



# Family Hubs and Start for Life programme in County Durham

## CYP Overview and Scrutiny Nov 2023



Holly Farrington

# DHSC and DfE led programme- 3 year transformation programme



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

# 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.**

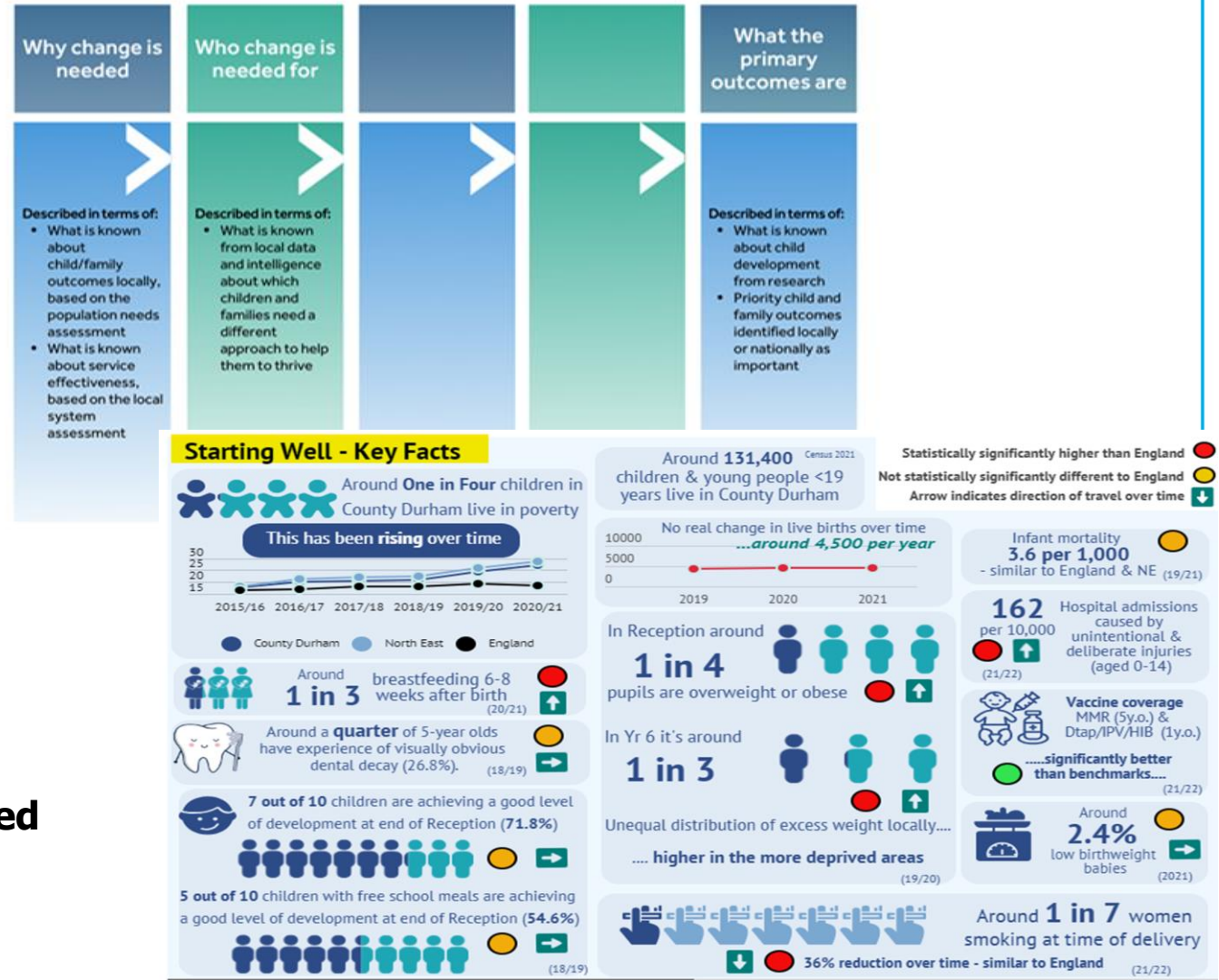


# Delivery - Expectations, Minimum and Go Further

Activities for children aged 0-5	Midwifery/maternity
<b>Birth registration</b>	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

# The outcomes we are working to achieve

- improved health, wellbeing and developmental outcomes for babies, children, and young people.
- improved health and wellbeing outcomes for parents and carers.
- improved access, connections, and relationships within local family services.
- reduce inequalities; and
- a stronger evidence base on what works in difference delivery contexts.



Detailed management information shared on quarterly basis  
 Thematic Review  
 National evaluation

# 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).

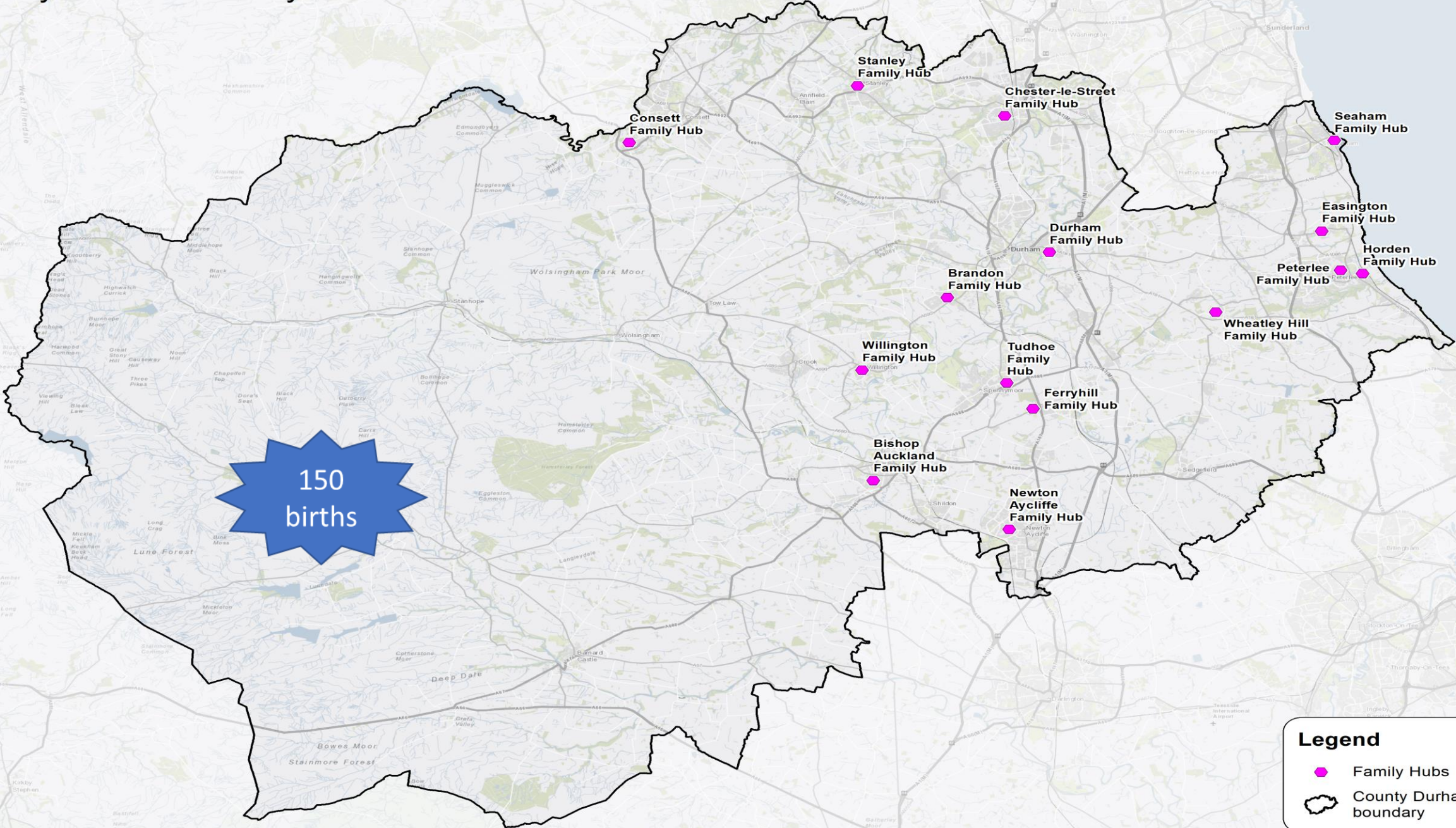


# Principles of the Family Hub model



- ✓ support **early** in life
- ✓ **integrated** family support across health, social care, VCS and education
- ✓
- ✓ a service that is accessible to **ALL** families
- ✓ Taking a **whole family** approach
- ✓ a **relationship based** approach
- ✓ Grounded in local **communities**



# County Durham Family Hubs



**Legend**

-  Family Hubs
-  County Durham boundary





# Parent Carer Panel

Who  
are  
we?

Why do  
we  
meet?

How often  
do we  
meet?

Where  
do we  
meet?

Challenges

# Our PCP Journey so far





**Breastfeeding insights research**

**L and D programme**

**Increase in capacity of infant feeding support**

**Antenatal and post support - Early Latch**



**Preparation for parenthood groups**

**Baby and Me and Toddler and Me weekly sessions**

**Target support group - Incredible Babies (0-2 years) and Incredible Toddler (3-5 years) and Triple P Baby (0-2yrs).**

**Sleep Scotland training**



**PNMH Specialist Health Visiting Team**

**Nurturing Little Minds-low level support**

**L and D programme**

**‘Aquafusion’**

**Northeast Young Dads and Lads**

**New Parents Community Connectors Project**

**Supporting your emotional wellbeing**



**Specialist Advisory Leads HLE strategy for County Durham**

**Land D programme**

**Wellcomm screening**

**Communication Champions**

**Information and resources for parent/carers**

# What else !

**New Name and branding- Official launches in each Hub**

**'Start for Life' offer for ALL parents**

**Working towards co-location with HV and Midwifery teams**

**Developing clinical spaces for Midwives and Health Visitors in each Hub**

**Termly 'What's On' Timetable**

**Digital offer –range of parenting, relationships matter**

**Birth registrations trial at Bishop Auckland Hub**

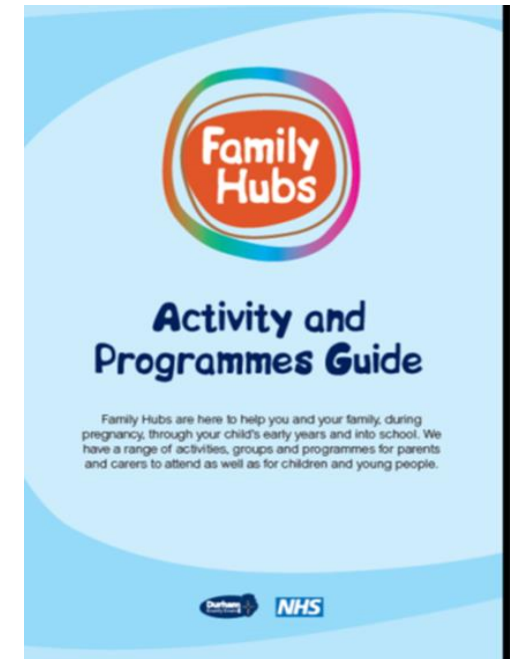
**SEND offer**

**Financial help and Support – Pre loved Boutiques, Baby Bank, Healthy Start**

**Groupwork module on LL**

**Registration form**

**Comms and Marketing including Parents Newsletter**



# Challenges and Mitigations

- National and local shortage of health professionals- Skill mix teams and improved collaboration Integrated pathways of support
- Co-location challenges – delivery of support development of clinical spaces
- Collaborative decision making regarding funding



## Family Hub launch in County Durham



# More information .....



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

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

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