

## Early Help support

Our children's centre staff and other professionals can make a request for early help support or intervention with parental consent through the council's Early Help Pathway or direct to children centre services.

Our Early Years Senior Support Worker will review the family's needs identified in the early help assessment and will contact the family to discuss the required support.

To find out more about children's centre services and how to make a request for support or intervention, please visit:

[www.herefordshire.gov.uk/earlyhelp](http://www.herefordshire.gov.uk/earlyhelp)

You can also follow us on Facebook at [www.facebook.com/HfdsChildrensCentres](https://www.facebook.com/HfdsChildrensCentres).



To contact any of our children's centres, please call 01432 383430  
or email: [ChildrenCentreServices@herefordshire.gov.uk](mailto:ChildrenCentreServices@herefordshire.gov.uk)

## Herefordshire Children's Centre Services Early Help support for 0 to 4 year olds



## Children Centre Services

Our Children's Centres offer help in a number of ways to ensure that Herefordshire children have the best possible start in life. Our services are available to anyone involved in a child's care. We offer support right up to when a child starts school. Some of our services are specific to families who have completed an Early Years Assessment.

### Universal 'Let's play' and 'Baby Let's Play' sessions

These play sessions are aimed at families with children aged 0 to 4 years old.

The sessions include activities to promote understanding of your baby/child's development, especially in relation to their speech, language, communication, reading and writing, social and emotional development

The sessions also provide parents and carers with information and guidance on the following:

- Nursery Education Funding (NEF)
- The Early Years Foundation Stage framework
- Topics such as dental health, breastfeeding, a healthy relationship with food and immunisation
- Domestic abuse support
- Speech and language activities to address early signs of delay
- Physical development opportunities
- Solihull parenting groups



### Sensory rooms

Our centre at South Meadow offers a sensory room. The room is designed to develop the senses, through special lighting, music and objects. It can support sensory development (hearing, sight, smell and touch), hand eye co-ordination, language development and relaxation and is beneficial to children with or without additional needs.

### Breastfeeding Peer Supporters

Breastfeeding Support groups offer support, information and the chance to chat with other trained breastfeeding peer supporter mums in a friendly setting.

### Co-ordination and knowledge of local early childhood services

Our staff provide families and carers with information about additional support services for young children and they can signpost to activities in Herefordshire. They also have close links with local early years providers and childminders.

### Outdoor Space

Our centres at Widemarsh, Ledbury, Ross and Leominster all have an outdoor spaces. Widemarsh has a large garden for families to enjoy and explore. It offers regular 'open garden' days for families. If you have a specific request to use the garden at Widemarsh please contact 01432 383430.



## Adult learning, training and employment information

Our centres offers parents and carers the following services:

- Information and guidance on where they can access opportunities for training and learning
- Families First Employment Advisor, who can meet with families at the Children Centre or in the family home
- English, maths, Parents with Prospects and Caring for Children courses

## Children's centre services volunteers

Our children's centre services support and encourage volunteering. This can be anything from helping centre staff with Let's Play sessions, gardening, cleaning toys and equipment, to helping out with special events. For some, volunteering can be the first step towards going back into education, training or employment and can help to build new skills and confidence.



## Additional Children's Centres Services

### 'Let's talk with your baby'

This six week programme aims to support parents with improving their child's early communication skills through fun activities. The sessions are for children aged 3 months to 12 months.

### 'Communication Steps'

This is a six week programme to support parents of a child aged 2 years upwards with language and communication skills.

### 'Bookstart corner'

This is a four week programme for parents or carers with a child aged 12 to 30 months. The session aims to support early language and an interest in sharing books.



### Baby massage sessions

This 5 week programme supports and builds positive relationships between parents or carers and baby, from birth to pre-crawling. Baby massage can soothe and comfort a fractious baby, help with relaxation and promote sleep. It also aids digestion, relieves wind, colic and constipation. It can help to boost a baby's immune system and encourage good muscle tone and coordination.

### Solihull Approach

The Solihull Approach is a assessment based package of support for families. The scheme incorporates the building of parenting confidence in understanding child development, developing strategies to manage behaviours and improve attachment by meeting the basic needs of the child.

For further information about how to access the additional services see our contact details.



## Nursery education funding

Nursery Education Funding is available for 2, 3 and 4 year olds.

Our Children Centre staff can support parents and carers with funding applications to help them access free childcare and find a nursery place.

For more information visit: [www.herefordshire.gov.uk/nef](http://www.herefordshire.gov.uk/nef)

## Additional services

### Midwifery services

Our children's centres provide a range of antenatal and postnatal clinics and also offer midwife appointments.

### Health services and support

The centres offer access to a range of health services, such as health visitor clinics, developmental checks, speech and language appointments, baby hearing appointments and child and adolescent mental health services (CAMHS).

### West Mercia Womens Aid

Our centres also host drop in sessions that run alongside the 'Let's Play' sessions where parents and carers are offered the opportunity to talk to someone from West Mercia Womens Aid in confidence. Some centres also offer the Freedom Programme to women who have experienced domestic violence.

