



**East Family Hub
Curtis Road
Calcot
RG31 4XG**



Professionals' guidance to activities at the East Family Hub

**This booklet gives an overview of support the Family Hubs can offer to all
Families with children aged 0 -19yrs in the West Berkshire area.**

Antenatal support

Type	Criteria	When & Where	Content	Expected Outcome
6 week antenatal course £12.00	Parents 20+ weeks pregnant	Variable dates over zoom or face to face	<ul style="list-style-type: none"> • Fetal Development • Transition to family life • Infant and parental health and wellbeing • Infant feeding • Understanding and caring for a baby • Building support networks 	<ul style="list-style-type: none"> ➤ Reducing stress , isolation and anxiety ➤ Building confidence as new parents ➤ Understanding need for responsive parenting ➤ Promote a secure emotional bond with baby
Peep Antenatal		1-1 support as required	<ul style="list-style-type: none"> ○ The transition to parenthood ○ How baby’s brains develop ○ How babies communicate ○ Preparing for the new arrival ○ Risks associated with smoking & alcohol ○ Feeding, changing and bathing 	<ul style="list-style-type: none"> ➤ Increased parental knowledge of caring for a new baby ➤ What a new baby need ➤ Understanding the importance of taking care of themselves ➤ Reduction in CP referrals
Parents as Teachers (PAT) Antenatal				

Postnatal Support

Type	Criteria	When & Where	Content	Expected Outcome
6 week postnatal course £12 for 6 weeks	New parent/carer with babies	Variable dates on a rolling programme	<p>Week 1: Baby & You, becoming a new parent</p> <p>Week 2: Sleeping, Crying & settling</p> <p>Week 3: When to Call the Doctor/common illnesses</p> <p>Week 4 Early Play, Development & Communication</p> <p>Week 5: Relaxation and massage</p>	<ul style="list-style-type: none"> ➤ Improved confidence as new parents ➤ Building peer relationships ➤ Earlier recognition of signs linked to postnatal depression ➤ Increased parental attachment ➤ Improved family relationships ➤ Know where to go for support or information
Breastfeeding Support Free	Any breastfeeding or expectant parent	<p>1st & 3rd Monday @ 2.00pm via Zoom</p> <p>Feeding Support Group Thursday 1:30pm</p> <p>1-1 follow up as required</p>	<ul style="list-style-type: none"> ○ Positioning and attachment ○ Support for specific problems or concerns ○ Support and encouragement 	<ul style="list-style-type: none"> ➤ Increased length of breastfeeding ➤ Confidence to feed in public ➤ Increased confidence and knowledge
Baby Massage £24 for 4 week course	Parent carer with non-mobile babies	Variable dates and times	<ul style="list-style-type: none"> ○ Trained Family support workers will teach a gentle baby massage programme 	<ul style="list-style-type: none"> ➤ Increased parent/baby bond ➤ Can reduce colic & constipation ➤
Basic 2 hr Paediatric First Aid £10 per person	Parent carer with non-mobile babies	Variable dates on zoom or face to face	<ul style="list-style-type: none"> ○ Led by trained Facilitators 	<ul style="list-style-type: none"> ➤ How to treat burns & scalds ➤ Choking ➤ Resuscitation

Groups & Sessions

Type	Criteria	When & Where	Content	Expected Outcome
Newbies Baby Group £2.00 per family	For parents/carers and babies under 1 year	Monday 1- 2:30 St Oswald's , Burghfield Thursday 1:30 – 3pm East Family Hub (with feeding support)	<ul style="list-style-type: none"> ○ Relaxed informal group for new parents to socialise, interact with their babies and gain informal support from peers and staff ○ Breastfeeding support available 	<ul style="list-style-type: none"> ➤ Peer support ➤ Early socialisation skills ➤ Improved parental confidence ➤ Reduced isolation
Stay Play & Learn £2.00 per family	For parents/carers and children up to 4 years old	Monday 10- 11:30 Padworth Village Hall Term time only Thursday 10-11:30 Theale Village Hall	<ul style="list-style-type: none"> ○ A play session enabling children the opportunity to play inside or out whilst using their imagination and exploring their world. Parents will play alongside children, further supporting their child's learning & development ○ Informal support around managing unwanted behaviours or questions on their child's development. 	<ul style="list-style-type: none"> ➤ Improved child confidence & social skills ➤ Increased bond between parent/carer and child ➤ Building parental knowledge of the EYFS and how children learn. ➤ Children are better prepared for school ➤ Increased language/communication
Family Support Worker Group Invite only Free	For families receiving support from the Hub with children aged 0-4 years	Friday 10-11:30	<ul style="list-style-type: none"> ○ A small invite only group for families with an allocated family support worker. ○ Support from staff and the opportunity to build friendships ○ PEEP programme 	<ul style="list-style-type: none"> ➤ Improved parent/child relationship ➤ Improved parent self-esteem ➤ School readiness ➤ Positive role modelling for managing behaviours and supporting child's learning and development ➤ Decreased referrals to CAAS

				➤ Increased up take of 2yr funding
Dance and Fun @ Linear Park £2 per session	For parents/carers and children up to 4 years	Tuesday 10am Linear Park , Calcot (meet in Beansheaf car park)	<ul style="list-style-type: none"> ○ Informal outdoor group for parents/carers and children to enjoy dancing, rhymes and singing (when possible) together 	<ul style="list-style-type: none"> ➤ Opportunity for outdoor play and physical activity ➤ Language development through songs and rhymes
Walk and Talk Free	For parents/carers and babies in buggies	Wednesday 10am Meet at Beansheaf carpark in Linear Park.	<ul style="list-style-type: none"> ○ Buggy walking group ○ Opportunity for informal support from FSW 	<ul style="list-style-type: none"> ➤ Encourage new mums to get outside and exercise ➤ Make friendships and find peer support ➤ Signpost to other services
Thrive Free	For parents/carers who suffer with anxiety and or depression	Variable days when Boost course not running	<ul style="list-style-type: none"> ○ Wellbeing group for women based on the 5 ways of wellbeing. ○ Sharing techniques/strategies for relaxation ○ Crafts and opportunities to learn new things ○ Walks 	<ul style="list-style-type: none"> ➤ Improved mental health, self-confidence and ➤ Peer support ➤ Signposting to other agencies ➤

Type	Criteria	When & Where	Content	Expected Outcome
Toilet learning £2.00 per session	Parent/carers who are preparing for toileting	Workshop Termly on Zoom		➤ Children are toilet trained prior to starting pre-school
Introducing Solids £2 per session	Parents/Carers who are preparing to introduce solids	Workshop Zoom or face to face Monthly	<ul style="list-style-type: none"> ○ Understanding when to start introducing solids ○ First foods ○ Preparation of healthy meals ○ Baby led weaning ○ Gagging and choking 	<ul style="list-style-type: none"> ➤ Parents feel confident to start introducing solids ➤ Parents understand healthy eating principals ➤ Parents recognise signs that their baby is ready and know when to start solids safely

Story Walks £2 per session	Parents/carers and children up to 5 years	As advertised	<ul style="list-style-type: none"> ○ Interactive story set up outside for parents and carers to do with their children on their own or guided by a FSW. 	<ul style="list-style-type: none"> ➤ Increased interest in books and reading ➤ Promotion of language and early literacy skills ➤ Improved relationships between parents and children

Family Learning – courses runs on a programme and all have variable dates

Type	Criteria	When & Where	Content	Expected Outcome
BOOST – 12 week course	Parent/carers who have low self-esteem and/or confidence	East Family Hub or via Zoom	<ul style="list-style-type: none"> ○ Preparing for change ○ Recognising character traits ○ How to be assertive ○ Managing anger ○ Accepting compliments 	<ul style="list-style-type: none"> ➤ Improved self-esteem and confidence ➤ Improved parental resilience
Cooking & Nutrition (CAN) 7 week course £12	Parent/carers who want to improve knowledge of healthy eating and cooking on a budget	East Family Hub	<ul style="list-style-type: none"> ○ Shopping and Cooking on a budget ○ Understanding food labels ○ Correct food storage ○ Basic cooking skills ○ Healthy eating principals 	<ul style="list-style-type: none"> ➤ Reduction in childhood obesity ➤ Increased healthier lifestyles ➤ Increased financial stability
PEEP Parenting Toddlers and Babies 6 Week course	Parents/carers with children aged 3 months – 4 years	East Family Hub or zoom	<ul style="list-style-type: none"> ○ Personal , Social and Emotional development ○ Communication and language 	<ul style="list-style-type: none"> ➤ Parents and carers improve child's life chances by making the most of everyday opportunities

£12			<ul style="list-style-type: none"> ○ Early literacy ○ Early maths ○ Health and Physical development 	<ul style="list-style-type: none"> ➤ Babies and children become confident communicators and active learners ➤ Parents/carers understand the potential of home learning environment ➤ Improve relationship between the parent and child
PEEP School Readiness 4 week course £8.00	Parents/carers with children who are due to start school in the next academic school year	East Family Hub	<ul style="list-style-type: none"> ○ Positive role modelling ○ The importance of praise ○ Building a child's social skills 	<ul style="list-style-type: none"> ➤ Children better prepared for school ➤ Children able to self-regulate emotions

All sessions are booked on line using the following link

https://booking.westberks.gov.uk/family_hubs_events.html#/event_list

If payment is a barrier to participating please discuss with a member of staff.

Universal Plus (Targeted) Family Support

Our Family Support Workers are available to offer one to one support to those families who find aspects of parenting more challenging at times, who are lonely and isolated or have mental health challenges. We work with a network of professionals and supporting agencies.

East Family Hub team:

Anne Rogerson FSW

Claire Roberts FSW

Emma Smith Hub Assistant Worker

Nicky Philips FSW

Pauline Penfold Senior FSW

Jo Roberts Manager

Accessing Support

We know early intervention works and has improved positive outcomes. The FSW work alongside families in supporting them to make positive changes. For a family to receive this support a referral with signed consent from the parent is required.

Referrals can be made by the family themselves, health professionals, educational settings, volunteer agencies and children's services. Once a referral has been received the manager assigns a FSW to that family, initial contact is then made within 5 working days.

Children & Family Services

We support a number of families who are open to children's services intervention and where required attend Child Protection Meetings, Strategy discussions, organise and take on the role of lead professional for TAFs as appropriate. We have a Safeguarding duty to all and will if needed contact CAAS to share our concerns about the welfare of the children.

Support

The Family Support Workers work alongside families in their own home, the Hub, the local community or over zoom.

Dependent on the nature of the referral and in discussion with the family, tailored 1-1 work will be undertaken. This can include: signposting to more targeted services, supporting families to interact with agencies themselves, sourcing funding for home essentials, applying for childcare/school applications or benefits and support with challenging behaviour.

All support offered is optional and without a timescale limit.

Support is ended when a family has completed all work, if they chose not to engage or sadly had their children removed into care.

If a families chose not to engage with us we try to connect with them in the best possible way, this includes the offer of completing a joint home visit with the referrer

My Family Plan

As a local authority service we support our more vulnerable families using a My Family Plan. The Family Plan belongs to the family and is a tool to help them achieve more positive outcomes and recognise what they are already doing well. The family plan includes what the family feels is the most important issue/concern to them, what they wish to see change and short realistic targets with clear actions for all individuals. The family plan does not have to include any other professionals, family members or friends. It is reviewed regularly with all those involved.