



# Family Hubs and Start for Life programme in County Durham



Holly Francina

# DHSC and DfE led programme- 3 year transformation programme



- **DWP**- Reducing Parental Conflict- Relationships Matter
- **DLUHC**- Supporting Families –Stronger Families

# Aims

- ✓ make a positive difference to parents, carers, and their children, through providing a mix of **physical and virtual spaces**, as well as home visits for families to easily access non-judgemental support; especially those most disadvantaged ... narrow gap
- ✓ provide a **universal front door** to families, offering a one-stop shop of family support services across their social care, education, mental health, and physical health needs;
- ✓ develop and publish a comprehensive **Start for Life offer** for parents and carers;
- ✓ facilitate professionals across public sector, voluntary, community and faith sector to **work together**, through co-location, data sharing and a common approach to their work with children, young people, and families.



# Delivery - Expectations, Minimum and Go Further

Activities for children aged 0-5	Midwifery/maternity
Birth registration	Nutrition and weight management
Debt and welfare advice	Oral health improvement
Domestic abuse support	<b>Parent-Infant relationships and Perinatal Mental Health Support</b>
<b>Early language and the home learning environment</b>	<b>Parenting support</b>
Early childhood education and care	Reducing Parental Conflict
Health visiting	SEND support and services
Housing	Stop smoking support
<b>Infant feeding support</b>	Substance (alcohol/drug) misuse support
Intensive targeted family support services	Support for separating and separated parents
Local authority 0-19 public health services	Youth justice services
Mental Health Services	Youth services – universal and targeted

# County Durham Family Hubs



Family Hubs provide support to families from pregnancy to the age of 19, or 25 if your child has special educational needs and/or disability (SEND).

Our Start for Life offer covers everything you need during pregnancy, right up until your child turns two. This includes support and groups to help you:

- During pregnancy and after your baby is born (antenatal and postnatal)
- With feeding your baby – from support with breastfeeding, to weaning and eating healthily as a family
- Understand your child's wants and needs and how to support their development
- Get your child ready to start school or nursery

We don't stop at the age of two, we offer support as your child grows, through puberty and into adulthood. This includes information, online programmes and groups to help with:

- Understanding your child/teenager's behaviour
- Your child's wellbeing, both for you and your child
- Supporting your child with additional needs
- Your relationship and your family relationship
- Your child's health

o provide advice and support around:

- Domestic abuse and access to legal support
- Smoking and drinking
- Help with childcare costs
- Emotional wellbeing
- Healthy eating
- Drug and alcohol support
- Employment and training

Ask us about our sensory rooms

is welcome, why not drop in and see what's on offer?

15 family hubs right across the county:



DL14 6QL

03000 266 390

### Brandon

☑ Carr Avenue  
Brandon  
DH7 9NL  
03000 269 820

### Chester-le-Street

☑ Gray Avenue  
Chester-le-Street  
DH2 2EL  
03000 268 643

### Consett

☑ Chester Road  
Moorside  
DH8 8EQ  
03000 268 634

### Durham

☑ The Woodlands  
Gilesgate  
DH1 2EY  
03000 269 833

### Easington

☑ Whickham Street  
Easington Colliery  
SR8 3DU  
03000 268 486

### Ferryhill

☑ Beaumont Street  
Ferryhill  
DL17 9PH  
03000 269 021

### Horden

☑ Ocean View  
Horden  
SR8 4EQ  
03000 264 973

### Newton Aycliffe

☑ Stephenson Way  
Newton Aycliffe  
DL5 7DD  
03000 263 666

### Peterlee

☑ Ellison Road  
Peterlee  
SR8 5NJ  
03000 266 391

### Seaham

☑ North Terrace  
Seaham  
SR7 7EU  
03000 267 470

### Stanley

☑ Clifford Road  
Stanley  
DH9 0AB  
03000 266 150

### Tudhoe

☑ Tudhoe Moor  
Spennymoor  
DL16 6EX  
03000 267 488

### Wheatley Hill

☑ Jack Lawson Terrace  
Wheatley Hill  
DH6 3RT  
03000 269 850

### Willington

☑ Chapel Street  
Willington  
DL15 0EQ  
03000 268 445

[www.durham.gov.uk/HelpForFamilies](http://www.durham.gov.uk/HelpForFamilies)  
[www.facebook.com/CountyDurhamFamilyHubs](https://www.facebook.com/CountyDurhamFamilyHubs)

### Legend

- Family Hubs
- County Durham boundary

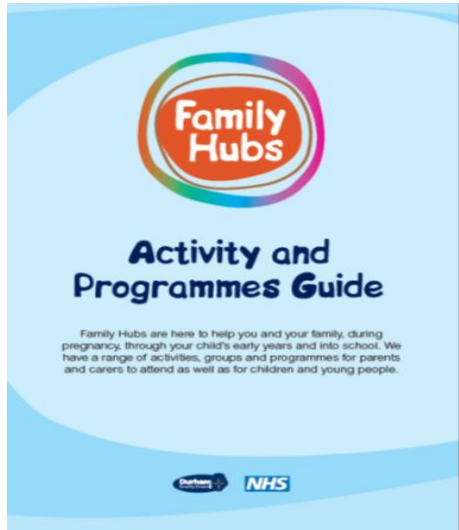
# Our Vision for Family Hubs

In County Durham, Family Hubs will provide a system-wide model of providing high-quality, whole-family, joined up family support services from pregnancy, through the child's early years and later childhood, and into early adulthood until they reach the age of 19 (or up to 25 for young people with special educational needs and disabilities).



# Family Hub Offer

## Integrated offer from council, health and VCS



**Parenting programmes** across all ages, Incredible Years, Triple P including FEARless and Stepping Stones  
**EPEC programme** - parent group leaders -Being a Parent and BAP Autism Parenting when Separated  
**Domestic Abuse** programmes-Inspire, DART, You and Me Mum  
**HENRY- Healthy Eating**  
**Emotional Wellbeing Support-** Chill Kids, Staying Cool, Teen Zone, Safer Choices  
**Support for speech, language and communication**  
**Digital offer**  
Developing groups focussed on engaging **dads and male carers**  
**SEND offer** - including SENDIASS drop ins , Stepping Stones  
**DurhamLearn- Money Matters, First Aid, Exam Stress busting**



- ✓ Preparation for parenthood
- ✓ Antenatal apts in Hubs
- ✓ 'Growing Healthy' drop ins
- ✓ Universal offer 'Baby and Me' and 'Toddler and Me'
- ✓ Infant Feeding Groups- supporting breast feeding
- ✓ Perinatal Mental Health
- ✓ Wal and Talk group
- ✓ Young Parents programme
- ✓ HENRY- Healthy Eating
- ✓ Young Dads support
- ✓ Developing groups focussed on engaging Dads and male carers in SfL period and beyond







# More information .....

**How best do we keep school colleagues up to date with our Family Hub offer ?**



<https://www.durham.gov.uk/FamilyHubs>

<https://www.durham.gov.uk/helpforfamilies>

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