Redcar and Cleveland Early Years’ Integrated Service
Children’s Centres and Health Visitors Together
Welcome to the Redcar and Cleveland Early Years’ Integrated Service

IN REDCAR & CLEVELAND we are in a unique position because the staff in our Health Visiting and Children’s Centre services are now working more seamlessly together to ensure that your child and family is able to access a fully integrated early years’ service. We have achieved this by developing new roles which we call ‘Early Years Practitioners’ and ‘Early Years Senior Practitioners’ who complete both the universal healthy child programme contacts and assessments; as well as directly providing early learning and development activities in our children’s centres or acting as a lead professional to support vulnerable families with pre-school children to achieve better outcomes.

We are on a journey, working together in a new and exciting way and we want to share this with you.

This leaflet explains our new early years’ integrated pathway and provides you with information about the opportunities available in your local area for you and your child to engage with us to ensure that they have the best start in life.

Your Health Visitor will signpost you and your child to the appropriate level of support required. This will be individual to your child’s needs. This could include additional home visits from your health visiting team.

We hope you find this information helpful, if you have any queries please don’t hesitate to contact us on the contact numbers overleaf.

All children and families will be invited to have a health and development progress review at key milestone ages – in our service these contact points are as follows:

• Antenatal health promoting visit
• New baby review
• 6 – 8 week assessment
• 1 Year review
• 2 – 2 ½ year review

The team will send you an appointment when your child reaches these specific ages; however you are also welcome to contact us at any time.

At each of the above contacts, a member of the team will work with you to assess and review progress. If at any time you or your family require any additional support, we will work with you to develop a plan of care and interventions to provide you with the assistance you need. (Please see middle pages for support that can be offered through the Integrated Pathway).

Health Drop-ins are available in all children centres where you can talk to a health visitor. You do not need an appointment to attend these. In addition, you can come along to your local children’s centre to take part in a range of activities.

Once your child commences full time school your child’s care will be transferred to the school Nursing Service.

The activities we offer in our Children’s Centres are detailed below:

**Baby Social**

0-1 years (none walking) • Runs throughout the year • Everyone welcome

An opportunity for parents with babies to play together and meet other families from the local community. Activities available for babies to play, explore and learn incorporating key health messages.

**Breast Friends**

Ongoing sessions throughout the year • From Pregnancy onwards • Breastfeeding Mums Welcome

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 and a Breastfeeding Peer Support Advisor. We also welcome pregnant parents-to-be.

**Crafting for Wellbeing**

Referral only • Childcare is available and is funded by family learning

Family Learning is working in partnership with MIND to deliver this programme. These sessions are to increase confidence, build self-esteem and to support individuals within a group using craft activities.

**Get Ready for Nursery**

Term time only • Age 2 - 3 years • Referral only

These sessions will prepare children for starting school nursery. They aim to provide pre-school children with learning opportunities essential to starting school nursery. This is for children NOT entitled to the 2 Year Offer placement.

**The team will send you an appointment when your child reaches these specific ages; however you are also welcome to contact us at any time.**
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.

HENRY: Health, Exercise and Nutrition for the Really Young!

**HENRY**

Age 0-5 years  ◆  Referral only  ◆  Time limited – 8 weeks

**Exercise (HENRY)**

Exercise 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.

**Infant Massage**

Age 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. The course is facilitated by qualified infant massage instructors in calm and relaxed environments within a group setting.

**Introduction to Solid Foods**

Age 12 weeks – 6 months  ◆  Everyone welcome  ◆  Time limited - 1 week

Come along and take away some top tips on Introducing your babies to solid foods to ensure a healthy start in life.

**Let’s Play Together**

Age 0 – 3 years  ◆  Referral only  ◆  Time limited – 6 weeks

An opportunity to play together with your child. The sessions will provide information and support regarding your child’s development and how you can provide stimulating play opportunities within the home.

**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.

**Parenting Puzzle Workshop**

Age 0 – 5 years  ◆  Referral only  ◆  10 weeks programmes

Children are rewarding, stimulating and fun, but looking after them can at times be stressful and challenging. A 10 week programme looking at ways to deal with these challenges so that everyone can have a calmer and happier family life.

**Points on Parenting Programme (PoP)**

Age pre-birth to 16 years  ◆  11 week programme plus 2-3 sessions in the home  ◆  Referral Only

We understand that managing family life and meeting children’s many different needs can at times be difficult and overwhelming for parents. PoP offers a supportive environment for parents to identify what they would like to change about their parenting and how they will do this. The 11 week programme covers baby care; routines & home care; budgeting; nutrition; childhood illnesses; safety; child development; play; feelings and emotions; managing behaviour; and factors that can impact on parenting.

**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 run 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.

**Referral Crèche**

Ongoing sessions throughout the year  ◆  Age 6 weeks – 2 years  ◆  Referral only

Babies and children are cared for in a warm stimulating environment by qualified and experienced early year’s practitioners. Sessions will provide planned activities which will meet the individual needs of children and support their learning and development.

**Ways to Wellbeing**

Referral only  ◆  Time limited: 8 week programme (plus 1-2 weeks assessment period)

We know that being a parent or carer is a demanding job. Open Minds Therapies has developed short workshops designed to help you get some "me time" and improve your wellbeing! This programme is for those who are experiencing low mood, low self-esteem and who are not accessing any other psychological services.

**Wriggle, Read and Rhyme with Book Start**

Age 2 years  ◆  Time limited – 5 weeks  ◆  Requires booking through children’s centres

Sessions for carer’s 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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**Redcar and Cleveland Families Information Service**

- Free childcare searches
- Childcare advice for 2, 3 and 4 year olds
- Pathways to registration for new childminders
- SENDIAS and Local Offer advice
- Schools Choice Advice from the councils school choice advisor
- Benefit calculations and sign posting to organisations and support services
- What’s On guide (including school holidays and Playschemes)

**Families Information Service**

8000 073 8800  FIS@redcar-cleveland.gov.uk  @RedcarClevelandFIS

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**Local Offer**

Information for children with SEND and their families

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**2 year old 15 hours free childcare places**

Your child may be eligible for a free 2 year old childcare place of up to 15 hours per week. To find out more please contact Families Information Service.
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 Children’s Centres
Guisborough Children’s Centre
01642 49357
East Cleveland Children’s Centre
01287 640523
Skelton Children’s Centre
01287 659023
Saltburn Children’s Centre
01287 626158
Whitecliffe Children’s Centre
01287 640009

Redcar Children’s Centres
Redcar Coast Children’s Centre
01642 776030
Redcar Children’s Centre
01642 759070
Dormanstown Children’s Centre
01642 492940
Marske Children’s Centre
01642 286625

Greater Eston Children’s Centres
Grangetown Children’s Centre
01642 770810
Ormesby Children’s Centre
01642 513665
South Bank Children’s Centre
01642 457291

Like us on facebook for all our activities and events
RCBC Sure Start East Cleveland Area
RCBC Sure Start Redcar Area
RCBC Sure Start Greater Eston Area

Check our website
www.redcar-cleveland.gov.uk/surestart