## First Steps Programme Flash Report 2022/2023



Nationally there has been renewed discussion of the important role of holistic family support with keeping the Promise and whole family wellbeing prompting family wellbeing and averting family breakdown. This is in recognition that provision of such services across Scotland has been variable. The range and complexity of issues facing families and those supporting them has continued to increase, poverty has not lessened, and the COVID 19 pandemic brought further and new challenges. An excellent local example is the First Steps Programme designed to reduce inequalities by taking an early intervention approach.

In 2022- 2023 300 women were offered First Steps support with an uptake of 99%

## First Steps Programme

**Background**: First Steps programme has been established since 2009 offering vulnerable pregnant women one-to-one, home based, intensive support to assist them through their pregnancy and in the early postnatal period.

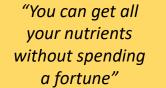
Main reasons for referral: little or no family support, mental health concerns, a parent with a physical health issue, poverty, financial inclusion and clients with history of domestic abuse.





## First Steps Healthy Valleys Impact

- 100% increased their overall Outcomes Star score.
- Physical Health 80% improved 8 improved, 2 same
- Emotional Wellbeing 100% improved
  9 improvement (+1 ex. as reporting at max)
- Keeping your child safe 75% improved
  6 improved, 2 no change (+2 ex. as reporting at max)
- Social Networks 100% improved 10 improved social networks
- Boundaries and Routines 60% improved 6 improved, 2 no change, 2 decreased
- Child Development 80% improved 8 Increased, 2 no change
- Home, Money and Work 78% improved
  7 increased, 1 no change, 1 decreased (+1 ex. As reporting at max
- 82% improved their mental wellbeing (WEMWBS -18/22)



69 participated in the online pilot

> "Due to Post natal depression, I didn't feel that I bonded that well with my baby at the start and now I feel that by being supported to access baby massage, it has really helped me bond with my baby. We do baby massage together every day".





For a copy of the full report please contact vivian.Boxall@Lanarkshire.scot.nhs.uk