BEST START IN LIFE

HEALTHY BABIES

NHS

From pregnancy to 2 years









HEALTHY BABIES OFFER

Services for you and your baby

This is Redcar & Cleveland

REDCAR & CLEVELAND BOROUGH COUNCIL

REDCAR AND CLEVELAND Best Start Family Hubs Helping Families Thrive

Our Healthy Babies Offer

The first 1,001 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 crucial effect on the health, well-being, and opportunities for children throughout their lives.

All families need some help to give their children the best start in life, whether it's from healthcare professionals and volunteers, or family and friends, there is a wide range of support and services available.

We have brought all our services in one place to help you and your whole family access the support you need.



Pregnancy

Free drop-in groups

- Antenatal Group
- Aqua Natal sessions
- Baby Buddies
- Family Hubs mobile app
- Health visitor antenatal appointment between 28 – 40 weeks
- Healthy Start Vitamins
- Hub Heroes
- Immunisation Programmes (Pregnant Women)
- 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
- Online antenatal workshop including advice about infant feeding (midwives)
- Pre-loved clothing for different age ranges available for free
- Togetherness NHS (Free online pathways) - Understanding pregnancy, labour, birth and your baby
- Walk and Talk

Request for Service

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

See pages 7 & 8

Babies (0-12 months)

Free drop-in groups

- Baby Buddies
- Birth declaration at Family Hub(s)
- Breastfeeding Drop-in
- Community based parent and toddler groups
- Contraception Service
- Dads Group
- Family Hubs mobile app
- Free pre-loved clothing for different age ranges
- Fussy Eating
- Health Drop-in
- Health Visitor appointments and assessments at 10-14 days and 6-8 weeks
- Healthy Start Vitamins
- Hub Heroes
- Introduction to Solid Foods
- Library based parent and baby/ toddler groups – Rhymetimes; Baby & Me; Music & Rhyme.
- Little Explorers
- Midwife postnatal visit (1 – 28 days)
- Togetherness NHS (Free online pathways) - Understanding Your Baby
- Top to Toe Infant Massage (bookable session)
- Understanding Your Baby

Request for Service

- Chat, Sing and Read at home sessions
- Healthy Start Card
- Healthy Start Vitamins
- Health Visitor Breastfeeding Telephone Support
- Infant Massage
- Family Action support
- Support from Enhanced Maternity Support Workers(until 28 days post delivery)
- Specialist Infant Feeding Assessment and Support
- Specialist Paediatric Physiotherapy referral
- Specialist Swallowing Assessment (Speech & Language Therapist)
- Portage Family Group (support for SEND children)
- Perinatal Mental Health Specialist Service
- Tongue Tie Clinic

See pages 12-14

Toddlers 0-2 years

Free drop-in groups

- Breastfeeding Drop-in session
- Community based parent and toddler groups
- Dads Group
- Family Hubs mobile app
- Free pre-loved clothing for different age ranges
- Fussy Eating
- Health Visitor Ages & Stages appointment between 27-30 months
- Healthy Start Card
- Healthy Start Vitamins
- Hub Heroes
- Infant feeding support
- Library based parent and baby/toddler groups – Rhymetimes; Baby & Me; Music & Rhyme; Lego Club.
- Little Explorers
- Togetherness NHS (Free online pathways) - Understanding your child: from toddler to teenager
- Top to Toe Infant Massage (bookable session)

Request for Service

- Chat, Sing and Read at home sessions
- Family Action support
- Free childcare for 2 year old places (apply term before)
- Healthy Start Card
- PORTAGE Family Group (support for SEND children)
- Sensory Kidz
- Specialist speech and language support
- Toileting support through health visiting services
- Understanding Your Child's Behaviour (Health Visitor led parenting support at home)
- Wriggle, Read and Rhyme

See pages 22 & 23

Pregnancy

- **Antenatal Group -** Midwifery led group sessions to support you in your journey of preparing for birth and life. A five-week programme for parents, carers and grandparents who are expecting to welcome a new baby into their family.
- **Aqua Natal Sessions** Water-based exercises 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** Did you know you can register your child's birth at Skelton and Loftus Family Hubs? Please call 01642 444 440 to book an appointment.
- **Contraception Service** Your health visitor can offer guidance on sexual health, including contraception, and support you in maintaining good health before, during and after pregnancy. They can also direct you to local contraceptive and sexual health services for further advice and care.
- **Glucose Clinic** This includes additional blood tests during 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** During your first meeting with your health visitor, who will get in touch during your pregnancy (between 28 and 40 weeks). They'll introduce themselves, explain the health visiting service, discuss any needs you may have, and share helpful information as you prepare for your baby.

- **Health Visitor Appointments (10-14 days and 6- 8 weeks)** Your health visitor will visit you at home to check on your wellbeing and your baby's development. They offer guidance on safe sleeping, feeding, vaccinations, and adjusting to life as a new parent. You can speak to them in confidence about anything, including development, behaviour, sleep, feeding, illnesses, crying, immunisations, and toileting. As well as any concerns about yourself, your baby, or family life.

- **Healthy Lifestyle Clinic** All women with a BMI of over 40 will be invited to meet with a Midwife and a Dietician, who will support you to reduce the risk factors associated with a raised BMI.

- **Indigo Midwifery Team Support** At your Pregnancy Booking Appointment, your midwife may refer you to the Indigo Team for specialist support related to your emotional well-being during pregnancy and for up to 28 days after birth.

- **Midwifery Appointments** Your midwife will check on your physical and emotional well-being at every antenatal appointment. Each visit is flexible and tailored to your individual needs and stage of pregnancy.

- **Perinatal Mental Health Specialist Service** For people of all ages, registered with a GP in Redcar and Cleveland, who are pregnant or within one year of birth, supporting moderate to severe illness and those at high risk due to past severe mental health issues

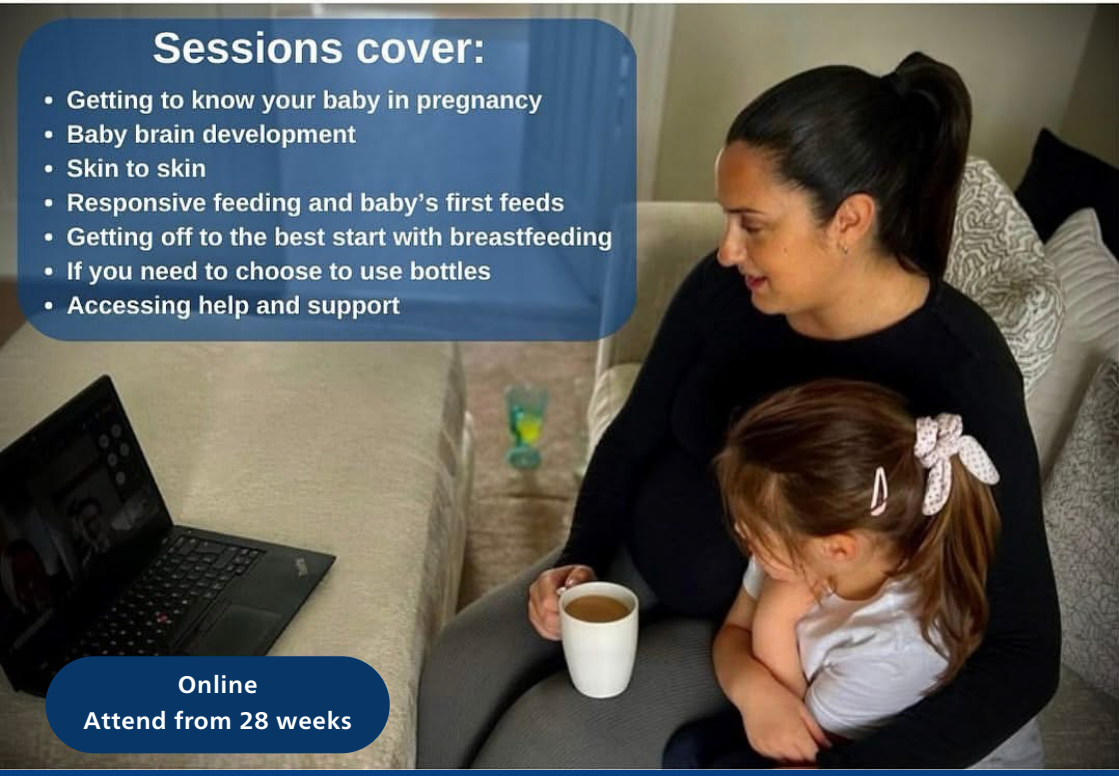
- **Support from Enhanced Maternity Support Workers** To promote positive emotional well-being during pregnancy.

- **Togetherness NHS (Free online pathway) - Understanding pregnancy, labour, birth and your baby** This FREE antenatal pathway helps you prepare for your new baby's arrival with confidence. Use this pathway to learn about labour, birth and connecting with your new baby. Written by NHS midwives for all parents and parents-to-be. Residents of Redcar & Cleveland can explore for free by using code 'lemontop'.

Infant Feeding Sessions

NHS
South Tees Hospitals
NHS Foundation Trust

Email stees.antenataleducation@nhs.net to book



TOGETHERNESS

NHS

Prepare for birth, prepare for a life

Antenatal online learning, for everyone.



Scan here to take the pathway online

TOGETHERNESS

NHS

Antenatal Parenting Group

Understanding your pregnancy, labour, birth and your baby

Join our peer group sessions to support you in your journey of preparing for birth and life. A five-week programme for parents, carers and grandparents who are expecting to welcome a new baby into their family.



This group covers:

- A focus on emotional health, with all the practical information and advice of a traditional antenatal class
- Breathing and relaxation techniques to support both birth and emotional wellbeing
- Early brain development and emotional health in infants with support to reflect on your own health and wellbeing
- Preparing for labour and birth, Postnatal care and recovery

Call your local Family Hub to find out more

Or take the pathway online!

Babies

- **Breastfeeding Drop-in** Have questions about breastfeeding or need a bit of extra support? Drop in and chat with our Infant Feeding Team. They're here to offer friendly, practical advice on anything from painful feeding and latch concerns to an unsettled baby or worries about milk supply. Please contact your local Family Hub to find out more.
- **Breastfeeding Helpline** The National Breastfeeding Helpline is open 24 hours a day, every day of the year, offering non-judgemental, evidence based, caller centred, independent, friendly breastfeeding support and information to anyone in the UK who needs it. The National Breastfeeding Helpline number is 0300 100 0212.
- **Close Knit Families** Offers support, sessions, and resources to help babies, and the people who care for them, build strong bonds, support healthy development, and promote parent and baby wellbeing. Visit their website to find out more: www.close-knit.org.uk.
- **Fussy Eating** Come along and get support and new ideas for: how to encourage your child to try new foods – and begin to enjoy them, child-friendly foods that provide what they need to grow and be healthy, and happier family mealtimes.
- **Health Visitor Breastfeeding Telephone Support** Your health visitor will provide additional telephone support as required.
- **Infant Feeding Visit** A personalised appointment with a Maternity Support Worker, at 24 weeks, focusing on helping you get off to a positive start and build a close, loving relationship with your baby.
- **Infant Feeding Support Sessions** Midwifery led online sessions (Microsoft Teams) that covers: getting to know your baby in pregnancy, baby brain development, breastfeeding, accessing support, and more, with time for Q&A. Please email stees.antenataleducation@nhs.net to book a slot.

Babies

- **Introduction to Solid Foods** This session is about introducing solid foods at six months. It 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.
- **Perinatal Mental Health Specialist Service** For people of all ages, registered with a GP in Redcar and Cleveland, who are pregnant or within one year of birth, supporting moderate to severe illness and those at high risk due to past severe mental health issues.
- **Pre-Loved Clothing** Available across our Family Hubs, ready to be re-homed, along with toys and nappies. Please make use of our free items. We also welcome any donations. Contact your local Family Hub to find out more.
- **Sensory Kidz** Our Family Hubs session for children (aged 1-4 years old) with sensory needs. It's a safe space for little ones to explore textures, lights and sounds at their own pace. It's a free, drop-in session, no booking needed. Please call your local Family Hub to find out more.
- **Toileting Support** Available for parents and carers who are support a child transitioning from nappies to the toilet. Please contact your health visitor to find out more.
- **Top to Toe Infant Massage** Our bookable Family Hubs session, aimed at babies from 6 weeks to 9 months, which provides physical and emotional benefits for your baby. It supports bonding and attachment and helps with sleep routines and reducing colic. Please call your local Family Hub to find out more.
- **Understanding your Baby** A six-week group for new and expectant parents and carers all about your baby's first year. It covers a range of topics from your baby's development and your relationship, alongside feeding, crying and play. Please contact your local Family Hub to book a place.
- **Walk and Talk with NHS South Tees Hospitals** Benefits: Walk & Talks are free and give you the opportunity to meet other parents. Exercise and fresh air improves mental well-being and physical health. Chance to talk to health professionals and be signposted to support services, and discover what's available for families in your community. Suitable for during pregnancy and after birth.

- **Walk and Talk** Our Family Hubs group for parents and carers of all abilities where we step outside and enjoy a relaxing walk together. It's a chance to get some fresh air whilst talking to other parents and carers and trained staff. It's a free group, no booking needed. Please call your local Family Hub to find out more.
- **Togetherness NHS (Free online pathways) - Understanding Your Baby** This FREE pathway will help you understand how babies grow, learn and deal with feelings. You will also have time to think about your baby's health, feelings and behaviour, and the special bond you share. Residents of Redcar & Cleveland can explore pathways for free by using code 'lemontop'.



BEST START IN LIFE

REDCAR AND CLEVELAND Best Start Family Hubs Helping Families thrive

Baby Buddies



Free drop-in group, no booking needed!

For non-walking babies

A warm and welcoming space for your babies to play, explore, and learn. A chance to chat with other families and find support from our trained staff

Find out What's On at your local Family Hub

NHS

Bonding with your baby can take time



Do I spoil my baby by holding them too much?

How can I help my baby feel safe?

Visit **BestStartInLife.gov.uk** for advice on bonding and supporting your baby's development

BEST START IN LIFE

Top-to-Toe Infant Massage



Booking needed, please call your local Family Hub!

For non-walking babies

Our bookable Family Hubs session, aimed at babies from 6 weeks to 9 months, which provides physical and emotional benefits for your baby. It supports bonding and attachment and helps with sleep routines and reducing colic.

Find out What's On at your local Family Hub

TOGETHERNESS

NHS

Understanding your baby

Postnatal online learning, for everyone.



Scan here to take the pathway online

TOGETHERNESS

NHS

Understanding your baby

Postnatal group for parents or carers of newborn babies



Join our group sessions to support you in your journey of understanding emotional health, wellbeing, behaviour, and more. A six-week programme to help you raise confident, kind, emotionally aware and resilient people.

This group covers:

- Early years development and emotional processing
- Support to reflect on your own baby's health and wellbeing, their behaviour and your relationship with them
- Ideas and techniques for nurturing wellbeing
- Helping you feel more connected with your baby, feel less anxious and more confident about your parenting.

Call your local Family Hub to find out more

Or take the pathway online!

NHS

We're here for every step of your pregnancy journey



How do I know I'm in labour?

How long does morning sickness last?

Visit **BestStartInLife.gov.uk** for pregnancy advice and support

BEST START IN LIFE

Add your logo here

BEST START IN LIFE

REDCAR AND CLEVELAND Best Start Family Hubs Helping Families thrive

Breast Feeding Drop-in



Free drop-in group, no booking needed!

For breastfeeding mums and mums-to-be

A calm and comfortable space to chat with our Infant Feeding Team about your breastfeeding journey. Come along for expert support and guidance around breastfeeding

Find out What's On at your local Family Hub

Toddlers

- **Chat, Sing and Read** A professional may have invited you to attend a set of six free group sessions to support your child's speech, language and communication skills with fun activities, for children aged 1-2. Please call your local Family Hub to find out more.

- **Chat, Sing and Read at Home (0-2 year olds)** A package of support delivered in the home to to support your child's speech, language and communication skills. Families will also be supported to access community groups in your 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/families-and-children/parent-toddler-groups.

- **Dads Group** Our Family Hubs session for male carers and your children, aged 0–5. It's a relaxed stay and play session with lots of fun activities - toys and games, arts and crafts, and more. It's a free, drop in session every Saturday at Redcar Coast, Grangetown and Guisborough Family Hubs (2nd, 3rd and 4th Saturday of every month). Please call your local Family Hub to find out more.

- **Little Explorers** Our Family Hubs session for children aged 0-5. It's a fun and friendly stay-and-play group where little ones can explore and learn through a range of exciting activities, in our indoor and outdoor areas. It's a free, drop-in session, no booking needed. Please call your local Family Hub to find out more.

- **Forest School** Our bookable Family Hubs session for children aged 3-5, where children can play and explore in our outdoor areas through exciting hands-on activities, including making and building, exploring and foraging, messy play, outdoor cooking and more! Please call your local Family Hub to find out more.

- **PORTAGE Family Group** Support for children with complex needs and their families. Trained staff will work with other professionals to arrange assessments and set targets to make learning easier and improve outcomes.

- **Sensory Kidz** Our Family Hubs session for children (aged 1-4 years old) with sensory needs. It's a safe space for little ones to explore textures, lights and sounds at their own pace. Please call your local Family Hub to find out more about this Request for Service session.

- **Specialist Speech and Language Support** A Specialist Speech and Language Therapist will support your child if you have concerns related to eating, drinking and swallowing. Your health visitor or midwife will usually offer advice and support, but they may sometimes refer you to a specialist swallowing team if needed.

- **Toileting Support** Available for parents and carers who are support a child transitioning from nappies to the toilet. Please contact your health visitor to find out more.

- **Togetherness NHS (Free online pathways)** Join our learning journey for all parents, carers and grandparents. Learn about feelings, wellbeing and behaviour, and find ways to help children grow into happy, kind, confident and strong people. Residents of Redcar & Cleveland can explore pathways for free by using code 'lemontop'.

- **Understanding Your Child's Behaviour** 1:1 parenting support delivered in your home by the Health Visiting team (using the Togetherness NHS approach). Aimed at any parent with a child between the ages of 0-5 years. 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.

- **Wriggle, Read and Rhyme** A professional may have invited you to attend a set of five free group sessions to support your child's speech, language and communication skills with fun activities, for children aged 2-3. Please call your local Family Hub to find out more.

- **Walk and Talk** Our Family Hubs group for parents and carers of all abilities where we step outside and enjoy a relaxing walk together. It's a chance to get some fresh air whilst talking to other parents and carers and trained staff. It's a free group, no booking needed. Please call your local Family Hub to find out more.

Little Explorers



Free drop-in group, no booking needed!

For children aged 0-5

A fun and friendly stay-and-play group where little ones can explore and learn through lots of exciting activities, in our indoor and outdoor areas.

Find out What's On at your local Family Hub

UK Government

Everyday moments build your child's foundation for school



What activities can I do with my child to prepare them for school?

How can I help my child start school?

Find out what steps you can take to prepare your child for school
BestStartInLife.gov.uk

BEST START IN LIFE

Add your logo here

Support on Your Doorstep!

Look out for this logo...



Best Start Family Network

Join the Network That's Changing Children's Earliest Years

Across the borough, a new kind of local partnership is taking shape - and we're looking for more community venues. Best Start Family Hubs, are bringing early years provision and support together creating a Best Start in Life local Network.

Look out for the logo at trusted community venues - a school, GP surgery, library, community centre, faith group, or local business - anywhere that hosts or helps deliver at least one Best Start service on a regular basis.

For many families, the biggest barrier to support isn't willingness - it's distance, transport and unfamiliar buildings. Network sites solve that by bringing help into places families already know and trust.

Every family deserves the Best Start.
Every community needs partners willing to help give it.

Interested in becoming a network site - contact bsilnetwork@redcar-cleveland.gov.uk

What is the Best Start Family Network?

A Best Start family network site is a trusted local place, such as a school, GP surgery, library, community centre, faith group, leisure centre or local business, that offers at least one Best Start Family Hub or Healthy Babies service on a regular basis. Family Network sites work hand in hand with Family Hubs, so the same quality of support reaches families in the places they already visit.

Why does the Best Start Family Network matter?

A single hub can't reach every family. Distance, transport, busy lives and unfamiliar buildings stop many people getting help even when they need it. Network sites bring support to the places families already trust, so more babies, children and parents get the right help earlier.

Who is it for?

Every family. The Family Network starts in pregnancy and supports families with children up to age 19 (or 25 for young people with SEND).

Redcar & Cleveland Information Directory

Families' Information Service

Families Information Service and Funded Childcare

Families Information Service provide free and impartial information and advice to parents/carers of children and young people within Redcar & Cleveland. Our FIS team provide information on all Ofsted registered childcare providers in the local area, clubs and activities for families and young people and help with childcare costs.

Discover fun events and activities that are taking place in our area

Scan Here

See if you are eligible for childcare funding

Find information on local childminders and nurseries



The Children & Families directory is accessible via:
https://informationdirectory.redcar-cleveland.gov.uk/families-and-children

For further info, email: FIS@redcar-cleveland.gov.uk

this is Redcar & Cleveland



Discover Your Library

We offer library services across Redcar & Cleveland, they are all free to join, open to all ages, easily accessible and have a wide range of facilities available.

- Dormanstown Library - Farndale Square, TS10 5HQ
- Grangetown Generations Centre & Library - Birchington Avenue, TS6 7LP
- Guisborough Library - Westgate, TS14 6AP
- Make Do & Mend Library - Laburnum Road, TS10 3QR
- Loftus Library - Duncan Place, TS13 4PR
- Marske Library - Windy Hill Lane, TS11 7BL
- Ormesby Library - Sunnyfield, TS7 9BL
- Redcar Library - Kirkleatham Street, TS10 1RT
- Saltburn Library -Windsor Road, TS12 1AT
- Skelton Library - Coniston Road, TS12 2HP
- South Bank Library - Normanby Road, TS6 6TD

Scan here to visit the website

Libraries

Dormanstown Community Library	**Farndale Square, Redcar, TS10 5HQ** Tue: 9:30am until 5pm (closed between 12:15-12:45pm), Fri: 9:30am until 5pm (closed between 12:15 - 12:45pm)
Grangetown Generations Centre & Library	**Birchington Avenue, Grangetown, TS6 7LP** Mon, Tue, Wed and Fri: 10am-4pm, Thu: 10am-6pm, Sat, Sun: Closed
Guisborough Library	**90 Westgate, Guisborough, TS14 6AP** Mon: 11am-7pm, Tue, Wed and Thu: 9am-5pm, Fri and Sat: 10am-2pm
Laburnum Road Community 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** Open Mon: 9am-5pm, Wed: 9am-4pm, Thu: 10am-6pm, Fri & Sat: 10am-2pm
Marske Library	**Windy Hill Lane, Marske-by-the-Sea, TS11 7BL** Open Mon & Tue: 9:30am-5pm, Wed: 10am-2pm, Fri: 9am-4:30pm, Sat: 10am-2pm
Ormesby Library	**Sunnyfield, Ormesby, TS7 9BL** Mon & Tue: 9:30am-5pm, Thu: 10am-2pm, Fri: 9am-4:30pm, Sat: 10am-2pm
Redcar Library	**Redcar and Cleveland House, Kirkleatham Street, Redcar, TS10 1RT** Mon: 10am-2pm, Tue & Wed: 9am-5pm, Thu: 11am-7pm, Fri: 9am-5pm, Sat - 10am-2pm

Redcar Library

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

Mon: 10am-2pm, Tue & Wed: 9am-5pm, Thu: 11am-7pm, Fri: 9am-5pm, Sat - 10am-2pm

Saltburn Library

Windsor Road, Saltburn by the Sea, TS12 1AT

Mon: 9.30am-5pm, Wed: 10am-2pm, Thu: 9.30am-5pm, Fri: 9am-4:30pm, Sat: 10am-2pm

Skelton Library

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

Mon & Tue: 9:30am-5pm, Thu: 10am-2pm, Fri: 9am-4:30pm, Sat: 10am-2pm

South Bank Library

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

Mon: 9am-5pm, Tue: 11am-7pm, Wed: 10am-2pm, Thu/Fri: 9am-5pm, Sat: 10am-2pm



Redcar Family Hub

Rainbow Lane
Redcar
TS10 1RR
01642 776030



Dormanstown Family Hub

South Avenue
Redcar
TS10 5LL
01642 492940



Green Gates Family Hub

Keilder Close
Redcar
TS10 4HT
01642 759070

Follow our Facebook Group for more local updates!



Grangetown Family Hub

Grange Farm Road
Grangetown
TS6 7HP
01642 770810



Ormesby Family Hub

Daisy Lane
Ormesby
TS7 9LF
01642 513665



South Bank Family Hub

Poplar Grove
Southbank
TS6 6SY
01642 457291

Follow our Facebook Group
for more local updates!



Skelton Family Hub

De Brus Site, Marske Lane
Skelton
TS12 2HA
01287 612333



Guisborough Family Hub

Park Lane
Guisborough
TS14 6NT
01642 495357



Loftus Family Hub

Duncan Place
Loftus
TS13 4PR
01287 640523

Follow our Facebook Group for more local updates!

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



- Redcar Area Foodbank - Helping Local People in Crisis



- Footprints Next Step Shop



- Budget Planner - MoneyHelper



- Redcar and Cleveland Money Advice Services



Family Support

- Home-Start Teesside
- Young Carers Services
- DigiDAD – by dads for dads

Health & Wellbeing

- Stop Smoking South Tees
- Drugs and Alcohol - Redcar and Cleveland
- Healthier Together NHS

Relationships

- Domestic Abuse Support - Redcar and Cleveland

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

- Daisy Chain

Special Educational Needs and Disabilities (SEND)

- Local Offer - SEND

- Zoe's Place Baby Hospice

- What can school do to help my child?
Redcar & Cleveland Information Directory

- Short Breaks

Follow us on Facebook!



Scan here to visit our page

Brought to you by...

Best Start Family Hubs, Redcar & Cleveland Borough Council, Best Start in Life, and our partners...

BEST START IN LIFE | HEALTHY BABIES

REDCAR & CLEVELAND BOROUGH COUNCIL

NHS Tees, Esk and Wear Valleys NHS Foundation Trust

NHS South Tees Hospitals NHS Foundation Trust

PUBLIC HEALTH SOUTH TEES

family action

SALT NHS University Hospitals Tees

Redcar & Cleveland thrive at five

CLOSE-KNIT FAMILIES

Funded by UK Government