

Family **HUBS** and Start for Life



Helping families
get the right **support**
at the right time,
in the **right place**



Department
for Education



BARNSELY
Metropolitan Borough Council

Our Barnsley Family Hubs bring all our services together so you can access the right support you need across our communities.



Family **HUBS**

and Start for Life

Our Barnsley Family Hubs bring all our services together so you can access the right support you need across our communities. The Hub supports families from **thinking about having a baby, through pregnancy, through early years, and later childhood up to the age of 19** (or 25 for young people with special educational needs and disabilities).

We make it easier for families to get the help they need, including help with:

- ✓ Becoming a parent
- ✓ Infant feeding
- ✓ Parenting
- ✓ Co-parenting
- ✓ Understanding family relationships
- ✓ Mental health and wellbeing
- ✓ Signposting to services who can help
- ✓ Knowing what groups and activities are available for families to enjoy



What is Start for Life?

All families need help from time to time to make sure their babies and children thrive. We want all families to:

- ✓ Find information to help them care for, bond, and play with their babies and children
- ✓ Know where to go, which services can help them and how they can contact services
- ✓ Understand how to stay well so they are in a good place to give their family what they need
- ✓ To have a voice in shaping the services on offer to families



What's available after the first 1001 days?

After your first 1001 days support does not end for you and your family. Family Hubs offer a wide range of support and advice to assist you and your child on your development journey. For more information visit - barnsley.gov.uk/VirtualFamilyHubs

Our Start for Life offer includes what's available to you and your family during the first 1001 days.

The first 1,001 days starts from conception until a child is 2 years of age (24 months). It's when a baby's brain, body and immune system grows and develops rapidly, a time of opportunities and sometimes challenges.



Who can help and how they help?

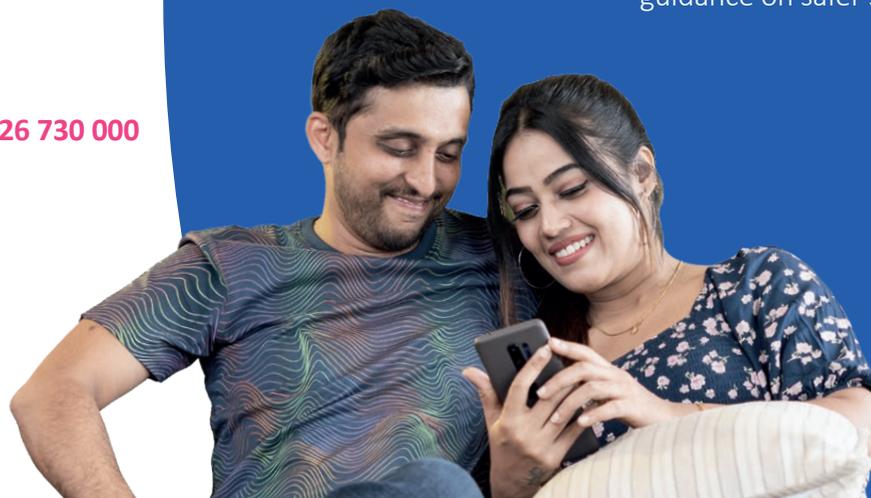
We have a range of services available in Barnsley to support your baby to have the best start in life.



| Service | Service Overview | Contact |
|--|---|----------------------|
| Family Hubs | Are there to support you from when you start to think about having your baby and all the way through development. Providing the right support, in the right place, at the right time. | 0800 0345 340 |
| Midwifery Services | The team is made up of midwives, doctors and staff to support families through their pregnancy journey. | 01226 730 000 |
| Health Visitors from Barnsley's 0-19 team | The team offer advice, support and help throughout your child's early years to promote child and family health and wellbeing and identify needs early. | 01226 774 411 |
| Barnsley Maternity Voices | The team work along side midwives and health care professionals as an independent group to pass on feedback gathered from families during pregnancy and after to support improvements to the service. | 01226 730 000 |

Useful websites or apps for new parents

| Website / App | Overview |
|------------------------------------|--|
| thedadpad.co.uk | An app aimed at new dads to provide guidance around caring for their new baby as well as advice on how they can support themselves and their partner. Download the app, enter your postcode when prompted and select 'Barnsley'. |
| bbc.co.uk/tiny-happy-people | A range of advice and activities to support children's early development. |
| easypeasyapp.com | An app that provides personalised parenting tips and activities for families with children aged 0-5 years old. |
| lullabytrust.org.uk | The Lullaby Trust provide advice and guidance on safer sleep for babies. |



Supporting you during the first 1001 days

Preparing for your baby - antenatal

Access to expectant parent groups, the Henry Preparing for Parenthood group, Healthy Start including vouchers and free vitamins, Rose vouchers, DadPad and the Easy Peasy home learning application. Support from the Welcome to the World antenatal programme and Infant Feeding support.

18 weeks to 20 weeks - antenatal

Second hospital scan.

28 weeks to birth - antenatal

Antenatal introductory health visitor team contact.

8 weeks to 16 weeks

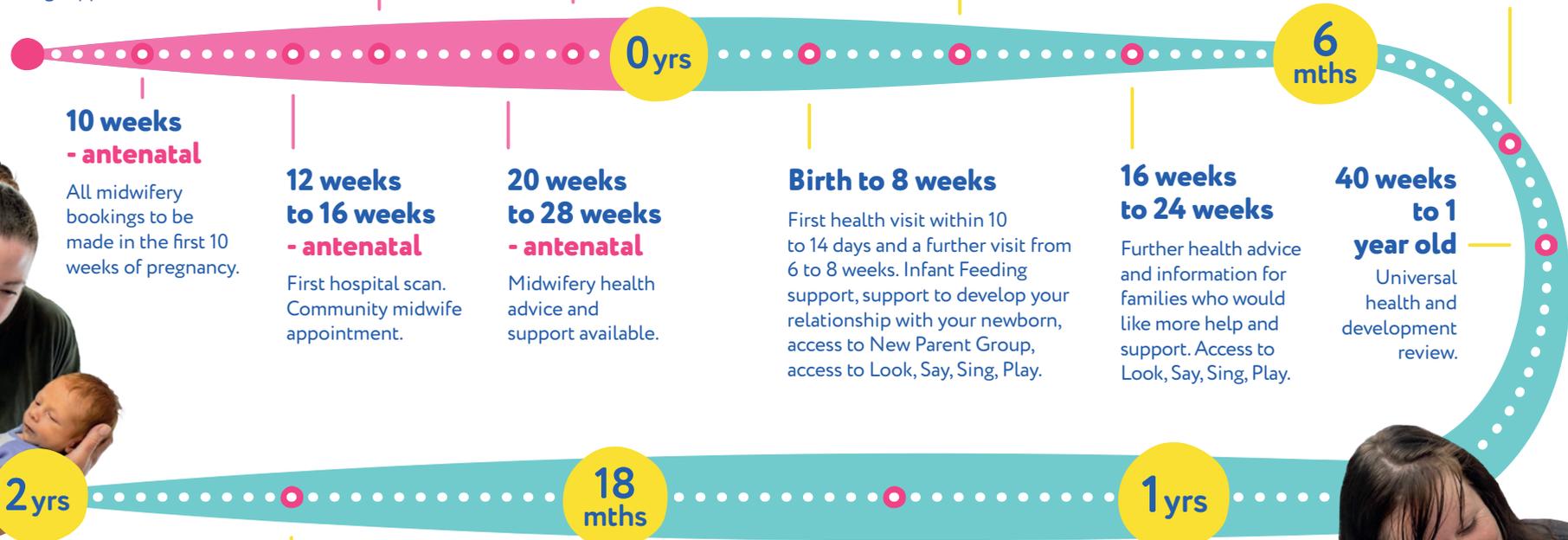
Further health advice and information for families who would like more help and support. Access to Look, Say, Sing, Play.

24 weeks to 32 weeks

Further health advice and information for families who would like more help and support. Access to Look, Say, Sing, Play.

32 weeks to 40 weeks

Access to Look, Say, Sing, Play. Access to Information and Support to apply for free childcare funding.



10 weeks - antenatal

All midwifery bookings to be made in the first 10 weeks of pregnancy.

12 weeks to 16 weeks - antenatal

First hospital scan. Community midwife appointment.

20 weeks to 28 weeks - antenatal

Midwifery health advice and support available.

Birth to 8 weeks

First health visit within 10 to 14 days and a further visit from 6 to 8 weeks. Infant Feeding support, support to develop your relationship with your newborn, access to New Parent Group, access to Look, Say, Sing, Play.

16 weeks to 24 weeks

Further health advice and information for families who would like more help and support. Access to Look, Say, Sing, Play.

40 weeks to 1 year old

Universal health and development review.

2 years to 30 months

Universal health and development review, and progress review for those in early years settings.

18 months up to 2 years

Access to parent support groups, compulsory health visit.

1 year up to 18 months

Family health and nutrition support, Access to Easy Peasy, Oral health support.

Keywords explained:

New Parent Group - a group where parents can come together to meet other families and enjoy play and exploration with their child to support development.

DadPad - An app aimed at new dads to provide guidance around caring for their new baby as well as advice on how they can support themselves and their partner.

Easy Peasy home learning app - an app that brings together the best ideas, advice, and inspiration from a global community of parents and experts to support your child's development.

Look, Say, Sing, Play - Look, Say, Sing, Play gives parents, carers and anyone looking after a child free tools to help them to have positive interactions and build strong bonds with their child.

Healthy Start - an NHS scheme that helps women who are pregnant or have young children and are receiving benefits, buy foods such as milk or fruit and vitamins.

Welcome to the World antenatal programme - An 8-week group for parents expecting a baby. The programme covers topics such as infant care, managing stress and Infant Feeding.

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Volunteer on our Barnsley Family Hubs and Start for Life Parent Carer Panel

Are you a parent or carer who is:

- ✓ Passionate about making your community a better place to live and work for everyone
- ✓ Looking to get actively involved in your community and have a say in what's on offer to families
- ✓ Wanting to help families know what's happening, when, and where in their community

Join the Family Hub Parent / Carer Panel

We invite parents and carers of Barnsley to share their experiences and ideas to help our services meet the needs of families in our communities. You can do this by joining a parent / carer panel, or tell us your idea in our parent ideas factory. If you like to find out more email infoFIS@barnsley.gov.uk or ring us on **0800 0345 340**.

Scan to visit our
Virtual Family Hub:



Can't make it to our Hubs?

If you can't access our Family Hubs, visit our Virtual Family Hub at barnsley.gov.uk/VirtualFamilyHubs. The website where you will find all the information you need.

If you can't find what you are looking for ring the **Families Information Service** on **0800 0345 340** or email infoFIS@barnsley.gov.uk

You can also find us at:  [@barnsleyfamilyhubs](https://www.facebook.com/barnsleyfamilyhubs)

 [Barnsley Family Hubs](https://www.youtube.com/BarnsleyFamilyHubs)





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