



What's on offer

At Sheffield Family Centres



@SheffieldFamilyCentres



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Sheffield Family Centres

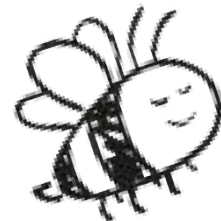


0114 273 5665



sheffieldfamilycentres@sheffield.gov.uk





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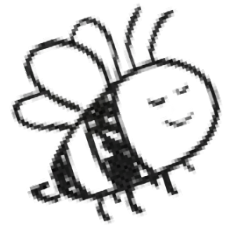
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Who we are?

Sheffield's Family Centres and Early Years "Start for Life" Services are committed to enabling and supporting expectant parents, babies, children, and their families to have a great start in life by providing services as early as possible.

We aim to guide families through the challenges that life can bring by offering a variety of services and activities that are simple to access, in a welcoming environment and are helpful to families. This booklet provides information about what help is available and where it can be accessed. If you would like any further information or help accessing our services, please contact us using the details in this guide.

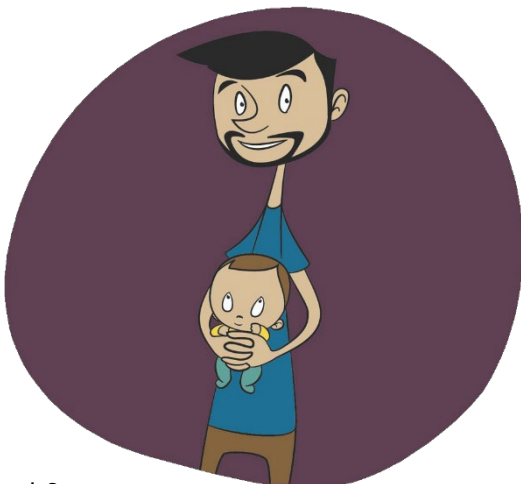
Sheffield's Family Centres work closely with Midwifery and Health Visiting teams and host a range of support to families in the local area. Midwifery and Health Visitor clinics are offered within Family Centres and community buildings.

Sheffield's Partnership Approach

Sheffield's Family Centres work with a wide range of partners who you will often find located within one of our centres; these include health, education & childcare providers, other specialist services within the local authority and local community organisations who all work together provide help and support to families. Using feedback from parents and community organisations, feedback from professionals and local data, we plan alongside our partners to provide the services and activities that are most helpful to families across the city.

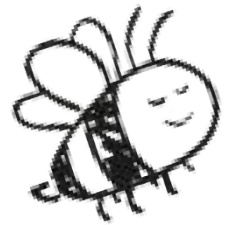
We offer one to one support for families with support such as re-housing, benefit advice and preparing for a new baby, group work, online or telephone support and access to a variety of short courses.

A team of skilled Early Years Prevention Workers can offer support in the home, one to one with families and support them to access any further services needed. They offer a 4-step Parenting Programme, support around children's behaviour & setting boundaries, helping families to achieve better outcomes where possible at the earliest stage of help. If you feel your family could benefit from this, please contact us to discuss how we may be able to help you or speak to your health care professional.



Our Groups

Antenatal Support



Preparation for Birth and Beyond

A 5-week antenatal course delivered jointly by Sheffield City Council and NHS colleagues. It is aimed at first time pregnant women who are between 28 and 34 weeks pregnant and their partners residing in Sheffield. The course covers a wide range of topics to prepare you for the arrival of your baby. Topics range from knowing what is available for you before and after the baby arrives, how to care for yourself and your baby, preparing for birth and information on feeding and much more.

This course is currently available online. For more information or to book yourself a place please visit <http://Sheffield-PBB.eventbrite.com>

Antenatal Infant Feeding Support

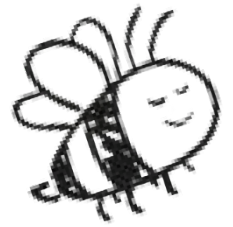
Sheffield's Family Centres have a dedicated Infant Feeding Support team who work closely with Midwives and Health Visitors to provide information and support during the antenatal and postnatal period. Our Infant Feeding Team will contact you when you are around 30 weeks pregnant to discuss feeding your baby, the importance of bonding with your baby and to let you know about the support available once your baby arrives.

Should you require any support contact us on 0114 2735665 and someone will get back to you. You can also email: Sheffieldfamilycentres@sheffield.gov.uk



Our Groups

Postnatal Support



Infant Feeding Support

Sheffield's Family Centres have a dedicated Infant Feeding Support team who work closely with Midwives and Health Visitors to provide information and support after your baby has been born. Our team are here to support with all aspects of feeding, caring and bonding with your baby. **Should you require any support contact us on 0114 2735665** and someone will get back to you. You can also email Sheffieldfamilycentres@sheffield.gov.uk

Breastfeeding Group

A friendly and informal group where you can ask for advice, information and support from one of our trained Infant Feeding Support Workers who can help you on your breastfeeding journey. It is also a great opportunity for you to meet other breastfeeding mums to share experiences and socialise together.

These sessions are available online and in local Family Centres across the city. Please see our Eventbrite page for more information or to book a place

<http://sheffield-family-centres.eventbrite.com>

Baby Massage

Massage helps to support the development of baby's brain by increasing attachment and attunement, it helps babies to relax, develops their body awareness and coordination, supports relief from wind, colic, constipation and teething discomfort. Parents can learn the massage techniques in a relaxed and welcoming environment which can then be used at home.

Contact your local Family Centre to be added to the Baby Massage waiting list. Sessions are available online and across our Family Centre buildings

New You, New Me Baby Group

A 6-week group for parents and carers of young babies focusing on the many aspects of life with a new baby. Come along to meet other new parents living in your local area and get information in a friendly, informal session because babies don't come with a manual.

Contact your local Family Centre for more information.





Our Groups

Activities for Babies

Baby Group

Sheffield Family Centres offer a range of free regular activities. These activities are a great way to meet other families, to share any worries you may be having in a safe and welcoming space and to enjoy spending time with your baby. Our baby groups are held in our local Family Centres and community venues across Sheffield and are open to all parents and their babies.

For more information or to book please visit <http://sheffield-family-centres.eventbrite.com>

Walk and Talk Sessions

A face-to-face, slow-paced walk for you to get meet other babies and their families to share experiences and socialise together.

Family Centre staff will be on hand to chat and to give advice and information around activities you could do with your baby at home to support their development, routines, infant feeding and much more.

For more information or to book please visit <http://sheffield-family-centres.eventbrite.com>

Baby Workshops

A range of activities open to all families with babies are delivered across the city. These include My Baby Senses, Music Sessions, Treasure Baskets and many more. These are planned to meet the demand so please contact your local Family Centre to find out about what is currently taking place





Our Groups

Activities for Toddlers

Toddler Group

A parent and toddler activity session where you will be having fun and getting messy. An opportunity to increase your knowledge of the ways you can develop your child's learning on a daily basis at home and as part of their normal routine. We focus on child's early language, communication, and physical development.

Some of these sessions will be running outdoors. We advise you dress you and your child, appropriately, for all weathers and getting dirty whilst having fun!

For more information or to book please visit <http://sheffield-family-centres.eventbrite.com>

Toddler Trails

Support your child's early language, communication, and physical development.

A parent and toddler trail providing an opportunity to explore and find exciting things in a local natural environment.

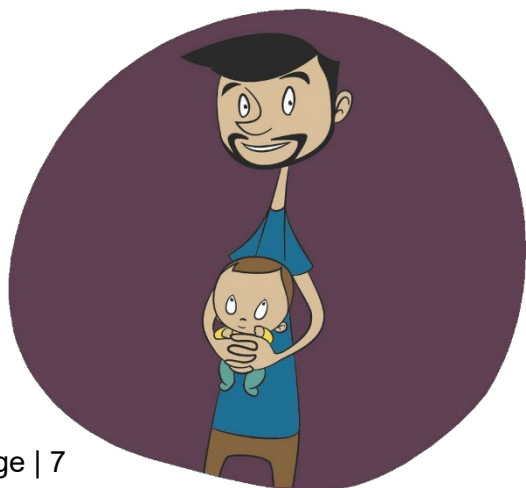
We advise you dress you and your child, appropriately, for all weathers and getting dirty whilst having fun!

For more information or to book please visit <http://sheffield-family-centres.eventbrite.com>

Toddler Workshops

A range of activities for families with toddlers are delivered across the city. These could include My Toddler Senses, Music Sessions, Low-Cost Play, Story Sessions and many more. These are planned in line with demand and are not always available. Contact your local Family Centre for more information

The Early Years Foundation framework is used as a basis for the planning of all activities that are delivered on behalf of Sheffield Family Centres.



Additional Support



Midwifery & Health Visiting

We work closely with Midwifery and Health Visiting teams to host a number of different services to support families within the local area. Midwifery and Health Visitor clinics are offered within Family Centres and community buildings. Please contact us for more details or speak to your Health care professional.

Light Support Group

Light Peer Support offer weekly support groups in Family Centres across Sheffield, Rotherham and Doncaster. These groups are small, friendly and informal; a safe place to meet other parents; facilitated by trained staff and volunteers all of whom have their own experiences of mental health issues. More information can be found on the following link: <https://lightpeersupport.org.uk/>

The Sheffield Volunteer Doula Programme

Trained female volunteers, who give one to one practical and emotional support to vulnerable pregnant women from around 34 weeks of pregnancy. Volunteers offer weekly visits to provide emotional and practical support in the latter stages of the pregnancy, during labour and birth if required and for six weeks following the birth of baby.

Expectant mums or professionals can refer into the Doula Programme by email: doulaproject@sheffield.gov.uk or contact the Doula Team on 0114 2735733.

Weaning Seminars

An opportunity to gain information, support and advice on when to wean your baby and how. This session is being delivered by the Sheffield Health Visiting 0-19 Team and is suitable for babies from 17 to 26 weeks old. Please book 1 ticket per household. These sessions are delivered online. For more information or to book please visit <http://sheffield-family-centres.eventbrite.com>

Time to Talk – Online Coffee Morning sessions

Grab a cuppa and join our informal online information session focusing on either Dump the Dummy or Toilet Training. These sessions provide the perfect opportunity for you to share ideas with other parents as well as gaining top tips and advice from a member of our team. For more information or to book please visit <http://sheffield-family-centres.eventbrite.com>

Online Dads Group

The aim of this session is to create a network of support for Dads in the Sheffield area, it does not matter if you're an expectant dad or you've been a Dad for a few years this group is for you. It is a safe space for you to catch up on a weekly basis, to offload your thoughts and worries and share ideas with other dads.

For more information or to book please visit <http://sheffield-family-centres.eventbrite.com>

Additional Support



Parenting

Parents and carers can access a range of groups that offer practical advice and support with parenting. Our friendly and welcoming Parenting Team deliver programmes that are tried and tested, the content has been written by professional psychologists following years of research into what works to manage behaviours and difficulties that we may all face as parents.

Everyone has busy lives and we are all different. There are different types of groups you can access depending on your needs, to find the one that best suits you follow the link;

www.sheffield.gov.uk/home/social-care/positive-parenting

Explore, Play & Learn

A programme that is delivered in partnership between the Family Centre and Health Visiting team. Do you have worries about your child's language development and would you like some help with this? A referral is required for this programme by a Health Visitor, who will hand you over to the Family Centre team once they have provided support themselves over an agreed period of time. The Family Centre will then reinforce this work and invite you to a fun group within a centre demonstrating ideas and giving practical tips about how you can support your child. They will also support and guide you with any next steps and have lots of information about other sources of help and support that are available.

Startwell Sheffield

Our Startwell Team provide the Start Well Sheffield Family Programme for parents and carers who have children under 5 years of age.

Join the sessions to find out why children's behaviour can be challenging and learn ways to respond to this type of behaviour and much more. The sessions are fun and very informal. The focus is about giving your children the very best start in life and includes discussions on: introducing healthier food, increasing activity and cutting down on screen-time.

Follow the link for more information: <https://www.sheffield.gov.uk/home/schools-childcare/healthy-early-years>

Healthy Start Vitamins

Our Family Centres stock women and children's Healthy Start Vitamins. These are FREE to eligible families OR low cost to buy.

Find out if you are eligible for free vitamins: <https://www.healthystart.nhs.uk/>

Speak to your Midwife, Health Visitor or contact us for more information.

Funded Early Learning (FEL)

Free Early Learning is available for some 2-year-olds and all 3-year-olds through private or school nurseries and child minders. For more information on the FEL offer across Sheffield and to check your eligibility please follow the link below or contact your local Family Centre or Childcare Provider

https://www.sheffielddirectory.org.uk/kb5/sheffield/directory/advice.page?id=_dg8Dvqg5Zc

Contact us



Our Family Centres are open Monday - Friday 8.30am to 4.30pm

Early Days Family Centre – 71 Palgrave Road S5 8GS (linked sites: Angram Bank Centre)
0114 273 4916

First Start Family Centre – 441 Firth Park Road S5 6HH (linked sites: The Meadow, Burngreave Centre and Brightside Centre)
0114 2039307

Darnall Family Centre - 563 Staniforth Road, S9 4RA (linked sites: Wybourn Centre)
0114 2735008

Shortbrook Family Centre – First Floor Shortbrook Primary School Site, Westfield Northway, S20 8FB (satnav postcode S20 8ND)
0114 2053635

Sharrow Family Centre – Second Floor, Highfield Library, London Road, S2 4NF
0114 2053471

Valley Park Family Centre - 100 Norton Avenue, S14 1SL
0114 2416968

Primrose Family Centre – Creswick Street, S6 2TN (Linked site Stocksbridge Centre)
0114 2052723

