

Newsletter



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Ladywood Family Hub opens end of January

More support for families in Ladywood is coming in the form of the Ladywood Family Hub network. Following research, co-production and partnership working to determine the right place for the Ladywood hub, we are very pleased to announce that the main hub will be located in the [Soho Children's Centre](#) with the [Ladywood Children's Centre](#) as a satellite hub. Both will be open by 29 January 2024 with a family focused launch in mid-February.

Local residents have had the opportunity to get involved in co-producing the Family Hub, by being part of the developing Ladywood Family Voices which is a group of people local to Ladywood who are interested in helping to design the hub services. If you would be interested in joining this group or a group in your area please email familyhubs@birmingham.gov.uk.

Everyone in Birmingham already has access to our 'Family Hubs' and 'Best Start for Life' [website](#) which is packed with information, advice and support for families with children 0-19 (25 with SEND) years old.

A reminder that a further 8 Family Hubs will be opened across the city by February 2025. See FAQs below for more.



Baby Buddy Comes to Birmingham



Baby Buddy: Best Beginnings learning & see it live in action!

Birmingham and Solihull (BSOL) Infant Mental Health Network: Supporting Connection

“Multi-award-winning, interactive pregnancy and parenting App Baby Buddy has been created to support parents, co-parents and caregivers, and to back up frontline practitioners’ work and communication. Baby Buddy provides trusted, evidence-based information and self-care tools, based on the latest research and is NHS approved”.

- Learn from the Baby Buddy team about the app and all it offers.
- Find out how parents can access the App and how it will be supported by the BSOL Local Maternity and NeoNatal System LMNS).
- Learn more about the Baby Buddy package Birmingham have commissioned through Start for Life and how BSOL staff and families can benefit from this.
- Learn how to stay informed/connected as the roll out happens.



Please share this information with colleagues and partners, so that as many people as possible can help us build our BSOL connections.

Supporting Connection events to learn more about Baby Buddy, take place via MS Teams on the third Tuesday of every month, 12:30-13:20 (except August and December). The sessions are for staff working in early years settings in Birmingham and Solihull.

[Click here to join](#) or email bwc.ftbinfantmentalhealth@nhs.net for more information.



Hodge Hill Family Hub Locality Building - Change

The Hodge Hill Family Hub opened at Kitts Green Children Centre in September. However, it has now been decided that the main Family Hub, for Hodge Hill will be located at Dyson Gardens Children's Centre instead of Kitts Green.

The decision has been made after further investigation into the costs of repairing the former nursery adjacent to the Children's Centre at Kitts Green and the ongoing running costs. Without the additional space that the former nursery offers at Kitts Green, the centre does not have enough capacity to offer the full range of services for families that are required to meet the criteria of a main Family Hub site.

Kitts Green Children's Centre will still be an important part of the Family Hub network as a satellite site and additional services that started in recent weeks will continue to be provided from this building. Staff at Dyson Gardens Children's Centre will receive appropriate training and support to fulfil their role as the main Family Hub for the Hodge Hill locality.

We are committed to the roll out of the rest of the physical hubs, with Ladywood due to open at the end of January.

If you would like to meet with the Family Hub programme team to discuss this, particularly if it affects support in your area, please email familyhubs@birmingham.gov.uk

Parenting Support Available Now for all Birmingham Residents

- **Online parenting course** for parents and carers to develop their knowledge around social and emotional needs of their child inourplace.co.uk - just use your Birmingham postcode to access
- **The Pregnancy to 3 years Programme** enables parents to understand the importance of developing a good relationship with the child from pregnancy onwards approachableparenting.org
- **The Henry Programme** for parents and carers of children aged 0 to 5 years old. This programme supports family life, including your wellbeing and confidence as a parent or carer www.bhamforwardsteps.co.uk/the-henry-programme/
- **Promoting Happier Parenting** is a 5 week programme. Sessions involve discussion, sharing of ideas and looking at strategies to promote positive behaviour in your child. Please ask at your local Children's Centre. bhamforwardsteps.co.uk/childrens-centres

Other support available outside the Family Hubs programme



The poster features the Nishkam Centre and Nishkam Healthcare Trust logos at the top left. A central illustration shows a fetus in a womb surrounded by leaves. The title 'Nishkam Start of Life Care' is in a purple serif font, followed by the subtitle 'SUPPORTING WOMEN THROUGH PREGNANCY AND BEYOND' in a teal sans-serif font. The main text describes 12 fully-funded sessions. A bulleted list includes self-care, emotional wellbeing, and pregnancy preparation. A QR code and website URL are provided. The bottom left has a floral illustration, and the bottom right contains contact information for Nishkam Centre and a circular photo of the building.

nishkam centre **nishkam** Healthcare Trust

Nishkam Start of Life Care

SUPPORTING WOMEN THROUGH PREGNANCY AND BEYOND

We are providing 12 fully-funded sessions, in a safe, culturally appropriate setting, to support women throughout pregnancy, focussing on:

- Self-care
- Emotional Wellbeing and peer support
- Preparation for pregnancy, birth and afterwards and much more

For more information, please visit our website at:
<https://ncauk.org/start-of-life-maternity-hub/>

Nishkam Centre
6 Soho Road, Handsworth
Birmingham B21 9BH
Contact us on 0121 515 4229
Email: info@ncauk.org



KOOTH - Online Mental Health Support for Children and Young People

A reminder that Kooth, free, safe and anonymous online mental health support is available for all young people in Birmingham.

Please find a link to digital resource hub where there is a wide range of online material. [Click here](#) to find posters, social media content, FAQs, guides, infographics and more, which can be shared with everyone to use.



Family Hubs FAQs

What is the Family Hubs programme?

Family Hubs' is a central government project which aims to give children the best start in life. It is designed to:

- improve access to services for all families, children and young adults in Birmingham who need support during children's journeys from 0 to 19 years (25 with SEND).
- improve connections between families, professional and service providers and to put relationships at the heart of family information, help and support.
- Be an effective a single 'front door', making it easier for families to get the help they need, and to improve the support on offer. This can include parenting support, support for home learning and early language development, parent and infant mental health and relationships and infant feeding advice.

Who runs them in Birmingham?

Family Hubs is a partnership in Birmingham led by the City Council, including the Voluntary and Community Sector, Birmingham Children's Trust, the NHS (ICB), the Birmingham Children's Partnership, the West Midland Police and Crime Commissioner and West Midlands Police. We hope that families, children, young people, parents and carers will join us in co-producing the offer in the future.

What's in a Family Hub?

Each Hub, satellite and network, will be developed individually for each location. However, typically you might expect to see, universal advice, guidance and support, maternity services, youth services, substance misuse, health visitors, housing and debt advice, domestic abuse support, and speech and language therapists.

What is 'Best Start for Life'?

At the heart of Family Hubs are services that give babies the 'Best Start in Life', helping parents build strong relationships with their babies by providing things like parenting classes, midwifery, health visiting, infant feeding advice and perinatal mental health support. The first 1,001 critical days is a time of rapid development and where experiences during this time lay the foundations for lifelong emotional and physical health.

Is there anything online?

Family Hubs and 'Best Start for Life' is a physical and online service. You can find lots of information, advice and guidance on our website www.birmingham.gov.uk/info/50295/family_hubs

Where is the money coming from?

Central government funding of £9.9 million is being used over 3 years to develop 'Best Start for Life' and 'Family Hubs' provision.

How can I get involved?

We are now asking local people how the services and facilities we are proposing - which are based on local needs - will work best for them. We will also be reaching out to families who we think might benefit most. Look out for communication in your area inviting you to join in or email

familyhubs@birmingham.gov.uk