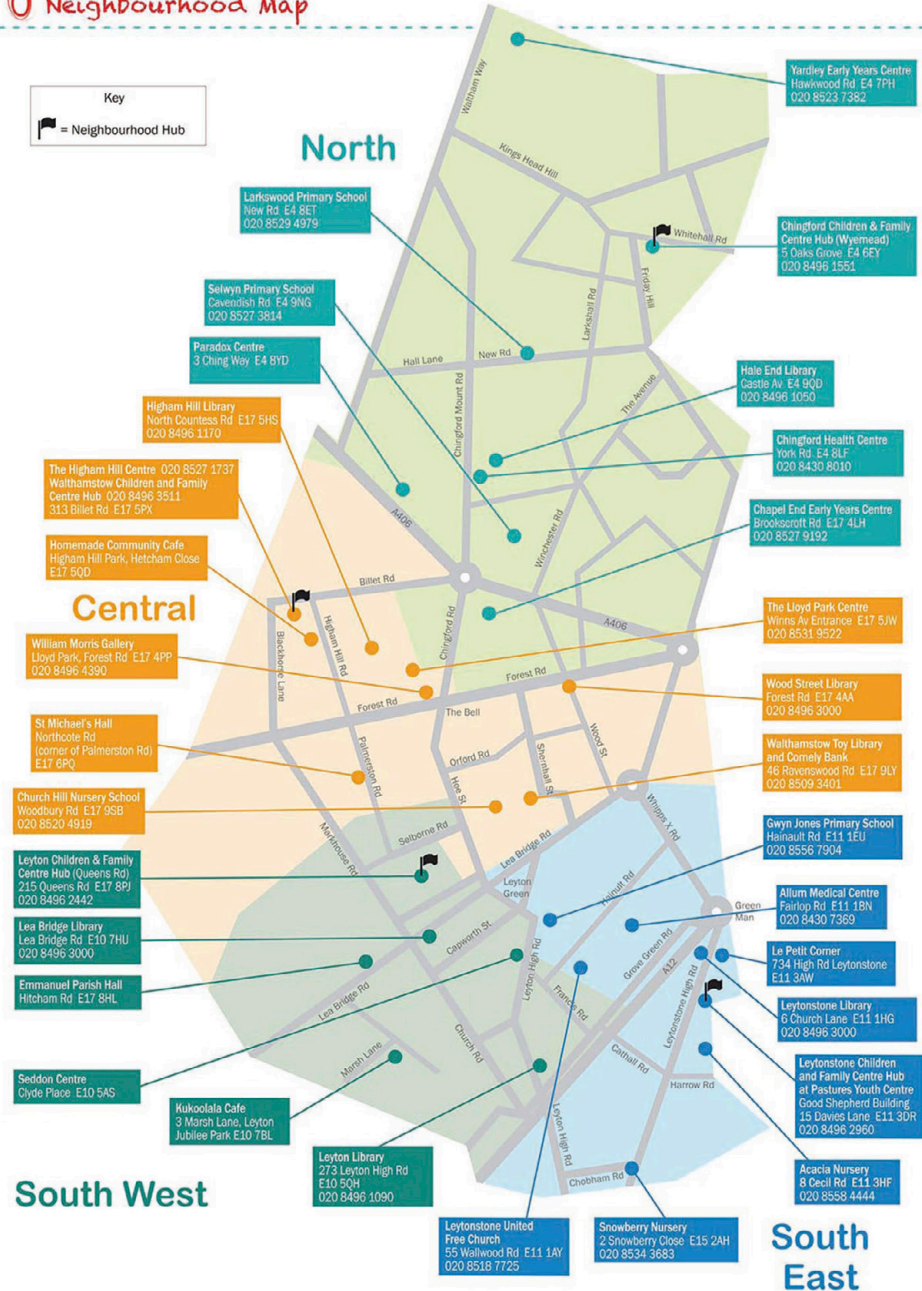


# Children and Family Centres

[www.walthamforest.gov.uk/childrenandfamilycentres](http://www.walthamforest.gov.uk/childrenandfamilycentres)



## Neighbourhood Map



# Introduction

In the summer of 2016 Waltham Forest launched its new model for Children and Family Centres. These centres reflect the borough's ambition to "Think Family" in all that we do and to ensure that all Waltham Forest children have the best start in life. This means bringing together in one place the full range of support for families with young children.

18 months from the launch, this brochure is designed to highlight the services that are available and also record the progress made since the launch.

The four Children and Family Centres, located in Chingford, Walthamstow, Leyton and Leytonstone provide families with a comprehensive offer for families with children under 5 in the areas of support highlighted in the diagram:



Children and Family Centres were designed not only to provide a one stop shop for families, but also to provide greater opportunities for residents to make friends and build networks in their local communities. We believe that the centres provide a unique opportunity for all of our families to come together.

This brochure outlines the key facts from each of the service areas including the data from the first 18 months, which looks very encouraging.

We will continue to listen to feedback and seek to improve how we run our centres to ensure they provide our families with the best possible service and enable our children to have great opportunities to develop, and thrive.

# Health: Speech & Language and Healthy Development

Improving health and wellbeing is a key aim of Children and Family Centres. Providing babies and young children with the best start in life has a positive impact on health for the entire rest of their lives.

Children and Family Centres play a central role in the Healthy Child Programme, a programme of support, information and guidance around health, wellbeing, and parenting, led by our local NHS Health Visiting service. It includes access to GPs and dentists, screening and immunisations, development issues and mental wellbeing, to help families stay strong and healthy.

Local health visitors offer health reviews to all mothers and children, at 5 different stages (before birth, within 2 weeks, at 6–8 weeks, at 1 year and at 2 to 2.5 years), and provide enhanced support to families with more complex health needs.

Health visitor-led Child Health Clinics provide open access, drop-in support around health matters including baby weighing. They often operate alongside other fun Children and Family Centre sessions, and infant feeding specialists are on hand too.

Other sessions addressing health and development include open access dental outreach and oral health promotion activities. We also offer speech and language drop-ins and the new speech therapy group course for children with moderate needs, Steps to Speaking.

**It's clear that all the services speak with each other and work together to support us as a family.**



## Key facts:

- On average, over 500 children attend a Child Health Clinic each week.
- There is a new Saturday child health clinic beginning January 2018.
- Over the last year, the number of children receiving a health review at the age of 2 has increased by 24%.
- In 2017, 6–8 week health visitor checks for babies began for the first time in Waltham Forest.
- In 2018, roll-out of antenatal support from Health Visitors begins.
- Nearly 750 children were supported with speech & language issues in first year of the model.

**Very informative whilst being understanding of my preferred methods/parenting choices.**

**In my opinion Steps to Speaking is amazing. I learned how to help my son learn words and gain his attention.**



# Health: Breastfeeding and Healthy Weight

Addressing the growing issue of childhood obesity by improving diet and nutrition is a key priority. All staff are now trained to offer advice and support around healthy eating. In addition, Children and Family Centres offer fun sessions for the whole family around eating well, exploring new foods, and starting solids.

We also provide specialist nutrition services via drop-in sessions, and additional one to one support when parents have concerns.

There is also the excellent new Infant Feeding Service, promoting breastfeeding, but which supports all mothers in those difficult first few months, whether using breast or bottle. The service provides:

- drop-in sessions and friendly breastfeeding cafes
- a phone helpline staffed by experts
- intense support including home visits to mothers with high need right from birth.

**“The team were so supportive to me, helped amazingly with getting a better latch early on in my visits, and were the only people that picked up my daughters tongue tie.”**



## Key Facts

- In its first year, the infant feeding service has supported over 1500 families.
- Improving breastfeeding rates will lead to lower obesity and diabetes, improved attachment and mental health, and even lower rates of cancer for both mother and baby.
- Over 500 families supported with 1-2-1 specialist nutrition advice.
- The number of overweight 5 year-olds has fallen by 9% compared to last year.
- 64 frontline staff have been trained around nutrition, with confidence levels in supporting parents rising from 26% to 92%.
- Lower child obesity means less adult obesity and fewer health problems like heart disease throughout life.

**“The mental and emotional transformation in our baby has been enormous since we have been consistently feeding and everyone’s stress levels have reduced significantly. If we didn’t have the help provided by HENRY I just don’t think we would have achieved what we have done.”**



# Early Education and Child Development

Preparing children for school is arguably one of our most important priorities. If children start school without the necessary skills and capabilities they can find it difficult to meet their full potential.

Your Children and Family Centre provides a range of open access sessions for parents and their children aimed at promoting early learning, including play sessions, information, advice and support in taking up the free early education entitlement.

We recognise parents and carers are children's most important educators. Our teams of qualified early years practitioners are available to work alongside you and support you during this crucial stage of child development.

“**The craft activities helped my child with concentration and creativity and the dressing up activities were good for imagination. All the activities are generally good for helping to develop social skills and sharing skills.**”



## Key Facts:

- 16,500 children in Waltham Forest are registered with the Children and Family Centres.
- 207 children have joined the Learning Book, a digital system for tracking learning. This is helping to identify where children need additional support and is helping all children to reach their potential.
- 85% reported 1 or more positive outcomes for their child as a result of attending the play sessions.
- Research has found that involvement in integrated community services such as Children and Family Centres leads to better social development and greater independence for children, parents report more positive parenting, an improved home learning environment and greater life satisfaction.

“**He is an only child at present so it is really good for him to be able to observe other babies and perhaps learn from those at a more advanced stage of development.**”



# Early Education and Childcare

Waltham Forest Children and Families Centres work closely with a range of partners to ensure that families are made aware of their free early education entitlement and are supported and encouraged to take it up. This allows your child to play, paint, read, cook, climb, sing, dance, dress up, run around, gardening... whatever they like doing. **But most of all, your child is learning with other children, making friends and having fun!**

## FREE early education and childcare for 2 year olds

Almost half of the families with a 2 year old in Waltham Forest are eligible for free early education and childcare sessions for up to 15hours per week. That's almost 1600 children!

## FREE early education and childcare for 3&4 year olds

Every 3 and 4 year old is entitled to **15 hours** of free early education **per week** (570 hours per year) from the term after their third birthday. From September 2017 approx.1800 children from working families were entitled to an additional 15 hours of free childcare (30 hrs per week).

## Key facts:

- Currently 91% of Early Years provision in Waltham Forest is rated Good or Outstanding by Ofsted
- 74% of children in Waltham Forest achieve a good level of development (GLD) by the time they start school (national Level GLD 2017 is 70.7%).



## Key Facts:

### Did you know that in Waltham Forest in October 2017

- **901** 2 year olds were taking up their free early education place
- **3705** 3 & 4 year olds took up their 15hr free early education place
- **899** 3 & 4 year olds took up their 30hr free early education place.

“ **My son started his 15 hours free childcare in January. It gave me an opportunity to work part time and I saved so much money on childcare. It also helped my son make friends his age and learn to share.** ”

“ **My 2 year old loves going to her nursery, she is always looking forward to singing and dancing. They even helped with potty training.** ”



## Where can my child access their free childcare and early education place?

Schools and Ofsted registered day nurseries, pre-schools, childminders, breakfast, after school and holiday schemes that have been approved by the Council.

Find out which childcare providers offer free childcare at [walthamforest.gov.uk/childcareproviders](http://walthamforest.gov.uk/childcareproviders)

**Don't miss out on your opportunity to benefit from your free early education entitlements.**

For more details, please visit [www.walthamforest.gov.uk/freechildcare](http://www.walthamforest.gov.uk/freechildcare) or contact [childcare@walthamforest.gov.uk](mailto:childcare@walthamforest.gov.uk) or call 0208 496 3566

# Family Support

Family life can be challenging for everyone. Children and Family Centre services provide help to parents when they need it and aim to support families to give their children the very best start in life.

There are a range of support services available, including group sessions such as Flourish for parents with post-natal depression, parenting programmes, intensive family support in the home and support for families affected by domestic abuse. Our teams are qualified to support all families they come into contact with.

“**Thank you for Flourish. I've found it really helpful, I feel different – better in myself. It's also nice for my child to play in a calmer environment, it's stimulating for her. It's really helpful being with other mothers and feeling listened to.**”



## Key facts:

- An online survey found 100% of families who used Children and Family Centre family support services reported a positive impact as a result.
- The survey also found 67% of parents reported being a more confident parent, 50% reported enjoying spending more time with their child and 17% felt more able to manage their child's behaviour and routines.
- Between July and September 2017 264 families accessed intensive family support in the home and reported that their needs were met.
- 84% of parents who attended parenting programmes in Children and Family Centres in 2017 reported improved relationships with their children and partners and learnt other helpful strategies.

“**I was listened to and felt supported. I was able to understand my child's feelings better and I felt a sense of belonging to the community.**”



# Information, Advice, Employment and Training

Children and Family Centres provide open access 'one-stop-shop', with a range of information, advice and employability services.

Children and Family Centre staff work alongside a number of organisations to provide support on a range of topics including benefits, employment, debt, domestic abuse, training, health issues, SEND (special educational needs and disabilities), parenting, employment support, access to various community services, Baby Bank and Food Bank and childcare.

**“ My son is a very, very, very fussy eater: enter stage right the dietician that I met at a stay and play session at the Walthamstow Children and Family Centre. Who not only gave me useful tips to encourage the range of foods eaten but information on portion sizes. She also massively decreased my anxieties around his eating issues. ”**



## Key facts:

- From January to October 2017 655 families accessed a support service as a result of parents seeking information and advice within the Children and Family Centre Play sessions.
- Baby Bank has provided emergency packages of support to over 300 families in crisis between April and December 2017.
- 340 families have attended ESOL classes in Children and Family Centres during 2017.
- In the first year information, advice and support about child development has been provided to over 7000 parents.

**“ You guys are doing really well, keep it up, families in need are getting emotional and financial support. ”**

**“ This was a good place to come, it was very informative, huge support provided and very friendly staff. I got to find out information about getting back to work and also about childcare and income support. ”**





## Next Steps

Over the coming 18 months, we will continue to build on the strengths of the existing model and seek to improve our services even further by listening and responding to the needs of our families.

## Want to know more?

Role Play, the timetable of Children and Family Centre activities is available both online ([www.tlpcc.org.uk/roleplay](http://www.tlpcc.org.uk/roleplay)) and at your local Children and Family Centre. For the full range of Children and Family services within the borough, please visit the Waltham Forest Directory ([directory.walthamforest.gov.uk](http://directory.walthamforest.gov.uk)).

