

Middleton Family Hub Networking Newsletter – Community Version

A newsletter brought to you by Middleton Family Hub - Issue 2

This new newsletter is a great opportunity to promote more partnership working with our local Schools, whilst supporting families of our settings and to cascade updated local info as best as we possibly can to support families within the community, and give families the extra chance to seek opportunities they may be interested in.



Breastfeeding Clubs

Our free groups are welcoming, friendly spaces that can help you find out more about breastfeeding, meet other parents, share tips and experiences.

Feeding Team 0161 206 1098

Our free groups are welcoming, friendly spaces that provide an opportunity to find out more about breastfeeding, meet other parents, share tips and experiences of your journey. Whether you're expecting, currently breastfeeding or combination feeding and live in Rochdale Borough we are here for you!

Please contact FamilyHubs@Rochdale.Gov.UK if you would like more information.

For further support in evenings and weekends contact: National Breastfeeding Helpline (Evenings and Weekends): 0300 100 0212

Rochdale Borough Family Hubs

Support that grows with you

Family hubs provide a single access point to integrated family support services for early help early years with social, emotional, physical and financial needs. Each family hub is designed for the local community while incorporating three key delivery principles: access, connection and relationships.

Service 0-19 25 if SEND.

Bump, Birth & Beyond

A four week course delivered by the Family Hubs team, Midwives and Health Visitors for expectant families who are 28 weeks and over and live in Rochdale borough.

Courses are held at Family Hubs in Heywood, Middleton and Rochdale between 5.30pm and 8.00pm. It is a great opportunity to help prepare for the birth of your baby and meet other parents to be.

Topics include:

- Infant feeding choices
- Responsive parenting
- Bonding and attachment
- Pain relief
- Labour and birth
- Early days with your baby
- Safer sleep

How to book: Please email us; Bumpbirthandbeyond@secure.rochdale.gov.uk

- Call into your nearest Family Hub
- or Speak to your Midwife






You will also get to know about services available once baby is born.





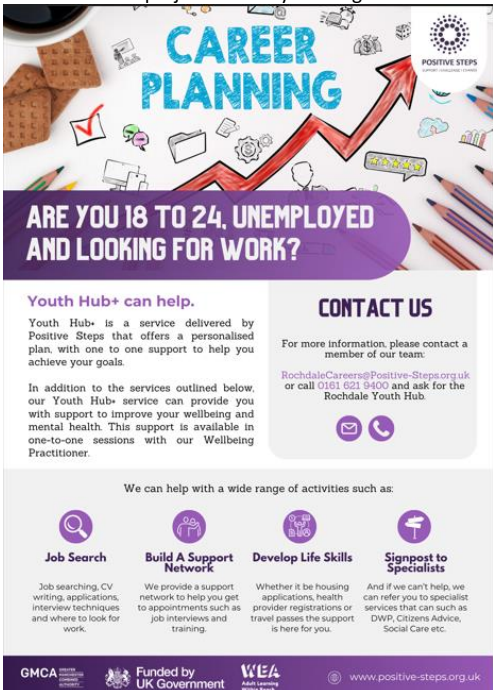


Providing information on health, social care, childcare and family services within the borough of Rochdale.
















Visit Our Rochdale for all Family Hub Services and timetables.

	Other Information	Attachment/Referral Form
<p>Parenting & Family Relationships Programmes</p>	<p>Our programmes provide group support, advice and guidance to parents and carers living in Rochdale to support healthy and respectful family relationships. They are a great way to help understand different behaviours and development stages of your baby, child or teenager and understand the importance in positive relationships between all members of families.</p> <p>All our group programmes are delivered by trained practitioners who understand the joys and challenges of bringing up children and how healthy respectful relationships between all family members can help both adults and children thrive.</p> <p>They can help you find new ways so you can work with your children to solve any concerns and maintain positive respectful relationships with them. You will be encouraged to build upon your skills and learn from other parents and carers.</p> <p>We offer a variety of programmes in each neighbourhood, along with a virtual offer for some. They run in term times, throughout the year in mornings, afternoons and evenings.</p> <p>Our Rochdale Parenting & Family Relationships Programmes</p> <p><u>NEW UPCOMING COURSES!!!</u></p> <p>This is a gentle reminder that the Webster Stratton Incredible Years course in Middleton January 2025 will be held at Boarshaw Family Hub Stanycliffe Lane Boarshaw Middleton M24 2PB</p> <p>Tuesday 7th January 12.30 – 14.30 for 14 Weeks (not during school holidays) Free Crèche places are available</p> <p>The course is for Parents of children between 2-8 years and follows weekly content based on a pyramid focusing</p> <ul style="list-style-type: none"> • Play • Praise and Reward 	

	<ul style="list-style-type: none"> • Effective Limit setting (rules, routines, commands) • Ignore • Time out • Problem Solving <p>This an evidence based programme used internationally and uses collaborative group learning theory to help parents understand child behaviour, their own perspective of this behaviour and</p> <p>develop weekly strategies to help manage behaviour effectively build parents confidence promote positive behaviour help children understand and manage their own emotional regulation build child/parent relationships</p> <p>If this sounds like it could help; and you would like to be part of a group that will work together to achieve positive and common outcomes – you will be more than welcome. If interested... Contact parenting@rochdale.go.uk</p>	
Open House Sessions	Perinatal and Infant Mental Health Services (PIMHS)	 Open House Sessions.pdf
Stop smoking help for Middleton residents	<p>Stopping smoking is one of the best things you can do for your health, pocket, and family.</p> <p>Evidence shows you're three times more likely to be successful at stopping with free expert support. In Middleton, you can get this from Living Well.</p> <p>Put some extra money in your pocket in time for Christmas, and start your stop smoking journey today, by contacting Living Well on 01706 392 210</p>	 Home - Living Well Rochdale
Free Disability Cricket at Rochdale Leisure Centre	<p>I work in disability sport for Lancashire Cricket Foundation, and I'm looking to share some information about a new disability cricket offer in Rochdale for 12 to 25 year-olds. The Super 1s Cricket programme runs weekly during term-time at Rochdale Leisure Centre (flyer attached).</p> <p>We are trying to make this opportunity as accessible as possible for young people in Rochdale, and we'd be massively grateful if you were able to share the information with your contacts at the family hubs as some of the people who attend them may well be interested in trying the session. Below is the link to the Super 1s website, and if anybody is interested they are welcome to get in touch with me directly.</p> <p>https://www.lordstaverners.org/how-we-help/charitable-programmes/super-1s/</p> <p>Many thanks for your help,</p> <p>Amlyn Layton Disability Cricket Development Officer Lancashire Cricket Foundation Emirates Old Trafford, Talbot Road, Manchester, M16 0PX</p> <p>T: 07799 639 838 E: alayton@lancashirecricket.co.uk W: lancashirecricket.co.uk/foundation</p>	 Rochdale_Sep24.pdf
Food Support (ongoing)	See below for a link to an up-to-date area on our website for all things Food support: https://www.actiontogether.org.uk/food-support-signposting-rochdale	
Middleton Family Hub Timetable (ongoing)	Please see our current Timetable attached.	 novfinal.pdf
Oral Health Resources (ongoing)	Please see the link for free oral health resources including leaflets and posters. Please share with your teams and partner agencies. Better Health Start for Life Top Tips For Teeth Campaigns Campaign Resource Centre (dhsc.gov.uk)	
	There is also a useful website: How to take care of your baby or toddler's teeth - Start for Life - NHS - NHS (www.nhs.uk)	

	<p>November is Mouth Cancer Action Month. I have created some resource packs which will be delivered to the main hubs for your area next week. There are enough resource packs for each hub to have their own. If possible, can teams promote the campaign by displaying leaflets, posters and balloons, and by having conversations about the causes/risks/how to spot it early. I have included some links below for more information about the campaign:</p> <p>Mouth Cancer Action Month Home Oral Health Foundation (dentalhealth.org) Mouth Cancer Action Month Mouth Cancer Foundation Mouth cancer Cancer Research UK</p> <p>Many thanks for your continued support, Kelly.</p>	Kind regards, Kelly Nicholl Oral Health Coordinator The Big Life group
Migrant Help (ongoing)	<p>I am delighted to share that people are able to contact Migrant Help for free, from our free phones at Rochdale Council in Rochdale Library.</p> <p>Press 30 and it takes you straight to migrant help and interpreter service, on the phones between 9-5pm week days.</p> <p>Migrant Help (migranthehelpuk.org)</p> <p>Migrant Help provides independent advice and guidance to assist asylum seekers in the UK move through and understand the asylum process.</p> <p>They run a free asylum helpline available 24/7/365 and accessible to all asylum seekers in the UK. Just call 0808 8010 503.</p>	
Youth Service (ongoing)	<p>I would like to share the above poster for the Short Breaks youth sessions ran by the youth service.</p> <p>The sessions are for young people 12years to 18years with mild to moderate learning needs and disabilities. The sessions are aimed at young people who can engage independently and do not need a PA or higher level support.</p>	 Short Breaks Youth Sessions.docx
Family Hub Parent Carer Panel (ongoing)	<p>Rochdale would love to hear from you if either you are expecting a baby or have a baby under the age of 2.</p> <p>We are looking to speak to a diverse group of parents and carers to ensure we listen to all voices in the community. We want to ensure that the panel is representative of a range of parenting scenarios and of Rochdale's diverse communities.</p> <p>You do not need to have taken part in anything like this before. If you are willing to share your experiences of pregnancy, having a baby and accessing services then we'd love to hear from you.</p> <p>Please contact Langley Family Hub on 0161 653 9526 for more information</p>	
Riverside Housing (ongoing)	<p>We have a Housing officer coming out to be based with us at Langley Family Hub.</p> <p>Families who are with Riverside Housing can come to ask our worker questions in regards to housing related issues they maybe facing – no appointment necessary</p> <ul style="list-style-type: none"> • Thursday 14 November 1-3 Chris • Thursday 12 December 1-3 Amanda 	
Customer Services (ongoing)	<p>Our service is aimed at helping those who are vulnerable, need extra support and are not digitally able to access services by themselves. We are able to offer help and advice and work as part of Rochdale council's Welfare offer.</p>	 Customer service1.docx
Cost of Living (ongoing)	<p>As we all face growing financial pressures, help and support available to aid with the rising cost of living can be found on our webpage here. The page is packed with information, including useful numbers and where you can access help with the cost of living, including food shopping and energy bills</p> <p>If you're having financial issues, you may be able to access superstore vouchers, fuel vouchers and other help through our Household Fund.</p> <p>Eligibility Anyone who is in financial need is eligible to apply for this fund.</p> <p>How to apply Ring our helpline on 01706 923685</p>	
Strategic Housing Services and Contacts (ongoing)	<p>Homelessness Services Information around our Homelessness Service can be found here: Homelessness and prevention Rochdale Borough Council</p> <p>If a Family or individual is threatened with Homelessness then they can contact the team for advice and support on 0300 303 8548 or by email to homelessness@rochdale.gov.uk</p> <p>The Homelessness Manager is Teresa Bond</p> <p>Housing Solutions</p>	

	<p>Housing Solutions manage the housing register in Rochdale. More info can be found here: Rochdale Housing Solutions - Home</p> <p>In addition, the Housing Solutions team can also offer advice around the wider housing market and signpost to other services in the borough around housing access and the private rented sector for instance</p> <p>Tel: 0300 303 8874</p> <p>Email: housingsolutions@rochdale.gov.uk</p> <p>Housing Solutions Managers are Judith Wadsworth and Gill Clegg.</p> <p>Private Rented Sector (PRS)</p> <p>Our PRS Team can support tenants currently living in a private rented property. For example, if a private landlord is not completing repairs properly then this team can support with that.</p> <p>housing_standards@rochdale.gov.uk</p>	
<p>Citizens Advice Sessions (ongoing)</p>	<p>Face to Face Sessions can be booked at Langley Family Hub</p> <p>Tuesday Mornings</p> <p>Please contact Langley Family Hub on 0161 653 9526 to book an appointment</p>	
<p>Youth Hub Career Planning (ongoing)</p>	<p>It's our 16 to 25 project currently running until the end of January 2025.</p> 	
<p>Speech and Language Sessions 0-5years (ongoing)</p>	<p>Early Years Speech and language advice sessions:</p> <p>Where:</p> <ul style="list-style-type: none"> • Sessions are bookable and held in a Family Hub in each of the five neighbourhoods. • They are for children living in the borough from birth to end of reception year. <p>What to expect in the session:</p> <ul style="list-style-type: none"> • Play-based activities focusing on speech, language and communication development • We will follow your child's lead and watch, look and listen to them in play • Each session will include three families and will last 30 minutes • We will support by looking at how we can help and provide advice • There will be no formal assessment/ screening during the session <p>What happens after the session?</p> <p>The Early Year's team will:</p> <ul style="list-style-type: none"> • Link you with appropriate services • Provide play ideas that you can do at home as part of your everyday activities and routines 	<p>February Intake</p> <p>ESSENTIAL; Please use QR to register your interest in this service</p> <p>Intake form Open 6/1</p> <p>Intake form Close 20/1</p> 
<p>SEND Advice Line Sessions (ongoing)</p>	<p>The SEND Advice Line is an inclusive and confidential service in Rochdale, providing information and support to Parents, Carers, and Young People.</p> <p>We work collaboratively with a range of SEND services in Rochdale, taking a multidisciplinary approach to achieve positive outcomes for Children and Young People aged 0-25 years. Our aim is to empower families, by offering early intervention and guidance, helping them to feel confident in promoting success, for their children's futures.</p>	 <p>SEND Advice Line drop ins Oct - Dec 2025</p>

<p>Dyslexia Tools (ongoing)</p>	<p>Here are some useful information for your young people and parents with neurodiversity.</p>	 ipad-apps-for-compl ex-communication-su  ipad-apps-for-learner s-with-dyslexia.pdf  android-apps-for-co mplex-communicati  android-apps-for-lea rners-with-dyslexia.pc
<p>Home-Start Rochdale and Bury (ongoing)</p>	<p>Attached information; Drop-in support groups for September 2024 – March 2025</p>	 RAASS Group dates Sep 2024 - March 2025
<p>Libraries (ongoing)</p>	<p>Attached posters about the new sessions we have set up so far, hoping more will be coming over the coming months</p> <p>Please visit Our Rochdale to find out more activities going on at your local libraries</p> <p>*NEW UPDATED BILINGUAL POSTER</p> 	 Code Club final.pdf  Grandparent Storytime New Date F  therapeutic thursdays (5).pdf  ROC Friendship Group - with start dat  Bilingual Story Time Poster new poster.pdf
<p>Barnardo's (ongoing)</p>	<p>Are you a child or young person with Special Educational Need or Disability? If so, we have a range of activity groups that you might love to join to meet new people and be around others who might have similar experiences to you. Children and Young people do not need to have a diagnosis to attend our groups. Spaces are currently available so please give us a ring if you are interested and one of our team can discuss further and provide information about the groups you might be interested in</p>	 SB_All_groups_poster (2).pdf
<p>Altus (ongoing)</p>	<p>Over the past year Altus Education Partnership, a multi-academy trust based in, and focussed on Rochdale, have been working to develop and bring together an offer of enrichment activity across the Borough through 2 projects, The Children's University and REACH (Rochdale Enrichment AActivity Hub).</p> <p>The Childrens University (www.childrensuniversity.co.uk) is a charity that works through a lead organisation, such as Altus Education Partnership, to reach local primary schools and bring together a range of extra-curricular opportunities for them to access. As children access the activities, their engagement is logged and they can achieve certificates and ultimately will be invited to a celebratory graduation ceremony.</p> <p>REACH has been developed by Altus to continue this work with secondary schools, enabling young people to develop the key skills they'll need to progress positively into further and higher education, apprenticeships and employment. REACH centralises the enrichment offer available across Rochdale Borough into one place, making it simpler and quicker for young people, schools and parents/carers to access. www.rochdalereach.co.uk</p> <p>The aim of each project is to encourage a love of lifelong learning and give children and young people access to experiences that they may not otherwise have had. Our vision is to create an inclusive and cohesive system of education that improves the lives of everyone in the borough and we are working hard to ensure that all children and young people, not just Altus students, have access to a broad, local extra-curricular provision.</p>	 REACH CU Booklet.pdf  REACH poster FINAL June2024.pdf  REACH Flyer FINAL June2024.pdf

	We would love you to be involved and raise the visibility of REACH with young people and their families.	
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