



Start for Life Offer

Services for you
and your baby

this is Redcar & Cleveland

Welcome to Redcar and Cleveland's Start For Life offer

Leading child health experts agree the care given during the first 1,001 critical days (during pregnancy and up to 2 years) has more influence on a child's future than at any other time in their life. Experiences during this time have a big effect on the health, wellbeing and opportunities for children throughout their lives. All families need some help to give their babies the best start in life, whether it is from healthcare professionals or volunteers, family or friends, there is a wide range of support and services available.

We hope that by bringing together information about Start for Life services in one place, we can help you and your growing family access the support you need to help you give your children the best possible start in life.



Start for Life services and support

Open to all – universal

Pregnancy to birth

- Midwife appointments: Booking, 12 weeks, 16 weeks, 21 weeks, 25 weeks, 28 weeks, 32 weeks, 36 weeks, 38 weeks, 40 weeks, 41 weeks
- Health visitor antenatal appointment between 30 – 32 weeks
- Immunisation Programmes (Pregnant Women)
- Walk and talk sessions
- Aqua Natal sessions
- New parents group
- Breast friends group
- Involvement in parent/carer panel
- Healthy Start Vitamins

0 - 6 months

- Midwife postnatal visit (1 – 28 days)
- Birth declaration at Family Hub(s)
- Health Visitor appointments and assessments at 10-14 days and 6 – 8 weeks.
- Breast friends group
- New parents group
- Little Explorers group
- Access to Health Visitor clinics
- HENRY – starting solids sessions
- Community based parent and toddler groups
- Library based parent and baby/toddler groups – Rhymetimes; Baby & Me; Music & Rhyme.
- Involvement in parent/carer panel
- Healthy Start Vitamins
- Contraception Service

6 - 12 months

- Breast friends group
- ASQ assessments (between 9 – 12 months)
- Health Visitor appointments and assessments: 1 year
- Infant feeding support
- New parents group
- Little Explorers group
- Access to Health Visitor 'drop in' clinics
- HENRY – healthy families right from the start sessions
- HENRY fussy eaters sessions
- Community based parent and toddler groups
- Library based parent and baby/toddler groups – Rhymetimes; Baby & Me; Music & Rhyme.
- Involvement in parent/carer panel
- Healthy vitamins

1 - 2 years

- Infant feeding support
- Breast friends group
- Little Explorers group
- HENRY – healthy families right from the start sessions
- HENRY fussy eaters sessions
- Community based parent and toddler groups
- Library based parent and baby/toddler groups – Rhymetimes; Baby & Me; Music & Rhyme; Lego Club.
- Involvement in parent/carer panel
- Healthy Start Vitamins

Invite/ Referral only – specialist

- Direct support from Enhanced Maternity Support Workers (EMSWs)
- HENRY – preparation for parenthood sessions
- Online antenatal workshop including advice about infant feeding (midwives)
- Infant feeding visit at 24 weeks (midwives)
- Healthy Lifestyle Clinic
- Stop Smoking Service
- Glucose Clinic
- Teenage Pregnancy Support
- Perinatal Mental Health Specialist Service

- Support from EMSW's (until 28 days post delivery)
- Infant massage
- Parenting 1:1 support delivered by both family hubs and health visiting team
- Perinatal Mental Health Specialist Service
- Specialist Paediatric Physiotherapy referral
- Specialist Swallowing Assessment (Speech & Language Therapist)
- Specialist Infant Feeding Assessment and Support
- Access to Portage group and support (for SEND children)
 - Additional Breastfeeding telephone support from Health Visitor
 - Healthy Start Card

- Chat, sing and read at home sessions
- Parenting 1:1 support delivered by both family hubs and health visiting team
- Access to Portage group and support – (for SEND children)
- Perinatal Mental Health Specialist Service
- Healthy Start Vitamins
- Healthy Start Card

- Access to Portage group and support – (for SEND children)
- Free childcare for 2 year old places (apply term before)
- Chat, sing and read at home sessions
- Parenting 1:1 support delivered by both family hubs and health visiting team
- Toileting support through health visiting services
- Healthy Start Card
- Specialist speech and language support

Service details

■ **Additional Breastfeeding telephone support from Health Visitor**

Your health visitor will provide additional telephone support as required.

■ **Aqua Natal sessions** Water based exercise specially designed for pregnant women, with the aim to keep you fit alongside numerous health benefits for your pregnancy. Available to all women during their pregnancy at a variety of locations. Free with Everyone Active gym/classes membership..

■ **Birth Declaration** You can now declare your child's birth at two of our East Cleveland Family Hubs (Skelton and Loftus). Please call 01642 444440 to book an appointment.

■ **Breast Friends** A social group for breast feeding families with planned fun activities. Come along for a chat and get to know other breast-feeding families in the area. Support is also available from our trained staff. We also welcome pregnant parents to be. The Breastfeeding Helpline is available 365 days a year from 9:30am until 9:30pm and can be contacted by calling 0300 100 0212.



■ **Chat, Sing and Read at Home (0-2 year olds)** a package of support delivered in the home to enhance the home learning environment whilst promoting communication and language. Families will also be supported to access community groups in their local area.

■ **Community Based Parent & Toddler Groups** There are a wide range of playgroups you can go to with your baby and toddler across the borough. Please see link below under PIN website.

■ **Contraception Service** You can ask your health visitor about sexual health including contraception and ways to improve your health to be fit for, during and after pregnancy. Your health visitor can sign-post you to local Contraceptive and Sexual Health services.

■ **Early Years Parenting Support (0-5 year olds)** support and information is provided to help parents feel more confident in parenting including topics such as regarding routines and boundaries.

■ **Glucose Clinic** These are additional blood tests taken in pregnancy to check if you have developed diabetes (high blood sugars). This is usually performed between 24 and 32 weeks of pregnancy for women with recognised risk factors.

■ **Health Visitor Antenatal Appointment** This is the first contact with your health visitor who will contact you between 28 and 40 weeks of your pregnancy so you can get to know each other, explain what you can expect from the health visiting service and determine any needs you and your family may have whilst also providing you with some public health information relating to having a new baby.

■ **Health Visitor Appointments and Assessments: 10-14 days and 6 – 8 weeks**

Your health visitor will visit you at home to find out about your health and wellbeing, as well as your baby's. They will offer advice on safe sleeping, vaccinations, feeding your baby, adjusting to life as a new parent, your baby's development. Speak to them in confidence, and they can provide further support if needed.

■ **Health Visitor Appointments and ASQ Assessments (1 year and 2 year)** The 'Ages & Stages' (ASQ) development reviews provide an overview of how your child is developing in important areas such as communication, physical ability, social skills, and problem-solving skills. The ASQ can help to identify your child's strengths as well as any areas your child may need additional support with. Your health visiting team will send you a questionnaire, known as the "Ages and Stages Questionnaire" to fill in before your child's 9 to 12-month and 2-year development reviews.

■ **Health Visitor Drop In clinics** After the first 2 weeks, your baby should be weighed: no more than once a month up to 6 months of age, no more than once every 2 months from 6 to 12 months of age, no more than once every 3 months over the age of 1. Your baby will usually only be weighed more often than this if you ask for it or if there are concerns about their health or growth.

- development and behaviour
- good sleeping habits
- feeding your child – breast milk, formula, solids, healthy eating
- coping with minor illnesses
- managing a crying baby
- immunisations
- toileting
- any other concerns you have about your child, yourself, or your family.

■ **Healthy Lifestyle Clinic** All women with a BMI of over 40 at booking will be invited to the Healthy Lifestyle Clinic. Working together with a Midwife and a Dietician, we will support you to reduce the risk factors associated with raised BMI and pregnancy.

■ **Healthy Start Card** The Healthy Start Card is available to pregnant women more than 10 weeks pregnant or have a child under the age of 4 who receive state benefits. The Healthy Start Card is topped up with money every 4 weeks and can be used to purchase fruit and vegetables, cows' milk and formula. It can be used in any retailers that accept Mastercard. The Healthy Start Card can also be used to claim free vitamins from the Family Hubs.





■ **Healthy Start vitamins** Healthy Start Vitamins are offered to all pregnant women, mothers who are breastfeeding and babies who are exclusively having breast milk from birth. Free vitamin tablets are available to pregnant women from 10 weeks pregnant and up until the baby's first birthday. Free vitamin drops for babies and children up to the age of 4 are also available. Children under the age of 4 and who have less than 500ml of infant formula a day are eligible for the vitamins (formula milk has vitamins added to it). The vitamins come in an 8-week supply and are available from all Family Hubs.

■ **HENRY Preparation for Parenthood Sessions** Provides a practical opportunity to support parents to be, preparing for life with a new baby, including preparation for birth, caring, bonding and the early feeding of your baby.

■ **HENRY Starting Solids** Introducing solid foods at six 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.

■ **HENRY Healthy Families, Right from the Start (8 week programme)** HENRY supports families in choosing healthy lifestyles, including making health food choices for their children and gives parents and carers ideas for lots of fun ways to get children moving around.

■ **HENRY Workshop Eat Well for Less** Eating Well for Less is a one off session that helps you build confidence when shopping on a budget. This programme supports with simple, low cost meals and weekly recipes; including tips for a cheaper healthy, shopping basket and making small changes that make a big difference. The helpful resources available are a great way to get the whole family involved in setting healthy habits.

■ **HENRY Workshop Fussy Eating** Fussy eating is a one off session: As a parent, it's natural to worry if your child isn't eating well. But if this is something you're struggling with, you're not alone. If your child has become more restricted in the foods they eat as they've got older, there are things we can do as parents to help them become more adventurous eaters. The helpful resources available are a great way to get the whole family involved in setting healthy habits.

■ **Infant Feeding Support** Sessions run twice monthly via Microsoft Teams, alternating between afternoon and evening sessions to accommodate working patterns. Session content: Getting to know baby in pregnancy, baby brain development, skin to skin, benefits of breastfeeding, responsive feeding and baby's first feeds, how to get off to the best start with breastfeeding, how to access help and support, if you need or choose to use bottles, Q&A. This virtual session is run by midwives. To book on please speak to your midwife.

■ **Infant Feeding visit – 24 weeks** Personalised Infant Feeding appointment with Midwife – 'How to get off to a good start and build a close, loving relationship'.

■ **Infant Massage** Infant massage has physical and emotional benefits for baby. This is aimed at babies from 6 weeks – 9 months. It supports bonding and attachment; reduces low mood and social isolation in parents, helps with sleep routines and reducing gas, colic and intestinal difficulties.

■ **Library Activities:**

- **Rhymetimes:** Enjoy songs, rhymes and rhythm with your child at your local library - Rhymetimes are free and fun for everyone.
- **Baby & Me:** for parents to engage in reading for pleasure with their babies with a view of embedding reading as part of family's cultural activities.
- **Music & Rhyme:** Relaxed group to support you and your baby. Sing and play together to aid their development.
- **Lego Club:** A fun, creative, free session where children of all ages can harness their imagination in creating a Lego masterpiece.

■ **Little Explorers** This session is aimed at children under five years, to provide active play opportunities for families using our family hub space to play, explore and learn, and meet other families from your local area.



■ **Midwifery Appointments** Midwifery appointments are very flexible and tailored to you and your pregnancy needs. The midwife will review your physical and mental well being at every antenatal appointment. Information and education will be provided at every appointment relevant to your gestation period.

■ **New Parents Group** An open access group for new parents who have recently had a baby, with opportunities to play, explore and learn. Support and discussion around baby's brain development, sensory play, sleep, routines and general advice and guidance is available. A chance to chat with other new parents. This session is available from new-born until they become mobile.



■ **Parent/Carer Panel** Parents of children aged 0-2 have the opportunity to help shape and develop Family Hub services. Please visit our website or contact your local Family Hub to find out more.

■ **Parenting 1:1 Support delivered by both Family Hubs and Health Visiting team** Understanding Your Child's Behaviour (using the Solihull Approach) is a parenting intervention for any parent with a child between the ages of 0-5 years. This is offered as a 1 to 1 in your home. You will be supported to identify personal goals and the strategies that will help you meet them (such as your child's sleeping, feeding, toileting or behavioural difficulties) by reflecting on your relationship with your child and your child's behaviour.

■ **Perinatal Mental Health Specialist Service** The specialist perinatal mental health team provides a service for those people of all ages, registered with GPs in Redcar and Cleveland, who are pregnant or up to one year following birth of a baby and will work with those with current moderate to severe mental illness, as well as those who are at risk of becoming unwell due to a history of severe mental health problems in the past.

■ **PORTAGE Family Group** 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.

■ **Specialist Speech and Language Support** As well as providing support for children and young people with their speech, language and communication, speech and language therapists also provide specialist assessment and support for eating, drinking and swallowing. Your health visitor or midwife will usually provide you with advice and support but will sometimes ask for our specialist swallowing team to be involved.

■ **Stop Smoking Service** If you smoke and are pregnant you will be offered one-to-one support and a range of Nicotine Replacement products to help you quit. You will be supported throughout your pregnancy and beyond at a time and in a place to suit you.

■ **Support from Enhanced Maternity Support Workers** Access support from dedicated EMSWs to promote positive emotional wellbeing during pregnancy.

■ **Teenage Pregnancy Support** A health visitor will make contact with you during your pregnancy to provide additional support if needed. The health visitor will contact you monthly until the birth of your baby and after the birth, they will continue the regular support as needed. The health visitor works alongside your midwife in jointly providing support.

■ **Toileting Support** Toilet training is one of those child developmental stages that parents can find frustrating and complex. Making the transition from nappy to toilet can certainly be a challenge. Support from the Health Visitor Team can be accessed by a self-referral from parents and carers.

■ **Walk and Talk sessions** Providing gentle, outdoor exercise and a chance to connect with other mothers from the area. We welcome all women and birthing people to attend these walks led by a qualified Maternity Support Worker any time during their pregnancy or in the weeks following birth.



Open access sources of support

People Information Network

People's Information Network | Welcome to Redcar & Cleveland
People's Information Network! (www.peoplesinfonet.org.uk)

People's Information Network | Parent & Toddler Groups Redcar & Cleveland (www.peoplesinfonet.org.uk)

Safeguarding

What to do if you are worried about a child:

Keeping children safe is everyone's responsibility. We can all play a vital role in helping to protect children from abuse. The South Tees Safeguarding Children Partnership oversees the work we do to protect children in Redcar and Cleveland.

If you are worried about a child or young person, and feel they are at risk of being abused, neglected or at risk of being harmed, please contact:
Redcar & Cleveland Multi-Agency Children's Hub (MACH)
Tel: 01642 130700 | Email: RedcarMACH@redcar-cleveland.gov.uk

The MACH is a partnership between Redcar & Cleveland Borough Council, Cleveland Police and Health Partners. The MACH Team are available:

- Monday to Thursday from 8:30am to 5:00pm
- Friday from 8:30am to 4:30pm.

When you contact the MACH our staff will listen to your concerns. The different agencies might share information to try and work out whether they can help, and if so, make a decision about the level of help and support that is most appropriate for the child and their family.

If you need any advice or support, please drop in to you local family hub:



Dormanstown Family Hub

South Avenue
Redcar
TS10 2LL
Mon - Thur: 9am - 5pm
Fri: 9am - 4.30pm
01642 492940

East Cleveland Family Hub

Marske Mill Lane
Saltburn by the Sea
TS12 1HJ
Mon - Thur: 9am - 5pm
Fri: 9am - 4.30pm
01287 626158

Grangetown Family Hub

Grange Farm Road
Grangetown
TS6 7HP
Mon - Thur: 9am - 5pm
Fri: 9am - 4.30pm
01642 770810

Greater Eston Family Hub

Daisy Lane
Ormesby
TS7 9JF
Mon - Fri: 9am - 5pm
Fri: 9am - 4.30pm
01642 513665

Green Gates Family Hub

Keilder Close
Redcar
TS10 4HS
Mon - Fri: 9am - 5pm
01642 759070

Guisborough Family Hub

Park Lane
Guisborough
TS14 6LD
Mon: 9am - 12noon
01642 495357

Loftus Family Hub

1 Hall Grounds
Loftus
TS13 4HJ
Mon and Wed - Closed
Tue: 1pm - 5pm
Thurs: 9am - 12.30pm
Fri: 8.30am - 12.30pm
01287 640523

Redcar Family Hub

Rainbow Lane
Redcar
TS10 1RR
Mon - Thur: 8.30am - 5pm
Fri: 8.30am - 4.30pm
01642 776030

**Skelton Family Hub -
De Brus Site**

Marske Lane
Skelton
TS12 2HA
Mon - Thur: 9am - 5pm
Fri: Closed
01287 612333

South Bank Family Hub

Poplar Grove
South Bank
TS6 6FU
Mon - Thur: 9am - 5pm
Fri: 9am - 4.30pm
01642 457291

Whitecliffe Family Hub

Kilton Lane
Carlin How
TS13 4AD
Mon - Tue: Closed
Wed: 8.30am - 12.30pm
Thur: 9am - 2pm
Fri: Closed
01287 640009

Health Visiting/School Nursing

Single Point of Contact telephone
number: 01642 444011



Additional, targeted or specialist services and support

Debt & finances

■ Citizens Advice

www.citizensadvice.org.uk/

■ Redcar Area Foodbank | Helping Local People in Crisis

www.redcararea.foodbank.org.uk/

■ Locations | Redcar Area Foodbank

www.redcararea.foodbank.org.uk/locations/

■ Budget Planner | Free online budget planning tool | MoneyHelper

www.moneyhelper.org.uk/en/everyday-money/budgeting/budget-planner?source=mas

■ Money advice services | Redcar and Cleveland

www.redcar-cleveland.gov.uk/benefits-and-support/money-advice-services

Family Support

■ Home-Start Teesside

www.homestart-teesside.org.uk/

■ Young Carers Services

www.thejunctionfoundation.com/services/young-carers/

■ DigiDAD – by dads for dads

www.digidad.uk/#shortcuts

Health & Wellbeing

■ Stop Smoking South Tees - quit smoking with us today!

www.stopsmokingsouthtees.co.uk/

■ Drugs and alcohol | Redcar and Cleveland

www.redcar-cleveland.gov.uk/community-safety/drugs-and-alcohol

■ Homepage | HENRY

www.henry.org.uk/

■ Post-natal Contraception

Did you know that you can ask your health visitor about sexual health? and ways to improve your health to be fit for, during and after pregnancy? www.ihv.org.uk/parent-leaflet-for-sexual-and-reproductive-health/

■ **Healthier Together** – useful place to find accurate and trusted NHS health care advice in the north east for you and your family
Home: North East and North Cumbria Healthier Together
www.nenc-healthiertogether.nhs.uk

Housing

■ Housing advice | Redcar and Cleveland

www.redcar-cleveland.gov.uk/housing/housing-advice-and-information

■ Welcome to Beyond Housing

<https://beyondhousing.co.uk/>

■ Thirteen

www.thirteengroup.co.uk/



Relationships

- Domestic abuse support | Redcar and Cleveland
www.redcar-cleveland.gov.uk/domesticabuse/domestic-abuse-support
- DVDS-guidance.pdf
<https://www.tsab.org.uk/>
- Support For Male Victims of Domestic Violence | Men's Advice Line
www.mensadviceline.org.uk/male-victims/support-for-male-victims/

SEND

- Redcar-Cleveland-JAN-MAR23.pdf
www.daisychainproject.co.uk/wp-content/uploads/2022/12/Redcar-Cleveland-JAN-MAR23.pdf
- Portage leaflet (002).pub (Read-Only)
www.redcar-cleveland.gov.uk/sites/default/files/2022-06/Portage%20SEND%200-4%20Years.pdf
- People's Information Network | SEN and Disability
www.peoplesinfonet.org.uk/kb5/redcar/directory/localoffer.page
- Cleveland Unit Child Development Centre | Middlesbrough
<https://fis.middlesbrough.gov.uk/kb5/middlesbrough/fsd/service.page?id=hUpxulrEH3g&familychannelnew=1-3>
- Home - Welcome to Zoë's Place Baby Hospice
www.zoes-place.org.uk/
- send_parents_carers_guide_aug_2014_1.pdf
www.search3.openobjects.com/mediamanager/redcar/fsd/files/send_parents_carers_guide_aug_2014_1.pdf
- Families with additional needs | Redcar and Cleveland
www.redcar-cleveland.gov.uk

Libraries

Access to digital Start 4 Life Offer and websites - All of the online links and information can be accessed free of charge at your local library.

Brotton Library

Freeborough Academy, Linden Road, Brotton, TS12 2SJ

Tue: 9:30am until 5pm (closed between 12:15pm - 12:45pm)
Thur: 9:30am until 5pm (closed between 12:15pm - 12:45pm)

Dormanstown Library

Farndale Square, Redcar, TS10 5HQ

Tue: 9:30am until 5pm (closed between 12:15pm - 12:45pm)
Fri: 9:30am until 5pm (closed between 12:15pm - 12:45pm)

Grangetown Library

172 Birchington Avenue, Grangetown, TS6 7LP

Mon: 9am until 5pm
Wed: 10am until 5pm
Thur: 10am until 4pm
Fri: 10am until 5pm
Sat: 9:30am until 12:30pm

Guisborough Library

90 Westgate, Guisborough, TS14 6AP

Mon to Thur: 9am until 6pm
Fri: 9am until 5pm
Sat: 9:30am until 12:30pm

Laburnum Road Library

338 Laburnum Road, Redcar, TS10 3QR

Tue: 9:30 until 5pm (closed between 12:15pm - 12:45pm)
Wed: 9:30 until 5pm (closed between 12:15pm - 12:45pm)

Loftus Library

Hall Grounds, Loftus, TS13 4HJ

Mon: 9am until 5pm
Wed: 10am until 4pm
Thur and Fri: 10am until 5pm
Sat: 9am until 12:30pm

Marske Library

Windy Hill Lane, Marske-by-the-Sea, TS11 7BL

Mon: 9am until 5pm
Tue: 10am until 4pm
Wed & Fri: 10am until 5pm
Sat: 9:30am until 12:30pm

Ormesby Library

Sunnyfield, Ormesby, TS7 9BL

Mon: 9am until 5pm
Tue: 10am until 5pm
Thur: 10am until 4pm
Fri: 10am until 5pm
Sat: 9:30am until 12:30pm

Redcar Library

Redcar and Cleveland House, Kirkleatham Street, Redcar, TS10 1RT

Mon to Wed: 9am until 6pm
Thur: 9am until 5pm
Fri: 9am until 6pm
Sat - 9:30am until 12:30pm

Saltburn Library

Windsor Road, Saltburn by the Sea, TS12 1AT

Mon, Wed, Thur and Fri: 10am until 5pm
Sat: 9:30am until 12:30pm

Skelton Library

Coniston Road, Skelton-in-Cleveland, TS12 2HP

Mon: 9am until 5pm
Tues: 10am until 5pm
Thur: 10am until 4pm
Fri: 10am until 5pm
Sat: 9:30am until 12:30pm

South Bank Library

Low Grange Health Village, Normanby Road, Middlesbrough, TS6 6TD

Mon, Tue, Thur, Fri: 9am until 6pm
Wed: 9am until 5pm
Sat: 9:30am until 12:30pm



Redcar and Cleveland Family Hubs and the Start for Life offer are brought to you through a multi-agency partnership



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UK Government**



Tees, Esk and Wear Valleys
NHS Foundation Trust



South Tees Hospitals
NHS Foundation Trust

