

Sheffield 
family
hubs & Start
for life



Giving **every child**
a **great start** in life



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The first 1,001 days of a child's life – from pregnancy to their second birthday – are so important for their future. All families benefit from a little help to give their baby the best start in life.

Sheffield's Family Hubs & Start for Life services are here to support new and expectant parents and their families. We want every child to have the best possible start in life.

This booklet gives a simple overview of the support available to parents and caregivers in Sheffield during this special time.

For further detail about Start for Life in Sheffield visit:

www.sheffielddirectory.org.uk/start-for-life



The Start for Life Journey

Supporting you and your baby every step of the way

This section highlights the key professionals you'll meet and the support available to your family during your baby's first two years. For more detailed information visit: www.sheffielddirectory.org.uk/start-for-life



Pregnancy

As soon as you find out you're pregnant complete this form to book your first appointment with a Midwife:

jessopwingmaternity.sth.nhs.uk/self-referral.php



It's important to see a Midwife as early as possible to get the antenatal care and information you need to have a healthy pregnancy. If you are unable to use the self-referral form or have any issues submitting a referral, speak to your GP.

8-10 weeks
Booking appointment with a Midwife

11-14 weeks
Dating scan

16 weeks
Antenatal appointment with Midwife

18-21 weeks
20-week scan

25 weeks
Antenatal appointment with Midwife **(1st baby only)**

28 weeks
Antenatal appointment with Midwife

The Sheffield Volunteer Doula Programme - Trained volunteers offer practical and emotional support to vulnerable pregnant women from 34 weeks of pregnancy through to six weeks post-birth. Support includes weekly visits, help during labour and support after the baby is born. **For more information contact the Doula Programme by email doulaproject@sheffield.gov.uk or call 0114 273 5733.**

Around 31 weeks the Infant Feeding Peer Support team will contact you to discuss feeding and caring for your baby.

31 weeks
Antenatal appointment with Midwife **(1st baby only)**

This is an ideal time to start attending antenatal classes. Find out more at www.sheffielddirectory.org.uk/Antenatal-Classes

34 weeks
Antenatal appointment with Midwife

36 weeks
Antenatal appointment with Midwife

38 weeks
Antenatal appointment with Midwife

40 weeks
Antenatal appointment with Midwife **(1st baby)**

41 weeks
Antenatal appointment with Midwife

42 weeks
Antenatal appointment with Midwife



Each appointment will differ depending on the needs of you and your baby. Care will be individual to you, depending on your needs and may include additional appointments.

For more details on antenatal appointments visit: www.nhs.uk/pregnancy/your-pregnancy-care/your-antenatal-appointments

Becoming a parent is a big life change, and it's natural to take time to adjust. You might experience a range of emotions - from feeling a little low or anxious to feeling completely overwhelmed.

If you're finding things difficult at any point throughout your journey, you can reach out to services that offer mental health support or talk to your midwife or GP.

Visit www.sheffielddirectory.org.uk/parent-and-infant-mental-health for more information.



Birth to Two Years Old

The first two years are full of growth and change for both you and your baby. You'll see your baby reach new milestones and explore the world, while you learn and adjust as a parent.

Here you'll find key appointments and support that will guide you through these early years. These are the important moments when you'll connect with professionals who are here to help you and your baby.

48 hours following discharge

An Infant Feeding Peer Support Workers will call you to have a chat about feeding and see if any support is needed.

Day 3
Midwifery checks

Day 5 to 8

You'll be offered the blood spot (heel prick) test for your baby

Day 10 -14

New baby review by the 0-19 Health Visiting Team

A great time to connect! Attending baby groups, breastfeeding groups and baby programmes is a fantastic way to meet other parents, build your support network, and help your baby socialise. Groups offer opportunities to share experiences, access advice, and enjoy fun activities with your little one. It's a wonderful step for both you and your baby to grow and thrive together.

Find out what free groups are delivered by Sheffield Family Hubs at www.sheffielddirectory.org.uk/Family-Hub-Events

By Day 42

Registering your birth - Birth to be registered within 42 days of the child being born. For more information or to book an appointment visit www.sheffield.gov.uk/births-deaths-marriages/register-birth

Before your baby is 5 weeks old you should be offered a newborn hearing screening test.

Day 10-21

Further call from an Infant Feeding Peer Support Worker

6-8 weeks

Your baby will be invited for a thorough physical examination by your GP

6-8 weeks

Contact from Health Visitor

8 weeks

baby's vaccinations

12 weeks

baby's vaccinations

16 weeks

baby's vaccinations

17 weeks to 26 weeks old

Attend a Weaning Seminar to gain information, support and advice on when to wean your baby and how and if you have any breastfeeding questions the Infant Feeding Peer Support Team can support. Visit www.sheffielddirectory.org.uk/Family-Hub-Events to book.

For more information on your baby's health and development reviews visit:

www.nhs.uk/conditions/baby/babys-development/height-weight-and-reviews/baby-reviews

For more information on the NHS vaccination schedule visit:

www.nhs.uk/vaccinations/nhs-vaccinations-and-when-to-have-them



2 to 2-and-a-half years

Your child will have another health and development review

12 months

baby's vaccinations

9 to 12 months

During this time, your baby should be offered another review

Start For Life Services

Midwives and health Visitors

Midwifery care

Jessop Wing Community Midwifery offers antenatal and postnatal care, as well as a 24/7 home birth service. With five teams across the city, they offer routine care at GP surgeries, Family Hubs, or sometimes at home.

As soon as you find out you're pregnant complete this form to book your first appointment with a Midwife:

jessopwingmaternity.sth.nhs.uk/self-referral.php

It's important to see a Midwife as early as possible to get the antenatal care and information you need to have a healthy pregnancy.

If you are unable to use the self-referral form or have any issues submitting a referral, speak to your GP.

Throughout pregnancy, your community Midwife will monitor your health, refer you to other services, and answer any questions.

For any questions or concerns you may have about your pregnancy or care, don't hesitate to get in touch. Speak to a Midwife via the 24-hour Advice Line 0114 226 8091

Find out more about Jessop Wing Maternity here:

jessopwingmaternity.sth.nhs.uk/

Health Visiting

The Health Visiting service is part of Sheffield Children's NHS Foundation Trust's Wider 0-19 Service and works with Sheffield City Council to help keep children healthy from birth to age 5. They follow the national Healthy Child Programme and offer support tailored to your family's needs.

The Health Visiting team will invite you to a Child Health clinic appointment when needed, but you can also ask for an appointment at any time if you have concerns. Just call the team on 0114 305 3224 to arrange it.

They're here to help you and your child stay healthy and access the best local and national support.

For more information visit:

www.sheffieldchildrens.nhs.uk/services/health-visiting/

Infant Feeding Peer Support

It can take time to feel confident about feeding your baby, but plenty of help is available.

Feeding your baby is a special way to bond. Support and information is available to all parents. You can talk to your Midwife about feeding before your baby is born and find out how to get help once your baby arrives.

After birth, your Health Visitor will continue to offer guidance on feeding and ensure you and your baby get the care you need.

Sheffield's Family Hubs have a dedicated Infant Feeding Peer Support Team who work with Midwives and Health Visitors to support you during pregnancy and after your baby is born.

The Peer Support Team can chat with you during pregnancy to talk about what to expect when your baby arrives. They can answer questions about feeding, skin-to-skin contact, and caring for your newborn.

The team offers one-on-one support, both in person and over the phone, for as long as you need.

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They also run weekly breastfeeding drop-ins across the city, where you can get ongoing advice, meet other parents, and make new friends.

There is no time limit on support – the team also provides information before your baby arrives to your support network, such as dads, non-birthing parents, and family members, on how they can support your feeding journey. For more details, visit www.sheffielddirectory.org.uk and search for 'Baby on the Way myth-busting session'.

Should you need any support you can contact us on **0114 273 5665**. You can also email infantfeedingsupport@sheffield.gov.uk

Parent and Infant Mental Health

Many parents struggle emotionally after having a baby. You are not alone and there is help available.

It is important to talk about how you are feeling and get the support you need. Talk to your Midwife, GP or health visitor. They can support you, and signpost you to local services that can help you. Your local Family Hub can also help you with any problems you're having.

Services that can help you

Light Peer Support

Light is a charity that offers emotional support to families during pregnancy and after birth.

They provide peer support through group meetings, one-to-one sessions, or by phone, video call, or email. All staff and volunteers have personal experience with emotional or mental health challenges after having a baby, so they understand what you're going through.

To get in touch, call **0114 438 8962**. For more information, you can email contactus@lightpeersupport.org.uk or visit:

lightpeersupport.org.uk/

Steel City Dads

Supporting dads and co-parents with children from pregnancy to 2 years old. They offer help for dads and co-parents dealing with mild mental health issues and/or supporting partners with perinatal mental health, birth trauma, child loss, or miscarriage.

They provide:

- Peer support groups
- Drop-in support
- Email, phone, and video support
- Workshops (online and in person)
- Self-care tips and coping techniques
- Dad chats at antenatal clinics

You can refer yourself or be referred by a healthcare professional or someone else involved with your family. For more information, phone **0114 2702040** or email steelcitydads@zestcommunity.co.uk



Parent Infant Relationship Service (PAIRS)

PAIRS is a team of psychologists, psychotherapists, specialist health visitors and infant mental health practitioner here to support you and your baby.

PAIRS provides support to help you build a strong and loving relationship with your baby or young child, from pregnancy through to age 3.

If you're worried about your wellbeing or your baby's, you can contact PAIRS by email at scn-tr.pairs@nhs.net or by phone at **0114 305 3659**. You can also talk to your Midwife, Health Visitor, GP, or someone at your local Family Hub, who can refer you for support.

Find out more about Parent and Infant Mental Health in Sheffield:

www.sheffielddirectory.org.uk/parent-infant-mental-health



Parenting Support

Parenting is a journey filled with rewards and challenges, and having the right support can make all the difference.

Sheffield Parent Hub deliver a range of evidence-based programmes. These are tried and tested programmes based on international research into what works for families and children. Options are available to suit every parent, a few small changes can make a big difference!

Baby and Infant programmes give you:

- Skills and strategies to support your baby's development, communication, and learning.
- Ways to strengthen parent-child interactions and attachment
- Help with how to care for your own emotional wellbeing, which is good for your baby too

Now there is Triple P Online for Baby so you can set your own parenting goals, learning step by step whenever you like. Find out more:

www.sheffielddirectory.org.uk/parent-hub

Join our Parent and Carer Panels

If you're pregnant or have a child aged 0-2 and you are willing to share your experiences of pregnancy, having a baby and accessing services, we'd love to hear from you.

Find out more:

www.sheffielddirectory.org.uk/Parent-Carer-Panels



Family Hubs

Family Hubs are all about providing a warm, welcoming space where you and your family can connect and find support.

Activities are delivered for children aged 0-5 and help, signposting and support is offered to parents/carers of children aged 0-19, or up to 25 for those with special educational needs and disabilities.

At Family Hubs, you'll find a range of free activities and resources designed to support you and your family from early years through to adulthood.

Hubs can help you with:

- free activities for children aged 0-5
- a place to meet other parents and families
- support with managing finances and getting back into work or training
- early language and home learning activities and ideas for children under 5
- signposting to services to support family health and wellbeing
- parenting and domestic abuse support
- one to one support which may be offered within the home
- and much, much more

Find out more about Family Hubs at:

www.sheffielddirectory.org.uk/family-hubs



The 7 Family Hubs

There are 7 hubs which, together with community venues, outreach sites and network centres, cover all areas of Sheffield

Early Days Family Hub, 71 Palgrave Road, S5 8GS

First Start Family Hub, 441 Firth Park Road, S5 6HH

Darnall Family Hub, 563 Staniforth Road, S9 4RA

Shortbrook Family Hub, First Floor Shortbrook Primary School Site, Westfield Northway, S20 8FB

Sharrow Family Hub, Second Floor, Highfield Library, London Rd, S2 4NF

Valley Park Family Hub, Bankwood Primary School Site, Bankwood Close, S14 1LW

Primrose Family Hub, Creswick Street, S6 2TN

Find your nearest Family Hub scan the QR code:

Link: sheffieldcc.maps.arcgis.com/apps/instant/nearby/index.html?appid=4f471176fc2344d885fa2b53a5ffd81c



Register with Family Hubs to stay informed and connected to vital local services. Visit: forms.sheffield.gov.uk/form/auto/register_family_centres



Family Hub Groups

Family Hubs offer free activities and groups for parents and carers with babies and toddlers. These groups are a great way to support your child's growth and development, while also connecting with others in your community.

Join us for regular sessions, including:

- Breastfeeding groups
- Walk and Talk sessions
- Baby groups
- Baby Massage sessions
- Toddler groups
- Seminars and Workshops

These activities are a wonderful opportunity to meet new people, share experiences, and support one another. You can also get advice from trained professionals to help you on your parenting journey.

Find out more about the groups available near you: www.sheffielddirectory.org.uk/Family-Hub-Events



Family Hub Volunteering

Do you have the time and passion to make a difference? There are plenty of opportunities to match your interests and skills.

By supporting children, young people and families in Sheffield, you play a vital role in giving every child the best possible start in life.

Find out more: www.sheffielddirectory.org.uk/Family-Hub-Volunteering



Play, Chat and Learn

90% of your child's brain growth happens before the age of 5. From the very beginning, all those little moments you spend together with your child are building their brain.

The more you play and chat with your child, the more you help build their brain and support their learning. A good home learning environment is really important for your child's development, and early language skills, helping them get ready for school.

In Sheffield, there is support available to help you develop your child's early language skills, including the Making it REAL programme. This programme is for parents and carers of children aged 3-4 years old and helps them support their child with reading, writing, and creating a positive home learning environment.

To find out more about Play, Chat, and Learn, visit:

www.sheffielddirectory.org.uk/Play-Chat-Learn



Additional Information and Services

Healthy Start Scheme

Available to expectant parents over 10 weeks pregnant or those with a child under 4. A Healthy Start card may be provided with money to buy healthy food and milk from select UK shops every 4 weeks if eligible.

Family Hubs stock women and children's Healthy Start vitamins. These are free to eligible families or low cost to buy.

For information on what you can use the Healthy Start Card for, or to apply for one visit the NHS Healthy Start website: www.healthystart.nhs.uk.

You can also speak to your Midwife, health visitor or contact your local Family Hub for more information

Childcare Support

Accessing quality childcare like a nursery or childminder can have a positive impact on both you and your child. For your child, it offers opportunities to learn, grow, and socialise in a safe and stimulating environment. For you, it can open doors to returning to work, pursuing education, or focusing on personal goals.

Childcare can be expensive but there is support available towards the costs of childcare.

Learn more and check if you're eligible for funding:

www.sheffielddirectory.org.uk/childcare-support

Startwell Sheffield

Start Well Sheffield are passionate about helping families in Sheffield give their babies and young children the best start in life.

They offer a range of free programmes, sessions and workshops to support you and your family.

In these sessions, the team shares tips and advice on child development, health and wellbeing - helping you create happier and healthier family lives. They will work with you to find areas to improve and support you in making positive changes.

Find out more and book onto a session here:

www.sheffielddirectory.org.uk/start-well-sheffield

Early Help

Early help is the support we give to children, young people and their families when they have extra needs that aren't being met by universal services. Universal services are those that are for everyone, like health and education.

When a family needs extra help, we make sure they get support as soon as possible. This is to prevent their needs becoming so great that they need a higher level of support later on.

Early Help is a team effort. Many different groups, like health services, schools, housing, and volunteer groups, work together to help families.

To access this support, families can talk to professionals like midwives, GPs, health visitors, or family hub workers. They will be able to talk to you about what extra help you may need. They can also support you on how to access it and complete an Early Help Assessment.



Worried about a child?

If you are worried that a child has been harmed or is at risk of harm then phone the Sheffield Safeguarding Hub on **0114 273 4855** (24 hours) to speak to a social worker or email sheffieldsafeguardinghub@sheffield.gov.uk

Members of the public can discuss their concerns in confidence and if necessary, anonymously. If a child is in immediate danger, then call **999** for a police response.

Local Offer

Special educational needs and disabilities (SEND) can impact a child or young person in many ways. It can impact their ability to learn, behave, socialise, understand and concentrate. They may also have a physical disability. The Local Offer in Sheffield provides information on available SEND services across Sheffield. Visit the local offer here:

www.sheffielddirectory.org.uk/localoffer



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