



Family Hubs in Leicestershire: One Year On



Recap: What are Family Hubs?

- Leicestershire County Council was awarded nearly **£1 million** from the £12 million family hubs transformation fund to set up Family Hubs across Leicestershire.
- Family Hubs are **‘one-stop shops’** where families with children and young people (**0-19 and up to 25** for young people with SEND) can access a broad and integrated range of early help to overcome difficulties and build stronger relationships.
- The hubs are a mixture of **physical and virtual** spaces, where people have **easy access** to a range of family advice, support services and guidance on issues such as social care, education, and mental and physical health.
- A network of ‘family hubs’ has been created across Leicestershire





Website

- Guided Self Help
- Links to Partner Information
- Referral Pathways
- Local Information



Outreach

Support in areas of rurality and isolation



Family Resources

- Midwifery
- Health Visitor
- Debt & Welfare Advice
- 0-2 Pathway
- Mental Health & Wellbeing
- Young Parents Support
- Access to Digital Self Help
- Volunteer Groups
- Parenting Support
- Substance Misuse



Mini Hubs & Libraries

- Signposting & Information
- Family Resources
- Library Membership
- Family Library Sessions
- Access to digital self help
- A variety of groups
- Advice and guidance

Overview

The work of Family Hubs has been closely linked to three other national programmes:



- **Reducing Parental Conflict.** This is a DWP funded/sponsored programme to raise awareness of the impact of unresolved parental conflict on children, and develop practice models to respond to conflict in families
- **Supporting Families.** This is a Department for Education funded programme to provide targeted family support to families with multiple and complex issues
- Whilst Family Hubs are 0-19yrs there is a strong emphasis on **Start for Life** which places focus on the first 5 years. As part of Family Hubs, Local Authorities are required to publish the Start for Life Offer for families
- Guidance for the [Start for Life Family Hubs](#) transformation programme outlines expectations of delivery to aid improvement in six universal Start for Life services:

Midwifery / Health visiting / Parent-Infant Mental Health / Infant Feeding / Special Education Needs and Disability / Safeguarding



Key Achievements

20 Family Hubs Opened



Family Hubs

Leicestershire





16 Hubs in Libraries

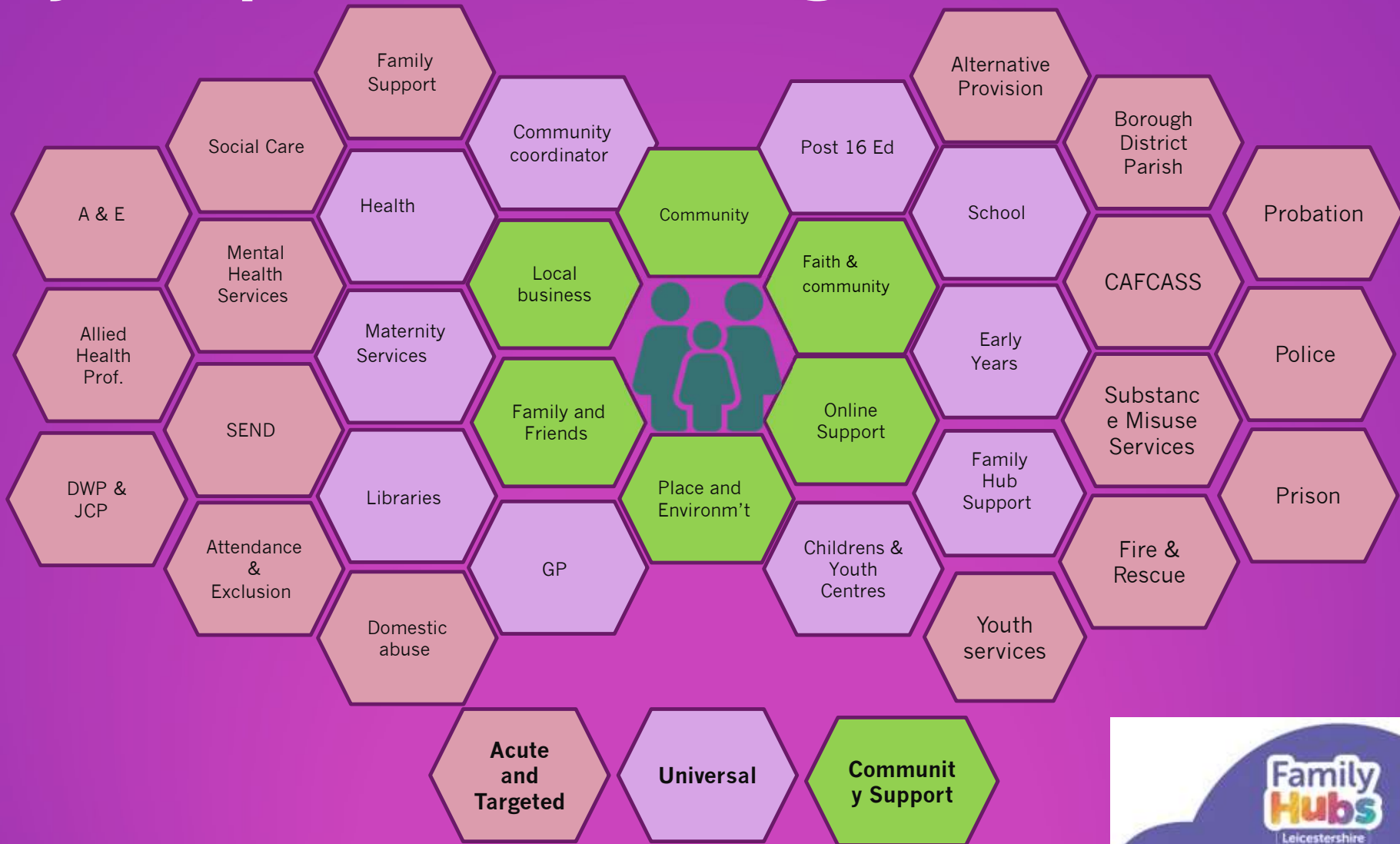




2 Partnership conferences (June 2023, March 2024) and 2 Early Years Conferences



Family Help Vision of Integration



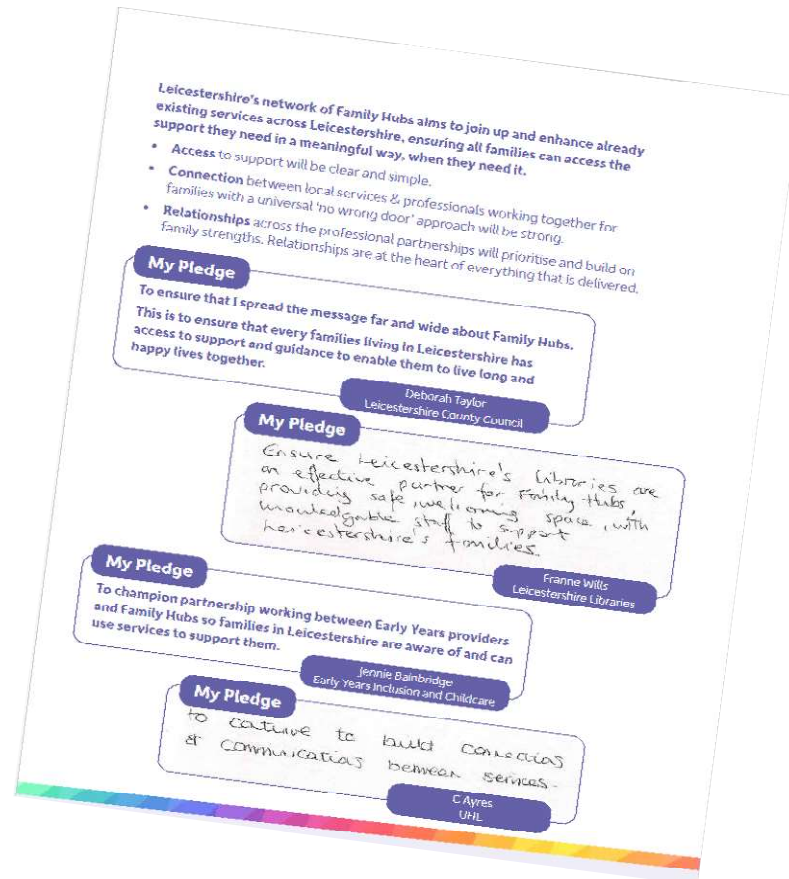
Community Engagement

- Our Community Engagement workers and Youth Worker met with parents, children, young people, extended family including Grandparents, Aunts and Uncles
- Community organisations, voluntary sector



- Young People involved in shaping how the buildings look and content of website

Partnership Pledges



Reducing Parental Conflict

RPC in Leicestershire:

- Parental Conflict Toolkit – We have commissioned a Toolkit as workers told us that they lacked the confidence and resource to ask those difficult questions around relationships. We continue to roll out this training to people working directly with families.
- To date we have trained over **560 professionals and volunteers, including more than 80 schools**
- Core Development Group (CDG) – sub-group of Early Help Partnership, steers RPC in Leicestershire and has representation from many partners including LA, Public Health, Education, Violence Reduction Network, District Councils, Centre for Fun & Families, Leicestershire GATE (Gypsy Traveller Equality), Midwifery, Police, Healthy Together
- Published 'Relationships Matter in Leicestershire'

Arguing better

Disagreements are a normal part of life. This course helps you communicate better with each other.

To access the course, you will need a smartphone, tablet, or computer and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.

Register at this address: www.oneplusone.org.uk/parents or scan the QR code

Debt and relationships

FREE resources on debt and relationships.

Online materials to help you with debt and the impact it has on your relationships.

Debt and money troubles are among the biggest causes of relationship stress. In these short animations, real couples tell their stories of being in debt and the steps they took to get things back on track. If you're worried about debt, watch these clips to see why it's best to act as soon as possible, and why it's always a good idea to talk to your partner about what's happening.

To access the online material, you will need a smartphone, tablet, or computer and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.

Register at this address: www.oneplusone.org.uk/parents or scan the QR code



Family Hubs Website



<https://www.familyhubsleicestershire.org.uk/>



[Hubs](#)

[Hot topics](#)

[What's on](#)

Welcome to Family Hubs Leicester

At the heart of our communities, our Family Hubs have been established to support families, children and young people across Leicestershire. Working with partner organisations our Hubs provide a one-stop shop and offer advice, information and resources to help families navigate every stage of life; from



Family Hubs Website



Parents and carers



Young people



Professionals



Volunteering

Family Hubs Website

- Pregnancy and Your new Baby
- Early Years
- Start for Life
- Parenting Support
- Relationships
- LGBTQ+ sexuality and gender
- Family Health
- Mental Health
- Family Wellbeing



[Hubs](#)

[Hot topics](#)

[What's on](#)

Parents and Carers

[Home](#)



- Money, housing and employment
- Special educational needs and disability
- Education
- Domestic Abuse
- Fostering and Adoption
- My community

Family Hubs Website

What's on



Tuesday 30 April 2024

10:00 - 11:30

Jelly Tots

Venue: Melton Venture House Family Hub



Tuesday 30 April 2024

10:00 - 12:00

Child Minder Group

Venue: Bagworth Family Hub

Group set up and ran by local Child



Tuesday 30 April 2024

13:00 - 14:00

Coalville Community Fridge

Venue: Coalville Children and Family Centre

joy

Workforce Development

- Began work across Leicester, Leicestershire and Rutland to explore the development of an Early Help Competency Framework
- With City, Rutland and the Safeguarding Partnership, looking at how we work collectively across the wider early help system
- Looking at the 'Schools Ambassador Programme' developed in the City – how we support schools with early help assessment and team around the family
- Learning and Development plan



Maternity and Early Years

- New Maternity and Early Years Strategy and Plan – updating Priority One of the Children and Families Partnership Plan, Best Start in Life
- Coordination across Health, Early Years and Family Help to produce and publish ‘Start for Life’ – our combined offer for the 0-5 period



A guide to 0-5 Start for Life services in Leicestershire.

There are lots of services across Leicestershire to support you and your family. From planning your pregnancy to your child starting school we can offer a range of support. There are Family Hubs across Leicestershire that you can go to and some professionals might also visit you at home. We also have lot of support online that you can access. At all times you can find helpful staff who will be able to help make sure your family have the best start in life.

To find out more visit: [Family Hubs Leicestershire](#)

Health for Under 5s | Family Hubs Leicestershire

1 Planning for pregnancy
You can improve chances of getting pregnant and having a healthy pregnancy by thinking about small changes like stopping smoking and drinking alcohol. Exercising and diet are important. Taking Folic acid supplements are recommended when you are pregnant. Find out more information at [NHS UK](#) and [healthy start](#)

2 Before Baby Arrives
We are here to help you. You can self refer to maternity services at your choice of hospital. Use the QR code to refer to Leicester hospitals. Your midwife will let your Public Health Nurse (Health Visitor) know that you're expecting a baby. Around 28-36 weeks your public health nurse will make contact. To contact your Health Visiting Team use the Healthy Together helpline on 0300 300 3001.

3 After Baby Arrives
You will have support from your Public Health Nurse. You can get lots of helpful information on things like infant feeding, coping with crying, your health and wellbeing, plus there are lots of places you can go to, to meet other new parents such as local libraries and Family Hubs.

4 0-2 years
The first 1001 days up to your child's 2nd birthday is when your baby's brain is growing rapidly. Everything you do before they are 2 years old is helping them build their adult brain: who they are, how they learn and what they might achieve. [Baby's first 1001 days](#)

5 Your 2 year old
There is a lot of support for managing the challenges of having a toddler as they are learning new skills, growing rapidly, and developing their own personality. All children will have a 2 year check with their Public Health Nurse which is a good opportunity to ask any questions you might have. You might also want to explore childcare options.

6 Pre-school years
To help your child become confident and as prepared as they can be for school, all 3 and 4 year olds are entitled to access 15 hours free childcare. [Funded childcare places](#)

7 SEND (special educational needs & disability)
If you are worried about or have questions about your child's development, you can speak to your Health Visitor, GP or childcare setting. Leicestershire Early Years Inclusion Service have teams that your child can be referred to for extra support. Find out about each team and [how to make a referral](#).

Start for Life Early Years

Maternity Champions

- Commissioned 'Heads Up' to undertake work in Loughborough to understand barriers to accessing maternity and early years services
- Following discovery period, working across local providers to look at how we break down barriers and provide information and support
- Within Family Help Volunteer Programme, developed a training programme for volunteers in the community to become Maternity Champions



Start for Life
Early Years



Other work completed

- Commissioned GATE – barriers to services and training
- Coram – theory of change and process evaluation
- Opened an additional Community Fridge (Lutterworth)
- Building improvements, signage, etc



Next Steps

- Embed as 'business as usual'
- Maintain the communication and momentum
- Add to the website
- Project Manager in post until end of September 2024
- Publish process evaluation, October 2024