

Family Hubs Bitesize News - July 2024



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The Family Hub Home Learning App Launches

Northumberland's Family Hubs have launched a new free app to help parents give their child the best start in life.

The Family Hub Northumberland app features top tips and ideas for fun everyday activities, such as songs to sing and games to play, that can support children's early learning and development, preparing them to be ready for school.

Developed together with Northumberland County Council's Early Years Team, parents and carers, it also gives easy access to the full offer of Family Hub support – including links to the popular what's on activity guides, Dad's Pad and free online parenting and relationship advice.

Videos have been hand selected from the BBC's Tiny Happy People website, to support families in the areas we know children often require the greatest support in. The cornerstone of each activity is playing and spending quality time whilst bonding with your child. The best part is this is all absolutely free. No payments, subscriptions, or in-app purchases. Just a straightforward tool with practical advice created to help you support your child's learning in everyday life.

[Click here to read the Northumberland News Press Release.](#)

A range of resources are available upon including:

- Partner Communications Toolkit
- Display screen explainer videos
- Print posters and flyers





Early Help Systems Guide Event

Every year, we are required by the Department for Education (DfE) to carry out two self-assessments about our early help system, and our approach to reducing parental conflict, to measure our progress in providing better support to children, young people and their families right across all services in Northumberland.

Partners assess progress and determine actions to build upon the support in place for children, young people and their families.

Partners from Family Help, Health, Education, Northumberland Adolescent Services and Family Hubs attended a carousel style event and spent time discussing the significant progress Northumberland is making and what is still left to be done.

The event was very successful with a lot of great discussion.

We are required to submit both self-assessment early in July.





Northumberland Breastfeeding Friendly Scheme

Northumberland County Council and Northumberland Family Hubs encourage hospitality businesses and venues across the county to register for the Breastfeeding Friendly Scheme, to show support to breastfeeding mothers.

The scheme offers a way to support and enable breastfeeding mothers to feel comfortable feeding their babies anytime, anywhere.

If you know of a hospitality business that is breastfeeding friendly and can join the list verified venues [click here](#) and ask them to 'complete a registration form' link.

For breastfeeding mams, details of venues registered as a 'breastfeeding friendly' can be found by [clicking here](#) to download a spreadsheet of locations.

You can also find out:

- [How can my business/venue join the scheme?](#)
- [5 Pledges of a Breastfeeding Friendly venue](#)
- [How will my business/venue benefit?](#)
- [What are the benefits of breastfeeding?](#)
- [I'm a breastfeeding mam. How do I know if a venue is breastfeeding friendly?](#)

[Click here to download the Partner Communications Toolkit](#)

[Go to the Northumberland Breastfeeding Friendly webpage on the Council's site.](#)

[Discover more infant feeding support on our Family Hubs website by clicking here.](#)



New Family Wellbeing Service for families in Northumberland



Meet the new Family Wellbeing Practitioners to Family Hubs Northumberland.

Having a child can be the most rewarding and also the most challenging time in anybody's life.

Through the Family Hub offer – a personalised service is available for eligible parents who are experiencing mental health issues.

Are you or do you know someone who may need support to:

- Understand their low mood
- Connect with other parents
- Feel less worried about parenting
- Establish routines
- Breastfeed
- Feel less anxious
- Have better relationships

- Access services

Flexible support is available to mothers, fathers and significant others during pregnancy and/or up to your child is 2 years old.

Age range: for families where parents require support with mental health issues

Duration: time limited

Delivery: home visits, in a group session or virtual

To access support:

[Click here to fill in our short family hub membership form online](#) and let us know that you are interested in the 'Family Wellbeing Service'.

Click this link to view more information on our website: <https://nland.cc/fws>

We trained, we built, we solved | Buildathon Roundup

The Council's Digital and IT team hosted a three-day Buildathon event alongside experts from Microsoft and cloud technology agency, Marra.

Teams from across the council came together to identify and solve problems through learning about and then using the Microsoft PowerPlatform technology that is available to us at NCC.

[Click here to watch the video and get a feel for the event](#)

Representatives from Family Hub Team presented their problems around processes are difficult to follow for customers and a lengthy process to administer for staff in Family Hubs.

The winning team will get their designs built across a three-week period by Marra and the 2nd and 3rd place will also get their solutions co-build between Marra and NCC.

We came 2nd!! Well done Jo Lintin, Helen Lancaster and Lisa Lewis!



Free childcare extends to children over 9 months- apply now

[To find out more about childcare support click here to visit: Childcare Choices](#)

Eligible working parents in Northumberland can now apply for 15 hours childcare for a child aged 9 months old and over.

It's the latest stage in the rollout of the Government's expansion to childcare support for families.

From September 2025, this will be extended further so eligible working parents with children between 9 months up to school age can access 30 hours childcare. [Click here to read more on Northumberland News.](#)

For information on careers in early years visit: <https://nland.cc/EarlyYearsCareers>



Northumberland Family Services Directory

The Northumberland Family Service's Directory is an online directory service for children, young people, their parents/carers and practitioners in Northumberland.

Formerly known as the Families Information service, the directory has recently been updated and now has a refreshed, new look to the dashboard with links to a variety of services including, Family Hubs, childcare and early years, the local offer, education and schools, early education and childcare careers, help for childcare costs, Northumberland holiday provision, and local health and wellbeing services signposted through Northumberland Frontline.

[Click here to go directly to the new site](#)



PEEP 6 Week Programmes

Peep is a free six-week programme that aims to help parents and carers make the most of the simple learning opportunities in everyday life to support their child's development. **Watch the 'What is PEEP?' video.**

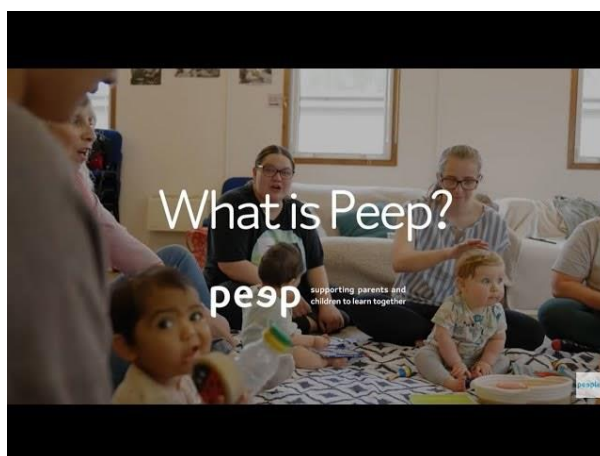
The Peep Learning Together Programme (LTP) helps parents, carers and practitioners make the most of the learning opportunities in everyday life, supporting your babies' and young children's' learning through play.

Click on the list items below to find out more on our Family Hubs Website:

1. [PEEP Babies](#)
2. [PEEP Toddlers](#)
3. [PEEP Pre-School](#)
4. [PEEP Early Communicators](#)

You can find out more by [contacting your local family hub](#).

We continue to run Learning Together Through Play (LTP) and LTP Additional Needs and Disabilities (AND) as part of our SEND offer.



DadTalk Workshops to Continue

Following the success of new 'DadTalk' workshops, virtual sessions are to continue

For more information about DadTalk please email: vicki.collins@northumberland.gov.uk

[Click here to complete a membership form to request this service](#). Please request 'Dad-Talk' in the comments section of the membership form.



Free!

DAD TALK

Preparing for your new arrival

LET'S CHAT ABOUT:

- the importance of 'Dad'
- the rollercoaster of change
- crying, changing, sleeping, feeding
- where to get more help and support
- celebrating fathers

HOW TO JOIN:

1. Complete a form

SCAN ME
2. Call your nearest Family Hub:
Berwick: 01670 620 461
Ashington: 01670 819 988
Blyth: 01670 798 800
Hexham: 01434 601 698
3. A member of our team will call to let you know the dates and times.

SIGN UP!

Workshop lasts for 1 hour and 30 mins on evenings or weekends. Log onto teams and join us from home.

Family Hubs
Here for everyone

*for dads during pregnancy and beyond, mums and partners welcome too.

Updates from HDFT Growing Healthy 0-19 Northumberland Service

- 0-19 Digital Offer - all is going from strength to strength.
- Our App downloads are growing, and the use of our Health Chat (direct messaging service) is increasingly being used.
- Facebook continues to offer lots of useful information for parents, carers and young people with our posts currently have the potential to reach over 30,000 people.
- An exciting development in February 2024 is the addition of the Northumberland 0-19 service going live on Instagram @019HDFTNorthumberland Posts.

Please continue to share this offer with all families as it offers a wealth of information.



Infant Feeding Team

We continue to work with the Family Hub team to offer Infant Feeding Support. Recently we have extended our outreach service, using venues such as, library hubs, in response to requests for more accessible sessions.

See your local Family Hub What's On guide for details. [Search for your local family by clicking here.](#)

Virtual Weaning

For parents/carers of babies from 3 months, we offer a virtual session on when to introduce solids and how which is co-delivered by 0-19 Practitioner and Family Hub practitioners. The sessions also cover oral health and what to do if baby chokes.

Parents/carers can book onto the session via 0-19 Single Point of Contact, SPOC phone number 0300 737 2488 and they will be sent a link to join the session. These occurs twice monthly on a Monday or Friday.

Support for Young Dads with 'North-East Young Dads and Lads'

Support is available for young dads under the age of 25 in Ashington and Blyth Family Hubs.

Family Hubs are offering FREE support for dads under 25.

Telephone support is offered initially, thanks to the awesome team at NorthEast Young Lads and Dads. And that's not all! As a bonus North East Young Dads & Lads also provide support for you to attend our 'Stay and Play' groups at the Family Hubs.

Contact Doug now by telephone or text 07990164449 or email info@neydl.co.uk



Raising Men's Mental Health Awareness

Men's Mental Health Awareness provides a chance to involve fathers, brothers, sons, and male friends in conversations about their health, highlighting the importance of men's well-being within your family and community.

There's always an opportunity to promote a holistic approach, shine the spotlight on men's health and support the well-being of men around you.

[Here are some of our recommendations that support men's health and wellbeing on the Family Hubs Blog](#)

<https://nland.cc/rainbowflag>



The Rainbow Flag Award

Our journey towards the Rainbow Flag Award has started!

The Rainbow Flag Award is a national quality assurance framework for all schools and youth-centered organisations to take a positive approach to LGBT+ inclusion. The award focuses on positive LGBT+, (lesbian, gay, bisexual, trans, plus other related identities), inclusion and visibility. [Click here to read more](#) on the Family Hubs Blog.



Making the most of Team Building Opportunities

Last month the Family Hub Project Team took part in a volunteering opportunity to create a children's seating/play area at Druridge Bay Country Park next to the thriving visitors' centre. They also then did a thorough litter pick across the beach and dunes.

Seconds after the team had finished clearing the area, forming pathways & seating and applying many barrows of woodchips, a gran & her grandson starting using the space. They were given membership details and information on a range of activities within the local Family Hubs that the whole family could participate in, which was very rewarding.

To enquire about team building opportunities speak to your line manager.











View our What's On Guides

- Alnwick, Berwick, Hadston, Wooler and surrounding areas

(North Northumberland) https://nland.cc/whatson_northfh

- Ashington, Bedlington, Newbiggin, Morpeth and surrounding areas

(Central Northumberland) https://nland.cc/whatson_cfh

- Blyth, Cramlington & Seaton Valley and surrounding areas

(South East Northumberland) https://nland.cc/whatson_bfh

- Bellingham, Haltwhistle, Hexham, Prudhoe and surrounding areas

(West Northumberland) https://nland.cc/whatson_westfh



Family Hubs on Instagram

Help us increase our reach and engagement on social media!

Join our Family Hubs community of instagrammers and help us spread the word!

[Click here to follow us](#)

@FamilyHubsNLand



<https://sway.cloud.microsoft/1DrffQsH89IKl9qS#content=Yzo13yM8jG4Zwu>

Useful Links

Contact us

North Locality (Alnwick, Berwick, Hadston, Wooler)

Main Address: Berwick Family Hub, Ladywell Place, Tweedmouth, TD15 2AE

Main Contact: 01670 620 461

[Facebook page](#)

Central Locality (Ashington, Bedlington, Newbiggin)

Main Address: Ashington Family Hub , Alexandra Road, Ashington, NE63 9EF

Main Contact: 01670 819988

[Facebook page](#)

South East Locality (Blyth, Cramlington, Seaton Valley)

Main Address: Blyth Central Family Hub, 103 Wright Street, Blyth, NE24 1HG

Main Contact: 01670 798800

[Facebook page](#)

West Locality (Hexham, Prudhoe, Haltwhistle, Bellingham)

Main Address: Hexham Family Hub, Beaufront Avenue, Hexham, NE46 1JD

Main Contact: 01434 601698

[Facebook page](#)

Stay Connected

[Click here](#) to sign up to our Family Hubs Newsletter and stay up to date with the latest news and information.

Share your news stories!

We'd love your contributions to feature in future editions of Bitesize News!

Got a story to tell? Organising an event? OR have some important news which you'd like to share with our wider Family Hubs network of partners? Tell us about it! 📌

Email: fhprojectteam@northumberland.gov.uk

