

New Design!

March 2024

# Early Help Strategic Network

# Newsletter

SPRING EDITION



## Welcome!



Welcome to our latest Early Help Strategic Network Newsletter. Inside you will find information about training available to practitioners across the borough who are working to support our children and families. We have also provided you with information about a range of free online programmes to support parents in their parenting role. Please take a look at them yourself so you can signpost people to them.

There are also articles and publicity regarding new support services available that you can tell families about, such as Family Action which is providing a new perinatal well-being support service, and our new Saturday morning Dads Group in three of our Family Hubs, where dads/male carers can bring their little ones along for a practitioner-led play session.



## Our Ministerial Visits!

On Monday 8th January 2024, Minister for Schools, Damian Hinds, visited Loftus Family Hub to see for himself the progress we have been making in our Family Hubs and Best Start in Life transformation programme. Minister Hinds was met by Cllr Bill Suthers and Kathryn Boulton, Director of Children's Services, and joined in with parents attending a Craft for Wellbeing group facilitated by Paola and Linda, our lovely Peer Supporters. He then chatted with parents and children in our Little Explorers Stay and Play session. He also discussed some of the work we are all doing together with staff from the Family Hub team and representatives from our fantastic partner organisations, including Midwifery, Health Visiting, Family Action, Education, Speech and Language Therapy, the youth service, and the library. Thanks to everyone who came along and contributed to a successful visit!

**Cover stories by Nicola Hall,  
Partnerships and Prevention Service  
Manager (Early Help)**



Minister for Schools, Damian Hinds takes part in a craft for wellbeing group. Shown with a parent and staff at Loftus Family Hub.

Supporting Each Other, Supporting Families



# Upcoming Training



Virtual



In person

## CAMHS - Multi-Agency Children's Workforce

### DATES

Mon, 11th March  
Mon, 18th March  
Wed, 17th April  
Tue, 16th April  
Wed, 22nd May  
(From 10am -  
12:30pm)

CAMHS offers free training for people who work with children in Teesside who already have a basic knowledge of mental health and wish to develop their understanding further.

The emphasis throughout the training is on effective multi-agency working to improve outcomes for children and young people.

Available free of charge to children's workforce from all schools and not-for-profit organisations within Teesside.

[CLICK HERE >>](#)  
TO LEARN MORE

[www.tewv.nhs.uk/get-involved/training/camhs-training-in-teesside/](http://www.tewv.nhs.uk/get-involved/training/camhs-training-in-teesside/)



## CAMHS - Parents & Carers

CAMHS provides training for parents and carers who wish to develop an understanding of children's mental health issues.

The training is available to parents and carers in Teesside with a child under the age of 18 years. Your child does not need to receive mental health services to attend.

Sessions are delivered at an introductory level and are suitable for people with little or no previous mental health knowledge.

### DATES

Tue, 5th March  
Tue, 19th March  
Mon, 22nd April  
Tue, 4th June  
Wed, 12th June  
(From 10am-  
12pm)

[www.tewv.nhs.uk/get-involved/training/camhs-training-in-teesside/](http://www.tewv.nhs.uk/get-involved/training/camhs-training-in-teesside/)



[<<CLICK HERE](#)  
TO LEARN MORE



For further information about Child and Adolescent Mental Health Services (CAMHS), and the training they provide, please email [TEWV.CAMHS-Training@nhs.net](mailto:TEWV.CAMHS-Training@nhs.net) or call 01642 529606.



Download the NEW

# Redcar and Cleveland Family Hubs App

**NEW**



Scan the QR code or search for 'Redcar and Cleveland Family Hubs'

[www.redcar-cleveland.gov.uk/family-hubs](http://www.redcar-cleveland.gov.uk/family-hubs)



# Upcoming Training



Virtual



In person

## Digitally Assisted Stalking Awareness Training



### DATES

Tue, 19th March  
1:30 - 3:30pm

For all those working to safeguard adults and children/young people. This training is to raise awareness and change attitudes towards stalking.

Free to all organisations in the Tees area.

To apply for a place please use our online booking system, via the link below.

**CLICK HERE >>**  
TO LEARN MORE

<http://www.hartlepool.gov.uk/HSSCP-book>



## NHS - Dynamic Support Register Awareness Sessions

Dynamic Support Registers (DSRs) are the mechanism for local systems to identify children, young people, and adults (with consent) who are at risk of admission to mental health inpatient services without access to timely dynamic support.

✉ To access further information or request a place on one of the sessions, please email: [nencicb-tv.childrensdsr@nhs.net](mailto:nencicb-tv.childrensdsr@nhs.net).

### DATES

Wed, 17th April  
3:00 - 5:00pm

# Family Action

## South Tees Perinatal Support Service

### Improving Wellbeing and Attachment



[www.family-action.org.uk](http://www.family-action.org.uk)

12060203 06/41

## About Family Action

Family Action is a charity committed to building stronger families and brighter lives. We provide innovative and effective services and support to many of the UK's most vulnerable people, helping individuals and communities address the challenges they face through practical, emotional and financial support.

## How to contact us

Family Action: South Tees Perinatal Support Service

Tel: 01642 062714

Email: [southteesperinatal@family-action.org.uk](mailto:southteesperinatal@family-action.org.uk)

## How can I refer

Look at the referral criteria on this leaflet and if you and the family you are supporting feel they would benefit from our service, please contact the Perinatal Support Service for an initial discussion before sending a referral.

If you are a parent reading this leaflet, you can also refer yourself, please contact the Perinatal Support Service if you would like to ask for support. Additionally, if you would like to find out about becoming a volunteer please contact the service to discuss opportunities.

Family Action Head Office 34 Wharf Road, London N1 7GR  
T: 020 7254 6251 E: [info@family-action.org.uk](mailto:info@family-action.org.uk) W: [www.family-action.org.uk](http://www.family-action.org.uk)

Registered as a Charity in England & Wales no. 244713. Registered as a Charity in the Isle of Man no. 1206.  
Registered Company Limited by Guarantee in England and Wales no. 01068186.

Patron: HRH The Princess of Wales. Chair: Ian Hargrave. Chief Executive: David Holmes CBE  
Vice Patrons: Christine Davies CBE. Dr Andrew McCulloch. Dame Denise Platt DBE.  
Katie Vonneck-Smith. Professor Hamlet Ward CBE.

# Supporting Families Toolkit

If you aren't already using it, please take a look at our **Supporting Families Toolkit**. It's a useful resource which has been developed to support everyone who works with children and families.



It brings together a wealth of guidance, websites, contact details, and resources to improve access to information, advice, and services.

We've consulted with many colleagues to incorporate a wide range of tools, from direct work templates to digital resources, that will support your assessment and planning work with children and young people.

We will update the toolkit regularly so please don't save a copy as it will quickly become out of date. Instead, save this web page in your Favourites for easy access.

1	General Information & Resources
2	Getting a Good Education
3	Good Early Years Development
4	Improved Mental and Physical Health
5	Promoting Recovery & Reducing Harm from Substance Misuse
6	Improved Family Relationships
7	Children Safe from Abuse and Exploitation
8	Crime Prevention & Tackling Crime
9	Safe from Domestic Abuse
10	Secure Housing
11	Financial Stability
12	Signs of Safety
13	SEND

**Theme 3 Good Early Years Development**

Good early years development improves children's life chances. Support for families may begin before a child is born and expectant or new parents who require additional support may be eligible for the programme. Providing guidance for parents and developmental support for babies and young children is essential for delivering strong health and educational outcomes for children, ensuring they have a positive start in their early years.

**Information Sources**

- Universal 15 hours Free Early Years Places for 3 & 4 Year Olds
- HENRY
- Healthy Start
- Family Hubs
- Essential guide for new dad, dad pad.
- Health Visiting and School Nursing
- Free Childcare for 2 Year Old
- Right support to meet a Child's need
- Free Early Years Provision for 3 & 4 years old
- Free Childcare search / Brokerage
- Baby and Toddler Safety Advice (NHS)

<https://www.redcar-cleveland.gov.uk/children-and-families-services/early-help/supporting-families-toolkit>

  
**CLICK HERE ^^**  
**TO ACCESS THE TOOLKIT**

- \* Please note, the toolkit will open links in the same browser window, just click the back arrow to return to the toolkit.
- \* If an alert appears when you click on a hyperlink, click 'ok' or 'allow' (this is a message from Adobe letting you know that you are accessing an external website).



# FREE ONLINE COURSES FOR PARENTS, PARENTS- TO-BE, GRANDPARENTS AND CARERS LIVING IN REDCAR AND CLEVELAND

Go to [inourplace.co.uk](https://inourplace.co.uk) and enter  
the access code 'lemontop' to  
access these courses.

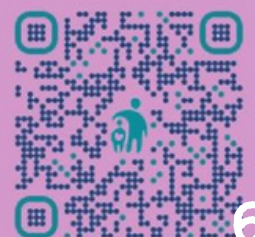


## Courses include:

- Understanding pregnancy, labour and birth
- Understanding your baby
- Understanding your child (0-19)
- Understanding your child with additional needs
- Understanding your teenager's brain  
and more

Scan the QR code below for  
the Solihull course library:

For technical support contact:  
[support@inourplace.co.uk](mailto:support@inourplace.co.uk)  
or 0121 296 4448 Mon-Fri 9am-5pm.



# Family Hubs

## Dads Group

Due to the success of our Dads Group taster session, we have recently launched an additional three Dads Group sessions that will run on the 2nd, 3rd, and 4th Saturday of each month.

### Calling Dads of 0-5 year olds! Come along to our Dads Group starting in January 2024!

A recent study by men's mental health campaigners found that 95% of participants agreed there should be more advocacy/support for fathers.

The Dads group will take place at the Family Hubs listed below on the following Saturdays each month from 10am - 11:30am.

Redcar Coast Family Hub  
Rainbow Lane  
TS10 1RR  
01642 776030

**2nd Saturday of each month**

Grangetown Family Hub  
Grange Farm Road  
Grangetown  
TS6 7HP  
01642 770810

**3rd Saturday of each month**

Guisborough Family Hub,  
Park Lane  
Guisborough  
TS14 6NT  
01642 495357

**4th Saturday of each month**



[contactusfamilyhub@redcar-cleveland.gov.uk](mailto:contactusfamilyhub@redcar-cleveland.gov.uk)

Funded by  
UK Government

The sessions are aimed at children aged 0-5, and they will provide a fabulous opportunity for dads/male carers to spend some time, and have fun, with their children. No booking required.



# Money Guiders

## Northumbrian Water

### Water Meter & Water Calculator

It may be possible to save money on your water bills depending on usage and circumstances.

One option is to look at getting a water meter installed. The general rule is that if you have more bedrooms than the number of people living in a property you may be able to reduce your bill. Water will then be billed on your actual usage as opposed to being billed based on the rateable value of the property.

It is advisable to use a water calculator (<http://www.ccwater.org.uk/watermetercalculator/>) to check whether you're likely to save money by having a meter (such as <https://www.nwl.co.uk/watermeter>).

### WaterSure Scheme

If you have a water meter, the WaterSure scheme can cap your water bills if you have high usage because of medical conditions or the number of dependent children in your household. High usage due to medical conditions requires you to have a condition that causes you to require more water usage such as eczema, incontinence, ulcerative colitis, etc. You would fit the criteria regarding children if you have three children or more under 19 and in full-time education living in your household.

You can apply for WaterSure with Northumbrian Water directly. You will need to supply evidence that you qualify, such as a copy of your awards notice for a benefit.

### SupportPLUS

Northumbrian Water also has a social tariff called the SupportPLUS scheme, which can apply a discount (up to 50%) against your bill depending on your circumstances.

Information on all the different ways you can be supported with your water bill can be found on the Northumbrian Water website.

**CLICK HERE >>**  
**TO LEARN MORE**

<https://www.nwl.co.uk/services/extra-support/financial-support/>



# Money Guiders

## Citizens Advice

### Tees Valley: Move Forward

A new project working with people aged 18+ who are economically inactive providing support to: identify and address the barriers they face to employment, access additional support where required, improve skills, engage with the benefits system, and move towards the labour market (obtaining and sustaining employment wherever possible).

There are several organisations involved in the project with Humankind as the lead organisation. Participants are given a navigator to support them through the programme.

Citizens Advice can provide financial capability advice around benefits and other income maximisation, budgeting, and debt. Please visit the Citizens Advice website to find out about the programme and whether you're eligible to join.

## National Energy Action

### WASH Helpline

The WASH helpline was developed on the back of the energy and cost of living crisis. They have expert energy advisors ready to offer support with energy debt, efficiency, accessing grants, dealing with suppliers, and much more. They primarily deal with people in fuel poverty.

**CLICK HERE >>**  
TO LEARN MORE

<https://www.nea.org.uk/get-help/wash-advice/>



### Learning & Qualifications

There are lots of opportunities for learning and qualifications ranging from 1-2 hour E-Learning on the basics of energy to levels 1-4 NVQs. Please share amongst your team/organisation.

**CLICK HERE >>**  
TO LEARN MORE

<https://www.nea.org.uk/training/course-outlines/>





# Money Guiders

## Citizens Advice

### Mortgage and Rent Rescue Service (MARRS)

The specialist Housing Team works closely with Redcar & Cleveland Borough Council's Homeless Section, Beyond Housing, and other housing associations within the Redcar and Cleveland area.

They can provide advice to residents living in any type of accommodation, rented or mortgaged, or who are homeless. They work with clients to help them secure and/or maintain their home.

The team can advise on a full range of housing-related subjects from welfare benefits and income maximisation to advice on possession proceedings, including the completion of court forms. They can help to negotiate with landlords and lenders and liaise with the Council.

### Debt and other issues with gas and electricity suppliers

Clients, especially at present, are finding it difficult to resolve issues with energy suppliers because they are often very difficult to contact and the process adds additional stress to an already difficult situation.

Citizens Advice has specialist debt and energy teams who can help. Whether it's by helping you understand bills and options on tariffs, helping you resolve metering and billing issues with energy suppliers, or by providing budgeting advice.

**CLICK HERE >>  
TO LEARN MORE**

[www.citizensadvice.org.uk/consumer/energy/energy-supply/get-help-paying-your-bills/grants-and-benefits-to-help-you-pay-your-energy-bills/](http://www.citizensadvice.org.uk/consumer/energy/energy-supply/get-help-paying-your-bills/grants-and-benefits-to-help-you-pay-your-energy-bills/)



### Fuel Vouchers

Citizens Advice are able to make applications to the Fuel Bank Foundation for fuel vouchers where a person is in crisis and they are unable to top up their gas/electric prepayment meters. There are checks that they're required to make as part of the application process, e.g. to confirm the applicant's identity, address, and need for support.

- Signpost to one of our drop-ins.
- A referral can be made via [enquiries@citizensadvisedrc.org.uk](mailto:enquiries@citizensadvisedrc.org.uk).
- Call our Adviceline: 0800 144 8848.

 There is really useful information on the Council's website about support available for residents regarding the cost of living crisis <https://www.redcar-cleveland.gov.uk/cost-of-living-support>.

# Getting it right for children



When parents are separating or separated, children can often get caught in the middle

Getting it right for children is a free online course designed to help you parent co-operatively

It can help you to develop positive communication skills so that you can sort out disagreements and find solutions together

This course is free to Redcar and Cleveland residents, and can be accessed at:

<https://www.oneplusone.org.uk/parents>



Or you scan the QR code with your phones camera and find your local authority to set up an account



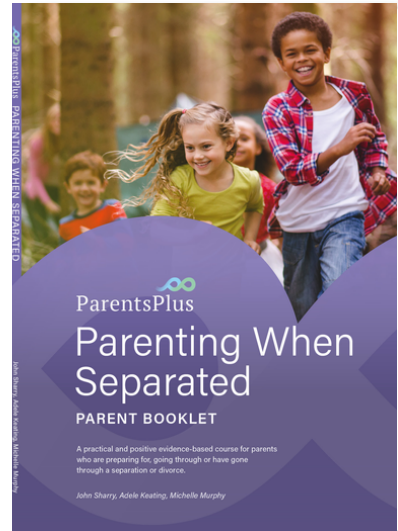
Funded by  
UK Government



# Parenting When Separated

We are happy to announce that we are rolling out a new group programme to support parents who are separated, or are preparing to separate and trying to parent together.

This group is aimed at parents who are already separated (for any period) or those who are thinking of ending their relationship. The group is designed for parents of all ages, and both the resident and non-resident parent. Places are available for families who are receiving Early Help or Social Care Support.



## Aims of the programme

The group aims to help parents:

- Solve co-parenting problems in a positive way that focuses on the needs of the children.
- Cope with the emotional impact of separation and learn stress management techniques.
- Help their children cope with the impact of separation both emotionally and practically.
- Enhance communication with their children and with their children's other parent.

## Sessions covered:

### Session 1

The impact of separation on parents / the impact of separation on children.

### Session 2

Establishing a cooperative, co-parenting relationship / helping your child to cope.

### Session 3

Communicating with my child's other parent / communicating with my child.

### Session 4

Being a residential or non-residential parent / managing successful contact and handovers.

### Session 5

Personal coping and stress management / dealing with challenges.

### Session 6

Parent self-care in the long term / managing new relationships.

To gain a place on the programme or ask for further information, please email [familiestogether@redcar-cleveland.gov.uk](mailto:familiestogether@redcar-cleveland.gov.uk).



# You, Me and

# BABY TOO

HAVING A BABY CAN BE AN EXCITING TIME, BUT ITS ALSO ONE OF THE BIGGEST CHANGES YOU AND YOUR PARTNER ARE LIKELY TO GO THROUGH. YOU WILL BOTH BE TIRED AND STRESSED AND YOU MAY ARGUE MORE



WITHIN REDCAR AND CLEVELAND, WE HAVE RECEIVED FUNDING TO DEVELOP THE RELATIONSHIPS WORK WE DO WITH FAMILIES TO SUPPORT THEM THROUGH TIMES OF CONFLICT. EVIDENCE SHOWS THAT WHERE CHILDREN ARE LIVING IN HOMES THAT EXPERIENCE CONFLICT, THERE IS AN ADVERSE EFFECT ON CHILDREN. OUR AIM IS TO SUPPORT PARENTS TO ACHIEVE HEALTHY RELATIONSHIPS.

## WHAT DO WE OFFER?

- ME, YOU AND BABY TOO IS A FREE ONLINE COURSE THAT CAN HELP YOU NAVIGATE THESE CHANGES AND KEEP MOVING FORWARD TOGETHER
- THIS COURSE IS FREE TO RESIDENTS OF REDCAR AND CLEVELAND AND CAN BE ACCESSED ON: [HTTPS://WWW.ONEPLUSONE.ORG.UK/PARENTS](https://www.oneplusone.org.uk/parents), JUST FIND YOUR LOCAL AUTHORITY TO SET UP AN ACCOUNT



OR YOU CAN SCAN THIS QR CODE WITH YOUR PHONES CAMERA APP!



Funded by  
UK Government





# Professionals Consultation Line

## NHS - Neurodevelopment Pathway (Age 5-17)

### About the Consultation Line

Over the past 12 months, there has been a significant increase in the number of children being referred for Autism/ADHD Assessments. This has resulted in lengthy waits for assessments to conclude due to an open referral route whereby any professional can refer.

To help ensure children have access to a timely Neurodevelopmental Assessment, a "Professionals Consultation Line" was implemented to test out whether a pre-referral discussion could support referrers with the identification of Autism and ADHD and help them gain a better understanding of the needs of children and families.

This allowed for a more collaborative approach through informed discussion about whether a referral should be progressed and to provide early advice, guidance, and helpful strategies back to families at the earliest point.

The intention is that together, children and families will be supported earlier and have timely access to assessments and that professionals feel supported in decisions for referral and meeting the needs of children and families.

### The Purpose of the Consultation Line

The consultation line is the new referral route into the neurodevelopment service, for professionals only. It provides an opportunity to have a collaborative discussion regarding the needs of a child pre-referral.

The NHS can support a joint discussion where neurodevelopmental traits may or may not be apparent within the classroom and/or home environment and to help identify appropriate support.

**CLICK HERE >>  
TO LEARN MORE**

<https://northeastnorthcumbria.nhs.uk/our-work/workstreams/children-and-young-people/needs-led-neurodevelopmental-pathway/>



**Many organisations work in partnership to form the Early Help Strategic Network.**

**We are aligned in our goal:  
'Supporting each other, Supporting families'.**

**Our vision in Redcar and Cleveland is to work together to ensure that children, young people, and their families receive the right help as early as possible; to support them to thrive and fulfil their dreams.**



If you'd like to submit information about your services for articles in future editions of the newsletter, please send it to [christopher.dunham@redcar-cleveland.gov.uk](mailto:christopher.dunham@redcar-cleveland.gov.uk).