



# **Redcar and Cleveland Early Years' Integrated Service Family Hubs and Health Visitors Together**

## IN REDCAR & CLEVELAND

we are in a unique position because the staff in our Health Visiting and Family Hub services are now working more together to support you and your family through the healthy child programme and the first 5 years of their lives. Both the health visiting and the family hub teams will be in contact with you during the antenatal period and within the first weeks of your baby being born.

This leaflet explains the support available to you and your family from both teams throughout these crucial years of childhood to ensure your child has the best start in life. We hope you find this information helpful, if you have any queries please don't hesitate to contact us on the telephone numbers overleaf.

All children and families will be invited to have a health and development progress review

at key milestone ages. At each of these key stages, a member of the team will be in contact with you to assess and review progress and if at any time your child or yourself needs any extra help, we will ensure you get the right support. The key stages are identified within the Early Years Pathway in the middle of the leaflet.

In our integrated service, we focus on the 6 High Impact Areas for Early Years – these are the areas as follows:

- Parenthood and early weeks
- Maternal mental health
- Breast feeding
- Healthy weight
- Minor illness and accidents
- Healthy 2 years old and getting ready for school

# The activities available in our Family Hubs are detailed below

Activities will be delivered virtually to families; in smaller groups in centres or individually whilst we are still in the midst of the national response to COVID-19. Your Family Hub practitioner will advise you about the best ways we can support you and deliver these sessions at the time you are referred.

## Breast Friends - Breast Feeding Support Group

From pregnancy onwards • Breastfeeding mums welcome • Ongoing sessions throughout the year

A social group for breastfeeding families with planned fun activities. Come along for a chat and get to know other breastfeeding families in the area. Support is also available from our trained staff. We also welcome pregnant parents-to-be.

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## Chat, Sing and Read at Home

0-5-year olds • Referral only • Delivered 1:1 • Time Limited – 6 weeks

A package to support attachment, relationships, developmental delay, play role-modelling and support to improve the home learning environment. The health visiting team will refer to this programme after completing your child's 9-12 month or at their 24-27-month development check if they feel your child needs further support.

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# EARLY YEARS INTEGRATED PATHWAY

Age Range	Ante-Natal	Birth - 6 weeks	6-12 weeks	3-9 months	9-18 months	18-24 months	24-36 months	3 years	3-4 years
Contacts Health Visiting	Ante-natal Contact 38 weeks HV	New Birth Visit 10 - 14 days	6-8 week review	3- 4 month contact	Under 1 year review ASQ		24-27 month review ASQ	On entry to nursery Baseline SCH	
Family Hub Activities available	Registration at Family Hubs  Healthy Start Vitamins (U)  Breast Friends Group  Pregnancy, Birth and Beyond  New Parents Group (U)	Breast Friends Group  New Parents Group (U)  Infant Massage  Bookstart Pack  Chat, Sing, Read Home Visiting Programme  Registration at Family Hubs if not registered  Healthy Start Vitamins (U)	Breast Friends Group  New Parents Group (U)  Infant Massage  Bookstart Pack  Chat, Sing, Read Home Visiting Programme  Registration at Family Hubs if not registered  Healthy Start Vitamins (U)	Breast Friends Group New Parents Group (U)  HENRY Starting Solids (U)  Wake up, Shake up (U)  Chat, Sing, Read Home Visiting Programme  Home Safety Assessment  Healthy Start Vitamins (U)  Little Explorers	Breast Friends Group  Chat, Sing, Read Home Visiting Programme  HENRY Programme  Wake up, Shake up (U)  Home Safety Assessment  Healthy Start Vitamins (U)  Little Explorers	Chat, Sing, Read Home Visiting Programme  Early Years Parenting Support Programme  HENRY Programme  Eligible for free 2YO childcare place  Wake up, Shake up (U)  Home Safety Assessment  Healthy Start Vitamins (U)  Little Explorers	Chat, Sing, Read Home Visiting Programme  Early Years Parenting Support Programme  Wriggle Read and Rhyme with Book start  HENRY Programme  Eligible for free 2 YO childcare place  Wake up, Shake up (U)  Home Safety Assessment  Healthy Start Vitamins (U)  Little Explorers	Chat, Sing, Read Home Visiting Programme  Early Years Parenting Support Programme  Wriggle Read and Rhyme with Book start  HENRY Programme  Home Safety Assessment  3 & 4 YO Childcare places available  Little Explorers	Early Years Parenting Support Programme  HENRY Programme  3 & 4 YO Childcare places available  Little Explorers

## Abbreviations Key:

2YO - 2 Year offer,  
some families are  
eligible for free  
childcare

ASQ - Ages and  
Stages Questionnaire  
  
EYFS - Early Years  
Foundation Stage

EYIS - Early Years  
Integrated Service

HENRY - Health, Exercise  
and Nutrition for the  
Really Young

HV - Health Visitor  
  
SCH - School  
  
SN - School Nurse

## Early Years Parenting Support programme

0-5-year olds • Referral only • Delivered 1:1 • Time Limited – 6 weeks

For 0-5-year olds – providing parents with basic support, guidance and information for example routines and boundaries; choices and consequences. The package of support will be tailored to the individual family's needs.

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### HENRY

Age 0-5 years • Referral only • Time limited – 8 weeks  
(HENRY: Health, Exercise and Nutrition for the Really Young)

HENRY supports families in choosing healthy lifestyles including making healthy food choices for their children and gives carers ideas for lots of fun ways to get children moving.

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### Infant Massage

6 weeks – 6 months • Referral only • Time limited – 4 weeks

Infant massage promotes secure attachments and early bonding as well as supporting infant health and development; and helps with sleep routines and colic. The programme also helps with reducing low mood and social isolation in parents. The course is facilitated by a qualified infant massage instructor.

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### Little Explorers

Ongoing sessions throughout the year • Age 0-3 years • Everyone welcome

An opportunity to play together and meet other families from the local community. Activities available for babies and young children to play, explore and learn.

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## New Parents Group

Birth – 9 months • Everyone welcome

An open access group for new parents who have recently had a baby. Support and discussion around baby's brain development, sensory play, sleep, routines and general advice and guidance. A chance to chat with other new mums.

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## Portage Family Group

From 6 weeks onwards • Referral only

Portage groups offer support to children with complex needs and their families. This includes arranging assessments with other professionals, and setting targets to improve outcomes and make learning easier. The groups are ran by a team of Early Years SEND practitioners who are fully qualified childcare and portage professionals and who can offer a key-working service to coordinate services and support for the family.

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## Starting Solids - HENRY

4-6 months • Everyone welcome • Time Limited – 1 session

Introducing solid foods at 6 months. Come to a Starting Solids workshop to help you get your baby off to a great start. The workshop will help you decide when your baby is ready to try solid food, what foods to start with, when your baby is hungry and when they've had enough; and how to make mealtimes an enjoyable experience for both of you.

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## Wriggle, Read and Rhyme with Book Start

Age 2 years+ • Requires booking through children's centres • Time limited – 5 weeks

Sessions for carers to attend with their child aged 2 – 4 years. These sessions aim to support communication language and literacy development by encouraging a love of books stories and rhymes.

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# WOW

that was easy!

Because I'm two  
we used that  
internet-thingy  
and now I get  
15 hours free  
childcare.



Check if you qualify online at:  
<http://www.peoplesinfonet.org.uk/free2yearoldchildcareapplyhere>

Results are instant and you can print out your voucher online  
that can be used in day nurseries, schools and with childminders.

If you would like further information please contact  
Families' Information Service on Freephone 0800 073 8800

  
People's  
Information  
Network  
**in Redcar & Cleveland**  
[www.peoplesinfonet.org.uk](http://www.peoplesinfonet.org.uk)



**Health Visiting  
and School Nursing  
Team:**

**East**  
**01287 612388**

**Health Visiting  
and School Nursing  
Team:**

**Central**  
**01642 473726**

**Health Visiting  
and School Nursing  
Team:**

**West**  
**01642 837765**

**East Cleveland  
Family Hub**

**Marske Mill Lane  
Saltburn  
TS12 1HJ  
01287 555260**

***Loftus  
Family Hub***

***Skelton  
Family Hub***

***Whitecliffe  
Family Hub***

***Guisborough  
Family Hub***

**Redcar  
Family Hub**

**Rainbow Lane  
Redcar  
TS10 1RR  
01287 555240**

***Green Gates  
Family Hub***

***Dormanstown  
Family Hub***

***Errington  
Family Hub***

**Greater Eston  
Family Hub**

**Daisy Lane  
Ormesby  
TS7 9LF  
01287 555220**

***Grangetown  
Family Hub***

***South Bank  
Family Hub***

[www.redcar-cleveland.gov.uk/resident/family-hubs/](http://www.redcar-cleveland.gov.uk/resident/family-hubs/)

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