

North East Lincolnshire

Our Children, Our Future

A Prevention and Early Help Partnership
Strategy for Children and Families

2024-2028



North East Lincolnshire

Our Children, Our Future

Contents

Introduction	4
Local Context.....	6
Why Do We Need Early Help?	7
What Is Early Support And Early Help?.....	8
NELC Levels Of Need.....	9
The Early Help Vision.....	10-11
The Early Help Pathway	13
Right Support, Right Place, Right Time.....	15
Early Help Key Priorities.....	16
Partnership Pledge	18
North East Lincolnshire Targeted Family Help Offer.....	19
Team Around The Family (TAF)	20
Early Help And Family Hubs	22
Early Years	24-25
Integrated Youth Offer	27
Our Send Offer	28
The Impact of Early Help and Partnership Working	29
What Our Families Say.....	30-39
Thank You	40





Our Children, Our Future

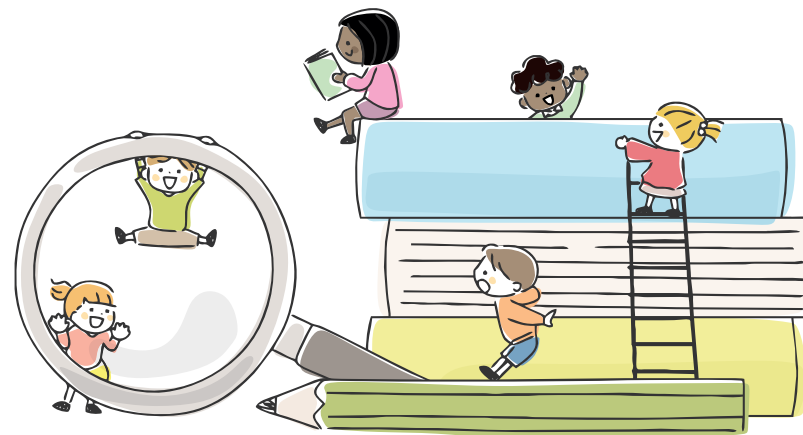
An Introduction to Early Help in North East Lincolnshire

On behalf of the North East Lincolnshire Safeguarding Children Partnership, we are pleased to introduce the refreshed Early Help Strategy for North East Lincolnshire.

This strategy has been developed through collaboration and engagement with a variety of partner agencies. It reflects our collective commitment as partners to working together and ensuring that children, young people, and their families receive the appropriate support at the right time.

We believe that the robustness of our Early Help offer lies in the strength of our partnerships and multi-agency approach, where all stakeholders work collectively to address the diverse needs of children and families. By adopting a collaborative mindset and committing to shared objectives, we can leverage the expertise and resources of different professionals, resulting in a comprehensive and integrated approach to Early Help. This collaborative model enhances the quality and effectiveness of services, ensuring that children and families receive timely and appropriate support tailored to their specific circumstances.

This strategy is an exciting opportunity for our partnership to continue evolving to meet the needs of the children, young people and families of North East Lincolnshire, however, ensuring its success will require sustained effort and commitment from all. We take immense pride in the achievements of our Early Help system, which continuously drives to deliver excellent outcomes for children and families.





Local Context

North East Lincolnshire sits within the Yorkshire and Humber region and the Humber sub region. Over **80%** of North East Lincolnshire is rural , however, **80%** of the population reside within more urban areas. Home to the Coastal town of Cleethorpes and historic fishing town of Grimsby, North East Lincolnshire is a popular choice for families to visit during the warmer months. The main residing areas are Grimsby, Cleethorpes, and Immingham, all with differing demographics and needs.

North East Lincolnshire currently has a population of approximately **156,966**, which over a ten year period has declined **1.7%**. The overall population consists of **35,944** children and young people aged 0-19, with **22%** of children aged 0-16 residing in households that have absolute low income which is **6.9%** higher than the national average. **26.2%** of children 0-16 also live within households with relative low income , which is **7.7%** higher than the national average, highlighting a significant proportion of families that may currently be living in deprivation.

Although there are areas of notable deprivation, the suburbs of North East Lincolnshire have grown in parallel with the industrial development of Grimsby and Cleethorpes, expanding around the western edges. This has in turn created pockets of affluent areas of residence, that correlate with better health outcomes and standard of living.

North East Lincolnshire council and partners are committed to addressing inequality within the community and improving the lives of our children, young people and their families.

Data - Census, 2021



Why do we need Early Help in North East Lincolnshire?

North East Lincolnshire is within the top **20%** most deprived authorities in England which subsequently has witnessed growing challenges that directly impact upon our Children, young People and Families (PHE, 2020). Increasing demand and need due to high levels of deprivation and poverty, high unemployment rates and inequality caused by austerity measures, in addition to the rising cost of living has exemplified more than ever the need to work collectively, inclusively with compassion and understanding with our community.



20% of referrals to children's social care during 2021-2022 cited 'neglect' as a concern.

29% of children in NEL are on a child protection plan under the category 'neglect'.

85% of children looked after categories were a result of abuse or neglect in 2021-2022.



Our Children, Our Future

The number of children (0-19) living in absolute low poverty households (2020/2021) in North East Lincolnshire was 8219. Early Help providers aim to reduce the negative impact of poverty upon our families by providing support at the earliest opportunity.



Summary

North East Lincolnshire's Early Help Providers are committed to delivering high quality support to our children, young people and families at the earliest opportunity. We understand that we need to acknowledge the lived experiences of our families and work together to address the impact of inequality. Working together we will promote an inclusive working climate that not only shapes services within the local area but will provide opportunities that will enable our community to grow and be a part of positive change for future families.

Unemployment and promoting opportunities.

The impact of low income upon individuals living in stress and deprivation are linked to poor health behaviours such as smoking, lack of exercise, poor diet, drug misuse, and alcohol consumption, which has notably seen an increase in Mental Health support referrals, accessing Income support services and a rise in complex cases within Early Help. To address inequality amongst our community, our Early Help and learning providers are committed to offer a range of support for individuals to re-engage with learning and work. This may be upskilling in digital skills or gaining qualifications both academic or Occupational and Vocational. Our community partners are also passionate about promoting healthy behaviours with our families, providing Mental health support, and working inclusively to support families holistically.

Education in NEL;

39 Day nurseries and pre school settings

33 Nursery units in schools

2 Nursery schools

46 Primary Schools

10 Secondary schools

8 Further education providers

1 Higher education setting

4 Alternate provision

1 Resource specialist provision

2 Special academies

3 Independent special schools

1 post **16** specialist setting

Working in collaboration with Educational settings, Early Help providers are able to support families as soon as difficulties or concerns are raised. This ensures that our families are receiving the right support, at the right time by the right person.



Our families will be supported by the Right People, at the Right Time, at the Right Place.

What is Early Help?

In North East Lincolnshire, we want all children to be safe from harm and enjoy growing up in loving homes, have the best start in life and a happy, healthy, fun childhood. Our aim is that all children start school ready to learn, do well at all levels of learning and have the skills and opportunities they need to have a bright future. It is our ambition that all children and families are part of an inclusive, compassionate, and thriving community.

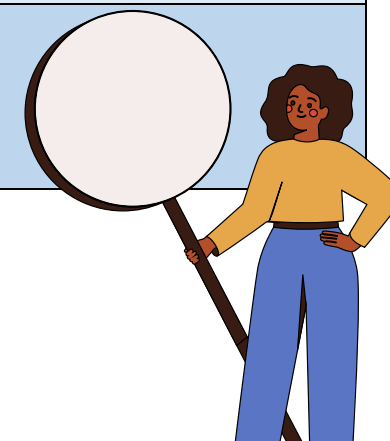
To ensure that we achieve this we need to work together, Early Help is not an individual service but a wider system of support delivered by local authorities and their partners, who, by sharing resources and taking a collective responsibility, we can use the knowledge, skills and expertise of all our partners to ensure the right help is available at the right time. This collaborative model that is underpinned by the Working Together To Safeguard Children guidance (2023) enhances the quality and effectiveness of services by ensuring that early conversations, interventions and support drawn from our universal provision afford children the right to support at the earliest opportunity which is tailored to their specific circumstances.

We are aspirational for ourselves, as well as our children and families, and we will hold each other to account with open and honest conversations in the context of a shared vision and thresholds. Set in the context of our North East Lincolnshire Safeguarding Children Partnership we have published our **Helping, Supporting and Protecting Children and Families in North East Lincolnshire 2024/28** threshold document which sets out how services support children, young people, and families to participate, find help online and in their networks and communities, to be resilient, stay safe and independent.



North East Lincolnshire Levels of Need

Universal	Targeted	Specialist
<p>Within the right conditions and local offer, through taking self-responsibility, children, young people and families can:</p> <ul style="list-style-type: none"> actively participate in and are supported by their schools and communities access available information, amenities, settings, and services to help themselves and to raise awareness, develop skills and resilience and enable behaviour changes that will contribute to children growing up happy and healthy, safe in their homes and communities with people that love them without the need for interventions actively engage with proactive, preventative, health promoting services and receive the benefits of early intervention and support to maximise their health, wellbeing, and resilience, as well as improving health outcomes and reducing inequalities 	<p>Where families have more significant needs that require more intensive help and support, agencies, organisations and individuals work together to support children and families as soon as problems emerge, which can be described as targeted early help.</p> <p>Some early help is provided through universal services, such as education and health services. Other early help services are co-ordinated by NELC and/or their partners to address specific concerns within a family.</p> <p>Within specific populations, communities, family hubs and area wide, children and families may need more structured and targeted informal help to prevent needs from escalating, and to support them through times that may be challenging.</p> <p>When children's needs are such, a more structured support plan may be required to co-ordinate the targeted formal help needed to achieve agreed outcomes.</p> <p>This a system of support delivered by NELC and/or partners working together and taking collective responsibility to provide the right provision in the borough.</p> <p>Examples of these include parenting support, education support or support through early years provision/schools/colleges, health / mental health support, youth services, youth offending teams and housing and employment services.</p> <p>The lead practitioner role could be held by a range of people.</p>	<p>Where there are significant concerns, through swift, creative, flexible and responsive agency support and integrated working, children, young people and families are supported and enabled to seek their own solutions and build resilience to better equip them to sustain and maintain change, which will contribute to reducing harm.</p> <p>This will enable the family to remain together and become independent in their community, leading to children growing up happy and healthy, attending their school, being safe in their homes and communities with people that love them.</p> <p>Specialist support is provided in the context of statutory responsibilities for example children in need of protection and children entitled to Section 17 provision for children with a disability</p>
<p style="text-align: center;">Enablers:</p> <p style="text-align: center;">Views and experiences of children, young people and families are at the centre of all we do</p> <p style="text-align: center;">Multi agency working is prioritised and effective</p> <p style="text-align: center;">Leaders drive conditions for effective practice</p> <p style="text-align: center;">The workforce is equipped and effective</p> <p style="text-align: center;">Data and intelligence informs strategic planning frameworks and practice improvements</p>		



The Early Help Vision

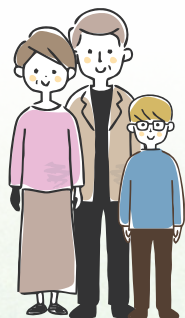
In July 2024 we conducted a self-assessment in partnership using the Early Help system guide to support strategic planning and prioritisation to enable the local partnership to improve family outcomes and reduce the demand on acute services.

The Early Help System Guide provides opportunities for all Early Help providers, children, young people and families and senior leadership teams to work together to feed into our wider systems. This helps us all to build and develop our local offer that is robust, effective and evidenced based, in addition to guiding best practice and positive outcomes for our children and families.



Family voice and experience

1. There are well established mechanisms to gather and act on feedback from families and engage people with lived experience in service design, governance and quality assurance.
2. Families say they know how to navigate local services and how to get help.
3. Families who have several needs say they know who their lead practitioner is, that all their needs were considered individually, and as a whole, and they only needed to tell their story once. They also say all the professionals work together to one plan in a team around the family.
4. Families say that those that helped them listened carefully, cared about them and told them about their strengths.
5. Families say that the help they have received addressed all their problems and they are better connected to their own support network and local community



Communities

1. We are improving the connectivity between voluntary and community sector activity, family networks and formal early help activity.
2. Our relationship with community groups and voluntary organisations embodies a culture of valuing the contribution of all.
3. We are building capacity in communities and harnessing the talent of parents, carers and young people with lived experience to help one another.
4. We are shifting decision making about local services and facilities towards families and communities.



Leaders

1. There is a senior strategic group accountable for the Early Help System and the partnership infrastructure evidences a focus on early help, whole family and whole system working.
2. Our system is balanced, so that more appropriate support is provided for children and families earlier to avoid unnecessary or costly statutory intervention in the children's social care system.
3. Partners have agreed a shared set of measures at family, cohort, demand and population level, including quality of practice and family voice, which collectively represent the effectiveness of the Early Help System.
4. There is a culture of using evaluation and evidence to inform development of the Early Help System



Workforce

1. There is a professional family support service. Whole family working is the norm for all people-facing public services through a shared practice framework. And early help is seen as everyone's responsibility.
2. Public services work together in place based or hub-based working where partners are integrated virtually or physically, based in the community with a common footprint.
3. We invest in our workforce with a workforce development plan to embed the shared practice framework and there is direct support for professionals to improve their practice through a quality assurance framework.
4. The response to different presenting needs are aligned or integrated to ensure there is always a whole family response.

Data

1. There is a senior strategic group with representation across the partnership, which is accountable for developing and driving the use of data for the whole Early Help System.
2. All data feeds are shared safely and robustly across the partnership, brought into one place and used to identify family needs.
3. Case management systems are accessible to all partners working with families and allow us to quantify all issues affecting the family and report on all issues and outcomes in a quantifiable way.
4. Working with our strategic partnership group we are developing innovative approaches to the use of data. We are using technological solutions to match data, present information to family workers and strategic boards and analyse these data to prevent the escalation of needs









Right Support, Right Place, Right Time.

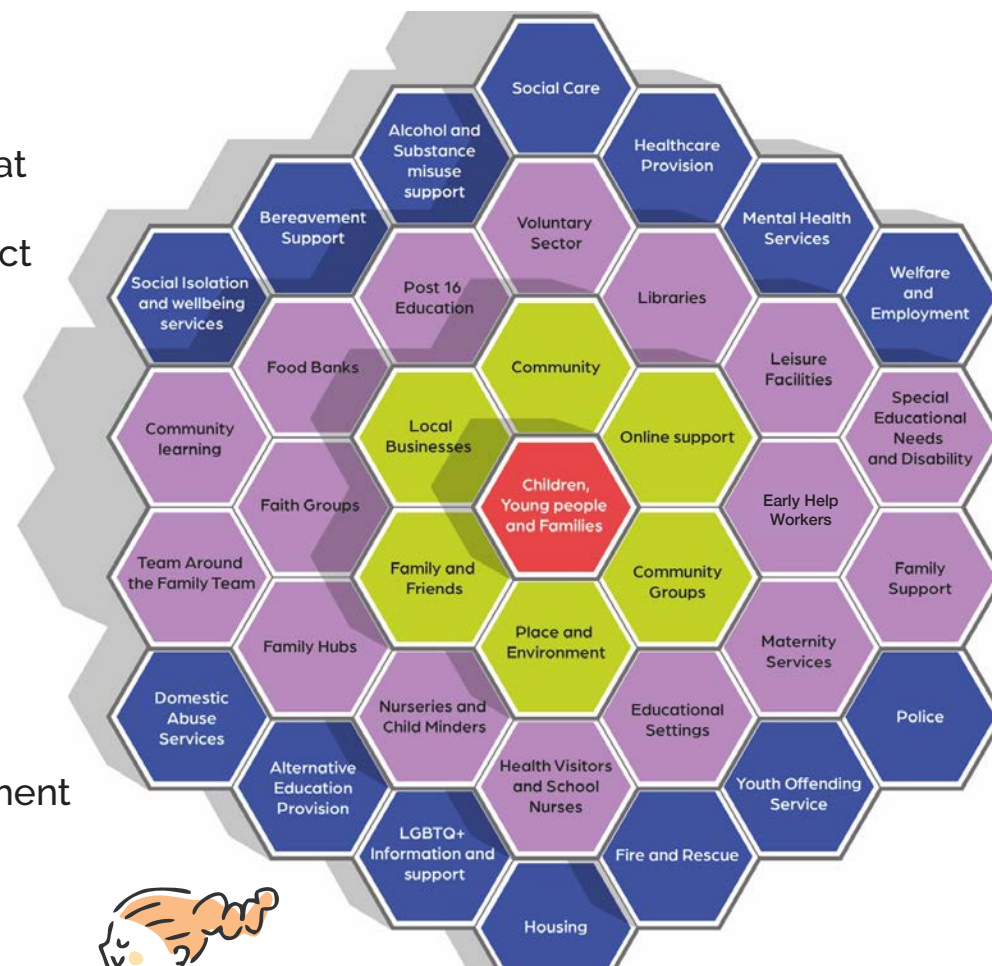
North East Lincolnshire has a wide range of services that work with, and for children, young people and families. We acknowledge environmental factors that may impact upon our community and children, in addition to appreciating that the greatest and most sustainable outcomes are provided by the children, young people, their families and their friends.

We understand the importance of building positive relationships and value a family's lived experience.

We will work in an open and honest way to enable our families to feel empowered and in control.

We will use the Early Help assessment to gather, share and screen information so that we can make informed decisions regarding support together, free from judgement and bias.

The Local Authority and external partners may use the Early Help Assessment to support conversations between families and professionals.



Early Help Key Priorities

1. **Improved health and wellbeing** – We will have a strong focus of developing good physical and emotional wellbeing support, taking a trauma informed approach to help families have appropriate support which is accessible when they need help.
2. **Early Years** – We recognise that the first 1001 days of a baby's life are the most crucial to their lifelong development. From conception to 2 years old, babies develop at an amazing pace; and we want to support them and their parents/care givers to ensure everyone gets the best start for life.
3. **Supporting children through Education to meet their full potential** – We will contribute to keeping children in school and improving educational attainment of some of our most vulnerable children, including young carers. Young people will be supported to access training and employment opportunities and families will be supported to access free childcare to allow them to have paid work.
4. **Whole Family Working** – We will take a 'whole family' approach to develop family led plans that are strengths based and family focused. By working together we will ensure that the family receive the right level of support, at the right time by the right person and are empowered to make decisions for themselves that promote positive outcomes.
5. **Parental conflict and the impact of Domestic Abuse** – We will work with families at the earliest opportunity to support their understanding and impact of parental conflict and domestic abuse upon the family unit. We will support and empower families to resolve problems before they escalate.
6. **Hidden harm- Parental alcohol/substance misuse** – We will work with our external agencies to promote support services that aim to reduce and prevent substance misuse. We will educate our families upon the impact that substance misuse has and how it can negatively contribute to the lived experience of the child.
7. **Harm outside the home** – We will support children and families through proactive and early intervention to prevent risks from outside the home, particularly around criminal and sexual exploitation, harmful sexual behaviour, and being missing from home or care.



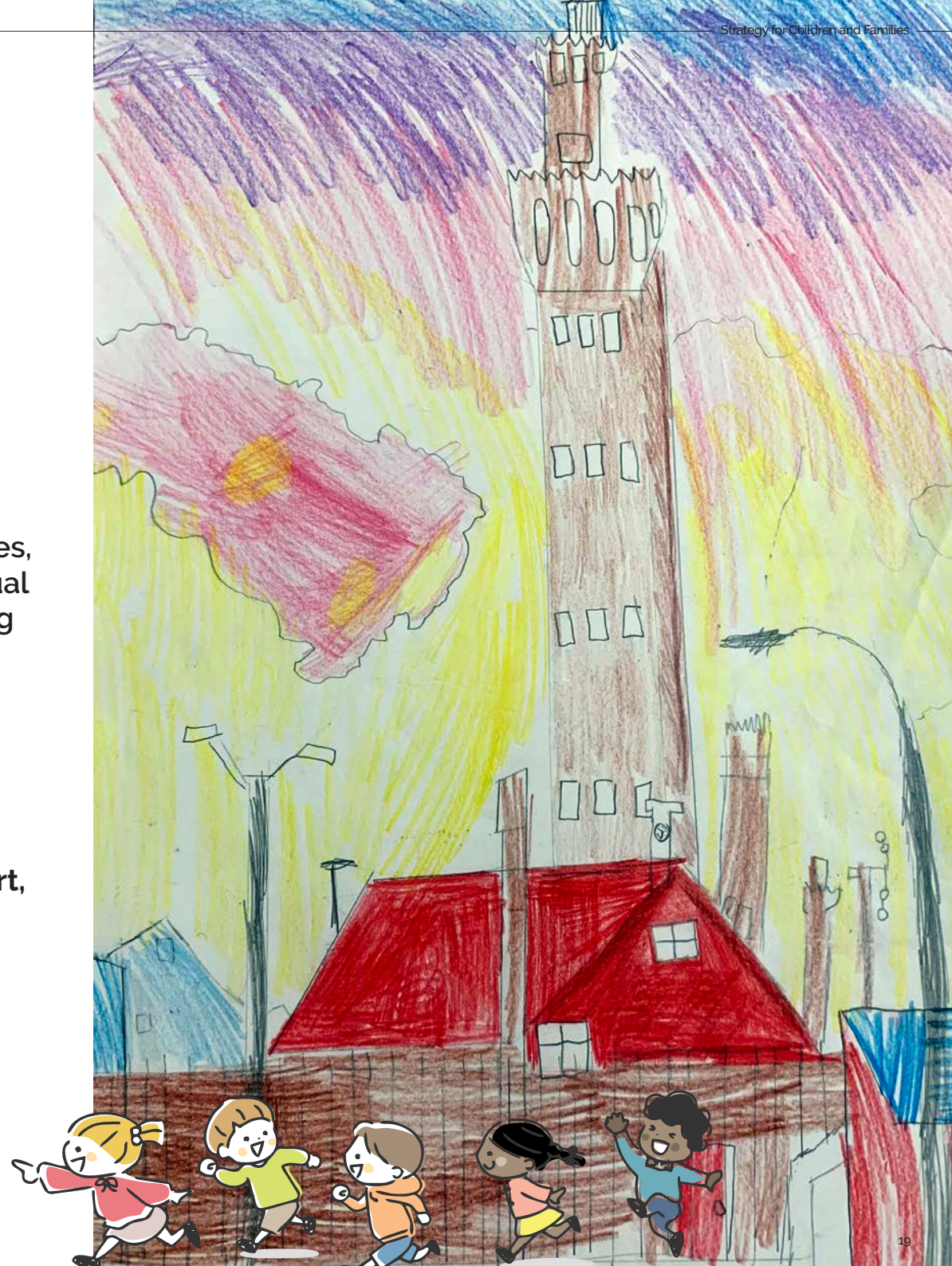


Our Partnership Pledge



North East Lincolnshire Targeted Family Help Offer

- Family Help requires the consent from our families, which enables them to feel in control and an equal partner in all decision making processes. Working restoratively aims to share services, implement targeted support, draw on strengths of our community based services and be family led in design and delivery.
- The following pages include information on the Local Authorities; Team Around the Family support service, Family Hubs, Early Years Support, Integrated Youth Offer and SEND offer.



Team Around the Family (TAF)

- All Children need a strong support network of people that care about them, to feel safe, secure, and valued. At times families may need additional support from professionals, which will create a '**Team Around the Family**' or 'TAF'. A TAF meeting can take place when there are two or more professionals/services involved, for example, voluntary sector organisation, police, education etc.
- The Team around the Family will support our external partners to work in partnership with our families in an open and honest way so that they can identify the needs of a family at the earliest opportunity and bring together services that can support them. The TAF can achieve this by completing an Early Help Assessment (EHA), this will highlight any worries and concerns, draw on family strengths and enable the TAF to create a family plan that is family led in design and solution focused. The EHA is much more than a form, it serves as a conversation tool that supports meaningful conversations between agency and family, which allows a whole family approach to working that not only promotes positive working relationships between our external partners, but also respects our families as equal partners too.

There are a total of **150** care and educational providers in North East Lincolnshire



The North East Lincolnshire TAF Process

Set up a meeting with the team and family. Complete an assessment and Family Plan. Email to TAF@nelincs.gov.uk



Review the Family Plan within 8 weeks. Email review to TAF@nelincs.gov.uk



Needs are met, complete closure and send to TAF@nelincs.gov.uk



Early Help and Family Hubs

In North East Lincolnshire we want all families to be able to access the advice, guidance and support they need locally, in a way that feels accessible to them. We have refurbished all seven family hubs, including the development of a comprehensive start for life offer focusing on conception to 2 years and the introduction of a new birth registration service which reached over 100 birth registrations within 5 months of the service opening.

Our Family Hubs provide welcoming spaces where all families can come to access a range of services such as;

- Early Learning activities, and access to library areas for young children
- Parenting Support Group Programmes
- Training and Family learning
- Health services, such as midwifery, health visiting or school nursing
- Peer Support groups, such as; Infant Feeding, Childminders, or for families with children with Special Educational Needs'

We are friendly and open to any family who wants to drop in and will listen to family's voices to adapt what we offer as much as possible.

The Hub staff can connect families to any additional support they might need, such as;-

- One to one discussions when children, young people, and families need support
- Support with finances or housing related worries
- Parenting and Family support
- Special Educational Needs support
- Couples and co-parenting advice and support

“

We have a developing offer to support families where parental conflict is affecting children, including a self-service, or supported digital offer, a face-to-face offer and a more specialist offer around mediation.





Early Years

In North East Lincolnshire we recognise that the first 1001 days of a baby's life are the most crucial to their lifelong development. From conception to 2 years old, babies develop at an amazing pace; and we want to support them and their parents/care givers to ensure everyone gets the best start for life. We continue to build on our comprehensive Early Years Offer, that will include advice, guidance, support and services so that:

Our babies and toddlers will:

- Be given the best possible start from conception through families who know what the best start looks and feels like
- Feel loved and have secure attachment to their parents or carers
- Be given the best opportunities to grow, develop and be healthy
- Be given the attention and interaction they need
- Play, have fun, and have a wide range of learning experiences

Our expectant and new parents will:

- Be supported to be happy and healthy so that they can be the best parents they can be
- Feel informed in order to make the best choices for their babies and children
- Be empowered as the biggest influencers of their child's future
- Know how to get the help they need, and be able to get it at the earliest opportunity

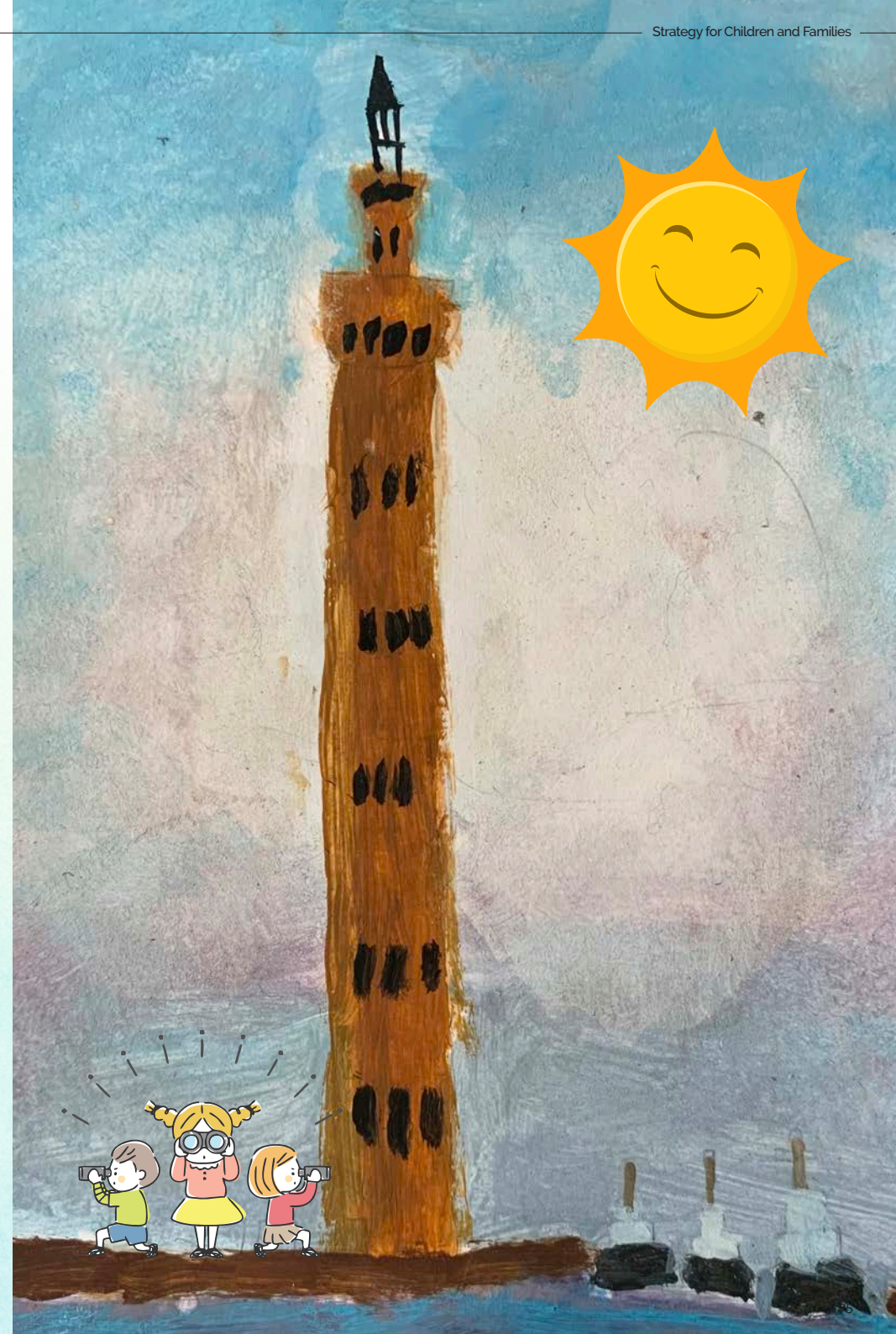


Our communities will:

- Value the first 1001 days of life and understand what babies and toddlers need
- Be ready to support expectant and new families, not just mothers, at the earliest opportunity
- Create spaces that are welcoming and nurturing for babies, toddlers and their families
- Influence and co-deliver services
- Give families a voice and opportunity to say what matters to them

Our services will:

- Have well trained and equipped staff
- Be respectful and work with families, not do to them
- Be evidence-based and focus on what matters for babies and children
- Join up and work together for the benefit of babies, children and families





Integrated Youth Offer in North East Lincolnshire

In North East Lincolnshire we have a collective commitment to supporting young people, diverting away from anti-social behaviour and crime, to reduce risks of being exploited or missing from home, prevent substance use and recognise early intervention to support a young person's emotional wellbeing. We want to make sure that young people in North East Lincolnshire receive the support they need to succeed in life. We know relationships create positive change for our young people and need adults to believe in them and to see their potential; this helps them to be able to see it too.

As a partnership we know our young people have huge potential and we want to harness this by providing opportunities, activities, spaces, diversion routes, support and role modelling so they can flourish and succeed. The cost of living crisis and isolation has had an impact on young people's day to day lives and together we can work to reduce those vulnerabilities and inequalities so young people grow up healthier, happier and more aspirational.

Collaboration is at the heart of what we do, and we will work with our partners across the system and our families to push for positive change. We all have a role to play in improving the outcomes for our young people and in doing so creating safer communities that give young people in North East Lincolnshire the opportunities they so rightly deserve.



Our SEND Offer

Family Hubs are accessible to all of our families, and a number of SEND specialist information, advice and guidance can be accessed in every Hub. The following SEND services are available across the Family Hub Network:


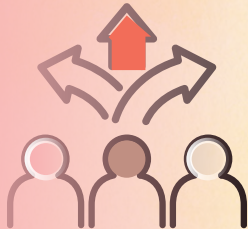
- Portage group sessions for 0-3s (by referral only)
- Early Birds training for parents whose child has a diagnosis of autism.
- Stepping Stones family support
- Firming Foundations support for families
- Speech and Language Therapy sessions for children who require a qualified therapist.
- Screening for speech and language needs

For further information about what is happening to support children with SEND across North East Lincolnshire, our Special Educational Needs and Alternative Provision strategy can be found on our SEND Local Offer webpage: <https://sendlocaloffer.nelincs.gov.uk/home/our-vision-and-strategy>

The North East Lincolnshire Parent Carer Forum have regular coffee mornings in each of the hubs, check out their Facebook page for further information <https://www.facebook.com/NELPCF/>



The Impact of Early Help and Partnership Working 2023-24

				
Safe	Healthy			
<ul style="list-style-type: none"> • Reduced rate of children in our care. • Reduced rate of children subject to a child protection plan. • Children in NEL are less likely to become involved in the criminal justice system when compared to the national average. • The number of referrals to children's social care has decreased as have re referrals. • The number of children experiencing child exploitation has decreased. 	<ul style="list-style-type: none"> • A high percentage of babies in NEL received a new birth visit. • We have a high number of babies that have been registered via the new birth registration service within the family hubs. • Our development checks at age 2 are above the National average. • We have just under 2000 parents/carers that have signed up to become a member of the Start for Life programme. • There has been an increased uptake of breast feeding across NEL. 	<ul style="list-style-type: none"> • Families are not in contact with professionals unnecessarily. Families are not having to repeat their views to multiple professionals as information is directed to the appropriate service. • Diversion away from criminality and attempts made to engage at a prevention level are a key focus for young people. • Children and families are accessing the family hubs as a one stop shop for support services. 	<ul style="list-style-type: none"> • Family led plans capture whole family voice and lived experiences. • Children and Young people are involved throughout the assessment process. • Children, young people and their families contribute to the development of our service offer. • Children, young people and families report that they feel listened to and are more empowered to make changes to family life. 	<ul style="list-style-type: none"> • An increase of Early Help Assessments are being completed by our external partners. • Early conversations are taking place with our families to ensure that families receive the right support, by the right person at the earliest opportunity. • The TAF project is working closely with our external partners. 95% of TAF's are held by our educational settings. • Families report that the support they have received has helped their family.

This is what our families say

Oasis Hub

"I have two children aged 10 and 6.

We moved to the UK at the start of last year to escape from domestic violence and found ourselves homeless from March 2022.

We were staying in caravans in winter lets, hotels and even spent two nights in a car until we got put into a safehouse by social services who became involved in helping us.

In May 2022 I found a private rental home for myself and two children in Grimsby, I had nothing but the clothing I had brought with me. Social Services were still involved as I had to do an assessment to prove I could keep myself and my children safe.

Oasis Hub helped me by getting me a fridge freezer for my house. I am so grateful to them for everything they do. I also attend a group called family links at the Oasis hub where we learn about how to cope with our Childrens behaviour and emotions as well as my own.

The Oasis Hub is what I call my safe space. All the staff are fantastic and have become like friends. I know if I ever have a problem I can go there and there will always be someone to listen to me and help me if they can. I like going to the hub and helping them with things when I have spare time"





Grimsby Dads Collective

How did you feel when you first attended?

"A bit nervous"

"As a male, a bit lost"

"Quiet and shy at first"

"Nervous and unsure"

How do you feel the group has supported you and benefitted your family?

"I'm becoming a better person".

"Very much having some time to myself is amazing and looking forward to the family day out".

"Helped me be more confident".

"Gave me an opportunity to get out with my son and helping with social awkwardness".

"I'm learning to be a better father and be more active with my time with the kids".



What would you say to dads that might be thinking about attending but haven't yet?

"100% get involved and encourage others to join."

"100% need to come and see how they feel after one session, and they will be glad they came."

"Just come - it's not hard work, it's just informal and light and you can take what you need from it, no stress."

"Come along - it's great."

"Don't hesitate, it's the best decision I ever made."

"It's definitely worth it and you get to meet other dads and supportive people that are always happy to help."

"Go for it!"

Find out more by visiting: ymca-humber.com/what-we-do/family-support/grimsby-dads-collective
or contact info@ymca-humber.com



Family Hubs and working with Families Help Practitioner

Age 14

"I felt nervous and worried, and I thought "who is this freak" when I first met my FHP, but over time I felt better and wanted her to come round more. My life has flipped from bad to good. I don't do any risk behaviours anymore, I keep safe, and my mental health hasn't been bad for ages.

I have finished work with my FHP now and attend the Girls Group, I have completed peer mentor training and I got a certificate.

The group has made me realise the consequences of everything like sex, drugs, online safety, healthy relationships, grooming and exploitation. It helps, they are amazing.

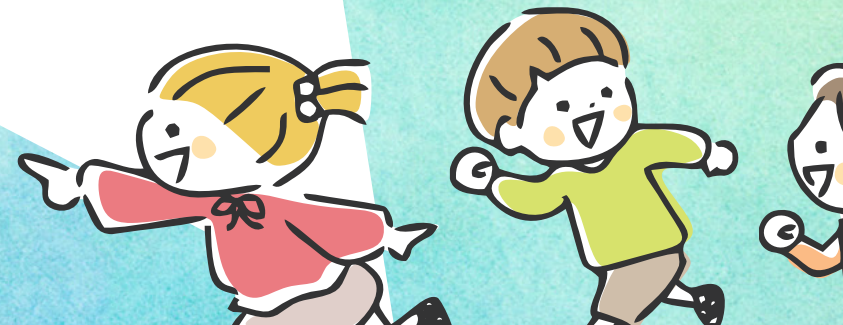
You will be scared going at first, but it will help keep you safe and they will sort out problems with your family and your relationships will be better. I feel I can trust my FHP, she is fun, makes me laugh and is understanding.

I am nervous but excited about my future and working hard. Everyone tells me how proud they are of me, but I am actually proud of myself."



Family hubs and attending activities and groups

'A few months ago I was not in a good place and was being supported by the perinatal team, I did not leave the house and didn't enjoy playing with my children. Since coming to your group, I travel half way across town on the bus or walking because I don't drive. You don't judge me, you just "get me" and my little quirks. It is a big deal coming here and it has had such a big impact on me and all of my children, and you know they have some difficulties with their learning too but they can just be themselves when they are here. My boys love coming here. I know I don't play with him loads, I can put him on the mat and he rolls around and is happy with everyone around him. I would go days without leaving my house apart from doing the school run. Now I really look forward to coming here.'



I started attending groups at the family hub after my youngest child was born. I was really anxious at first as it was something that was out of my comfort zone, however, the staff were very quick to support me and ease my anxieties. While attending baby rhyme time, learning through play and various other groups I've been able to watch my child flourish in a safe, happy environment that has supported him in meeting all his key milestones. My child has become confident with the routine of the groups, is more than confident to participate in the singing, and fully submerges themselves in all the activities the groups offer. The groups offer activities that allow them to learn through sensory play, role play, outside areas and our favourite messy play! The staff strive to set an example, they model a good use of simple language, and implement the same routine and consistency throughout the sessions every week so my child knows where and what they are doing, something I have now adapted and use at home which has been welcomed with a positive response from my family. As a parent it's given me a safe space where I can go and ask for help, seek guidance or even just have a friendly chat. The staff never fail to make the time to listen and really strive to make a positive relationship with each family. Since attending the groups, I have significantly reduced the amount of time spent with other agencies involved with my family. Accessing the groups on offer at the family hubs has given me a clear understanding of what my children need in order to thrive and shown me just how easy it is to achieve all whilst having fun.



Parenting Programmes

Dear Parent/carer,

I was feeling exactly like you are now.... 'I don't need this course'... 'I feel judged' 'what a waste of a morning', but I couldn't have been more wrong!

You will honestly have the best time and learn so much that you won't want it to be week 10.

I was referred to the Solihull Programme because I was struggling with my child's behaviour towards me and towards their younger sibling. Although things aren't perfect, things are so much better and more manageable, and you realise from the beginning that you are not alone.

I am really going to miss my Thursday morning sessions and having people to bounce ideas around with. For everyone starting the course today on week one just embrace it, listen to what is being said and just have the best time, you are not being judged, you are being supported.

Good Luck

Anon



Dear Parent/ carer,

At the beginning of the group, I felt very optimistic but also very nervous about sitting in a room full of other parents that may judge me and my parenting. I was struggling with being able to manage my child's behaviour, outbursts, attitude and melt downs. I expected it to be an hour of my life I wouldn't get back, but I couldn't have been more wrong. I am absolutely gutted that it has ended, I have learnt so much from other parents that have been in similar situations.

To anyone starting this course, definitely trust the process, stick with it, you will learn so much.

Anon X

With Special Thanks to;

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North East Lincolnshire

Our Children, Our Future

A Prevention and Early Help Partnership
Strategy for Children and Families

2024 - 2028

