

Birmingham Family Hubs - Newsletter



Newsletter Highlights

'Best Start for Life' website is now live

Free Apps and Online Resources available now

5th Family Hubs workshop

Family Hubs - July update

Work on Family Hubs is continuing at pace and we are delighted to share free resources, funded through the programme that are already available in Birmingham for families and professionals alike.

Our latest Family Hubs workshop was enthusiastically attended and we are grateful to the 50+ people who attended on the day. More below.

We are very pleased to share the '[Best Start for Life](#)' website which is now live. We would welcome your comments on it as it develops and grows. We want this to be the best 'one stop shop' in the City for expectant parents and those with very young children.

The 'Best Start for Life' website is now live – have your say!

We are delighted that the [Best Start for Life website](#) is now live! 'Best Start for Life' is a part of the Family Hubs programme that helps families with children aged 0-19 or 25 who have special educational needs and disabilities (SEND). 'Best Start for Life' focuses on support, information and resources from conception until a child is 2 years old. This is the important first 1001 days where the foundations of a child's life are built.

The website will continue to develop and expand and we would welcome comments on that at any point as we continue to improve that. Please fill out our **2 minute survey** [here](#) or email Familyhubs@birmingham.gov.uk with your comments.

Best Start for Life

Co-production on the website is underway and we are developing a city wide parent/carer advisory group to help us to produce the best and most useful website. The full Family Hubs website will follow in the Autumn.

We are continuing to work on our branding for 'Family Hubs' and 'Best Start for Life' and we want to involve partners, families and children and young people in helping to choose the brand for Birmingham. Look out for more on this soon.

Resources Already Available to Families

Family Hubs is already offering 3 resources for parents, carers and professionals to access for free:

The Solihull Approach – free online Parenting Courses

The Solihull Approach offers a range of free online courses for parents/carers and professionals covering a wide range of subject from conception to parenting 19 year olds. Birmingham City Council has bought the licence to the course (worth £88 each) for everyone in the City. Just use the word 'COMMUNITY' as the password.

- The evidence based courses range from 'Understanding Your Baby' to 'Understanding the Teenage Brain' and include help with children and young people's mental health
- There are additional courses for children and young people with special educational needs and disabilities
- The courses have been developed with practitioners and parents since 1996



The EasyPeasy App – free resource for professionals and families

The EasyPeasy App brings together the best ideas, advice, and inspiration from a global community of parents, experts, and parenting brands for parents and their 0-5 year olds.



- EasyPeasy has partnered with the Department for Education and [Speech and Language UK](#) to give families in Birmingham the skills and tools they need to support children's speech, language and communication development as part of the Talk and Play Project
- Early years providers, local partners and families have free access to the EasyPeasy App.
- The App provides families with premium access to thousands of tips, advice, activities and inspiration from a global community of early years experts, partners and other parents and carers.



Things to Do in Birmingham before you are 5 – free App to help with home learning and language development

[50 Things to Do](#) helps parents/carers develop their home learning environment so that far more children thrive by the age of five. As a result, more children develop the skills, language and resilience needed in school and beyond.

- A menu of exciting activities for families with young children, giving them great suggestions for how to have fun and learn at the same time.
- Parents and carers will be helping their children to have exciting life experiences, developing confidence and a passion for learning new things, recognising the vital role that they play in helping to realise their children's potential
- The initiative is based on the simple notion that access to life-changing, fun, low or no-cost experiences with your family, indoors and outdoors, is a great way to support young children's development.
- Download the App from App stores or via the website linked above.



Family Hubs Workshop

The Family Hubs Workshop - Service Mapping: June 2023

We are very grateful to the 50+ people who attended our latest partnership Family Hubs workshop at the MAC on Monday 26th June. The day was very interesting and informative as we looked at all the resources available to families in Birmingham, barriers to accessing services and how to overcome those. We had some very helpful feedback from the rich discussions had on the day; all of the comments and feedback will be taken on board to further inform the development of Family Hubs across the City.

We also enjoyed a very interesting session on the data available to us in the City and how we might share that more effectively.

A follow up workshop will be taking place in early Autumn where we will bring key stakeholders and partners back together. In the meantime, we will be doing locality level engagement over the coming weeks, as well as working with individual services to continue to map out their offer, ensuring join up across the City between services. We will ensure that all relevant information is available on the 'Best Start for Life' website.



Themes from the Day

Six key themes emerged from the tabletop activity around barriers to accessing services:

- Sustainability of funding
- Accessibility: everyone knows where and how to access support
- Accessibility: language and cultural barriers
- Accessibility: financial costs of accessing services
- Stigma attached to accessing services
- Looking at our own approach

Following on from identifying challenges, we are hoping to develop a partnership approach to engagement, access to services and local needs.

If you have any questions, comments or would like to get involved in Family Hubs or Best Start for Life, please don't hesitate to email - Familyhubs@birmingham.gov.uk