to be very successful. Two full courses have been run, autumn 2001 and early 2002. Fifteen parents have already completed the course. The support is continual as the parents give mutual support when they meet up for coffee and a chat. Two community members run the parenting courses and they are ongoing.

Planned activities: A future course is planned for June but it depends on the summer uptake.

Play at Home Programme

Objective: Books being distributed by health visitors throughout the year to mothers in St. Andrews and Roche wards.

Success to date: The Pilot scheme is to be evaluated in the July 2002 to see whether to continue and enlarge this programme. Funding will need to be secured.

Planned activities: This will depend on the evaluation of the pilot scheme.

Parents and Carers

Objective: Provide support to parents and carers

There are links between Health for All and the St.A.R. Partnership. There has been involvement with the carers' workshops. The workshops need to be reviewed, to encourage future attendance from Rochford community members. We need to encourage more community members to become involved. This is an ongoing process.

Farmers' Market

Objective: Promote Farmers' Market

Success to date: At the last Farmers' Market there were over 600 people. They have grown in popularity. We need to encourage volunteers to assist at the Farmers' Market. They are monthly until October 2002. Access to a healthy diet; to supply a variety of good quality foods, which are locally supplied. Increase the number of visitors and to encourage people to shop and to look around Rochford whilst at the Farmers' Market.

Planned activities: To assess the community needs.

Litter Clean Up days

Objective: Make Rochford, cleaner, tidier and safer place.

Success to date: Engage local community volunteers to participate in campaigns and clean up activities. It in an intergenerational day with residents from all age groups.

Planned activities: The projects will be ongoing throughout the second half of 2002, June and October depending on the summer uptake.

New Initiatives: Breakfast Club

Objective: Provide school children in the area with the opportunity to eat a healthy breakfast.

Success to date: Breakfast Club questionnaires were sent out to 2 schools in the area to see if there was interest in the breakfast club. Due to lack of interest, the idea was put on hold. Only three questionnaires were returned.

Planned activities: We need to revisit the health needs assessment and look at using another methodology. If there is enough support, in the second half of 2002, we can apply for NOF funding.