



Telford & Wrekin
Co-operative Council

Protect, care and invest
to create a better borough



Telford and Wrekin

FAMILY HUBS

Seeds to orchard



Funded by
UK Government

All families need support from time to time to help their children and young people thrive, whether it comes from family, friends or professionals. Our ambition is for every family in our borough to receive the right help, at the right time.

This parenting guide is for parents and carers of children and young people in Telford and Wrekin. It will give you practical advice and guidance to help you in the most important role of being a parent. Telford & Wrekin Council and its partners are committed to ensuring children are able to achieve their very best. This leaflet covers many aspects of parenting, plus local services and activities and contacts for further information, advice and help.

In light of our borough recently achieving the "Tree City of the World status", and Family Hubs named after trees as a symbol of stability, growth and strength, this guide has been designed to reflect children's growth and development through tree life stages, with parents and support services working together as partners in our Orchard, a place of diversity, nurture and support for children to reach their full potential.

Being a parent is one of the most difficult tasks there is. Most parents need help from time to time and this guidance is designed to be a useful and practical tool for parents, carers and professionals.



Jo Britton

Executive Director Childrens Services

An Orchard Full of Trees

Families never just happen,
Forests don't just appear.
Both need the right environment,
Consistent year on year.

There is nature, and there's nurture,
On this we're all agreed.
And most of us at times need help,
To grow our tiny seed.

Trees begin life as a seedling.
Vulnerable and small.
Adding love and time and patience,
They thrive and grow up tall.

We know that we can't hold too
tight,
Saplings start out branching,
Making friends, then off they go to,
Forest schools for learning.

Young Trees grow fast, like
teenagers.
Big futures to decide.
Flourishing roots need safety and
an understanding guide.

Then just like that, your tree
matures.
That tiny seed once sown,
Your nurturing empowered them,
To blossom on their own.

Raising trees is never easy.
Where do you get started?
Support is never far away,
It's here in your orchard.

Apples for your physical health,
Ripe from the Autumn sun.
The English Oak that gives us
strength.
While conker trees bring fun!

Raising trees should not bring
torment,
Please put your mind at ease.
And introduce your offspring to,
An Orchard full of trees!

Teresa Quinn Russell



Seeds 0-1

In the beginning a seed takes root, given time a lot of love and a little patience they will grow and blossom. This new life brings mixed emotions and challenges. Growing seeds bring the promise of a future filled with hope and full of joy.

Solihull Parenting baby

The Solihull Approach antenatal online course gives parents practical information about pregnancy and birth whilst at the same time introducing them to their baby. It explains how and why those around this baby are so important, whether they are the mother, father, partner, grandparent or birth partner. It integrates the traditional information given on an antenatal course with a new approach to starting their relationship with this baby before the baby even makes an appearance.



Telford & Wrekin

Home-Start

Being a parent has never been easy. It can be lonely, frustrating, heart breaking and over-whelming. All parents struggle at one time or another. You are not alone. Home-Start's expert staff and trained volunteers work alongside families just like yours to give non-judgmental, compassionate and confidential support.

Chatterbox Wednesday (term time only) – a group for parents and their pre-school children to enjoy activities together.

Friday Playing Together (term time only) – a group for parents and their pre-school children to enjoy activities together.

Teenage mum me time (term time only) – a weekly drop-in group for mums under 19. Sessions include crafts, pampering, relaxation and peer support



For more information visit

<https://homestarttelfordandwrekin.co.uk>

SCAN ME



Triple P for baby

Positively nurture your baby's development and a close relationship right from the start – this toolkit of tips and ideas really works!

- You choose what works for you – adapt to suit your baby, your family, your values.
- Be confident about responding to your baby and meeting their needs, and having options if there are challenges (e.g. with crying or sleeping patterns).
- Learn how to manage your emotions and communicate more effectively with your partner about parenting.
- Do the programme anytime on your phone, computer, or tablet.
- Videos and fun interactive learning.
- Track your progress and print your certificate.



For more information visit

<https://www.triplep.net/glo-en/home>

SCAN ME



Families in Telford

Families in Telford

Tums and Tinies – this group is specifically tailored for the needs of pregnant ladies, babies and little ones up until they start confidently moving around. Tums and Tinies provides a safe environment for babies to be able to explore and for new mothers to feel confident to be able to talk honestly and openly about their experiences. There are lots of relaxed conversations about topics such as feeding, sleep problems, milestones, weaning and the impact on relationships.

Rise and Shine – a group designated for those little ones who are starting to find their confidence in moving. Activities are designed to encourage children in their movement and provide them with a range of experiences. Stage appropriate topics such as becoming more dependent on solid foods, language and physical development are also covered.

Drop in and Play – multiple indoor and outdoor activities are offered to pre-school children and their adults. From as soon as little ones are able to sit up, there is something for them to have a go with in this group. Creative and imaginative play helps develop a whole range of social and practical skills that are needed to transition towards nursery and school.



For more information visit

www.familiesintelford.co.uk

SCAN ME



Breastfeeding Network

The Breastfeeding Network offers free information and support for you. The trained peer supporters can help you through exclusively breastfeeding, combi-feeding and pumping/expressing. The groups are for anyone who is interested in breastfeeding, needs support or wants a safe, welcoming place to meet other families. For more information, follow on Facebook @BreastfeedingNetworkShropshire



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Web: www.breastfeedingnetwork.org.uk/shropshire

National Breastfeeding Helpline Tel: 0300 100 0212 available 9.30am-9.30pm every day.

Start4Life weaning information

Information about how to begin and when to start weaning safely.

Web: www.nhs.uk/start4life/weaning

Starbucks Breastfeeding Group

A comfortable, safe and relaxed environment for mothers to breastfeed and meet others



Sea Change Trust (term time only)

Talk and Play in the Bell Tent – drop-in therapeutic support for parents, babies and toddlers.



SCAN ME

For more information visit

www.theseachangetrust.co.uk

Bounce and Rhyme

Bounce and Rhyme sessions are aimed at babies and toddlers, aged under 5, along with their mums, dads and carers. Come along and share nursery rhymes, action songs – it is fun, interactive and noisy! Bounce and Rhyme sessions are free and are a great opportunity for dads, mums, carers and children to make new friends in a relaxed setting.

Wellington Orbit Parent and Toddler Group (term time only)

Parent and toddler sessions in our cinema. The sessions are free and include soft play equipment and cartoons/other light entertainment on the cinema screen.

Baby Babble

A group for babies and toddlers, advice and support for parents over a cup of tea.



Family Hubs 0-2 years

We want every child in Telford and Wrekin to have the best possible start in life. To support families in providing information and guidance to support your parenting journey during your baby's first two years. In addition, our Family Hubs provide support for new parents and carers with infant feeding, emotional wellbeing, healthy lifestyles and many other services.

Seedlings 1-5

Our seedling roots are fragile but still they hold on tight. Demanding oodles of nurture and protection. Soaking up the world and filling their growing brains with knowledge, shaped by their environment. This new world of wonder offers excitement, and our seedlings learn to stand up tall.

Playing Together groups 0-5

Playing Together is a time for families and carers to come along with their children aged 0-5. We have a variety of free sessions over Telford and Wrekin. We provide a range of activities such as messy play, sensory play, construction and circle time for stories and singing.

0-19 Healthy Child Programme Practitioner School Readiness

School readiness practitioners attend playing together groups in Telford. They support families with toileting, sleep advice, healthy eating and school readiness.

Shining Stars Group

A group with a range of play activities for children 0-5 years of age who have an additional need. Eligible for families prior, during or after diagnosis. Children must be supervised, two children per one adult. Siblings without an additional need are also welcome to attend.

Incredible years

12 week face to face programme for families of children aged 0-7 years. Which provides practical parenting advice and strategies to support families.

Talking 2'S - 2 year funding

Parents or carers of two year olds who meet the criteria can apply for a funded early learning place to fund childcare sessions for 15 hours per week flexibly, 38 weeks of the year from the term after their second birthday.



To find out more visit www.telford.gov.uk/talking2s

SCAN ME

Talking 3s and 4s - 3 year funding

Every three and four year old child is entitled to 15 hours per week of funded early years provision, for 38 weeks per year from the term after their third birthday. This must be taken over a minimum of two days and with a maximum of two childcare providers. Children are eligible at the start of the term following their third birthday until statutory school age, so a child born between:

Children born between	Eligible to start from
1 April - 31 August	Autumn term (starts September)
1 September - 31 December	Spring term (starts January)
1 January - 31 March	Summer term (starts April)

This table shows when a child is eligible for a 3 to 4 year old funded place.



To find out more visit www.telford.gov.uk/talking3sand4s

SCAN ME

30 hours

Families meeting a specific criteria will be able to claim an additional 15 hours funded childcare on top of the existing 15 hours already available to all 3 and 4 year olds.

School Admissions

All children are entitled to start in a Reception class in the September after their fourth birthday. Children do not, however, have to start school in September if it is felt that they are not ready. The statutory school age, by which a child must start school, will remain as the beginning of the term after their fifth birthday.

From mid September you can apply online for a reception school place. If you do not have access to a computer you can go to your local library and ask a member of staff to help you submit an application.



Saplings 5-11

Saplings grow fast and begin to branch out, making connections in the forest of friends. School brings a time for change and saplings will begin their learning through the cycle of seasons.

Happy Healthy Active Families

Being active for at least 60 minutes a day (5-18 years olds) where we feel warmer, breathe faster will give us healthier hearts, stronger bones, build our concentration, confidence and help us feel happier and worry less. This can be broken down into 10 minute blocks throughout the day.

TLC – Telford Loyalty Card

For residents of Telford and Wrekin with a TLC card you can access activities within the borough for a £1.

Solihull Child 0-19 years

Solihull Approach group for parents ‘Understanding your child’s behaviour’ is for any parent of children aged six months to 19 years. There are free Addendums available to customise the group for adoptive parents, parents of children with a learning difficulty, parents of children with disabilities and parents of children on the autistic spectrum.

Tax free childcare

Check to see if your eligible with supporting after school and holiday clubs via the governments tax -free childcare scheme

Web: www.gov.uk/get-tax-free-childcare

ThinkNinja

ThinkNinja is an app created by Healios that helps children and young people to build resilience and manage their mental health through CBT-informed exercises.

BEAM

We are an emotional health and wellbeing drop-in service for young people under 25 years old who are registered with a GP in Shropshire, Telford or Wrekin We help with your emotional health and wellbeing. This means how happy you are and how you feel about life. You are emotionally healthy if

- you function in society - at school, college, uni, work, or with friends and family
- you are able to cope with life's challenges by drawing on your strengths
- you understand and manage your emotions
- you express your feelings in appropriate ways
- you accept yourself and show acceptance of other people

Web: www.childrenssociety.org.uk and Search for 'BEAM'

Online Safety - Internet Matters

- **Know the Facts:** Get insight into the impact that social media can have on young people.
- **First Steps:** Advice and preparation to make sure your child is ready for social media.
- **Do the Basics:** Learn how to make use of settings and tools to ensure a safer space online.
- **The Hard Stuff:** Help your child manage online risks, advice and tips on how to support

Web: www.internetmatters.org



Young tree – teens

No longer saplings, but not quite mature, desperate for independence but still needing protection from the elements. The young tree battles on to prove itself worthy of its position in the forest.

Solihull

Understanding the teenage brain

Find out what happens to the brain as a child hits adolescence. See how this explains some of the changes you've noticed in their behaviour. This online course covers:

- teenager's brain development
- teenagers and reading faces
- risk taking (and friends)
- sensitivity to rejection
- teenagers and sleep

Teenagers Mental Health

If you are either interested or worried about your child's mental health and wellbeing, then this course is for you. If your child has additional needs then you may find 'Understanding your child with additional needs' more helpful. This course 'Understanding your child's mental health and wellbeing' is unusual as it introduces you to mental health and wellbeing



Kooth

What is Kooth used for?

Kooth offers emotional and mental health support for children and young people aged between 11 and 24. On Kooth, qualified counsellors are online seven days a week to provide young people using the service with online counselling, through chat-based messaging via drop-in or booked sessions.

Web: www.kooth.com

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The Mix

The Mix is the UK's leading support service for young people. We are here to help you take on any challenge you're facing – from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via our online community, on social, through our free, confidential helpline or our counselling service.

Web: www.themix.org.uk

Young Minds

Young Minds are a mental health charity for children, young people and their parents, making sure all young people can get the mental health support they

Web: www.youngminds.org.uk

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Youth Clubs

Youth clubs run across Telford and Wrekin, please contact your local parish council to find out what is on and available near you.

Future Focus

Future Focus is an impartial, free, careers guidance support service for young people living in Telford and Wrekin aged between 16-19 or up to 25 years with additional needs.

What can future focus help with?

They provide impartial information, advice and guidance on careers and future planning. They can also help you when things get in the way of your learning or future plans, and look at support services with you that might also be able to help. Your Future Focus Adviser will help you into and during your education, employment, or training.

Web: www.telfordjobbox.co.uk/futurefocus

THRIVE Telford

Thrive Telford supports local people in Telford and Wrekin with housing, wellbeing and finance needs by sharing resources in an open and transparent manner to ensure that they provide the best possible service to local people.

Web: www.inspire2thrive.co.uk



Citizens Advice

To provide advice people need for the problems they face, Citizens Advice service provides free confidential advice around their rights and responsibilities, such as benefits, housing, debt support, financial, employment. Citizens Advice have centres through Telford and Wrekin and can also be accessed online.

Web: www.citizensadvice.telfordandthewrekin.org.uk



Job Box

Is a one stop shop for information and support on job vacancies training and employment in the Telford and Wrekin.

Web: www.telfordjobbox.co.uk

Orchards

Your orchard is unique to you and your community. It is diverse and inclusive. There are trees to feed us, and trees to listen and to advise us. Your orchard is a network of interlocking roots and branches, some will blossom while others fruit. Together they are a powerful force of nature.



PODS

Involving and supporting families who have a child or young person with a disability or addition needs (age 0-25) supporting health, education and social care. PODS facilitate groups and activities, including a befriending scheme to support families in Telford.

Web: www.podstelford.org

SEND IASS

We support parents and carers of children with a special educational need up to the age of 25. Once a young person reaches 16 it is a legal requirement that they become directly involved in making decisions themselves. Some young people still prefer to have close parent or carer support, some wish to be more independent. We'll have a chat about this and decide which way is best for you. If you're 16 or over, why not take look at all the information in our Young Persons Zone www.telfordsendiass.org.uk/young-peoples-zone

How we can help you

- Listen to your concerns and provide information and advice on the 'phone or in person
 - Work with you to explore your options
 - Help you prepare for meetings
-

- Help to explain reports written by professionals
- Give you information in relation to SEND law to enable you to participate and make informed decisions regarding your child's education
- Signpost you to other sources of information and support
- Work in partnership with schools and the local authority to develop positive relationships and outcomes

Web: www.telfordsendiass.org.uk

Autism Hub Telford

Children's Autism Hub

Our Children's Autism Hub is available to children and young people aged 0-18, and their families, who have a formal diagnosis of Autism.

For individuals that have other needs, for example, a learning disability, the Autism Hub will provide support in respect of their Autism. Our hub is based at Hazledine House in the Town Centre.

- Giving helpful, relevant advice, information and signposting.
- Providing workshops where young people and families can receive support in a group setting.
- Supporting parents to plan and implement strategies within the ASD care plan.
- Facilitating group support for children and young people and their parents/carers.

Adults Autism Hub

Telford Adult's Autism Hubs main aim is to enable individuals to better understand their autistic identity. This can be an individual seeking an assessment or general support. It can also be other agencies and businesses wanting to be better placed to meet the needs of Telford's neurodiverse community. We work with adults registered with a GP in Telford and Wrekin. Our Hub is based at Hazledine House in the Town Centre.

Telford Adult's Autism Hub provides:

- a first point of contact for an adult autism assessments (18+);
- social opportunities for people identifying as autistic;
- information and training;
- 1 to 1 advice and guidance;
- Autism champion training; and
- Friday peer support drop in.

We can help you:

- find out if you are autistic;
- understand more about Autism;
- meet and socialise with other people;
- become more confident and independent; and
- find other teams and organisations who might also be able to help and support you.

Web: www.telfordautismhub.org.uk

BEAM

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Web: www.childrenssociety.org.uk and Search for 'BEAM'

STARS

We provide a free, confidential, and easy to access service for anyone needing support for their alcohol or drug use living in Telford and Wrekin. At Telford STaRS we believe individuals are capable of changing their lives for the better. We are committed to help you do this by providing high quality, caring, evidence-based services. If you are concerned and looking for some advice or support then please call us or refer yourself online.

Web: www.telfordstars.org

RE-CHARGE

We are working with 12 to 21 year olds that are struggling with substance use issues or have a parent in addiction. Recharge Telford support young people to talk about feelings and ways of coping with difficult emotions, raising their awareness and exploring the changes they want to make. We are creative, compassionate and understanding in our approach. We will create an environment that is a safe confidential calm space.

Web: www.rechargetelford.org.uk



learn telford

Learn Telford

Learn Telford is part of Telford & Wrekin Council and exists to provide high quality learning opportunities to the people living in the borough.

Our mission – we aim to widen participation so that as many sections of the community as possible can experience the joy of learning and take advantage of the wider benefits that participation in learning brings, such as improved confidence, reduced social isolation, improved wellbeing, improved social cohesion and increased civic participation.

The service also aims to contribute to improving the skills and employment levels of the borough by supporting adults who are low-skilled, unemployed, or otherwise distant from learning and employment to progress.

Web: www.learntelford.ac.uk

Family Connect

Family Connect Telford

Families, carers and professionals can access comprehensive local information via this website relating to the needs of children aged 0-19 years old or to 24 years old for those with a disability.

If you would like further information in relation to an adult, please visit

www.telford.gov.uk/asc

At Family Connect we know that some families may need some extra help and support for a variety of reasons such as following:

- Concerns about a child's welfare www.familyconnecttelford.co.uk/info/3/child_protection
- Support for a child with a disability www.telfordsend.org.uk
- Live Well Telford – Telford's all age online community directory <https://livewell.telford.gov.uk>

Tel: 01952 385385

Web: www.familyconnecttelford.co.uk

NOTES

To find out more about of the
Family Hubs Offers please visit our website
www.telford.gov.uk/familyhubs



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Right help at the right time

