

# Covid-19 Response Grants 2021/22

## Orchard House Health Visiting Support Team



### Who are Orchard House Health Visiting Support Team?

The community nursery nurses assist health visitors to deliver tailored support and targeted interventions to children and families in the Stirling area. Their work includes provision of one to one or group support to promote parental confidence, self esteem and wellbeing whilst continually improving and enhancing outcomes for children.



### How was the grant used?

- The grant of £400 was used to purchase tripod and mount equipment to support the virtual delivery of support groups and facilitate outdoor groups. These groups focused on physical play and movement, for example, baby massage, benefits of playing with your child, sleep, managing behaviour and introducing first solids.

### What had to change due to Covid-19?

- Adaption to alternative ways to connect with service users due to covid restrictions on indoor socialisation.
- Outdoor events were created to allow connection and interventions.
- Utilising technology to connect and support the community virtually.



Exploring together

## What difference has the grant made?

- Children, parents and carers were offered a safe environment to interact.
- Opportunity to access support to combat some of the negative impacts from Covid-19, build confidence, provide strategies to improve parenting skills and issues arising from social isolation.
- Virtual sessions supported 172 parents and carers.



“I really liked being able to chat to other mums at the end of the sessions.”

**(Baby massage virtual session)**

“Thank you for offering this, it was very informative and staff are very knowledgeable.”

**(Sleep virtual session)**

“Thank you so much! We had a great time, learnt a lot and it was so good to feel normal.”

**(Play virtual session)**

