

# Thurrock Council Brighter Futures family hub activities

## Activities for all families – individual sessions

Activity	Description	Ages	Sessions	Run by	Booking
<b>Baby sensory</b>	Baby sensory is a room designed to help your baby's social and physical skills, providing ideas for creative play, tummy time, visual development, textures, scents and movement.	0 to 12 months	Individual sessions	Family hub staff	Contact the family hub
<b>Sensory room</b>	A 'sensory room' is a special room designed to develop children's senses through special lighting, music, smells and interactive objects.	0 to 60 months	Individual sessions	Parent-led	Contact the family hub
<b>Stay and play</b>	Fun activities for you and your baby. The sessions promote social skills and stimulation to support your baby's development. The session also aims to offer ideas to support your child's learning at home.	0 to 12 months	Individual sessions	Family hub staff	Contact the family hub
<b>Stay and play</b>	Fun activities for you and your child. The sessions promote social skills and stimulation to support your child's development. The session also aims to offer ideas to support your child's learning at home.	12 to 24 months	Individual sessions	Family hub staff	Contact the family hub
<b>Stay and play</b>	Fun activities for you and your child. The sessions promote social skills and stimulation to support your child's development. The session also aims to offer ideas to support your child's learning at home.	24 to 60 months	Individual sessions	Family hub staff	Contact the family hub
<b>Big cook, little chef</b>	A fun family time to help young children learn, build their self-confidence and language skills, create closer bonds, build life-long memories and lay the foundation for healthy eating.	24 to 60 months	Individual sessions	Family hub staff	Contact the family hub

Activity	Description	Ages	Sessions	Run by	Booking
<b>Bookstart toddler</b>	A session aimed to introduce families and children to love books because words and stories help children understand the world and setting them up for life.	12 to 30 months	Individual sessions	Family hub staff	Contact the family hub
<b>Bring a story to life</b>	This session focuses on a chosen theme or storybook to help create and build learning around imaginary play.	24 to 60 months	Individual sessions	Family hub staff	Contact the family hub
<b>Dental sessions</b>	Helps families gain knowledge and understanding about supporting their children with good dental hygiene the frequency of sugars, the importance of brushing teeth and how to manage dental visits.	0 to 60 months	Individual sessions	Family hub staff	Contact the family hub
<b>Let's talk potty training</b>	An interactive session to help families gain knowledge and understanding about potty training.	24 to 60 months	Individual sessions	Family hub staff	Contact the family hub
<b>Special events</b>	Events throughout the year to support families with learning and playing with their children.	0 to 11 years	Individual sessions	Family hub staff	Contact the family hub
<b>Keep it clear</b>	Sessions to support families to learn about the correct disposal of waste, such as fats, oil, grease and un-flushable items, wipes, nappies and sanitary waste and to support financial awareness by avoiding big sewerage repair bills.	0 to 60 months	Individual sessions	Anglian Water	Contact the family hub

## Activities for all families – Brighter Futures family hub programmes

Activity	Description	Ages	Sessions	Run by	Booking
<b>Baby massage</b>	This course offers a wonderful opportunity for you to bond and learn how to communicate with your baby through nurturing touch and massage in a relaxed and welcoming environment.	0 to 12 months	5-week programme	Family hub staff	Contact the family hub
<b>Early words together</b>	Enjoy exploring stories, rhymes and being creative with your child. This programme shares ideas and activities that support learning and development in everyday life – talking, singing, sharing books and playing together.	36 to 60 months	6-week programme	Family hub staff	Contact the family hub
<b>Fun, food and fitness</b>	Fun, physical activities and ideas to keep your child healthy and fit. An opportunity for your child to try different types of food each week and for parents to receive advice on healthy eating including fussy eating and portion sizes.	24 to 60 months	4-week programme	Family hub staff	Contact the family hub
<b>Fun, food and fitness</b>	Fun, physical activities and ideas to keep your child healthy and fit. An opportunity for your child to try different types of food each week and for parents to receive advice on healthy eating including fussy eating and portion sizes.	5 to 11 years	4-week programme	Family hub staff	Contact the family hub
<b>Gardening group</b>	Lots of fun activities in the garden for families with children. Please wear appropriate clothing.	24 to 60 months	4-week programme	Family hub staff	Contact the family hub
<b>Let's talk with your baby</b>	A programme to promote positive adult-child interaction, communication skills, attachment and stimulation in a rich environment through interactive, fun activities.	3 to 12 months	4-week programme	Family hub staff	Contact the family hub
<b>Let's talk with your toddler</b>	A programme to support your child's communication and language skills, including advice and strategies you can use in the home.	12 to 24 months	4-week programme	Family hub staff	Contact the family hub

Activity	Description	Ages	Sessions	Run by	Booking
<b>Play and learn</b>	A structured 4-week programme for families to support their child's learning through play. The sessions will also provide you with ideas on how to support your child's learning at home.	24 to 60 months	4-week programme	Family hub staff	Contact the family hub
<b>Toddlers into books</b>	Introducing your child to books that will promote their speech and language and support their literacy and mark-making skills.	12 to 36 months	2 sessions	Family hub staff	Referral only – contact the family hub

## Health support

Activity	Description	Ages	Sessions	Run by	Booking
<b>Midwife clinic</b>	Pre-natal (antenatal) checks, advice and support.	During pregnancy	Individual sessions	Midwife	Contact your midwife
<b>Teenage midwife clinic</b>	Pre-natal (antenatal) checks, advice and support.	During pregnancy, for women under the age of 19	Individual sessions	Midwife	Contact your midwife
<b>Antenatal blood screening</b>	Blood screening for those in the early stages of pregnancy.	During pregnancy, up to 10 weeks	Individual sessions	Community Maternity Assistants	Via Community Maternity Assistants
<b>Glucose tolerance test (GTT)</b>	Glucose tolerance test (GTT) blood screening.	During pregnancy, 24 to 28 weeks, if applicable	Individual sessions	Community Maternity Assistants	Via Community Maternity Assistants
<b>Blood tests at 28 weeks</b>	Blood screening	During pregnancy, at 28 weeks	Individual sessions	Community Maternity Assistants	Phone Maternity Bloodline, 01268 524 900 ext. 8300
<b>Newborn screening</b>	Includes baby weighing and heel-prick blood tests.	Newborn babies, from day 5 to day 8	Individual sessions	Community Maternity Assistants	Contact your midwife or Community Maternity Assistants
<b>Introduction to solids</b>	A programme to support parents and carers with introducing solid foods to their baby.	0 to 8 months	Individual sessions	Health service nursery nurses	Contact the family hub

<b>Activity</b>	<b>Description</b>	<b>Ages</b>	<b>Sessions</b>	<b>Run by</b>	<b>Booking</b>
<b>Infant feeding</b>	Support sessions for you to discuss any matters relating to feeding your baby – for example, breastfeeding, formula feeding and introducing solid foods.	0 to 12 months	Individual sessions	Health visitors	Contact the family hub
<b>Baby weighing clinic</b>	Baby weighing and support, advice and guidance on your child's health.	0 to 60 months	Individual sessions	Health visitors	Contact the family hub
<b>1 and 2 year-old developmental assessments checks</b>	Health and development assessment to check your child's weight, height, learning, diet and behaviour.	12 to 24 months	Individual sessions	Health visitors	Contact the family hub
<b>Child immunisations</b>	Vaccinations for school-age children.	4 to 11 years	Individual sessions	Immunisation team	Contact the family hub

## Parents and carers support

Activity	Description	Ages	Sessions	Run by	Booking
<b>Parent outreach service</b>	Parent outreach workers provide high quality support and parental outreach services to families in their own home with a series of home visits. Parent outreach workers will also support parents to access and use services at family hubs and in the community.	For parents and carers	Visits to the home	Family hub staff	Contact the family hub
<b>Young carers</b>	Support sessions for children aged 4 to 8 years-old who are identified as young carers.	Children aged 4 to 8 years	Term-time only	Family hub staff	Referral only – contact the family hub
<b>Empowering parents, empowering communities</b>	Empowering parents, empowering communities (EPEC) is a parenting group run by parents for parents. Parents will learn how to use a range of parenting skills, understand their children's feelings and develop a closer parent-child relationship.	For parents and carers with children aged 2 to 11 years	8-week programme	EPEC parent facilitators	Contact the family hub
<b>English for speakers of other languages (ESOL) conversation club</b>	A club for parents and carers to develop their speaking and listening skills in English with friends.	For parents and carers	4-week programme	Family hub staff	Contact the family hub
<b>Adult and family learning courses</b>	Accredited and non-accredited training courses that aim to help families return to volunteering or employment	For parents and carers	Individual to each course	Thurrock Adult Community College and family hub staff	Contact the family hub

## Speech and language specialist support

Activity	Description	Ages	Sessions	Run by	Booking
<b>Speech and language drop-in</b>	Speech and language therapists will be available to provide advice and support to families who feel their child might be experiencing some delay in their speech and language development.	2 years and over, not yet attending primary school	Individual sessions	Speech and language therapists	Email <a href="mailto:drop-in@nelft.nhs.uk">drop-in@nelft.nhs.uk</a>
<b>Chatterbox</b>	A structured language group providing support, advice and guidance to help your child develop their communications skills.	24 to 36 months	6 to 8-week programme	Family hub staff	Referral only – contact the family hub
<b>Language-focused play</b>	Evidence-based therapy for children with expressive or receptive language delay.	24 to 60 months	Individual sessions	Speech and language therapists	Referral only – contact the family hub

## Special educational needs and disabilities (SEND) support

Activity	Description	Ages	Sessions	Run by	Booking
<b>SEND early years communication group for sensory impaired children</b>	A session for families with children who have hearing impairment or visual impairment.	0 to 60 months	Individual sessions	Thurrock Sensory Service staff	Referral only – contact the family hub
<b>SEND 'Just for You' stay and play group</b>	An informal play and activity session for children with additional support needs, and their parents. The sessions have visitors from other services and support agencies.	0 to 60 months	4-week programme	Family hub staff	Contact the family hub



## Services to which we refer

Activity	Description	Sessions	Run by	Booking
<b>Benefits advice</b>	Supporting council tenants who have rent arrears and are struggling financially.	Individual sessions	Thurrock Council	Contact the family hub
<b>Local Area Coordinators (LACs)</b>	Local Area Coordinators help people find ways to make a better life. Based in towns and villages around Thurrock, they know the local people – those who need help, and those who can offer different types of help.	Individual sessions	Thurrock Council	Contact the family hub
<b>Thurrock Healthy Lifestyles Service</b>	Supporting adults who may need health improvement intervention. Includes mental health screening, and alcohol and consumption screening. The main programmes are smoking cessation, weight management and NHS health checks.	A range of support is available	Thurrock Council	Contact the family hub
<b>Well Homes</b>	Improving the health and wellbeing of Thurrock homeowners and non-council tenants by providing support with repairs and safety in the home and offering referrals to a range of health and lifestyle services, such as free NHS checks, exercise and debt advice.	A range of support is available	Thurrock Council	Contact the family hub
<b>Careers advice</b>	Bright Futures family hubs work with organisations such as Go Train and National Careers to offer information, advice and guidance that can support families wishing to return to work.	Individual sessions	Various careers advice organisations	Contact the family hub
<b>Citizens Advice</b>	Free, confidential information and advice to assist people with money, legal, consumer and other problems.	Individual sessions	Citizen's Advice staff	Contact the family hub
<b>Domestic abuse and violence support</b>	Supporting victims – female and male – of domestic abuse and violence.	Drop-in sessions, with help and advice given by phone	Changing Pathways	Phone 01268 729 707
<b>Emotional wellbeing and mental health service (EWMHS)</b>	You can ask for support if at any time you feel you can't cope with life and the things around you.	Individual sessions	NHS North East London Foundation Trust (NELFT)	Contact the family hub

Activity	Description	Sessions	Run by	Booking
<b>Job Centre Plus</b>	Information, advice and guidance for families who receive working-age benefit. Appointments with a work coach are on an individual basis.	Individual sessions	Job Centre Plus work coaches	Contact the family hub
<b>Mind – the mental health charity</b>	Counselling services are available to make sure no-one has to face a mental health problem alone.	Individual sessions	Mind	Contact the family hub
<b>On Track</b>	A programme to for 16 to 29 year-olds to support families back into training and employment through individual sessions and mentoring support.	Individual sessions	The Consultancy Home Counties (TCHC) Ltd	Contact the family hub
<b>Parenting programmes</b>	Helping parents who need additional support with parenting – for parents of children aged 0 to 19 years.	13-week programme	Coram	Referral via Children's Services – discuss with family hub staff
<b>Parents First – breastfeeding support</b>	Support and information on pregnancy, birth and becoming a parent, provided by other parents. This is for families who are due to have a baby – during pregnancy, up to 3 to 6 months – and will become parents for the first time.	Individual sessions	Parents First peer support workers	All welcome – no need to book
<b>St Luke's Hospice bereavement service</b>	A bereavement and counselling support service for young people.	Individual sessions	St Luke's Hospice	Contact the family hub
<b>SEND Parent Advisory Team Thurrock (PATT) drop-in</b>	Staff from Parent Advisory Team Thurrock (PATT) will be available to offer advice and support with issues around education, in particular special educational needs support, education health and care (EHC) plans, annual reviews, and exclusion from school. For parents and carers of children aged 0 to 25 years, with their child or young person.	Individual sessions	Parent Advisory Team Thurrock (PATT)	For details phone 07702 127 252

Activity	Description	Sessions	Run by	Booking
<b>Thurrock SEND parents group</b>	A session for parents and carers to meet other parents and carers of children with difficulties and support each other. For parents and carers of children aged 0 to 25 years-old, with their child or young person.	Individual sessions	Thurrock SEND parents group	Contact the family hub
<b>Sexual abuse and violence support</b>	Supporting victims of sexual abuse and violence.	A range of support is available	South Essex Rape and Incest Crisis Centre (SERICC)	01375 380 609
<b>Wize-Up</b>	Substance misuse service that supports young people who use substances, or whose lives are affected by parents or carers who use substances.	Structured and hidden-harm interventions	Wize-Up	Contact the family hub

## Other support

Activity	Description	Sessions	Run by	Booking
<b>Food bank vouchers</b>	Contact your Brighter Futures family hub to speak with a member of staff. They can arrange a visit and give more information.	Visit and information	Family hub staff	Contact the family hub