

Family Hub Professionals Newsletter



We hope you enjoy these bi-monthly updates on all things new and coming soon to Portsmouth families, thanks to the UK government Family Hubs Start for Life funding.

April 2024 edition



Family Hub timetables - now LIVE

Each Family Hub now has a public timetable showcasing the free courses, support and play groups available to every family in Portsmouth. To view the timetable at your local Family Hub, visit the website www.portsmouthfamilyhubs.co.uk or ask the Family Hub Champion at your local hub for a printed copy.

Online Family Hub launching soon

In May/June, the Online Portsmouth Family Hub will launch in partnership with Family Assist Solent. The online hub will act as a one-stop shop for information and advice for families, as well as a place to see everything on at all five Family hubs across the city.

In addition, the Online Family Hub Champion Denise supports families that cannot get to a Family Hub, provides information, advice and support on a range of issues, and facilitates the Online Solihull Parenting Programme. Once live, you can access the online Family Hub by visiting www.portsmouthfamilyhubs.co.uk or contact Denise by emailing familyhubchampions@hportsmouth.org.uk

Portsmouth
**Family
Hubs**



Learn more about the Families in Mind service:

NHS
Solent
NHS Trust



FREE Multi-agency Perinatal Mental Health training now available to book

Delivered by Families in Mind, local champions and Dadzclub, the following training opportunities are now available to any professional working with families in the first 1001 days from conception:

- Perinatal and Infant Mental Health Awareness training (all day)
Email kathryn.hammond@portsmouthcc.gov.uk to book
- Fathers and Perinatal Mental Health Awareness training (all day)
Email emma.hickman@portsmouthcc.gov.uk to book

For more information, see the posters at the bottom of this newsletter.

Feedback from Portsmouth families



Home-start Portsmouth's Family Forum - Feedback received about Portsmouth's Family Hubs

Parent voices are crucial to understanding how the Portsmouth Family Hubs are used, if they are beneficial and what improvements could be made. In March, Family Hub charity provider Home-start Portsmouth hosted their first Family Forum to gain knowledge and suggestions around the new 'Best Start For Life' Family Hub programme.

Parents, carers and family members discussed what they think, feel and know about Portsmouth Family Hubs and Home-start gathered important feedback to inform the future of services within the Hubs.

A snapshot of the Family Forum feedback is available overleaf, or contact Amy Baines via amy.baines@hsportsmouth.org.uk to view the final report.



Feedback received about Infant Feeding Support in Portsmouth

New services are being launched to support families with Infant Feeding and building early relationships with their baby. In March, Solent NHS's infant feeding team held 3 face-to-face consultation events and launched an online survey to understand how to families wish to access support.

The team had fantastic engagement and the overarching message was that families would like early and easily accessible support. This feedback will be used to design improved service delivery, **starting with 4 Infant Feeding Advice clinics commencing across at the Family Hubs in spring 2024**, and will support the team to share knowledge with the wider workforce about the importance of supporting families with Infant Feeding.

To find out more, contact Karenza James – Infant Feeding Coordinator for the Family Hubs and Start for Life Programme, via Karenza.James@solent.nhs.uk.



HOME-START PORTSMOUTH FAMILY FORUM FEEDBACK



20
attendees

Parent carers and
volunteers from
the community
and organisations
across the city

50%
participants use
the hubs once a
week

“Judgement
free, [accessible]
regardless of
background and
experiences”

Best Parts/Aspects of Family Hub

- One-stop shop for advice, support and services
 - Accessible, free & friendly spaces
 - Meeting other parents
 - Stay & Play and specialist groups
 - Sensory rooms
- Co-location of health visiting/midwifery within hubs and preferred that to separate visits to GP/hospital

Blocks/Barriers which may stop people coming to seek support

- Not being aware that family hubs are there
- The type of information and resources – i.e. how to book sessions, some information being text heavy
 - Anxiety attending family hubs
 - Location of /cost getting to family Hubs
- Increased cultural understanding and sensitivity
- Families with multiple children/children with special needs
 - Timing of sessions

Improvements that could be made to the Portsmouth Family Hubs

- Improve awareness of Family Hubs
- Additional groups/classes/services
- Improve hub information/communication
- More specialist training for staff and volunteers
- Improve booking systems – increase room availability
- Improve parking and buggy parks where possible



iHV Multiagency Perinatal and Infant Mental Health Awareness Training

Perinatal mental health difficulties are those that occur during pregnancy and up to two years after the birth.

This multi-agency training delivered by Families in Mind and local champions is aimed at any professional working with families in the first 1,001 days.

Topics covered include: Underpinning policy and research; mental health conditions; identification and intervention; managing risk; and developing high quality, integrated and inclusive services.

Tuesday 9 July 2024

- 🕒 9am – 4.30pm
- 📍 Portsmouth Civic Offices

Wednesday 9 October 2024

- 🕒 9am - 4.30pm
- 📍 St Mary's Community Health Campus

Thursday 12 December 2024

- 🕒 9am - 4.30pm
- 📍 Portsmouth Civic Offices

Tuesday 11 February 2025

- 🕒 9am - 4.30pm
- 📍 Portsmouth Civic Offices



To book, email Kathryn.Hammond@solent.nhs.uk
www.portsmouthfamilyhubs.co.uk/familiesinmind

Families in Mind is a partnership between

iHV Multiagency Fathers and Perinatal Mental Health Awareness

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www.portsmouthfamilyhubs.co.uk/familiesinmind
www.dadzclub.com

Families in Mind is a partnership between:

Working with: