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<b>Title of Report:</b>	Family Hubs progress report
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### Executive Summary

This paper is a progress update on The Family Hubs and Start for Life programme which aims to enhance integrated support services for families during the critical early years from conception to age two by establishing accessible community hubs that provide a wide range of resources, including parenting support, mental health services, and early language development, while fostering collaboration among stakeholders to reduce inequalities and improve family well-being.

### Key issues

The Family Hubs and Start for Life programme focuses on integrated support services for families with children from conception to age two.

- Establishment of Family Hubs as accessible community spaces offering various services (parenting support, mental health services, infant feeding advice, early language development).
- Recognition of the significant impact of early intervention on children's development and family support.
- Enhancement of support networks through innovative service delivery models (both in-person and virtual).
- Implementation of evidence-based training interventions tailored to families' needs.
- Availability of the Start for Life offer through online and printed materials.

### Details of recommendations and timescales for decisions

#### Enhance Collaborative Efforts:

- Continue to strengthen partnerships among local authorities, healthcare providers, and community organisations to ensure comprehensive service delivery and resource sharing.
- Implement targeted outreach programmes to engage hard-to-reach families, including those from low-income backgrounds, single-parent households, and marginalised communities. Use a variety of communication methods to ensure inclusivity.
- Invest in ongoing training for staff and volunteers across Family Hubs to enhance their skills in delivering evidence-based parenting interventions and mental health support.

#### Monitor and Evaluate Programmes Effectiveness:

- Establish clear metrics for evaluating the impact of Family Hubs and associated services on family outcomes. Regularly assess the effectiveness of programs and adapt them based on feedback and data.
- Invest in ongoing training for staff and volunteers across Family Hubs to enhance their skills in delivering evidence-based parenting interventions and mental health support.

- Ensure that all information about services and resources is readily available and accessible in multiple formats (online and offline) to cater to different community needs.

## **1. Background**

The Family Hubs and Start for Life programme aims to create integrated support services for families, focusing on the crucial early years from conception to age two. The programme aims to establish Family Hubs as accessible community spaces where families can receive a range of services, including parenting support, perinatal mental health services, infant feeding advice, and early language development resources.

The programme recognises the significant impact of early intervention on children and families and aims to restore and enhance support networks through innovative delivery models, including both in-person and virtual services. Local authorities are expected to develop delivery plans that focuses on collaboration among various stakeholders.

The programme aims to improve families' lives, reduce inequalities, and foster a supportive environment for children to thrive.

## **2. Transformation**

The final two of the four family hubs in Meath Gardens and Overland were launched in July. Health visiting and midwifery are now fully collocated in the hub sites, and 37 partners out of 70 who signed a memorandum of understanding with us regularly offer services from family hubs across the borough. The physical Family Hubs in each locality are now clearly signposted in the borough, and branded leaflets are available in all Children and Families Centres and Family Hubs. Consistent, clear information is available through the Family Hubs website. A universal pathway for the Start for Life offer is available to families on and offline.

Family Hubs have a strong external communications profile with 70,400 subscribers to our Residents Newsletter, and 57, 407 subscribers across social media (FB, X, Instagram, LinkedIn). Over 4000 people attended the launch events of the Family Hubs throughout 2023 and 2024. A new activity brochure with session information and a new timetable is being designed to make the timetables easier to understand for everyone.

We developed a new data-driven outreach strategy for community engagement, focusing on hard-to-reach and seldom heard families. Target demographics for outreach include low-income families, families with children with special needs or disabilities, single-parent families and fathers, BAME groups, young families, and those with mental health issues. To reach these families, strategies include home visits during EL2 outreach, joint community outreach with partners, targeted marketing, and working in partnership with schools, healthcare providers, and community groups.

The strategy uses Live Birth Data & Healthy Start to identify families with new-borns and encourage them to register and access services and support offered by the service. The approach ensures no new birth is overlooked, maximising the potential for families to benefit from family hubs and other support services.

## **3. Parenting**

The Family Hub is delivering evidence-based training interventions, including the Empowering Parents Empowering Communities Being and Parent 1-3, Triple P Baby Face to Face, Triple P Baby Online, Parents as First Teachers, and Incredible Years. These programmes aim to provide targeted interventions tailored to families' specific needs.

The EPEC Hub has successfully completed Parent Group Leader training in Being a Parent 1-3, with 14 parents completing the programme in July 2024. The hub plans to recruit for a Baby and Us Parent Group Leader Training in September 2024.

Triple P Baby Face to Face has successfully reached 24 staff across the LBTH Family Hub, with 2 Triple P Baby Classroom programmes since Jan 2024. The hub aims to deliver 6 Triple P Baby by March 2025 and reach an additional 72 families.

The Solihull Approach Universal Online Parenting Platform has gone live in April 2024, offering 19+ courses to meet the different needs of parents at different stages of their parenting journey. The hub has started advertising the courses and promoting them through partnerships.

Families receiving support	Staff training
<p><b>773</b> families to date have received support and training.</p> <p>Courses included Incredible Years, Solihull Online, Triple P online, Stay and Play with fathers, Triple P Baby, VIG, Reflective Mental health Supervision, EPEC, PAFT, Baby Massage, NBO, NBAS.</p>	<p><b>114</b> staff have received accredited training as part of the Parenting Support Project.</p> <p>Courses included Triple P Baby, VIG, Reflective Mental health Supervision, EPEC, PAFT, Baby Massage, NBO, NBAS.</p>

#### 4. Home learning Environment

The Early Talk-boost project is set to be fully mobilised in November 2024, with Speech and Language UK providing dedicated support and oversight from the Early Education and Childcare Service. Local funding has been sourced to deliver the service beyond March 25 to maximize the long-term impact of HLE interventions. Early Words Together is being delivered and we aim to train 130 practitioners by March. Educational Psychology team will deliver 165 sessions between August 2024 and September 2025.

#### 5. Infant Feeding

Family Hubs provide a safe and secure breastfeeding space, universal antenatal infant feeding education, physical information, one-to-one practical help, and support for mothers in the postnatal period. In 23-24 the service reached 3579 mothers. In Q1 24-25, 995 new mothers were contacted. 97% within 48 hours of discharge. In Q1, there were 136 home visits with up to an hour-long meaning conversation. Fifty-six group sessions to place in Q1. The service also offers peer support services, face-to-face support from healthcare professionals and trained peer supporters, and support for complex infant feeding needs. The workforce is trained to identify and respond to more complex needs, providing timely support to families. Drop-in sessions, online information, and virtual and out-of-hours support are available.

Local infant feeding services are promoted, and peer supporters are community representatives. Special focus and additional support are available for less likely to breastfeed, such as younger, first-time, and more vulnerable parents/carers. Language services are offered to those in need. Staff and volunteers receive accredited training to identify and intervene early, and specialist support is brought in when necessary.

#### 6. Perinatal Mental Health and Parent-Infant Relationships

Trauma counselling and peer support are now being taken up by women and mothers with experience of birth trauma, baby loss, domestic violence and other adversities. Group and one-to-one support for parents and parents-to-be struggling with attachment are being provided. The Family hubs website includes links to local services and a project is underway to improve the communication and marketing of services with residents. In Q1 24-25, there were 18 new participants for Mellow Bumps, 18 active participants for Mellow Babies, 13 receiving counselling for birth trauma, 11 receiving Trauma Peer Support, 6 parents receiving Sure Steps Peer Support that included 7 children, and 16 volunteers. There were 6 active services users on Babies matter programme, and other services. An expanded Maternity Mates groups for those least likely to access maternity care is being commissioned.

An external facilitator has been commissioned to help develop a local strategy and improved pathways across services for different levels and types of need, with involvement from stakeholders and residents. An external evaluator has also been commissioned to support learning and development of future business case for long-term funding.

Workforce development training offers which have or are being commissioned, tailored to different workforce needs, include newborn behavioural observation for clinical workforce as well as Solihull Approach and trauma-informed practice.

Antenatal classes in family hubs are being developed to include mental health elements. An expanded Maternity Mates offer provides emotional and practical support during pregnancy, birth, and postnatally. The Solihull online offer offers advice on low to moderate mental health issues.

## **7. Start for Life offers and Parent Carer Panels**

The Start for Life offer is available online and hard copies in family hubs. We have created a leaflet with the pathway of services and support for the first 1001 days which is available in family hubs, used in outreach, and given to parents-to-be.

The PCP has undergone a review in the Spring due to difficulties in maintaining attendance and focus. In July, a locality model was piloted, resulting in better engagement. A plan-do-review approach is being used to improve meeting delivery based on feedback. From September meetings were rebranded as Talktime, and promoted more strongly, with 31 parents attending face to face sessions. A parent volunteer has assisted in running face-to-face meetings. The first online PCP meeting took place in October. The format will be developed based on participant feedback and success.