



North Northumberland Family Hubs Newsletter



Issue 2: June 2024

A warm welcome from Lesley Grieve, our North Family Help Locality Manager.



“Hello everyone and welcome to the 2nd issue of our North Family Hubs newsletter.

As you’re a member of our Family Hub Network, I hope this newsletter will provide you with details with what we have been up too and on the new and exciting services we have to offer children, young people & families in our communities”.

The SUDI Conference was a success!

In April we hosted a Multi-Agency SUDI conference to bring everyone together who has worked hard during the Eyes of the Baby Project. This project offered a tiered approach around training to raise awareness of safe sleeping and good sleep hygiene. The final report can be found at <https://eyesonthebaby.org.uk/>

During the conference the importance of SUDI prevention, the key findings from the Eyes on the Baby (EOTB) project, the roles of SUDI Champions and the next steps for the EOTB training was discussed.

In total 1007 staff registered for the training which was separated into strands 1,2 & 3 depending on staffs’ role (e.g., strand 3 is for professionals working or involved routinely or in the event of emergency care for pregnant & post-partum women and babies.

So watch this space to hear more about SUDI champions & the next steps for those who have completed EOTB training!



For more info on anything enclosed please contact one of our hubs or check out our Family Hubs website.

Our Offer for Young People:

New Role Alert!



We're delighted to share that **Fern Baston** has moved into her new role as a **Young People's Support Worker**.
If you'd like any more info or an informal discussion about a referral please contact Fern via her email address At fern.baston@northumberland.gov.uk

The role offers 1-to-1 support for things such as:



Exam stress



Low level anxiety



Helping isolated young people get out the house



General wellbeing



Advise



Someone to talk too

How to refer a young person?

To refer a young person to this service you must complete a RFS (**Request for Service**) form following the link <https://www.familyhubsnorthumberland.co.uk/register> (Please note they must have an open **Early Help Assessment (EHA)** or **Education Early Help Assessment**).



We started a Fun Club for ages 5-9! 

At **Hadston** Family Hub in March, Fern and our team started a Fun Club for children aged 5-9 years old. It runs **every Monday** (term time only) from **3:45-4:45pm** for up to 18 children.

Each week involves lots of fun activities (such as: smoothie making, UNO and arts & crafts) and most importantly a safe space for them to socialise.

Our Offer Specifically for SEND Children & Young People:



We're delighted to introduce:

SEND CONNECT



This is a **monthly** social group for children and young people with additional needs and disabilities (ages 5-25) **and their families**. **No booking is required!**

This has been set up by **Fern Baston** and **Hannah Brydon** in partnership with Hadston House, Mind and Sole, Barndale House School and the Grove School.

The Widdrington Session is the First **Wednesday** of each Month, at Widdrington ATAC Centre (NE65 5QL), **from 5-6:30pm**

The Berwick Session is the Second **Wednesday** of each Month, at the Grove School (TD15 2EN), **from 4:30-6pm**

The Alnwick Session is the Third **Wednesday** of each Month, at Mind & Sole (NE66 1QQ), **from 4:30-6pm**



We've been Accredited as by Unicef as Baby Friendly!

Northumberland Family Hubs has been awarded the prestigious Baby Friendly Award and is the latest UK health care facility to gain recognition from the UK Committee for UNICEF (UNICEF UK) Baby Friendly Initiative.



"This award from the UNICEF UK Baby Friendly Initiative is a reflection of our ongoing commitment to increase breastfeeding rates and improve care for all mothers in all our Family Hubs".

"Breastfeeding protects babies against a wide range of serious illnesses, including gastroenteritis and respiratory infections in infancy, as well as cardiovascular disease, asthma, diabetes and obesity later in life. We also know that breastfeeding reduces the mother's risk of some cancers, and that it supports the mental health of both mother and baby," said Amy Berry, Family Hub Infant feeding co-ordinator.

The assessors spoke to many families and feeding mothers. Mothers confirmed that they were aware of support available and how to access this. Those mothers who accessed the support found it met their needs 100% of them shared this feedback.

"At all the Northumberland Family Hubs, we set out to ensure that all mothers and babies are supported to form a close and loving relationship - whatever their choice of feeding method - as this is the best start for every baby." added Lesley Grieve, Family Help Locality Manager, North.

Guidance of Usage of the Accreditation Mark:

In applying to use the Baby Friendly accreditation mark, we agree the following terms and conditions:

1. That the mark will be used only on materials for use solely in health care facilities which have been accredited. For example, if a Trust has more than one maternity unit, the mark may only be used on any materials produced specifically for the unit(s) which have been accredited.
2. That, prior to printing, the facility will send proof copies of all materials featuring the mark and will not proceed to printing until approval has been granted by the Baby Friendly Initiative.
3. That one copy of each printed item will be sent to the Baby Friendly Initiative office for its records.
4. That the mark will be removed and existing supplies withdrawn within 6 months of any subsequent removal of the award.
5. That the mark will be reproduced only in the agreed colours - cyan, black or white
6. That the mark will be positioned by the facility's name/logo to demonstrate the facility's accreditation rather than endorsement of any other specific materials.

We're Breast Feeding Friendly!

At Family Hubs and Northumberland County Council we're **Breastfeeding Friendly** because Breastfeeding and ensuring Mums have safe spaces to do so is a priority to us!

We encourage hospitality businesses and venues across the county to register for the Breastfeeding Friendly Scheme, to show support to breastfeeding mothers.

Why do we do this?

Breastfeeding offers the best start in life to babies and the World Health Organisation recommends exclusive breastfeeding (feeding only breast milk) up to 6 months. From the age of 6 months, children should begin eating safe and adequate complementary foods while continuing to breastfeed for up to two years of age or beyond.

How to Register for the Scheme?

The scheme offers a way to support and enable breastfeeding mothers to feel comfortable feeding their babies anytime, anywhere.

Sign up at nland.cc/bff or by scanning the QR code



For More Information on Breastfeeding or our Scheme:

Please contact our Infant Feeding Co-Ordinator, Amy Berry, At amy.berry@northumberland.gov.uk



Saturdads have started!



No
booking
required

- A SESSION FOR FATHERS AND FATHER FIGURES
& THEIR CHILDREN-

What is the Group?

A **FREE** Stay & Play Session
On **Saturdays** from **10-11:30am**

Breakfast Snacks

The Activities include:



**Arts & Crafts and
Play Activities**



**Sports
& Games**

For ages
0-19 (25
with
SEND)

When is the Group?

Alnwick Family Hub, NE66 1DJ
1st Saturday of Every Month
1st June, 6th July, 3rd August

☎ **01670 620430**

Berwick Family Hub, TD15 2AE
2nd Saturday of Every Month
8th June, 13th July, 10th August

☎ **01670 620461**

Hadston Family Hub, NE65 9SR
3rd Saturday of Every Month
15th June, 20th July, 17th August

☎ **01670 624500**

Our Wellbeing Offer:

New Role Alert!



We're delighted to share that **Emma Mitchinson** has joined us as a **Wellbeing Practitioner**.

If you'd like any more info or an informal discussion about a referral please contact her via her email address At **emma.mitchinson@northumberland.gov.uk**



What is the Purpose of this role?

This role offers personalised support to new and expecting mothers, fathers and significant others (**from pregnancy up until the child is 2**), who are experiencing mental health issues.

The types of Support available include:



Help to understand their low mood or to feel less worried about parenting



To connect with other parents, have better relationships or access services



Breastfeeding



To establish routines

How to refer someone?

To refer someone to this service you must complete a RFS (**Request for Service**) form https://form.northumberland.gov.uk/form/auto/family_hub_req (this can also be found on our **Family Hub Website**).

How to become a member & access our services:

To access all our **free** services please complete our membership form (found the Family Hubs website) or scan this QR code.



We offer a variety of courses and drop-in sessions!

How can families have their say on our services?

The Family Panels offer a safe, welcoming & non-judgmental environment for Parents & Carers to come together to give us feedback on their experiences of the Family Hubs & family life in general.

Now that our service is for 0-19 (25 for SEND), we want to be here for families throughout their journeys, and need their feedback to do this!

They run every month in Alnwick, Berwick, Hadston and Wooler, Children are also welcome! (snacks & activities are provided) Get in touch with our hubs for the dates of our next panels!

Dates for the Diary



Infant First Aid courses for 2024

Dates for the Infant First Aid course have just been announced. They will take place on the following days:

Alnwick Family Hub - Thursday 19th Sept 2024 & Thursday 21st Nov 2024 - 09:30 - 11:30am

Berwick Family Hub - Thursday 18th July 2024 & Thursday 7th Nov 2024 - 09:30 - 11:30am

Hadston Family Hub - Thursday 12th Sept 2024 & Thursday 28th Nov 2024 - 09:30 - 11:30am

Get in touch with us



nland.cc/familyhubs



@North Northumberland
Family Hubs



Alnwick Family Hub:
01670 620 430

Berwick Family Hub:
01670 620 641

Hadston Family Hub:
01670 624 500