

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.

August 2024 edition

This edition focuses on Under 5's.

Parenting - Under 5's



Home-Start is delivering a parenting offer both in person and online. Information for this can be found on Family Assist with also access to a library of Solihull on-line courses, key information and support.

The Solihull courses run by the Family Hub Champions:

- [Antenatal](#)
- [Postnatal](#)
- [Understanding your Child](#)

[Follow the link for online offer](#)



Courses

[Understanding Your Pregnancy](#) – a 6 week antenatal course suitable from around 20 weeks pregnancy. Includes information on preparing for birth, welcoming and comforting baby alongside thinking about emotional health and helping parents reflect on ways to connect with their baby.

[Understanding Your Baby](#) - a 6 week postnatal course for parents to understand their babies' physical and emotional development and to support a nurturing bond. Includes information on sleeping, feeding, crying and playing with additional information on the importance of relationships for babies' brain growth and development.

[Understanding Your Child](#) - a 10 week course -focussed on the importance of relationships to help shape a child's emotional health and wellbeing. This transformative course offers a reflective space to think about child's development, behaviour and communication. Developed by clinical psychologists, child psychotherapists, and family practitioners in partnership with parents who share their experiences.

These self directed online courses are available in over 100 languages and can be accessed at any time and any place. Contact familyhubchampions@hspportsmouth.org.uk or visit Family Assist to book and for more information.

Home Start Portsmouth - Groups and Activities

Summer Stories

The Summer Stories groups are for children aged 0-5, with older siblings welcomed. Each group is themed around different children's stories, with activities, snack and a story time, with free goodie bags to be given out at the end. The groups are funded by Tesco, under their Stronger Starts Scheme.

PEEP for Baby and PEEP for Toddler

PEEP sessions aim to raise awareness and model how singing, talking, playing and sharing books and stories together help strengthen relationships and develop children's listening, talking and later literacy. Visit Home-Start Portsmouth website for more information and booking, or speak to your Family Hub Champion.

Home-Start Family Festival

A free festival for all Portsmouth families including entertainment, activities for kids and affordable food. Come along to find out about community groups in the city and have some end of summer fun! Saturday 31st August from 10am - 4pm at Victoria Park, Portsmouth. For more information please visit the Home-Start Portsmouth website or social media.



Infant Feeding

Information and Resources Development

We are creating new digital information and resources, starting with a video to support breastfeeding when out and about in Portsmouth. We had a fantastic response from volunteers who took part in the filming and will be launching the video for 'World Breastfeeding' week on 1st August 2024. As part of this initiative for supporting breastfeeding in Portsmouth, and with thanks to our colleagues from the Breastfeeding Network, we have redesigned our 'Portsmouth Welcomes Breastfeeding' logo and will be relaunching the scheme from August to sign up more venues across the city.



Development of Family Hub Spaces

Our family hubs will be getting increased signage to welcome and support breastfeeding, offering more comfortable seating, breastfeeding baskets with handy items such as muslins/covers/nipple balms, as well as offering private feeding spaces.

Multi-Agency Basic Infant Feeding Awareness Training

Aimed at any professional working with families in the first 1001 days.

9th August 09:00 – 12:30

11th October 09:00 – 12:30

To book a place email: Joe.Sippits@solent.nhs.uk



Families in Mind

In January 2024 we launched our NEW Families in Mind project. The project aims to support parents in the transition to parenthood, improve parents emotional wellbeing and early relationships. They offer a range of evidence-based interventions, delivered flexibly, both individually and via groups and in family hubs, your own home or other community site. Families can self-refer or with the support of a professional. Interventions offered include emotional wellbeing support, video interactive guidance, triple p for baby and new born behaviour observation. To date we have received 90 referrals for targeted support.

We also help to connect parents with wider mental health services in a timely manner. The team also supports the universal Solihull antenatal and postnatal programmes, as well as providing supervision and training to the wider start for life network. To find out more visit: www.portsmouthfamilyhubs.co.uk/familiesinmind

Coming next:

- Delivering antenatal emotional wellbeing workshops in partnership with NHS Talking Therapies monthly from July.
- Launching our new circle of security parenting group in the Autumn.
- Outreach with groups who find our services harder to access.
- More digital and self-help content – co designed with families.
- Delivering Perinatal and Infant Mental Health and Fathers Mental Health awareness training available to anyone supporting families in the first 1001 days.

Family Assist

Your Family Hub online:

Stay up to date with the free activities, clinics, and workshops on across the five family hubs in Portsmouth using Family Assist.

If you create a free account, you will automatically receive information relevant to your child's age and development and be the first to hear about what's on at your local hub!

Visit www.portsmouthfamilyhubs.co.uk

