



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

Pregnancy to birth

0 - 6 months

Open to all – universal

- Midwife appointments: Booking, ideally before 10 weeks, 16 weeks, 21 weeks (first time mums only), 25 weeks, 28 weeks, 32 weeks, 36 weeks, 38 weeks, 40 weeks
- Health visitor antenatal appointment between 30 – 40 weeks
- Immunisation Programmes (Pregnant Women)
- Walk and talk sessions
- Aqua Natal sessions
- Baby Buddies
- Breast friends group
- Involvement in parent/carer panel
- Healthy Start Vitamins
- Access to Family Hubs mobile app
- Solihull Online Parenting Courses
- Online antenatal workshop including advice about infant feeding (midwives)
- HENRY Preparation 4 Parenthood sessions

- 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
- Baby Buddies
- 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
- Understanding your Baby programme
- Young Parents Group
- Access to Family Hubs mobile app
- Solihull Online Parenting Courses
- Breast Feeding Drop In session

Invite/Referral only – specialist

- Direct support from Enhanced Maternity Support Workers (EMSWs)
- HENRY – preparation for parenthood sessions
- Infant feeding visit at 24 weeks (midwives)
- Healthy Lifestyle Clinic
- Stop Smoking Service
- Glucose Clinic
- Teenage Pregnancy Support
- Perinatal Mental Health Specialist Service
- Indigo Midwifery Team support

- 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
 - Family Action support

6 - 12 months

- Breast friends group
- Health Visitor Ages and Stages appointment between 9-12 months
- Infant feeding support
- Baby Buddies
- Little Explorers group
- Access to Health Visitor 'drop in' clinics
- HENRY – healthy families right from the start sessions
 - HENRY fussy eaters sessions
 - Eat Well For Less
 - 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
- Understanding your Baby programme
- Young Parents Group
- Breast Feeding Drop In session

1 - 2 years

- Infant feeding support
- Breast friends group
- Little Explorers group
- HENRY – healthy families right from the start sessions
- HENRY fussy eaters sessions
- Eat Well For Less
- 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
- Access to Family Hubs mobile app
 - Breast Feeding Drop In session
 - Solihull Online Parenting Courses
 - Health Visitor Ages & Stages appointment between 27-30 months

- 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
- Family Action support

- 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
- Family Action support
- Speech and Language drop in sessions
 - Sensory Kidz

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..

■ **Baby Buddies** 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.

■ **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.





COMMUNICATION ADVICE FOR PARENTS AND CARERS



**Family Hubs offer communication advice
with our Speech and Language Therapist,
Iona.**

Who is this for?

This session is aimed at **parents or carers** of children under 5 years who have concerns about their child's speech and language skills. The session can be in person or over the phone!



How can this help?






You can get advice and tips to support your child's communication skills from our Speech and Language Therapist, Iona

Contact information

If you'd like to find out more, please call 01642 770810.
It's a **FREE** drop-in session, no booking needed!
These sessions run alongside our Little Explorers groups, just ask for Iona!



 redcar-cleveland.gov.uk/family-hubs
 /RCBCFamilyHubs
 /RCBCFamilyHubs



**Funded by
UK Government**

- **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 search for local groups on the Redcar and Cleveland Information Directory website (<https://informationdirectory.redcar-cleveland.gov.uk/>).
- **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.
- **Family Action support** - Family Action Perinatal Support Service provides a service to parents from birth up to child being aged 2. The service offers support to families, where a parent is struggling with their emotional health and wellbeing; where they have been diagnosed with a low to moderate level mental illness and/or require support with bonding and attachment with baby. We work closely



Family Action

South Tees Perinatal Support Service

Who are we?

The Family Action South Tees Perinatal Support Service offers support to families, where a parent is struggling with their emotional health and wellbeing or where they have been diagnosed with a low to moderate level perinatal mental illness. We aim to:

- Improve mental health and wellbeing of new parents
- Support a positive relationship, attachment and bonding between parents and their baby
- Reduce social isolation of families
- Increase self-confidence of parents

How can you refer?

Please contact the Perinatal Support Service to discuss a referral or ask a professional to make the referral on your behalf. We work closely with Mid-wives, Health visitors, Enhanced Maternity Support and the Family Hubs.

Tel: 01642 062714 Email: Southteesperinatal@family-action.org.uk

Family Action Head Office 34 Wharf Road, London N1 7GR

T: 020 7254 6251 E: info@family-action.org.uk W: www.family-action.org.uk

with midwives, health visitors, family hubs and specialist perinatal teams to enhance the support available to families. The service will provide parents with a dedicated trained Perinatal Practitioner who will offer emotional and practical support; access to structured group work to promote bonding and attachment with baby will also be available. Email: SOUTHTEESPERINATAL@FAMILY-ACTION.ORG.UK
Telephone: 01642 062714

■ **Family Hubs Mobile App** – Free to download via the Apple and Google store. Search 'Redcar and Cleveland Family Hubs'. Features include Infant feeding, Child development and Family Hub opening times/planners.

■ **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 30 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. Below are examples of support.



■ **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** It is now recommended that everyone over one year of age should take a daily vitamin D supplement and, as a precaution, breastfed babies from birth up to one year of age also be given a vitamin D supplement per day. Babies who are formula fed do not require vitamin D if they are having 500ml a day of infant formula or more, as infant formula already has vitamin D added. Healthy start vitamins have the required dose of vitamin D in them. Collect your healthy start vitamins for free from your local family hub (up to the age of 4). Please check opening times of the family hubs before dropping in to collect vitamins.

■ **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.

■ **Indigo Midwifery Team support** – At your pregnancy booking appointment your Community Midwife may refer you to the Indigo Team. This may mean that you can access support from a Specialist Midwife and/or the Enhanced Maternity Support Workers. The team can offer additional and more specialist support around your emotional wellbeing during pregnancy and for 28 days after you have had your baby.

■ **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 Maternity Support Worker – ‘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.

■ **Leo's Perinatal/Perinatal Baby Loss Support** - Leo's Perinatal provides lived experience support for families who have sadly lost a baby through miscarriage, termination for medical reasons, stillbirth or neonatal loss. Peer support, specialist perinatal support and baby/pregnancy loss counselling and trauma services are available for families, including siblings (aged 3-18) who have experienced loss from April 2022 onwards. Referrals can be made via parents or professionals on the website www.leosperinatal.org



■ **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.

■ **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.

■ **Preparation For Parenthood programme** Preparation for Parenthood offers practical and evidence-based information to support your pregnancy and help you give your new baby a great start in life. It's also a great opportunity to meet other expectant parents and build friendships within your community. Topics include looking after yourself during pregnancy, giving your baby a great start in life – before birth and afterwards, what to expect with a newborn, meeting your baby's needs and life as a new or growing family.

■ **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.

■ **Sensory Kidz** Session for children aged 1-4 years old who have a diagnosed/suspected additional need. Opportunity for peer support for parents.

■ **Solihull Online Parenting Courses** Courses include: Understanding pregnancy, labour and birth, understanding your baby, understanding your child (0-19), understanding your child with additional needs, understanding your teenager's brain. Please refer to the leaflet at the end of the booklet for more information.



Download the NEW

Redcar and Cleveland Family Hubs App



Scan the QR code or search for
'Redcar and Cleveland Family Hubs'

www.redcar-cleveland.gov.uk/family-hubs



■ **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.

■ **Speech and Language Drop In Sessions** Access to the Family Hubs Speech and Language Therapist for general support/advice/guidance around your child's speech and language development.

■ **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 offer monthly appointments 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.



■ **Understanding your Baby programme** This is a six session postnatal programme for parents and families of children 0-9 months of age. It covers topics that help to provide an understanding of your baby's development and feelings and the importance of the relationship between the baby and their carers. It also covers topics such as feeding, crying and play. Please contact your local family hub to book a place.

■ **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.

■ **Young Parents Group** Weekly group for parents and expectant parents aged 21 and under. Access to advice/guidance from different agencies at the group. An opportunity to build friendships and get support from other parents/parents to be of a similar age. Please contact your local family hub for more information.



Funded by



Department
for Education

UNDERSTANDING YOUR CHILD



SOLIHULL APPROACH



FREE ONLINE COURSES FOR PARENTS, PARENTS- TO-BE, GRANDPARENTS AND CARERS LIVING IN REDCAR AND CLEVELAND

Go to inourplace.co.uk and enter
the access code 'lemontop' to
access these courses.

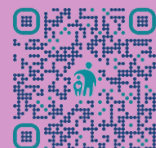


Courses include:

- **Understanding pregnancy, labour and birth**
- **Understanding your baby**
- **Understanding your child (0-19)**
- **Understanding your child with additional needs**
- **Understanding your teenager's brain and more**

For technical support contact:
support@inourplace.co.uk
or 0121 296 4448 Mon-Fri 9am-5pm.

Scan the QR code below for
the Solihull course library:



Open access sources of support

R&C Information Directory

The Redcar and Cleveland Information Directory has a wide range of information about community-based services and helplines to support communities.

R&C Information Directory | Redcar and Cleveland
(<https://informationdirectory.redcar-cleveland.gov.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. You can do this anonymously. 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:



Family Hubs

Enquiries email: contactusfamilyhub@redcar-c

Dormanstown Family Hub

South Avenue

Redcar

TS10 5LL

Mon - Thur: 9am - 5pm

Fri: 9am - 4.30pm

01642 492940

Guisborough Family Hub

Park Lane

Guisborough

TS14 6NT

Mon/Wed: 9am - 5pm

Tue/Thur: Closed

Fri: 9:00am – 4:30pm

01642 495357

Grangetown Family Hub

Grange Farm Road

Grangetown

TS6 7HP

Mon - Thur: 9am - 5pm

Fri: 9am - 4.30pm

01642 770810

Loftus Family Hub

Duncan Place

TS13 4RP

Mon - Thur: 9am - 5pm

Fri: 9am - 4.30pm

01287 640523

Ormesby Family Hub

Daisy Lane

Ormesby

TS7 9JF

Mon, Tues, Thur: 9am - 5pm

Wed/Fri: Closed

01642 513665

Redcar Coast Family Hub

Rainbow Lane

Redcar

TS10 1RR

Mon: 9am – 2.00pm

Tue, Weds & Thur: 9am - 5pm

Fri: Closed

01642 776030

Greengates Family Hub

Keilder Close

Redcar

TS10 4HS

Mon - Thur: 9am - 5pm

Fri: 9am - 4.30pm

01642 759070



ar-cleveland.gov.uk

Skelton Family Hub
De Brus Site

Marske Lane

Skelton

TS12 2HA

Mon - Thur: 9am - 5pm

Fri: 9am - 4.30pm

01287 612333

South Bank Family Hub

Poplar Grove

South Bank

TS6 6FU

Mon - Thur: 9am - 5pm

Fri: 9am - 4.30pm

01642 457291

Health Visiting/School Nursing

Single Point of Contact telephone
number: 01642 444011

Breastfeeding National Helpline

0300 100 0212



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/

- Footprints Next Step Shop

<https://footprintsinthecommunity.co.uk/next-step-shop/>

- 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



Become a Family Hubs Volunteer!



Volunteers are an important part of our Family Hubs team!

We have a wide variety of volunteering opportunities, from helping out in our groups to supporting community projects.

Our volunteers help us provide the best services we can for our children and families, and our local community as a whole.



Whether you're looking to gain valuable experience, or give back to your local community...

Whether you can commit to multiple days a week, or an hour here and there...




We'd love to have your help!

To find out more, or get involved, please visit our website and read the Volunteer Role Description!



📞 Call your local Family Hub

✉ or email contactusfamilyhub@redcar-cleveland.gov.uk

-  redcar-cleveland.gov.uk/family-hubs
-  [/RCBCFamilyHubs](https://www.facebook.com/RCBCFamilyHubs)
-  [/RCBCFamilyHubs](https://www.youtube.com/RCBCFamilyHubs)



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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/

- 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-healthierttogether.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/



FOR DADS AND MALE CARERS
AND YOUR 0-5 YEAR OLDS



DADS GROUP



COME AND JOIN OUR GROUP!



- TOYS AND GAMES
- READING • ARTS AND CRAFTS
- SENSORY PLAY • OUTDOOR PLAY



SATURDAYS



FROM

10-11:30AM



📅 Every **2nd Saturday**
of the month

📍 Redcar Coast Family Hub
Rainbow Lane
TS10 1RR

📅 Every **3rd Saturday**
of the month

📍 Grangetown Family Hub
Grange Farm Road
TS6 7HP

📅 Every **4th Saturday**
of the month

📍 Guisborough Family Hub
Park Lane
TS14 6NT

FREE drop-in session, no booking needed!



 redcar-cleveland.gov.uk/family-hubs

 /RCBCFamilyHubs

 /RCBCFamilyHubs



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Relationships

- Domestic abuse support | Redcar and Cleveland

www.redcar-cleveland.gov.uk/domesticabuse/domestic-abuse-support

- Domestic Abuse guidance

<https://www.tsab.org.uk/key-information/general-public/domestic-violence/>

- Support For Male Victims of Domestic Violence | Men's Advice Line

www.mensadvice.org.uk/male-victims/support-for-male-victims/

SEND

- Redcar-Cleveland-JAN-MAR23.pdf

Redcar-Cleveland-SEP-DEC23.pdf (daisychainproject.co.uk)

- Local Offer for Families with children who have SEND needs

<https://informationdirectory.redcar-cleveland.gov.uk/local-offer-send>

- Home - Welcome to Zoë's Place Baby Hospice

www.zoes-place.org.uk/

- My child needs help in mainstream school

<https://informationdirectory.redcar-cleveland.gov.uk/local-offer-send/my-child-needs-more-help-school/my-child-needs-help-mainstream-school>

- Short Breaks

<https://www.redcar-cleveland.gov.uk/children-and-families-services/short-breaks-for-children-young-people-and-their-families>

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.

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 Generations Centre & Library

Birchington Avenue,
Grangetown, TS6 7LP

Mon: 9am until 5pm

Tue & Wed: 10am until 4pm

Thur: 10am until 6pm

Fri: 10am until 5pm

Sat: private hire

Guisborough Library

90 Westgate, Guisborough,
TS14 6AP

Mon: 11am until 7pm

Tue/Wed/Thur: 9am until 5pm

Fri/Sat: 10am until 2pm

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

Duncan Place, Loftus, TS13 4PR

Mon: 9am until 5pm

Wed: 9am until 4pm

Thur: 10am until 6pm

Fri & Sat: 10am until 2pm

Marske Library

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

Mon & Tue: 9.30am until 5pm

Wed: 10am until 2pm

Fri: 9am until 4.30pm

Sat: 10am until 2pm

Ormesby Library

Sunnyfield, Ormesby, TS7 9BL

Mon & Tue: 9.30am until 5pm

Thur: 10am until 2pm

Fri: 9am until 4.30pm

Sat: 10am until 2pm

Redcar Library

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

Mon: 10am until 2pm

Tue & Wed: 9am until 5pm

Thur: 11am until 7pm

Fri: 9am until 5pm

Sat - 10am until 2pm

Saltburn Library

Windsor Road, Saltburn by the Sea, TS12 1AT

Mon: 9.30am until 5pm

Wed: 10am until 2pm

Thur: 9.30am until 5pm

Fri: 9am until 4.30pm

Sat: 10am until 2pm

Skelton Library

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

Mon & Tue: 9.30am until 5pm

Thur: 10am until 2pm

Fri: 9am until 4.30pm

Sat: 10am until 2pm

South Bank Library

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

Mon: 9am until 5pm

Tue: 11am until 7pm

Wed: 10am until 2pm

Thur/Fri: 9am until 5pm

Sat: 10am until 2pm

Check our social media page
for up to date activities:

<https://www.facebook.com/RCBCLibraries>



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



**Funded by
UK Government**



Published Autumn 2024