

December 2023

FAMILY HUBS NEWSLETTER

Welcome to the first edition of our Family Hubs Newsletter!

This is an extremely exciting time for Hammersmith & Fulham as we prepare for the launch of our Family Hubs in Spring 2024.

This first edition of the newsletter will introduce you to what Family Hubs are, how they'll work, and how you can make the most of what's on offer.

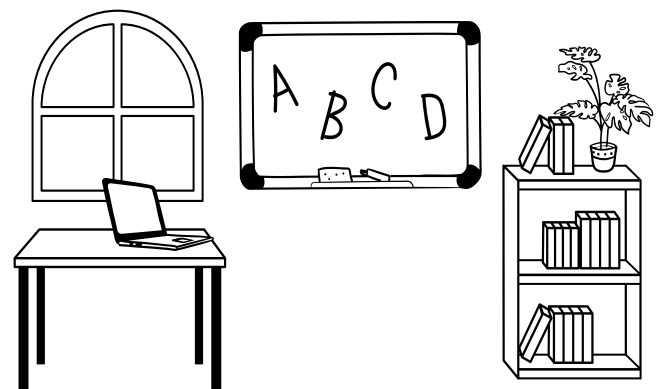
What are Family Hubs?

Hammersmith & Fulham has a wide range of services on offer to support our youngest residents and their families. This is great, but it can be overwhelming to try and to navigate them and access what's relevant to you.

Family Hubs will bring these services together multiple in a 'one stop shop' to make it easier for young families to get the support they need. Families will only have to explain what they need help with once, and not have to repeat it to multiple organisations.

The hubs will also ensure our partners can work together more effectively.

Services and support on offer will include help with infant feeding, mental health support, health visits and parenting classes. The sites will also be home to youth clubs and exercise classes.



Family Hubs in Hammersmith & Fulham

We are launching of Family Hubs in three locations. These are:



Old Oak Community & Children's Centre, W12 0AP



Tudor Rose Community Centre, Fulham Court, SW6 5TJ



Stephen Wiltshire Centre, SW6 6JR



Each site was previously run as a children's centre and was chosen so that we could build on the important work that is already happening at each.

The Hubs will be welcoming, comfortable, and supportive places at the centre of our community. They will have multiple functions, providing a place to meet and attend drop-in activities, find out more information about the support available in the local area, attend routine appointments, and access crisis support.

We chose these locations because...

Old Oak

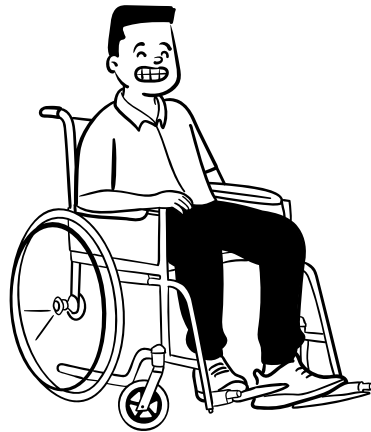
Old Oak community centre building was chosen because of its existing community space. The centre has an existing, established children's centre with partial health integration, providing a foundation for further co-located and integrated services. There is also an existing youth offer that operates out of the building, as well as ongoing community work that aligns with the Family Hub model which would be beneficial to continue and link into. The centre is based Wormwood Scrubs, in an area of income deprivation and where the percentage of households in need are high.

Tudor Rose

The Tudor Rose community centre was chosen because its layout suited a Family Hub's requirements. The Centre has an established children's centre on the ground floor with partial health integration through shared rooms for clinical appointments. Similarly, to Old Oak, Tudor Rose is in an area of high-income deprivation with this community space being underused.

Stephen Wiltshire Centre

The Stephen Wiltshire Centre was identified as a Family Hub with a specialist SEND focus. Several Family Hub services already deliver from the centre and are well embedded in the community, including those with a specialist focus on children, young people and families with SEND needs.



Not just the council...

We've been collaborating closely with our co-production leads to ensure that we are working with residents and involving them in decision making from the outset. Action on Disability, ParentsActive, and Young Hammersmith & Fulham Foundation are our delivery partners leading our co-production activity. We have hosted resident engagement events, including an open evening at Old Oak, a coffee morning at Tudor Rose, and Youth Picnic in the Park.

Our family hub health partners include:

- Central London Community Healthcare NHS Trust
- GP Surgeries across the borough
- West London NHS
- CAMHS West London Trust
- Imperial College Healthcare NHS Trust
- NHS North West London Integrated Care Board
- Turning Point
- SASH London

We're also working with voluntary and community organisations to ensure we are adopting a whole systems approach in supporting residents.

This has included working with local sports clubs to provide physical activities and wellbeing sessions, Transport for London to provide SEND transport support, and food and nutrition groups to provide cooking classes.

What does this mean for Families?

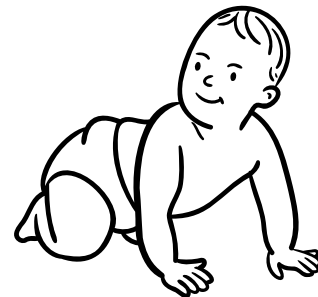
The offer will include activities for children aged 0 to 5, midwifery and maternity support, health visiting, mental health services, debt and welfare advice, youth clubs, drug and alcohol support, and intensive, targeted family support.

Start for Life Offer

Our Family Hubs are the home of our Start for Life offer. This is a range of services which support parents-to-be, children and families from conception through to five years old.

Our Start for Life offer contains the activities, services and sessions that are available to parents and carers at the hubs, and information on how parents and carers can access them. Sessions include:

- Early language development
- Infant-feeding advice and specialist breastfeeding support
- Parent-infant relationships and perinatal mental health
- Parenting support
- Midwife appointments and health visitor drop-ins



5+ Offer

Our youth offer will be expanded across the Hubs, so that there are also activities and services specifically for older children.

Harrow Club already provide a youth club at Old Oak, and this offer will potentially be extended to Tudor Rose.

Turning Point will also be providing their Resilience programme in Family Hubs, which is a free wellbeing service for young people in Hammersmith & Fulham, supporting them with their sexual health, relationships, emotional wellbeing and drug and alcohol use.

H&F Works will be providing career support young people, delivering tailored 1:2:1 information, advice and guidance sessions. This will include local employment opportunities, work experience, volunteering, apprenticeships and interview skills.

We anticipate that additional activities will run from Family Hubs during school holidays, such as half-term camps.

H&F's Stephen Wiltshire Centre based family hub will offer services specifically for young people with special educational needs and Disabilities. These will cover everything from wellbeing through to independent living skills.



Parent / Carer Panel

Once the Family Hubs have launched, a Parent / Carer Panel will run alongside it as a way for parents and carers to meet up and feed back to H&F about the service. This will ensure the Family Hubs continue to improve. If you know any parents / carers who will be using the Family Hubs and could be interested in joining, please forward on the sign-up form:

<https://forms.office.com/e/yFNwW0EnQT>