

Sheffield 
family
hubs & **Start**
for life



Giving every child a great start in life

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Sheffield Start for Life Services

The first 1,001 days of a child's life, from conception to age two, are the most important in setting their future life chances. All families need some help to give their babies the best start in life.

Sheffield's Start for Life services offer a range of support to new and expectant parents and their families. We want to make sure every child has a great start in life.

This booklet offers an overview of the services available to parents and caregivers in Sheffield during this critical period.

To find out more visit the Sheffield Directory or use the details on the back of this booklet to contact us.

Midwifery care

Jessop Wing Community Midwifery offers antenatal and postnatal care as well as a 24/7 birth at home service. They have five teams of Community Midwives and support workers across the city. Routine midwifery care is provided at GP surgeries, Family Hubs, or for some appointments at your home.

As soon as you have a positive pregnancy test or think you might be pregnant, contact your GP surgery. They will provide you with information about how to access care at the Jessop Wing, part of Sheffield Teaching Hospitals, where you will have scans and see specialist teams if needed.

Community Midwives aim to book women in before 10 weeks of pregnancy. This is to enable them to help you to plan your pregnancy and offer support required, as early as possible. During pregnancy, most of your contact will be with your community midwife. They will see you regularly to make sure that both you and

your baby are healthy, make referrals to other services that may be needed and to answer any questions you may have.

Information and advice is available to you from all the health professionals involved in your care. There are also many leaflets readily available which may help you understand, and make decisions about, your care and treatment. Interpreting services are also available for those who need them.

The team also offer parent education classes both in person and online to help prepare you for the birth of your baby and beyond.

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



Health Visiting

The Health Visiting service is part of Sheffield Children's NHS Foundation Trust's Wider 0-19 Service. They work closely with Sheffield City Council to help keep children aged 0-5 years healthy. They also provide access to the best local and national support. The service follows the national Healthy Child Programme. The team offer tailored packages to support families' and children's needs.

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 is a Breastfeeding Friendly City and recognises the importance of the long term benefits for babies. Infant Feeding Peer Support is provided by a dedicated team within the Family Hubs. This is in collaboration with Midwives and Health Visitors. The team will contact expectant parents at around 32 weeks. During this contact they will discuss feeding and bonding with baby and available support once the baby arrives. Health Visitors offer a range of support from breastfeeding to weaning. This also includes feeding cues, expressing milk, and sterilising. More information on feeding is available in the Personal Child Health Record 'Red Book.'

For more details, you can visit breastfeedinginsheffield.co.uk. Should you need any support you can contact us on **0114 273 5665**. You can also email infantfeedingsupport@sheffield.gov.uk

Parent Carer Panels

The first 1,001 days of a child's life are a critical development period. We really want your help to improve the services in Sheffield. We'd like to hear from a diverse group of parents and carers to ensure we listen to all voices in the community. This means that you do not need to have taken part in anything like this before.

If you're pregnant or have a child aged 0-2 and you are willing to share your experiences of pregnancy, having a baby and accessing services, we'd love to hear from you. Any feedback given at the Panel will be anonymised.

Visit <https://forms.office.com/e/fcTNF5z6hL> to join our Parent and Carer Panels.



Support after having a baby

Registering your birth - All births in England, Wales and Northern Ireland must be registered within 42 days of the child being born. You can book an appointment to register the birth of your baby at Sheffield Town Hall. You should take at least one form of identification when you go to the register office. For more information or to book an appointment visit <https://www.sheffield.gov.uk/births-deaths-marriages/register-birth>

Sheffield Parent Hub deliver a range of evidence-based programmes in Sheffield. These are tried and tested programmes based on international research into what works for families and children. We have options to suit every parent, a few small changes can make a big difference!

Baby and Infant programmes give you:

- skills and strategies to support your baby's development, communication, and learning.
- ways to strengthen parent-child interactions and attachment
- helps on how to care for your own emotional wellbeing, which is good for your baby too.

In the online programme, you can set your own parenting goals, learning step by step whenever you like.

Mental health and emotional support Many parents 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 emotional well-being needs with your midwife, health visitor, or other health professionals. Expectant parents can expect to receive support from specialist services or Health Visitors. You will be provided with care packages to promote maternal and infant mental health. They will also refer to other services when needed.

- **Light Peer Support** is a South Yorkshire-based peer support charity. It provides emotional support to families from pregnancy to 2 years after birth. All staff and volunteers have personal experience of dealing with emotional or mental health challenges after birth. They offer peer support groups and free counselling services.

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** provides evidence-based psychological therapy for adults struggling with low mood or anxiety. They offer face-to-face appointments in Primary Care Networks. They also offer remote sessions via video link or telephone, in both voluntary sector and other locations. 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) is a group of psychologists and psychotherapists. They are dedicated to giving babies in Sheffield the best start in life. They help to build a strong and nurturing relationship between parents and their children from conception to age 3.
- **Steel City Dads** is a free citywide service. It provides support to dads and co-parents through activities, workshops, and peer volunteers. It aims to promote mental health and foster friendships. Referrals can come from healthcare professionals, family members, or by self-referral. Visit <https://www.zestcommunity.co.uk/services/steel-city-dads/>

- **Specialist Perinatal Mental Health** care is provided by The Sheffield Health and Social Care Trust. They accept referrals from any professional or service involved with a family. They offer a range of assessments to support those experiencing mental health problems around the time of having a baby. Referrals can be made through healthcare professionals.

Please speak to your health care professional to discuss support and a referral. This could be your GP, Community Mental Health Team, Midwife, or Health Visitor. <https://www.shsc.nhs.uk/services/sheffield-rotherham-and-doncaster-perinatal-mental-health-service>



Local Offer

Special educational needs and disabilities (SEND) can impact a child or young person in many ways. It can impact their ability to learn, behave, socialise, understand and concentrate. They may also have a physical disability. The Local Offer in Sheffield provides information on available SEND services across Sheffield.

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, contact the Sheffield Safeguarding Hub. You can speak to a social worker on **0114 273 4855** (24 hours) 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:

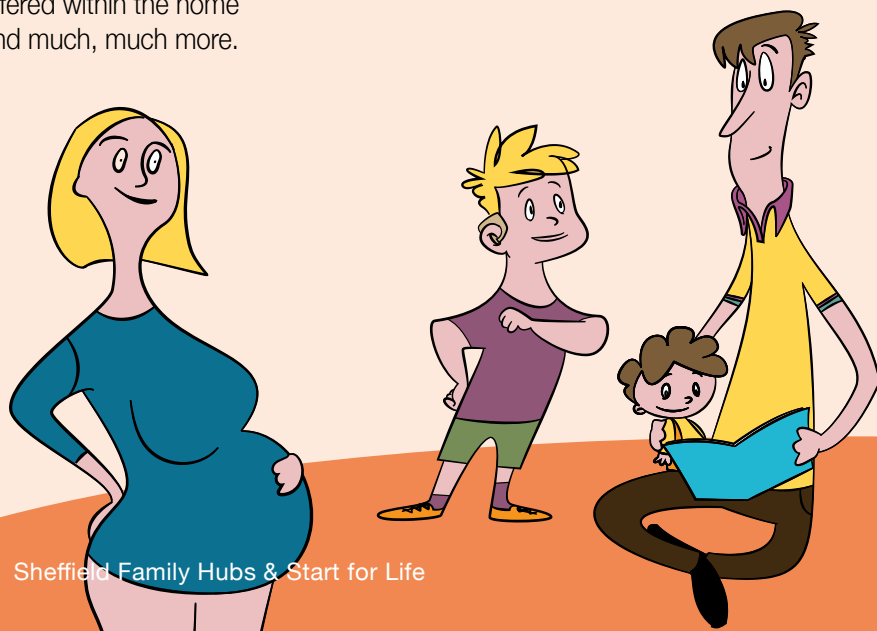
- free activities for children aged 0-5
- a place to meet other parents and families
- important Start for Life services
- support with managing finances and getting back into work or training
- early language and home learning activities and ideas for children under 5
- signposting to services to support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

Additional support

We offer this support 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 child's behaviour and with setting boundaries.

They can also help with accessing support for children who have additional needs and signpost to other services. If you feel you this would be helpful, please contact us 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

Volunteers are trained to provide practical and emotional support to vulnerable pregnant women starting at around 34 weeks of pregnancy. Volunteers offer weekly visits during the later stages of pregnancy, during labour and birth if necessary. They will also support for six weeks following the birth of the 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. It is offered to parents in Sheffield who are pregnant for the first time, and are between 28 and 34 weeks pregnant.

The course covers various topics related to preparing for the arrival of a baby, including self-care, baby care, preparing for birth, and feeding.

The course is delivered in-person and online.

For more information, please visit <https://www.sheffielddirectory.org.uk/Preparationforbirthandbeyond>

Play, Chat and Learn

Babies and young children love it when you play and chat with them, even if you think they're too young to understand.

You can turn almost anything into a game. And every little thing you do together will help set them up nicely for the day they start school.



We have a range of support to help you develop your child's language skills, including the Making it REAL programme. The programme is aimed at parents/carers of children aged 3-4 years old. This supports parents to help their child with reading, writing and creating a positive home learning environment.

To find out more about Play, Chat and Learn visit <https://www.sheffielddirectory.org.uk/Playchatlearn>

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.

Baby Massage

Massage helps to support the development of your 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.

Visit Sheffield Directory to find out what's running or to book onto the above activities:
www.sheffielddirectory.org.uk/sheffield-family-hubs



Toilet Training Seminars

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.

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 children'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



**Sheffield
family
hubs**
Network Member

Sheffield Family Hub Network

The Family Hub Network will improve connections between early years providers, community partners and the families they link with. Network members will promote the Family Hub and Start for Life offer, to ensure all families have access to support and services on offer.

Find out more about the Family Hub Network Members on The Sheffield Directory www.sheffielddirectory.org.uk/Family-Hub-Network



Healthy Start Scheme

Available to expectant parents over 10 weeks pregnant or those with a child under 4. A Healthy Start card may be provided with money to buy healthy food and milk from select UK shops every 4 weeks if eligible.

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

For information on what you can use the Healthy Start Card for, or to apply for one visit the NHS Healthy Start website www.healthystart.nhs.uk.

You can also speak to your Midwife, Health Visitor or contact your local Family Hub 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 good oral health routines are established early and maintained throughout adult life.

Follow this link for more information and tips <https://www.sheffielddirectory.org.uk/oral-health> or speak to your health visitor.

Parenting

All parents and carers in Sheffield can access a range of groups that offer practical advice and support with parenting. 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

Startwell Sheffield

Quality Improvement Community Early Years Practitioners provide support for children under 5 and their families. They offer a range of opportunities under the Start Well Sheffield Programme. During these sessions, the team share tips and advice on various topics related to child development, health, and wellbeing. They help families identify areas for improvement and provide support in making changes. Sessions are available both online and in-person.

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. You can also contact your local Family Hub or Childcare Provider. <https://www.sheffielddirectory.org.uk/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 Family Learning team provide workshops to help parents and carers enhance their children's learning and development. These sessions have a focus on English, maths, digital skills, and health and well-being. They also assist adults in improving their own skills for education and employment.

The Family Learning team also use and promote the Sheffield 50 Things to Do Before You're 5 activities. This is used both as part of their family learning courses but also as a free standalone app. The app is available 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

Support for Adults

Likewise is the alcohol and drug service for adults across Sheffield. They provide information, advice and help so people can make better choices around alcohol and drugs. They work with people to be safer through a range of dedicated, professional support.

Call **0114 3087000** or visit <https://likewisesheffield.org.uk>

Support for Young People

The Corner is Sheffield's young person substance misuse service for 10 up to 18 year olds. They provide comprehensive assessment and treatment services for substance misuse. They offer flexible support including one to one, and targeted group sessions for vulnerable young people, tailored to their needs.

For more information or guidance visit <http://www.thecornersheffield.com/>



Domestic Abuse

Sheffield has a range of domestic abuse services that offer support for anyone 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 is an NHS service that provides expert advice and support to those who want to quit smoking. They offer a range of resources and personalised support to help individuals quit smoking as soon as possible. Their online and phone service is available to provide support and guidance whenever needed.

Call **0800 612 0011** (free from a landline) or **0330 660 1166** or visit: [https://sheffield.yorkshiresmokefree.nhs.uk/](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 provides youth engagement services that prioritise youth voice and leadership. Services are tailored to meet the needs of young people and are delivered directly in communities.

Young Sheffields can access a number of universal youth services across the city, visit <https://www.sheffielddirectory.org.uk/community-youth-service> or email youth.services@sheffield.gov.uk for more information.

If you have limited internet access and you're unable to visit the online links mentioned in this document:

- **Wifi access is free in all libraries**
- **internet access is free in all libraries for library members.**
- **Speak to a member of the Family Hub team who can print off the information for you**



Notes



For more information

For activities, information, events and updates from Sheffield Family Hubs, Start for Life & the Family Hub Network you can follow us on social media.



Facebook – [@SheffieldFamilyHubs](#)



X – [@SheffFamilyHubs](#)



Instagram – [@SheffieldFamilyHubs](#)



YouTube – [@SheffieldFamilyHubs](#)



Contact number – 0114 273 5665



Email address – SheffieldFamilyHubs@sheffield.gov.uk

Scan the QR code to find out more



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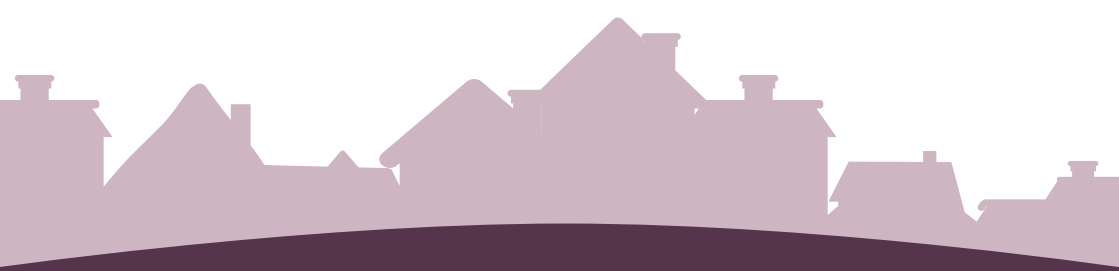
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And all our commissioned partners and community and voluntary organisations delivering excellent services to families.



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