

Sheffield 
family
hubs & **Start for life**



Giving every child a great start in life

Contents page



Sheffield Start for Life Services	Page 3
Family Hubs	Page 8
Groups and Services	Page 10
Additional Information and Services	Page 13
Contact Page	Page 19

Sheffield Start for Life Services

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 range of support and services available.

Sheffield's Start for Life services are committed to enabling and supporting expectant parents, babies, children, and their families to have a great start in life by providing services as early as possible.

We aim to guide families through the challenges that life can bring by offering a variety of services and activities that are simple to access, in a welcoming environment and are helpful to families.

If you would like any further information or help accessing Start for Life services, please contact us using the details on the back of this booklet.

Midwifery care

Midwifery care is provided by 5 teams of Jessop Wing Community Midwives and support workers across the city. Antenatal and postnatal midwifery care takes place in GP surgeries, Family hubs and at home - a 24/7 home birth service is also offered.

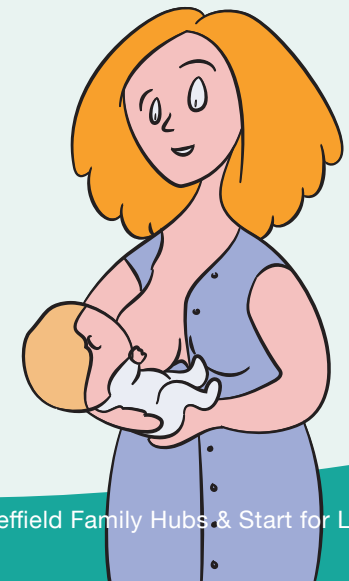
They strive to book women in before 10 weeks of pregnancy to be able to plan the pregnancy and offer support required as early as possible.

As much continuity of care (care by the same person during pregnancy) as possible is promoted which in turn can help to provide more joined up and personalised care. Women therefore, get to know their Midwives over the course of

their pregnancy and can learn from their skills and experiences as the pregnancy progresses.

As well as being seen in the community, women will also attend hospital appointments at the Jessop Wing for their scans and to see specialist teams of Midwives or Doctors if required. Parental education both in person and online is offered to help prepare the woman and her partner for the birth of their baby and beyond.

For clinical advice whilst you are pregnant contact Community Triage at Jessop Wing on **0114 226 8091**.



Health Visiting

Health Visiting is part of the Sheffield Children's NHS Foundation Trust's Wider 0-19 Service also consisting of the School Nursing Service, through which children and their families are supported at home, in community clinics and at school from birth to 19 years old and SEND (Special educational Needs) up to 25 years.

Health Visitors help to keep babies and children aged from 0-5 years old healthy and work closely with Sheffield City Council to make sure that families are able to access the best local and national support.

Like all Health Visiting Locality teams, the service follows the national Healthy Child Programme which is a plan to help give children the best start in life.

You would expect to see a Health Visitor or a member of the team within pregnancy, after the birth of your baby and at 1 and 2 years old. If additional support is required tailored packages are implemented to support your family's and children's needs.

Group activities for specific health focussed interventions are also offered.

Your Health Visiting team will invite you to a Child Health clinic appointment when they need to see you and your child. You can ask for an appointment outside of the schedule if you need to – please contact the team by ringing **0114 305 3224**.

Infant Feeding Peer Support

Sheffield's Family Hubs have a dedicated Infant Feeding Peer Support team who work closely with Midwives and Health Visitors to provide information and support while you are pregnant and once your baby is here. Our Infant Feeding Team will contact you at around 32 weeks in your pregnancy to discuss feeding your baby, the importance of bonding with your baby and to let you know about the support available once your baby arrives.

Should you require any support you can contact us on **0114 273 5665** and someone will get back to you. You can also email infantfeedingsupport@sheffield.gov.uk

Health Visitors will give you lots of support from getting started with breastfeeding to weaning.

This includes:

- while you're still pregnant we'll talk about feeding and bonding with your baby
- holding and feeding your baby when they are born
- learning how to respond to your baby's needs
- recognising feeding cues and knowing when your baby is getting enough milk
- learning how to breastfeed and express milk
- bottle feeding, making formula feeds and sterilising
- weaning your baby

Information about feeding is also available in your Personal Child Health Record (PCHR) 'Red Book'.

You can visit <https://www.breastfeedinginsheffield.co.uk/> for more information.

Support after having a baby

Many women struggle emotionally after having a baby. You are not alone and there is help available. It is important to talk about how you are feeling and get the support you need.

- Discuss any emotional wellbeing needs with your midwife, health visitor or other health and care professional at any point. Women have a mental health risk assessment during their Community Midwifery booking and are asked about their emotional well-being at each contact. Women are referred to specialist services where appropriate.

Women have a mental health assessment by a Health Visitor at 6-8 week contact and can discuss emotional wellbeing at any subsequent contact in drop-in clinic or by contacting the Health Visiting team, Health Visitors can offer a package of care to support maternal and infant mental health and can refer and signpost to other services where appropriate.

- **Light Peer Support** - Light is a peer support charity offering emotional support to families across South Yorkshire from pregnancy to 2 years post-natal. All staff and volunteers have lived experience of struggling with their emotional or mental health at some time in their lives and in the perinatal period. They have a variety of peer support groups operating weekly and offer a free counselling service which can be accessed as part of the ongoing peer support.

To get in touch call **0114 438 8962**. For more information or general enquires email contactus@lightpeersupport.org.uk or visit www.lightpeersupport.org.uk



- **NHS Sheffield Talking Therapies**, previously known as IAPT, offers short term evidence based psychological therapy for anyone aged 18+ struggling with low mood or anxiety.

They offer a mixture of face-to-face appointments in Primary Care Networks and in voluntary sector or remote sessions conducted via video link or telephone. You can contact them by ringing the central number **0114 226 4380**.

Anyone can self-refer online using the online referral form here: <https://www.sheffieldtalkingtherapies.nhs.uk>

- **Parent and Infant Mental Health Services** (PAIRs Team) are a small team of psychologists and psychotherapists who are passionate about supporting parents, carers, and professionals to make sure that every baby in Sheffield has the best possible start in life.

The PAIRS team provide support so that you can build a strong and nurturing relationship with your baby or young child. They work with parents and carers and their babies from conception to age 3.

- **Specialist Perinatal Mental Health** care is provided in Sheffield. The service is run by the Sheffield Health and Social Care Trust. They accept referrals from any professional or service involved with a family and offer a broad range of assessments and interventions in order to help treat and support those experiencing mental health problems around the time of having a baby. More information can be found on the website: <https://www.shsc.nhs.uk/services/sheffield-rotherham-and-doncaster-perinatal-mental-health-service>

Please speak to your health care professional to discuss support and a referral to the PAIRs Team or Specialist Perinatal Mental Health Services. This could be your GP, Community Mental Health Team, Midwife, or Health Visitor.



Local Offer

Special educational needs and disabilities (SEND) can affect a child or young person's ability to learn. They can affect their:

- behaviour or ability to socialise, for example they struggle to make friends
- reading and writing, for example because they have dyslexia
- ability to understand things
- concentration levels, for example because they have ADHD
- physical ability

The Local Offer lets parents and young people know what SEND services are available in Sheffield, and who can access them.

It shows families what they can expect from a range of local agencies including:

- education
- health
- social care
- activities and leisure
- clubs and groups
- advice and support
- preparing for adulthood

Visit the local offer here: <https://www.sheffielddirectory.org.uk/localoffer>

Safeguarding

If you are worried that a child has been harmed or is at risk of harm then phone the Sheffield Safeguarding Hub on **0114 273 4855** (24 hours) to speak to a social worker or email sheffieldsafeguardinghub@sheffield.gov.uk.

Members of the public can discuss their concerns in confidence and if necessary, anonymously. If a child is in immediate danger, then call **999** for a police response.



Family Hubs

Family Hubs are accessible, welcoming, and warm spaces. We deliver activities for children aged 0-5 and offer help, signposting, and support to parents/carers of children aged 0-19, or up to 25 for those with special educational needs and disabilities.

About Our Hubs

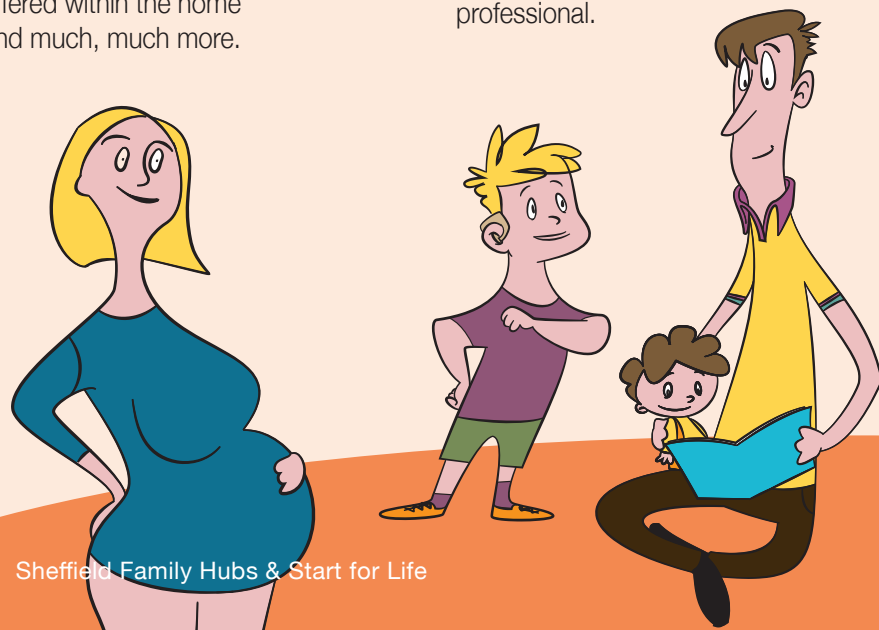
Our Hubs can help you with:

- free activities for children aged 0-5
- a place to meet other parents and families
- important Start for Life services
- support with managing finances and getting back into work or training
- early language and home learning activities and ideas for children under 5
- signposting to services to support family health and wellbeing
- parenting and domestic abuse support
- one to one support which may be offered within the home and much, much more.

Face to face support

We offer this support face to face in Family Hubs, community venues, Family Hub Network Sites and online.

As well as our activities and groups, we have a team who can offer extra help for you and your family. Workers can visit you at home to support you with your children's behaviour and with setting boundaries, with accessing support around children with additional needs and with access to housing and benefits advice. If you feel your family could benefit from this, please contact us to discuss how we may be able to help you or speak to your health care professional.



Our 7 Hubs

There are 7 hubs which, together with community venues, outreach sites and network centres, cover all areas of Sheffield

Early Days Family Hub, 71 Palgrave Road, S5 8GS

First Start Family Hub, 441 Firth Park Road, S5 6HH

Darnall Family Hub, 563 Staniforth Road, S9 4RA

Shortbrook Family Hub, First Floor Shortbrook Primary School Site, Westfield Northway, S20 8FB

Sharrow Family Hub, Second Floor, Highfield Library, London Rd, S2 4NF

Valley Park Family Hub, 100 Norton Avenue, S14 1SL

Primrose Family Hub, Creswick Street, S6 2TN

Register here to join your local Family Hub



Family Hub Groups and Services

The Sheffield Volunteer Doula Programme

Trained female volunteers run the programme, who give one to one practical and emotional support to vulnerable pregnant women from around 34 weeks of pregnancy

Volunteers offer weekly visits to provide emotional and practical support in the latter stages of the pregnancy, during labour and birth if required and for six weeks following the birth of baby.

For more information contact the Doula Programme by email: doulaproject@sheffield.gov.uk or contact the Doula Team on **0114 273 5733**.

Expectant mums or professionals can refer into the Doula Programme by emailing: sheffieldfamilyhubs@sheffield.gov.uk

Preparation for Birth and Beyond

Preparation for Birth and Beyond is a 5-week antenatal course delivered jointly by Health Visitors, Family Hub Workers, Midwives and Infant Feeding Peer Support Workers.

It is aimed at first time pregnant women who are between 28 and 34 weeks pregnant and their partners residing in Sheffield. The course covers a wide range of topics to prepare you for the arrival of your baby.

Topics range from knowing what is available for you before and after the baby arrives, what do you need for your baby, how to care for yourself and your baby, preparing for birth and information on feeding and much more.

It is delivered face to face and virtually to accommodate you.

For more information or to book yourself a place please visit the Eventbrite page: <http://Sheffield-PBB.eventbrite.com>

Walk and Talk Sessions

A face-to-face, slow-paced walk. A great way to enjoy some fresh air while meeting other local babies, toddlers and their families to share experiences and socialise together.

Family Hub staff will be on hand to chat and to give advice and information around activities you could do with your baby at home to support their development, routines, infant feeding and much more.

New You, New Me Baby Group

A 6-week group for parents and carers of young babies focusing on the many aspects of life with a new baby. Come along to meet other new parents living in your local area and get information in a friendly, informal session because babies don't come with a manual.

Baby Massage

Massage helps to support the development of baby's brain by increasing attachment and attunement, it helps babies to relax, develops their body awareness and coordination, supports relief from wind, colic, constipation and teething discomfort. Parents can learn the massage techniques in a relaxed and welcoming environment which can then be used at home. Sessions are available online and across our Family Hub buildings.

Baby and Toddler Workshops

A range of free workshops open to all families with babies and toddlers are delivered across the city. These include my baby & toddler senses, music sessions, low-cost play, story sessions and many more. These are planned to meet the demand so please contact your local Family Hubs to find out about what is currently taking place.

For workshops delivered on behalf of Sheffield Family Hubs the early years foundation framework is used as a basis for the planning of all activities.

Weaning Seminars

An opportunity to gain information, support and advice on when to wean your baby and how. These sessions are delivered monthly alongside the Sheffield Health Visiting 0-19 Team and are suitable for parent/carers with babies aged between 17 and 26 weeks old. Sessions are delivered online.

Toilet Training Seminars

Grab a cuppa and join our informal online information session focusing on toilet training. These sessions delivered monthly provide the perfect opportunity for you to share ideas with other parents as well as gaining top tips and advice from a member of our team.

Visit Eventbrite to book onto the above activities. Contact us for more information



Breastfeeding Groups

A friendly and informal group where you can ask for advice, information and support from one of our trained Infant Feeding Peer Support Workers who can help you on your breastfeeding journey.

It is also a great opportunity for you to meet other breastfeeding mums to share experiences and socialise together.

These sessions are available online and in Family Hubs, community venues, and Family Hub Network Sites across the city.



Baby Groups

Our baby groups are delivered in Family Hubs, community venues, and Family Hub Network Sites across the city. Sessions are free to attend and are open to all parent/carers and their babies.

These sessions are fun and relaxing groups, for parents/carers and their baby from birth to early walkers. It is also a great chance for you to meet other families to share experiences and socialise together.

Toddler Groups

A fun parent/carer and toddler activity session. An opportunity to increase your knowledge of the ways you can develop your child's learning daily at home and as part of their normal routine.

We focus on child's early language, communication, and physical development.

Some of these sessions will be running outdoors and some will be messy play. We advise you and your child are dressed appropriately for all weathers and getting dirty whilst having fun!

No need to book these sessions, just turn up at a group convenient for you.

Scan the QR code to see an activity calendar of events or contact us for more information



Additional information and services

Healthy Start Scheme

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk. If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. Your benefit will be added onto this card every 4 weeks.

You can use your card to buy:

- plain liquid cow's milk
- fresh, frozen, and tinned fruit and vegetables
- fresh, dried, and tinned pulses
- infant formula milk based on cow's milk

You can also use your card to collect:

- Healthy Start vitamins – these support you during pregnancy and breastfeeding
- vitamin drops for babies and young children – these are suitable from birth to 4 years old

Family Hubs stock women and children's Healthy Start vitamins. These are free to eligible families or low cost to buy.

To apply visit the NHS Healthy Start website www.healthystart.nhs.uk or speak to your Midwife, Health Visitor or contact us for more information.

Oral health

A healthy mouth, teeth and gums, is an important part of our overall health, well-being and quality of life. It is important that children's teeth get the best possible start in life and that good oral health routines are established and maintained throughout adult life.

Key oral health messages:

- brush your teeth twice a day with a family fluoride toothpaste containing 1,450 ppm of fluoride
- for children under 3 years old use a smear of fluoride toothpaste, for children over 3 years old a pea sized amount
- spit out toothpaste after brushing but do not rinse
- reduce the consumption and frequency of food and drinks containing sugar. Restrict to meal times only
- visit the dentist at least once a year
- we recommend children have a dental check by the age of one.



Parenting

All parents and carers in Sheffield can access a range of universal groups that offer practical advice and support with parenting. The team at Sheffield Parent Hub are friendly and welcoming and deliver programmes that are tried and tested, the content has been written by professional psychologists following years of research into what works to manage behaviours and difficulties that we may all face as parents.

Everyone has busy lives, and we are all different. There are different types of groups you can access depending on your needs, to find the one that best suits you follow the link; www.sheffield.gov.uk/home/social-care/positive-parenting

Explore, Play & Learn

Explore, Play & Learn is a programme delivered in partnership between Sheffield Family Hubs and the Health Visiting team for parents who have worries about their child's language and development and would like some help with this.

The Health Visiting team will initially provide support and then hand you over to the Family Hubs team who will then reinforce this work and invite you to a fun group demonstrating ideas and giving practical tips about how you can support your child. They will also support and guide you with any next steps and have lots of information about other sources of help and support available.

A referral is required for this programme. Contact your Health Visitor to discuss further.

Making it REAL

Making it REAL is a programme delivered by a team of Sheffield Family Hub Community Early Years practitioners. The programme is aimed at parents/carers of children aged 3-4 years old. It builds on parents/carers knowledge and confidence so that they can help their child with reading, writing and creating a positive home learning environment. The programme is delivered via a combined approach of home visits and fun workshops.

Through the one to one visits and workshops parents/carers will be given practical ideas to support play, learning and early language development in readiness for school. Workers will support and guide families with any next steps and information.

Please contact Sheffield Family Hubs for more information and to book a place.



Startwell Sheffield

Sheffield City Council have a team of Quality Improvement Community Early Years Practitioners, who provide a range of opportunities under the Start Well Sheffield offer for children under 5 including top tips, advice, and support.

The team share information on a variety of topics including elements of development, health, and wellbeing of the whole family. Ranging from small information sessions around specific topics to a full 5-week family programme running every half term across the city.

During the sessions they support you to identify what you are doing well and what you would like to change and how to begin to make those changes. Sessions are delivered both on-line and face to face, so you can pick what's right for you. They also hold a regular coffee and chat session on a Friday morning where you can pop in and chat about anything relating to your child under 5 from toilet training, routines, food fussiness and much more.

For further information contact Startwell on **0114 273 5596**, visit your local Family Hub or speak to a Health Visitor.



Funded Early Learning (FEL)

Government funded childcare is available for all 3 and 4 year olds, and eligible 2 year olds. All eligible children are entitled to at least 570 hours of funded childcare each year. In Sheffield we call this Funded Early Learning or FEL. For more information on the FEL offer across Sheffield and to check your eligibility please follow the link below or contact your local Family Hub or Childcare Provider

<https://www.sheffielddirectory.org.uk/children-and-families/information-for-parentscarers/funded-early-learning>

Family Intervention Service

Sheffield City Council's Family Intervention Service provides advice and support for families with a wide range of needs.

Family Intervention Service support with issues including:

- improved family relationships
- positive parenting strategies
- good early years development
- getting a good education
- improved mental and physical health
- Promoting recovery and reducing harm from substance misuse
- children safe from abuse, exploitation, crime and domestic abuse
- improving financial stability and having a safe and stable home environment
- engaging in positive activities in the community

Speak to your child's education setting or health care professional to request a referral into the Family Intervention Service.

Family Learning Sheffield

Family Learning is part of Sheffield City Council's Family, Adult and Community Education Services (FACES)

The friendly, approachable team of qualified teachers deliver workshops and courses throughout Sheffield for parents/carers who want to help their children with their learning and development. The focus is on improving English, maths, digital skills and health and well-being for families across the city and providing resources to help with learning at home.

They also provide a route back into education and employment skills for adults who want to improve their own English, maths and digital skills.

The Family Learning team also use and promote the Sheffield 50 Things to Do Before You're 5 activities both as part of their family learning courses but also as a free standalone app for all parents and carers to use with their children throughout the year.

Download the app or log onto our website www.sheffield.50thingstodo.org where you can access the activities in different languages.



Alcohol and Substance Misuse Support

Sheffield Treatment and Recovery Team (START), provided by Sheffield Health and Social Care offers free support to anyone over the age of 18 who lives in Sheffield where drinking is starting to impact quality of life, or the lives of others.

They can give you information, advice, support and treatment to help you make changes to your drinking and begin your recovery journey. Speak to someone today by calling **0114 305 0500**. You can drop-in and be seen on the same day, drop-ins run between 9am-4pm Monday, Tuesday, Wednesday and Friday and 12 noon - 8pm on Thursdays.

There are a variety of support and treatment options for people struggling with substance misuse problems in Sheffield. The best way to find out what would help is to contact the Non-Opiates Service on **0114 305 0500**, in complete confidence. Key-workers will be able to talk to you about your situation and if necessary take you through a triage assessment in order to find out what treatment option would be the best for you.



Domestic Abuse

Sheffield has a range of domestic abuse services that offer support for women, children, young people, and men who are experiencing domestic abuse.

Call the free Sheffield Domestic Abuse Helpline for local support and information. Monday to Friday from 8am to 8pm: **0808 808 2241**. You can also email help@sheffielddact.org.uk.

In an emergency, when you or someone you know is at risk of immediate harm, call **999**. Domestic abuse can happen to anyone. It is not your fault. Don't suffer in silence. You have the right to live your life free from fear, abuse and violence.

Stop Smoking Support

Yorkshire Smokefree provides expert NHS advice and support for anyone who wants to stop smoking. So when you're ready to quit, they're ready to help. Friendly experts will help you find the best way to quit and provide support throughout your journey.

They offer a range of resources to suit your needs and ensure you're smoke-free as soon as possible. Whatever your needs and whenever a craving strikes, the online and phone service will keep you strong. Arrange a call with an advisors. Call **0800 612 0011** (free from a landline) or **0330 660 1166** Monday to Friday between 8.30am and 4.30pm and Saturdays between 9am until 4.30pm

Visit: <https://sheffield.yorkshiresmokefree.nhs.uk/> for further information

Cost of Living

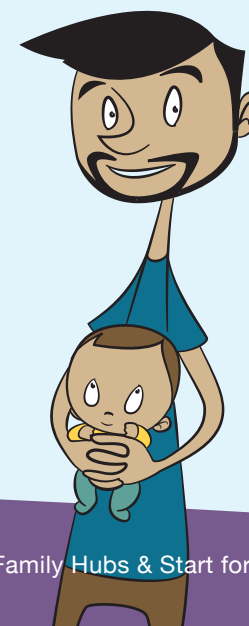
Everyone is affected by the cost-of-living crisis in some shape or form. Here you can find out the local and national support available to help you manage the cost of living in Sheffield.

www.sheffield.gov.uk/cost-of-living

Community Youth Services

Community Youth Services is made up of a number of youth engagement services. Young people lead the support they receive and determine their own objectives to help them to achieve their goals. The team offer youth provisions which are delivered directly in communities. Youth voice is a core value in our work to make sure we are delivering services to young people that are relevant to their needs

Young Sheffielders can access a number of universal youth services across the City, please email youth.services@sheffield.gov.uk for more information



Produced in partnership with...



Sheffield Children's
NHS Foundation Trust



Sheffield Teaching Hospitals
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