

Family Hubs and Start for Life

A new way forward
for **every** family



Overview

- The story behind Family Hubs and Start for Life
- Family Hubs vision
- Positively changing lives of families and communities-
Start for life funded strands



Our Early Help 0-19 Service

- Youth
- Community
- Keywork
- Health Visiting
- Start for Life
- Voluntary
- SPOA



Challenges our population face

- Total Population 545,800
- 1/5 are children
- 20% living in low income families
- 22 areas in top 10% most deprived in the country
- 10 x more likely to be looked after or on a child protection plan
- Higher levels of obesity
- 2-3 x more likely to develop mental health problems
- Significantly higher infant mortality rate



Specifics issues in rural areas

- Access to transport
- Pockets of deprivation
- Higher proportion of poor quality housing, increased fuel costs and poor energy efficiency
- Lack of services available



Family Hubs and Start for life- why?

- Government commitment 2019
Levelling Up- make life more equal
- First 1001 days are critical-
conception to 2
- Recognition of the effects of the
pandemic on children and their
development





Family Hubs in East Sussex

- East Sussex has been selected as one of 75 local authorities to deliver the Family Hubs programme and improve the Start for Life offer
- 3 year funding until 2025
- Improving the lives of those living in the most deprived areas
- Early intervention- normalising and destigmatising support
- Easily accessible 0-19 service to **ALL** families within their local communities
- Strengthening connections with families and community as a visible and trusted and source of information





Youth Hubs in East Sussex

- Working in conjunction with the Family Hubs development
- Transforming 4 current youth centres into Hubs
- Re-shaping how we deliver services over the next year
- Successful round of bidding to transform current buildings
- 3 year funding from public health to develop volunteer opportunities



What will Family and Youth Hubs look like?



Family Hubs and Youth Hubs will offer both a physical and a virtual space that will mean everyone in the family has access to support for a wide range of issues, will enable them to take part in new activities, to ask questions and to meet other families from the community.

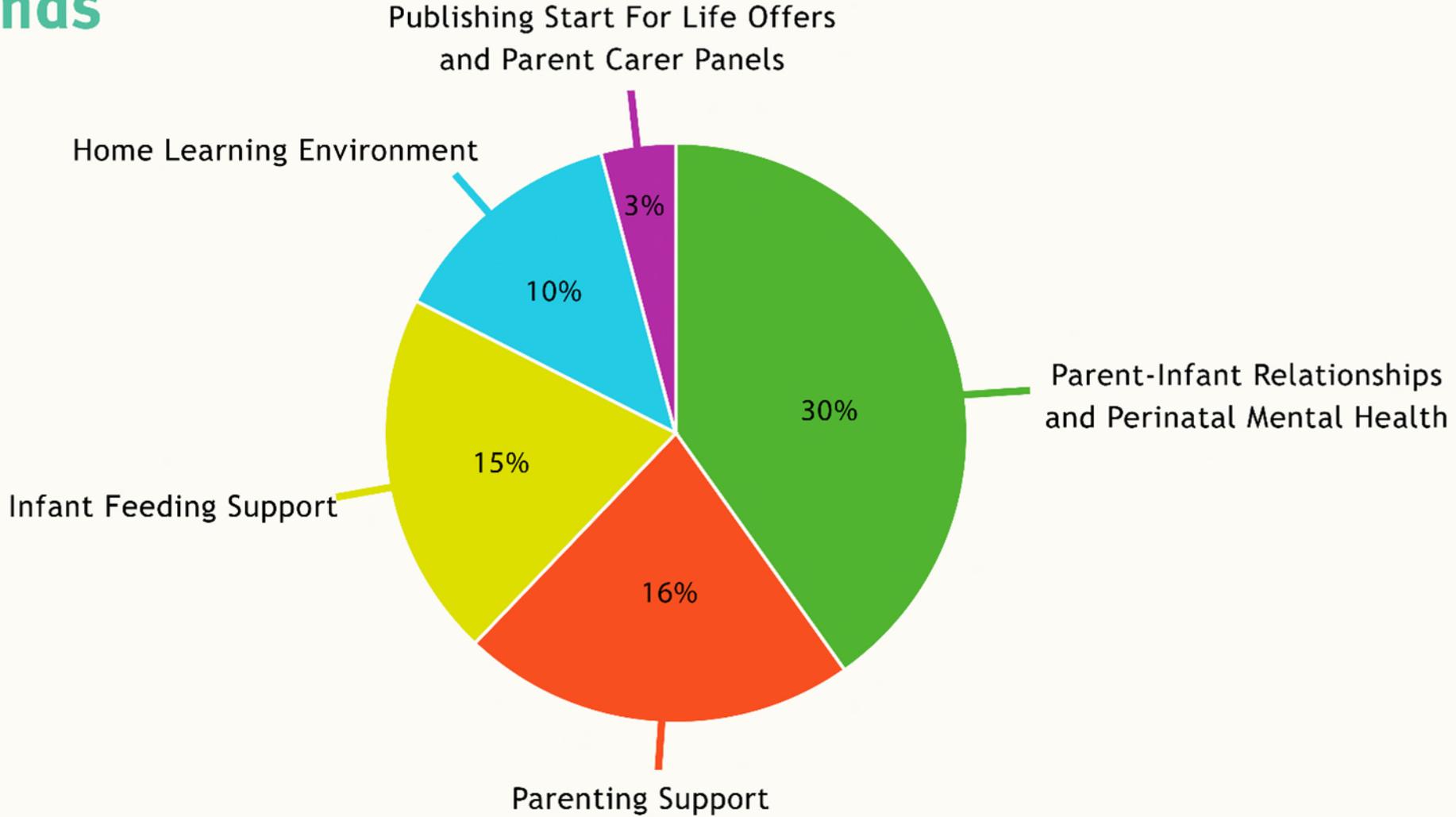


Family Hubs will be the 'go to' places in the community for all families; a one-stop-shop to access support, get information and ask questions to make you and your family's life better.

How are we going to do this?



Start for Life 5 funded strands



Parent Infant Relationships

WE are TRAILBALZERS-additional funding

- 27% of mums, 10% Dads & NBP's suffer a diagnosable MH issue in the perinatal period
- Move from primary focus on parental perinatal MH to include parent infant relationships by expanding our offer:
- VIG - expanding the team and increasing number of families who receive support in 0-2
- Time for Me (including for Dads and non birthing parents)
- Advice line for professionals to support guiding into the right intervention
- Emotional wellbeing visits
- Parents in Mind for mothers and fathers
- BrightPIP commissioned to offer Parent Infant Psychotherapy



Infant Feeding

- Improving breastfeeding rates through an improved universal offer
- Increase Peer support service
- Ensure Family Hub buildings are welcoming for breastfeeding
- BFI accreditation- continuing to meet standards of high quality
- Routine telephone contact
- Breastfeeding support groups



Parenting

- Parenting support becomes the next natural step for parents and carers after their antenatal classes.
- Recognising that parenting is challenging and to normalise parenting support for all
- Provide and deliver Solihull, antenatal and postnatal evidence based parenting programme, virtually and face to face, in an accessible way.
- Train current workforce to deliver a universal parenting offer



Home learning environment

- Recognising the impact of COVID on school readiness and language development
- Expanding our workforce to ensure that more families have access to support
- Recognise the success of HENRY and will be expanding our delivery
- New Programmes-REAL (Raising Early Achievement in Literacy)

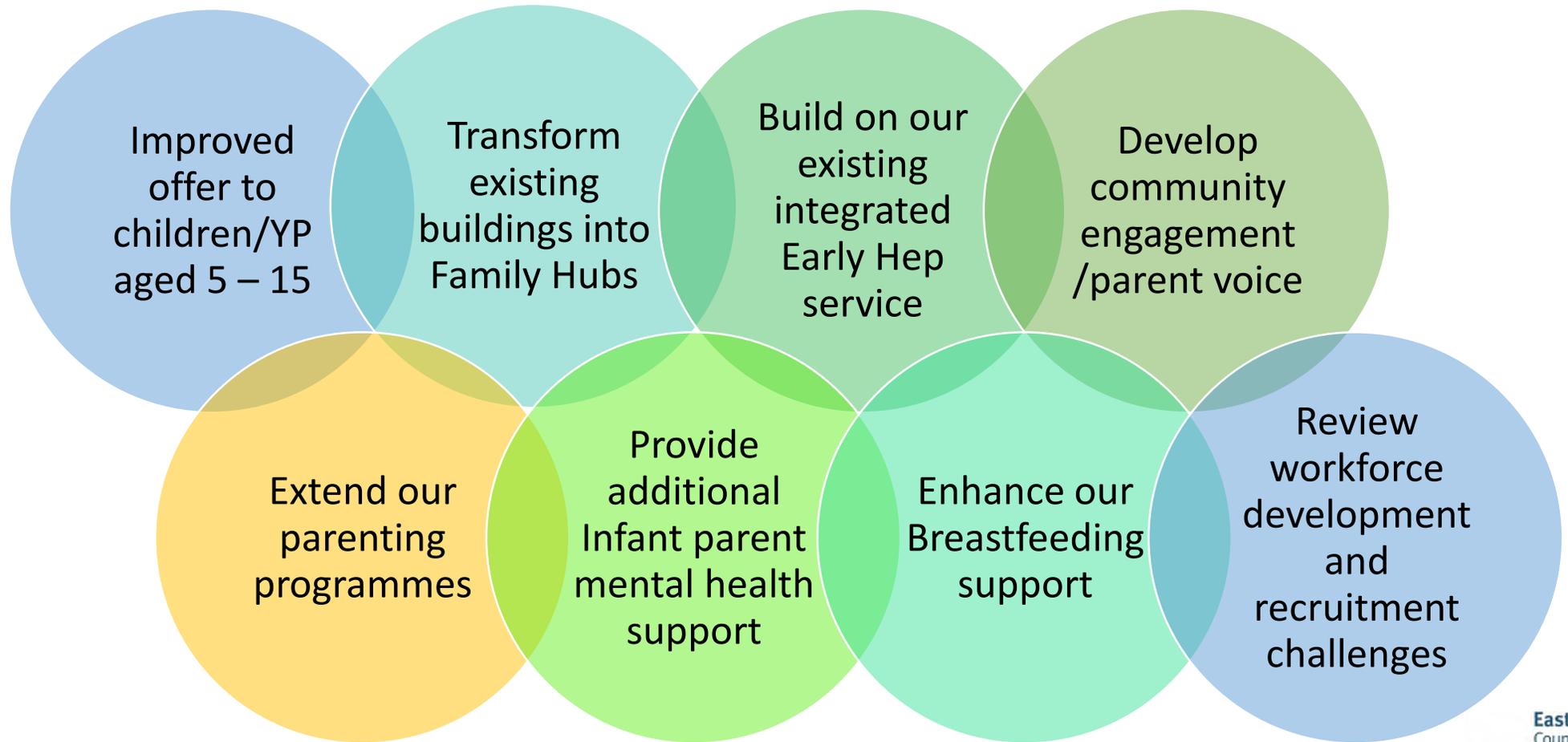


Parent carer panels and consultation

- Parents/carers to have a voice in the development of their local hub by becoming an active member
- We are going to create a forum within family Hubs where parents meet regularly to discuss what they want to access for their families
- Consultation- Parents, carers, youth and professionals.



Family Hubs in East Sussex



Family and Youth Hub Locations

Site Name	Telephone	Address / Title	Post Code	Manager	CoP Tel Number
Eastbourne Hailsham & Seaford Area					
Archery Youth Hub	01323 463244	Archery Recreation Ground, Willoughby Crescent, Seaside Road, Eastbourne	BN22 7RR	Simon Stanley	07876 037445
Devonshire Family Hub	01323 463244	43 Seaside, Eastbourne,	BN22 7NB	PingPing Xiao Askaroff	07557 748633
Hailsham Family Hub	01323 463244	Hailsham East Community Centre, Vega Close, Hailsham,	BN27 2JZ	PingPing Xiao Askaroff	07557 748633
Shinewater Family Hub	01323 463244	Shinewater Primary School, Milfoil Drive, Eastbourne,	BN23 8ED	PingPing Xiao Askaroff	07557 748633
Hastings & St Leonards Area					
East Hastings Family Hub	01424 724004	46-48 Chiltern Drive, Hastings,	TN34 3PZ	Jacqui Lane	07500 123650
Hastings Town Family Hub	01424 724004	Waterworks Road, Hastings,	TN34 1RT	Jacqui Lane	07500 123650
Hollington Youth Hub	01424 724004	1 Wishing Tree Road North, St Leonards, Hastings,	TN38 9LL	Simon Stanley	07876 037445
Robsack Family Hub	01424 724004	Robsack Centre, Bodiam Drive, St Leonards On Sea,	TN38 9TW	Jacqui Lane	07500 123650
St. Leonards Family Hub	01424 724004	Clyde Road, St Leonards,	TN38 0QE	Jacqui Lane	07500 123650
High Weald Area					
Heathfield Youth Hub	01273 336930	High Street, Heathfield	TN21 0UP	Simon Stanley	07876 037445

Uckfield Family Hub	01273 336930	1 Manor Close, Uckfield,	TN22 1DL	Michelle Hocking	07876 037445
Proposed - Crowborough Pop Up Family Hub	FamilyHubs@eastsussex.gov.uk	Crowborough Community Centre, Pine Grove, Crowborough	TN6 1FE	N/A	N/A
Lewes & Havens Area					
Lewes Family Hub	01273 336930	Malling Community Centre, Spences Lane, Lewes,	BN7 2HQ	Donna McAdam	07500 123652
Peacehaven Family Hub	01273 336930	Meridian Way, Peacehaven,	BN10 8NF	Donna McAdam	07500 123652
The Joff Youth Hub	01273 336930	Roderick Ave, Peacehaven	BN10 8BL	Simon Stanley	07876 037445
Rother Area					
Sidley Family Hub	01424 725995	Sidley Community Centre, 121 Ninfield Road, Sidley, Bexhill,	TN39 5BD	Aimee Richards	07718 575953
Proposed - Ticehurst Pop Up Family Hub	FamilyHubs@eastsussex.gov.uk	Ticehurst Village Hall, Lower High Street, Ticehurst, East Sussex	TN5 7BB	N/A	N/A
Pop up Hubs proposed in Seaford and Rye		Still exploring venues			



Connected Families

Family Safeguarding, The East Sussex way...

eastsussex.gov.uk



“In the majority of cases, families become involved with children’s social care because they are parenting in conditions of adversity, rather than because they have caused or are likely to cause significant harm to their children. We have a shared obligation to help families raise their children.”

The Case for Change. The independent review of children’s social care <https://childrensocialcare.independent-review.uk>

Family safeguarding model

- Intensive support for adults in the three key areas of domestic abuse, mental health and substance misuse
- Social Worker retains case management for the child
- Avoids delay in access to adult services and ensures a tailored, whole family response
- The model of small multi-agency teams of specialist adult workers, trained in a range of effective interventions integrated within social work teams
- Originally developed by Hertfordshire in 2015, has been independently evaluated as effective and has been adopted by 12 other local authorities
- Family Safeguarding model is referenced heavily within the Care Review, which recommends that Children's Services should draw on a multidisciplinary workforce with the time, skills, and autonomy to give children and families the support they need, pursuing adult as well as child outcomes.
- Expected to be a DfE national implementation programme

Evolution

- Early Help-Keywork-Team Around the Family
- SPOA and MASH-partnership working
- Connected Practice (including MI), trauma informed, whole family, strengths based.
- SWIFT (MDT)
- Foundations
- FGC/Lifelong Links
- Connected Families-Edge of Care, MST, Connected Coaches

Implementation-Connected Families +

- Builds on existing agency partnerships, SWIFT-clinical supervision and specialism
- Recruit 3 thematic teams of Domestic Abuse, Substance Misuse and Adult Mental Health workers
- Workforce co-location with social workers and practitioners within Locality Social Work-managed within Specialist Services-building on SWIFT model
- The costs of the programme incorporate Service/Team Management and administrative support
- Workforce will be adult intervention focussed, with capacity for assessment, support, treatment.
- Develop workforce planning now, taper recruitment, get ahead of OLA's

The key intervention models

- Motivational Interviewing (part of our 'Connected Practice' approach)
- Tailored parenting interventions
- Intervention programmes for perpetrators of domestic abuse (including impact on children)
- Intervention programmes for victims of domestic abuse (including impact on children)
- Programmes to increase children's resilience - Steps to Cope
- Drug and Alcohol Recovery programmes
- Mental Health Interventions - Emotional Regulation, Distress tolerance, Consequential Thinking, Self Esteem/Assertiveness, Well Being, Mindfulness, DBT

Anticipated Outcomes

- More rapid, earlier multi-disciplinary interventions to enable children to live safely within their families – fewer children coming into care
- Delivering support to parents and carers where there is potential for looked after children to be reunified with their families – sustained reunification of families
- Fewer children needing to become subject to CP planning/legal processes
- Increased recruitment and more stability across the workforce
- Positive feedback from families
- Reduction in Police call outs
- Decrease in frequency of unplanned, reactive mental health contacts amongst adults
- Reduction in caseloads
- Net savings of £5.5 million.

Number of LAC (excl. UASC): projections

