

# Thurrock Council Brighter Futures family hub activities

## Activities for all families – individual sessions

Activity	Description	Ages	Sessions	Run by	Booking
<b>Start for life – Sensory Play</b>	Fun activities for you and your child while using all the senses to explore.	0 to 12 months	Individual sessions	Family hub staff	Contact the family hub
		12 to 24 months			
		24 to 60 months			
<b>Start for life – Stay and play</b>	Fun activities for you and your child. Sessions promote social skills and stimulation to support your child's development, encouraging speech and language, sharing and turn-taking, and exploring new and exciting activities. Sessions also offer ideas to support your child's learning at home.	0 to 12 months	Individual sessions	Family hub staff	Contact the family hub
		12 to 24 months			
		24 to 60 months			
<b>Start for life – Messy play</b>	Messy activities for you and your child. Sessions promote social skills and stimulation to support your child's development, encouraging speech and language, sharing and turn-taking, and exploring new and exciting activities. Sessions also offer ideas to support your child's learning at home.	0 to 12 months	Individual sessions	Family hub staff	Contact the family hub
		12 to 24 months			
		24 to 60 months			

Activity	Description	Ages	Sessions	Run by	Booking
<b>Start for life – Bookstart toddler</b>	Introducing families and children to the love of books, because words and stories help children understand the world, helping to set them up for life.	12 to 30 months	Individual sessions	Family hub staff	Contact the family hub
<b>Start for life – Dental sessions</b>	Helping 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>Start for life – Early years oral health workshop</b>	Advice and guidance on early years oral health. Includes a toothbrushing demo, plus a free dental activity pack and toothpaste. Registered professionals will be able to answer questions.	0 to 8 years	Individual sessions	Mid and South Essex Integrated Care System	Contact the family hub
<b>Start for life – Fussy eating</b>	Information that can inspire change to help overcome fussy eating, giving you new ideas, such as portion sizes and tips for mealtimes.	12 to 60 months	Individual sessions	Family hub staff	Contact the family hub
<b>Start for life – 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>Bring a story to life</b>	Sessions focus 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

Activity	Description	Ages	Sessions	Run by	Booking
<b>Chat, play and grow</b>	Fun activities for you and your child. Sessions promote social skills and stimulation to support your child's development, encouraging speech and language, sharing and turn-taking, and exploring new and exciting activities. Sessions also offer ideas to support your child's learning at home, using the Parents Early Years Partnership (PEEP) programme, <a href="http://www.peeple.org.uk">www.peeple.org.uk</a>	36 to 60 months	Individual sessions	Family hub staff	Contact the family hub
<b>Fun with small world play</b>	Fun activities for you and your child. Sessions promote social skills and stimulation to support your child's development through small world play, encouraging speech and language, sharing and turn-taking, and exploring new and exciting activities. Sessions also offer ideas to support your child's learning at home.	24 to 60 months	Individual sessions	Family hub staff	Contact the family hub
<b>Garden group</b>	Fun activities in the garden for families with children. Please wear appropriate clothing.	24 to 60 months	Individual sessions	Family hub staff	All welcome
<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>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	Parents	Contact the family hub

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

Activity	Description	Ages	Sessions	Run by	Booking
<b>Start for life – Baby massage</b>	This course offers a wonderful opportunity for you to bond and learn how to communicate with your baby through gentle strokes using your hands. Each week we will focus on a different part of your baby's body.	0 to 12 months	5-week programme	Family hub staff	Contact the family hub
<b>Start for life – Let's talk with your baby</b>	This course promotes attachment and communication skills through interactive, fun and exciting activities with your baby each week.	3 to 12 months	4-week programme	Family hub staff	Contact the family hub
<b>Start for life – Let's talk with your toddler</b>	This course promotes speech and language development with your child. Each week we will introduce new ideas to practice at home.	12 to 24 months	4-week programme	Family hub staff	Contact the family hub
<b>Start for life – 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	By referral only – contact the family hub
<b>Early talk boost</b>	A targeted programme for 3 year-old and 4 year-old children who need help with talking and understanding words. It helps to boost their language skills and narrow the gap between them and their peers. Activities cover the foundation skills in speech, language and communication children need to learn and understand new words, as well as conversation.	36 to 48 months	1-hour session over 10 weeks.	Family hub staff	By invitation only

Activity	Description	Ages	Sessions	Run by	Booking
<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	4-week programme	Family hub staff	Contact the family hub
<b>Henry</b>	Supporting the whole family to make positive lifestyle changes, creating healthier happier home environments, and building healthier communities. This includes improving nutrition, emotional wellbeing, parenting skills, breastfeeding and getting more active.	Pregnancy to 5 years	8-week programme	Family hub staff	Contact the family hub
<b>Wellcomm – talk together</b>	Talk together is a parent and practitioner toolkit that can identify children who need speech and language support. It includes fun activities to enhance your child's speech and language development. Sessions will also share activities and ideas to support your child's speech and language development at home.	24 to 48 months	6 to 12-week programme	Family hub staff	By referral only

## 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 – 10 weeks</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>Antenatal blood screening – 28 weeks</b>	Blood screening for those at the 28-week stage of pregnancy.	During pregnancy, at 28 weeks	Individual sessions	Community Maternity Assistants	Phone Maternity Bloodline, 01268 524 900 extension 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

Activity	Description	Ages	Sessions	Run by	Booking
<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 – drop in</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 development assessment 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>Children's continence adviser</b>	Drop-in sessions offering toilet training advice, support and early intervention from the age of 18 months, where it is known or anticipated there may be difficulties with toilet training.	18 months and older	Individual sessions	Children's continence advisor	Contact the family hub
<b>Developmental play group</b>	A developmental play group to support children with their gross motor development.	8 months to 3 years	Individual sessions	Health team	By referral only
<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>Empowering parents, empowering communities (EPEC) – Baby and us</b>	A course run by parents for parents and their babies. You will learn practical skills for everyday life and meet other parents local to the area.	For parents and carers with children aged 0 to 8 months	8-week programme	EPEC parent facilitators	Contact the family hub
<b>Empowering parents, empowering communities (EPEC) – Being a parent</b>	A friendly and fun course run by parents for parents. These are informal sessions to give new ideas on building better communication and relationships with your child.	For parents and carers with children aged 2 to 11 years	8-week programme	EPEC parent facilitators	Contact the family hub
<b>Empowering parents, empowering communities (EPEC) – Living with a teenager</b>	A friendly and fun course run by parents for parents. These are informal sessions to give new ideas on building better communication and relationships with your child.	For parents and carers with children aged 11 to 16 years	9-week programme	EPEC parent facilitators	Contact the family hub
<b>Parent outreach service</b>	Parent outreach workers provide practical and emotional support to families who are experiencing various parenting difficulties. This may be in their own home with a series of home visits or by attending workshops at family hubs. 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



Activity	Description	Ages	Sessions	Run by	Booking
<b>Parent outreach advice session</b>	One-to-one support with one of our parent outreach workers who can help with a range of parenting interventions.	0 to 11 years	Individual sessions	Parent outreach workers	Contact the family hub
<b>Parents 1st – Coffee morning</b>	Drop-in session offering informal support and information on pregnancy, birth and becoming a parent. This is for families who are due to have a baby – from pregnancy up to 6 months – and will become parents for the first time. Come and have a chat to find out how trained peer supporters can from Parents 1st can support you and your family.	Pregnancy up to 3 to 6 months – and will become parents for the first time.	Drop-in session	Parents 1st	All welcome.
<b>Parents 1st – Antenatal information sessions</b>	Prepare for labour, birth and becoming a parent through informal antenatal sessions run by our trained peer supporters from Parents 1st. Sessions are free. They offer a great opportunity to ask questions and share any worries or concerns that you may have.	Week 20 of pregnancy and beyond	3-week programme	Parents 1st	Book in advance by phoning 01268 525 758 or by emailing <a href="mailto:info@parents1st.org.uk">info@parents1st.org.uk</a>
<b>Parents 1st – Dads and partners antenatal group</b>	Learn practical skills and prepare for parenthood with free workshops run by Parents 1st. Get answers to all the questions you need to ask and meet other local dads.	All expectant dads at week 20 of pregnancy and beyond	Individual sessions	Parents 1st	Book in advance by phoning 01268 525 758 or by emailing <a href="mailto:info@parents1st.org.uk">info@parents1st.org.uk</a>
<b>B3 – Bumps, Birth and Belonging</b>	A safe place for parents and carers of Afro-Caribbean heritage and parents to be.	Parents to be and those with a child under 2 years	Individual sessions	B3 – Bumps, Birth and Belonging	All welcome

Activity	Description	Ages	Sessions	Run by	Booking
<b>Childminder support group</b>	Offering support to the local community of childminders.	For childminders	Individual sessions	Childminders	By referral only – contact the family hub
<b>Parent carer panel</b>	Sessions aim to improve services available by listening and giving opportunity for the voices of the community to be heard, whilst encouraging networking and interpersonal interaction between professionals and community members.	Antenatal and parents with a child under 2 year	Individual sessions	Family hub staff	Book in advance
<b>Pre- and post-natal exercise classes</b>	For all fitness levels. You could improve your bladder control, posture, core strength, wellbeing and mood.	Pregnant and post-natal women	6-week programme	Family hub staff	Book in advance
<b>Time for you and baby too</b>	Weekly wellbeing group offering emotional support in a safe environment for you and your little one	Pre-birth up to 2 years	Individual sessions	Family Hub staff	All welcome
<b>Triple P babies</b>	This programme gives you practical strategies to create the best environment for your baby's development, helping you feel more confident as you begin your parenting journey. Learn ways to cope with frequent crying, set up good sleep habits, read your baby's cues, look after yourself, adapt to changes in family life, and more. It's easier with positive parenting strategies!	Pre-birth and up to 1 year	4-week course with 3 follow-up calls, plus a 1-week evaluation and celebration	Family hub staff	Book in advance

Activity	Description	Ages	Sessions	Run by	Booking
<b>Young carers</b>	Support sessions for children aged 4 to 8 years who are identified as young carers. These groups are to give the children a break from caring, to come and have fun and take part in different activities like playing in the garden and socialising with other children in the same situation as themselves. Refreshments are provided for children in the group.	4 to 8 years	Term-time only	Family hub staff	By referral only – contact the family hub
<b>Adult and family learning courses with Thurrock Adult Community College</b>	Accredited and non-accredited courses that help families return to employment or volunteering. Thurrock Adult Community College runs classes at the family hubs. These include paediatric awareness classes to adult craft classes.	For parents and carers	Individual to each course	Thurrock Adult Community College and family hub staff	Contact the family hub
<b>English for speakers of other languages (ESOL)</b>	A group for parents and carers to gain confidence when learning to speak English with support from experienced workers around this subject. This group also helps develop their speaking and listening skills in English with others	For parents and carers	4-week programme	Family hub staff	Contact the family hub
<b>OnePlusOne free online courses by relationship experts</b>	Online courses to help you learn how to cope with stress and communicate better, wherever you are in your parenting journey. Includes courses for all parents, for new parents and for separating parents.	For parents and carers with children aged 0 to 16 years	Individual sessions for parents and carers	One Plus One eLearning	Book online direct at <a href="http://oneplusone.org.uk/parents">oneplusone.org.uk/parents</a> or contact a Family Hub for help to book

## Speech and language specialist support

Activity	Description	Ages	Sessions	Run by	Booking
<b>Chatterbox</b>	A structured language group providing support, advice and guidance to help your child develop their communications skills. The family hub staff are trained and accredited to deliver the Chatterbox sessions.	24 to 36 months	6 to 8-week programme	Family hub staff	By referral only – contact the family hub
<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.	Pre-school children not yet in Reception 2 years and older	Individual sessions	Speech and language therapists	Email <a href="mailto:drop-in@nelft.nhs.uk">drop-in@nelft.nhs.uk</a>
<b>Early interaction advice sessions</b>	Individual sessions working with parents to develop early communication and interaction skills.	30 to 36 months	6 sessions	Speech and language therapists	By referral only from the speech and language team

## Special educational needs and disabilities (SEND) support

Activity	Description	Ages	Sessions	Run by	Booking
<b>Pre-school sensory group</b>	Thurrock pre-school sensory group for deaf and vision impaired children.	0 to 60 months	Monthly individual sessions	Thurrock Sensory Service Team	Email <a href="mailto:s.ablin.scs@osborne.coop">s.ablin.scs@osborne.coop</a>
<b>SEND early years communication group for sensory impaired children</b>	A session for families with children who have hearing impairment or visual impairment. This also gives parents/carers the opportunity to network with other parents in the community.	0 to 60 months	Individual sessions	Thurrock Sensory Service staff	By 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. This also gives parents and carers the opportunity to network with other parents in the community.	0 to 60 months	Individual sessions	Family hub staff	All welcome
<b>Sensory room for children with SEND</b>	A 'sensory room' is a special room designed to develop children's senses through special lighting, music, smells and interactive objects.	5 to 8 years	Individual sessions	Parents	Book in advance
<b>Parent Advisory Team Thurrock – SEND Information Advice and Support Service (PATT SENDIASS).</b>	Staff from Parent Advisory Team Thurrock (PATT) 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 with a child or young person aged 0 to 25 years	30-minute individual appointments	Parent Advisory Team Thurrock (PATT)	Book online at <a href="http://patt.org.uk/booking-page">patt.org.uk/booking-page</a> or send text message to 07702 127 252

Activity	Description	Ages	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 with a child or young person aged 0 to 25 years	Individual sessions	Thurrock SEND parents group	All welcome

## 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>Housing advice for council tenants</b>	The team support residents in maintaining their tenancies, ensuring they adequately housed and supported in line with their needs, signposting residents to other services.	Individual sessions	Thurrock Council	Book in advance by phoning 01375 413 820 or email <a href="mailto:housing@thurrock.gov.uk">housing@thurrock.gov.uk</a>
<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, such as mental health screening, and alcohol and consumption screening. The main programmes are smoking cessation, weight management and NHS health checks. For more details, go to <a href="http://www.thurrock.gov.uk/thls">www.thurrock.gov.uk/thls</a>	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

Activity	Description	Sessions	Run by	Booking
<b>Citizens Advice</b>	Free, confidential information and advice to assist people with money, legal, consumer and other problems.	Individual sessions	Citizens Advice staff	Contact the family hub
<b>Domestic abuse and violence support – drop-in sessions</b>	Drop-in and telephone support for 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>Domestic abuse and violence support – appointments</b>	Individual support for victims – female and male – of domestic abuse and violence.	Individual sessions	Changing Pathways	By appointment only
<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
<b>Essentials bank</b>	Essential items for babies and children.	Drop in	Family Hubs	Drop in
<b>One Community Steps to Success job club opportunity</b>	Individual drop-in sessions for parents and carers who receive Universal Credit.	Individual sessions	One Community	Drop in or phone 01375 768 233
<b>Open Road</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 for ages from 10 to 29 years	Open Road	Contact the family hub or scan the QR code on leaflet
<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)	Phone 01375 380 609 – for support. Phone 0300 003 7777 – for information and referrals.



Activity	Description	Sessions	Run by	Booking
<b>The Forward Trust</b>	Substance misuse service that supports young people who use substances, or whose lives are affected by parents or carers who use substances.	Structured interventions for ages from 30 years	The Forward Trust	Contact the family hub
<b>Think Families</b>	Helping parents who need additional support with parenting. For parents of children aged from 0 to 19 years.	Variety of sessions	Think Families	Discuss with family hub staff

## Other support

Activity	Description	Sessions	Run by	Booking
<b>Food bank vouchers</b>	To get help from a food bank you need to be referred with a voucher. Family Hub staff can arrange a visit and give more information.	Visit and information	Family hub staff	Contact the family hub
<b>Health and social care feedback and information sessions for families</b>	Healthwatch Thurrock is an independent organisation that can help with finding information about health and social care services. It focuses on improving services based on people's views and experiences. They can also help with making a complaint or raising a concern about an NHS service or worker.	Feedback and Information	Healthwatch Thurrock	Walk in when promoted on a Family Hub timetable