



# Sunderland families guide

What's on in your local Family Hub



**Sunderland** has a network of Family Hubs, which are a one-stop shops of support for children and families from pregnancy up to the age of 19 (25 with Special Educational Needs and Disabilities).

The support and services offered by the Family Hubs range from parenting classes, support around relationships, health services and you can even register the birth of your baby too! For more information, take a look inside this booklet.



### Rainbow Family Hub

Washington, NE37 3AE  
0191 561 3995



### Thorney Close Family Hub

Sunderland, SR3 4JQ  
0191 561 4127



### Bunnyhill Family Hub

Sunderland, SR5 4BW  
0191 561 8126



### Coalfield Family Hub

Hetton, DH5 9NE  
0191 561 6625



### Hendon Family Hub

Coming soon



**We know having a baby can be both exciting and daunting, our Family Hubs are here to support you and your family with everything you need to know when becoming pregnant, having a baby, right through your baby's first few years.**

We have developed some practical guidance, top tips and information on the support available from preparing for the arrival of your little one, to managing the everyday challenges of parenting which can be accessed on our website.

Our **Start for Life** offer gives practical advice and tips for families for the first 1001 days of a child's life and is delivered through our Family Hubs and includes:

- Advice from pregnancy up to a child's second birthday
- Practical guidance and parenting tips
- Health and wellbeing advice
- Meet other carers and parents
- Help with accessing extra support (finance, work and more)

[www.togetherforchildren.org.uk/startforlife](http://www.togetherforchildren.org.uk/startforlife)

SCAN ME



**Our Start for Life offer**

# What's on



Please check Sunderland Family Hubs Facebook page for more information, up-to-date timetables and registration details for some of our sessions.

	Rainbow Family Hub	Thorney Close Family Hub	Bunnyhill Family Hub	Coalfield Family Hub
Stay and Play Birth - 5 years	Available	Available	Available	Available
Time for Rhyme Birth - crawling	Available	Available	Available	Available
Move to Rhyme Walking +	Available	Available	Available	Available
Play Space 0 - 5years	Available	Available	Available	Available
Sensory Room From birth	Available	Available	Available	Available
Baby massage Birth - 6 months	Available	Available	Available	Available
Breastfeeding support 0-19 service	Available	Available	Available	Available
Teens & Tots Parents aged 19 or under	Available	Available	Available	Available
Busy Bodies 18 months + (Southwick Community Centre)	Available	Available	Available	Available
Benefit Health Check	Available	Available	Available	Available





# Young parents

## Bump to Baby Plus Project (B2b+)

The B2b+ Project is a specialist service for young people aged between 16 to 20 years. They are a young parents' project, offering further education courses, training opportunities and emotional support to young mums with children under the age of 5 and for mums-to-be.

For more information on how to access B2b+ Young Parents visit Sunderland Information Point or call 0191 561 2381.

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## Teens & Tots

A dedicated, friendly group for parents aged between 14 years to 19 years and their little ones, to play together, have fun and socialise.

The sessions include:

- Sensory play
- Messy play
- Arts and crafts
- Outdoor play
- Cooking and more!

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**Please check Sunderland Family Hubs Facebook page for more information and an up-to-date timetable.**

**Or contact Anna on 07435753369 or Angela on 07917535234.**





## Registrar information

Congratulations on your new arrival! The birth of a baby is a special and exciting time but don't forget to register the birth.

Did you know, by law, you must register a birth within six weeks (42 days)?

If the birth occurred within Sunderland, you need to make a face-to-face appointment with the Sunderland Register Office at either:

City Hall, Plater Way, Sunderland, SR1 3AA

Rainbow Family Hub, 34 Elliott Terrace, Washington, NE37 3AE

Coalfield Family Hub, Hetton, DH5 9NE

Book online at [www.sunderland.gov.uk](http://www.sunderland.gov.uk) or call 0191 520 5553. Certificates are £11 per copy and payment will be taken at the time of booking.

## Breastfeeding support

Come and join us at one of our breastfeeding groups to chat, share experiences and advice about your breastfeeding journey with other mothers.

**Rainbow Family Hub**

Monday 2.30-3.30pm

**Thorney Close Family Hub**

Wednesday 10-11am

**Carnival House, Southwick**

Wednesday 10-11am

**Coalfield Family Hub**

Thursday 10-11am

There's no need to book, simply drop in to any of the sessions.



## Benefit Health Checks

Did you know that if you are pregnant or have children - whether you are in or out of work - you can drop in at a Benefit Health Check session where you'll be offered expert advice and support

### Coalfield Family Hub

Hetton, DH5 9NE | 0191 561 6625  
Thursday | 9.30am to 11.30am

### Thorney Close Family Hub

Sunderland, SR3 4JQ | 0191 561 4127  
Thursday | 1.30pm to 3.30pm

There's no need to book, simply drop in to one of the sessions where an advisor will be happy to help you.

## FREE early education for 2 year olds!

You could get 15 hours per week of FREE early education and childcare for your child.

There are three ways to see if you are eligible:

1. Visit our website at [www.togetherforchildren.org.uk](http://www.togetherforchildren.org.uk) and search for 'families' then 'childcare'. Enter your details in the Family Portal.
2. Call Together for Children on [0191 520 5553](tel:01915205553).
3. Visit any nursery or child minder offering places for two year olds. Find a list in the Childcare Directory at [www.togetherforchildren.org.uk](http://www.togetherforchildren.org.uk) and search for 'Childcare Directory'.



## Family Development Group - North East Autism Society

A group for children aged five and under who are going through the diagnostic process or with a diagnosis of Autism.

### Rainbow Family Hub

Thursday | 9.30am to 11am

For more details, please contact Rebecca Welch on [07468 861 933](tel:07468861933) or email [rebecca.welch@ne-as.org.uk](mailto:rebecca.welch@ne-as.org.uk).

north east  
autism society



Family Hubs 2023

## Growing Healthy 0-19 Sunderland

The 0-19 Growing Healthy Service currently offer Review Development Clinics in Family Hubs, offering developmental and growth monitoring where health practitioners have identified a need for this. At present this is by appointment only, however this will be changing in the near future as we work with our Family Hub teams and acting on feedback from our Sunderland families. We are developing Growing Healthy Sessions in our Family Hubs, which will be a combination of drop in and appointments, offering advice and support to parents/ carers about health and development of babies and children.

Facebook: [Search 'GrowingHealthySunderland'](#)

Email: [spoc.hdftsunderland@nhs.net](mailto:spoc.hdftsunderland@nhs.net)

Telephone: [0300 0031 552](tel:0300 0031 552)

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### Smoking during pregnancy

Baby on the way, quit today. If you smoke while you're pregnant, your baby smokes too. We can help you quit.

For more information about smoking and your unborn baby, and advice on how to stop smoking you can speak to your midwife, visit our [specialist stop smoking service](#) or speak to them on [0191 567 1057](tel:0191 567 1057).





# Parent Relationship Support

## Do you recognise any of these things in your relationship?

- Worry about splitting up or a separation
- Arguing, having rows, shouting all the time at each other about things like money, how you parent or housework
- Sulking, giving each other the silent treatment, slamming doors or walking away from each other
- Being anxious or worried which is stopping you managing every day life
- Using hurtful texts , emails or social media platforms against each other

## How to argue better

A 3-week practical course for parents who are in a relationship. While arguments are normal in families, when they are frequent, intense and unresolved, they can have a negative impact on children. This course gives both parents tools to improve communication and their relationship. This course must be attended by both parents/carers.

## Parenting when separated

A practical and positive course for parents who are preparing for, going through or have gone through a separation or divorce. The course aims to empower them to find their own solutions to common challenges and problems in order to help reduce the impact upon their children. The course must be attended by both parents.

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To find out more or to access the referral form, go to [www.togetherforchildren.org.uk](http://www.togetherforchildren.org.uk) and search 'Early Help' or call Together for Children on 0191 520 5553.

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# Group Triple P (3-11 years)

A programme for parents of toddlers, pre-schoolers and primary school children to help them develop strategies to manage behaviours and help them meet the developmental challenges often associated with children of this age.

## Teen Triple P

(11-16 years)

A programme for parents of secondary school children to help them develop strategies to manage behaviours

## Stepping Stones

### Triple P

(children with additional needs)

Stepping Stones Triple P was developed to support parents of children with developmental disability including those with sensory needs, physical disabilities, ADHD, and ASD. It gives strategies and ideas on positive parenting to help parents manage behaviours and help children develop well.

## Child Parent Relationship Training

(3 to 10 years)

The child-parent relationship training programme (3 to 10 years) helps strengthen the relationship between a parent and a child by using 30 minutes (3–10-year-old model) or 60 minutes (11–14-year-old model) quality 1-1 play or shared time weekly.

## Child Parent Relationship Training

(11 to 14 years)

The child-parent relationship training programme (11 to 14 years) helps parents learn how to respond empathically to their child's feelings, build their self-esteem, help their child to learn self-control and self-responsibility, and they set therapeutic limits around choice and boundaries.

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To find out more about the courses available, go to [www.togetherforchildren.org.uk](http://www.togetherforchildren.org.uk) and search 'Early Help' or call Together for Children on 0191 520 5553.



# Family Group Conference and Mediation Service

## Family Group Conference Service

Family Group Conferences are different to other meetings. They give the family children and young people the opportunity to plan for their future with help and support as needed. Family Group Conferences are a means of helping families to find their own solutions.

Families know each other best and so are best placed to plan for the future wellbeing of their children and young people. Family Group Conferences are meeting with family members, relatives and friends. The aim is to discuss issues and make a plan for the future. A family Group Conference coordinator will talk to the family members including the children and young people about the meeting. Together they will decide where and when the meeting will happen and who to invite.

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**For more information about our both services, contact the Early Help Advice and Allocations Team on 0191 561 4084 or email us at [FGC@togetherforchildren.org.uk](mailto:FGC@togetherforchildren.org.uk).**

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## Resolve communication difficulties

Mediation promotes clearer communication, strengthens relationships, and achieves better outcomes for children and families. Mediation can help families work through difficult issues that they are experiencing to gain an understanding of each other, find solutions together, and promote healthier relationships.

### About mediation

- Mediation is a positive support service where the mediator is an impartial third party to assist people to resolve disputes.
- Mediation is voluntary and can help reduce hostility and allow parties to move forward.
- Mediation is confidential and both parties will receive a signed copy of the agreement at the end of the mediation session.
- Consent is required for everyone involved and can be withdrawn at any time.
- We are there to help you manage difficult conversations with each other and try and reach some joint decisions about how you can move forwards.



# Support services

## Wear Here 4 You

Our mobile prevention service Wear Here 4 You provides information, advice and support to children, young people and families throughout Sunderland.

Website: [www.togetherforchildren.org.uk/wearhere4you](http://www.togetherforchildren.org.uk/wearhere4you)



## Holiday Activity and Food Programme

During the Easter, Summer and Winter we will be delivering the Department for Education's Holiday Activities and Food Programme (HAF) in Sunderland.

We have a wide range of local organisations who will be delivering food and activities across Sunderland - each will provide delicious healthy meals, allow children and young people to get active, learn new things, make friends and have fun. The holiday programmes are open to school-age children and free places will be prioritised for children eligible for free school meals.

Website: [www.togetherforchildren.org.uk/HAF](http://www.togetherforchildren.org.uk/HAF)

Email: [HAF@togetherforchildren.org.uk](mailto:HAF@togetherforchildren.org.uk)

## Growing Healthy 0-19 Sunderland

The School Nurses Team protect and promote the health, development and wellbeing of children and their families. We are a team of specialist Public Health nurses including school nurses and health visitors. We also have nurses in specialist roles, including infant feeding, SEND, emotional health, family nurses, young people's nurse, health screeners and early years practitioners.

Facebook: [Search 'GrowingHealthySunderland'](#)

Email: [spoc.hdftsunderland@nhs.net](mailto:spoc.hdftsunderland@nhs.net)

Telephone: [0300 0031 552](tel:03000031552)



# Support services

## Relationships, Sex and Health Education (RSHE) Service

Our Relationship, Sex and Health Education (RSHE) service works with young people aged 8 to 18 and can be offered to young people with special educational needs and disabilities or those who are Care Experienced up to the age of 25.

The purpose of the RSHE service is to help children and young people to develop the vital skills to make informed decisions about their sexual health, wellbeing, self-esteem and relationships.

For further information or to make a referral visit:  
[www.togetherforchildren.org.uk/professionals/relationship-health-sex-education-rhse](http://www.togetherforchildren.org.uk/professionals/relationship-health-sex-education-rhse)  
Email: [youthvoice@togetherforchildren.org.uk](mailto:youthvoice@togetherforchildren.org.uk)



## Anti-Bullying Service

The Anti-Bullying Service provides advice, guidance and support to young people, parents and carers, and professionals who are experiencing issues around bullying. The service can undertake direct work with young people and offer support to families and schools to help implement safety plans for children and young people.

Email: [youthvoice@togetherforchildren.org.uk](mailto:youthvoice@togetherforchildren.org.uk)

## Participation and Engagement

Our Participation and Engagement service is there to ensure that all children, young people and their families have the opportunity to actively participate in the decisions that affect their lives, in the delivery of the services they receive, and in the development of the policies that impact on them.

Website: [www.togetherforchildren.org.uk/children-young-people/participation-and-engagement](http://www.togetherforchildren.org.uk/children-young-people/participation-and-engagement)  
Email: [youthvoice@togetherforchildren.org.uk](mailto:youthvoice@togetherforchildren.org.uk)



# Support services

## Youth Drug and Alcohol Project

YDAP works with young people whose substance use is problematic and impacting on their life with negative effect.

Website: [www.togetherforchildren.org.uk/services/drug-and-alcohol-support](http://www.togetherforchildren.org.uk/services/drug-and-alcohol-support)

Email: [YDAP.Project@togetherforchildren.org.uk](mailto:YDAP.Project@togetherforchildren.org.uk)

Telephone: 0191 561 4000



**YOUTH DRUG  
AND ALCOHOL  
PROJECT**



## Kooth

Kooth provides free, safe and anonymous mental health and wellbeing service, providing online counselling and support for children and young people aged 10 to 25 years old in Sunderland.

Website: [www.kooth.com](http://www.kooth.com)

## Career Service

Our Careers team offers impartial careers education, information, advice and guidance to young people in Sunderland aged between 13 and 18 years old, or up to the age of 25 if you have an Education Health and Care Plan (EHCP).

Our Careers Advisers can support you to make positive choices about your future, with information about college courses, apprenticeships, sixth form, employment and training, as well as a range of other options depending on your individual needs and interests.

Website: [www.togetherforchildren.org.uk/children-young-people/careers-and-neet-service](http://www.togetherforchildren.org.uk/children-young-people/careers-and-neet-service)

Email: [YP.careers@togetherforchildren.org.uk](mailto:YP.careers@togetherforchildren.org.uk)

Telephone: 0191 561 4084



# Support services

## Wear Kids

Wear kids is a voluntary intervention to support young people who might be at risk of offending and anti-social behaviour.

Website: [www.togetherforchildren.org.uk/professionals/early-help](http://www.togetherforchildren.org.uk/professionals/early-help)

Email: [wear.kids@togetherforchildren.org.uk](mailto:wear.kids@togetherforchildren.org.uk)

Telephone: 0191 561 4084 to discuss your worries with one of the Wear Kids team



## C-Card

The scheme provides confidential sexual health advice and free condoms to anyone aged 13 to 24. You can use the Sunderland C-Card scheme regardless of your gender or sexual orientation. It doesn't matter whether you're having sex, thinking about having sex or just curious. C-Card is free and completely confidential.

Website: [www.ccardsunderland.co.uk](http://www.ccardsunderland.co.uk)

## Change 4 Life

Sunderland programme provides healthy lifestyle sessions aimed at encouraging and supporting families to eat well, move more and live longer. Sessions take place online and in community venues across the city. You can also bring along siblings for family sessions, or a friend if participating in a teen programme.

Website: [www.sunderland.gov.uk/change4lifesunderland](http://www.sunderland.gov.uk/change4lifesunderland)



## Sunderland Altogether Consortium

We are Sunderland youth work, and we are all together. The Consortium is made up of eight youth work organisations, all of whom share one common goal: to transform the lives of young people across the city of Sunderland and to create a strong, sustainable future for youth work services.

website: [www.sunderlandyouthwork.co.uk](http://www.sunderlandyouthwork.co.uk)

Facebook: [@sunderlandyouthwork](https://www.facebook.com/sunderlandyouthwork)



# Support services

## The Sunderland Safeguarding Children Partnership (SSCP)

SSCP is a multi-agency group that safeguards and promotes the welfare of children and young people across Sunderland. We do this by listening to workers across the city, learning from achievements and also when things go wrong, providing training to enable professionals to do their job well, and listening to the views and opinions of children young people and their families.



Website: [sunderland.scp@sunderland.gov.uk](mailto:sunderland.scp@sunderland.gov.uk)

## Everyone Active



Everyone Active runs Sunderland Leisure Centres. Whether you want to join as a regular member or on a casual basis, Sunderland Leisure Centres have some great opportunities to help you stay active.

Website: [www.everyoneactive.com](http://www.everyoneactive.com)

## Wear Here 4 You Prevention Bus

Our mobile prevention service Wear Here 4 You provides information, advice and support for children, young people and families in Sunderland. You might see us at school, in your local park, at a community hub or out and about across Sunderland!

Website: [www.togetherforchildren.org.uk/wearhere4you](http://www.togetherforchildren.org.uk/wearhere4you)

Email: [youthvoice@togetherforchildren.org.uk](mailto:youthvoice@togetherforchildren.org.uk)



## If you are worried about someone

If you are in danger or are worried about someone, please call 999 in an emergency or call 101 if there is no immediate risk. If you have any concerns about the safety or welfare of a child or young person, contact Together for Children on 0191 561 7007 (Monday to Thursday, 8:30am to 5:15pm and Friday, 8:30am to 4:45pm).

Outside of these hours, please contact the Emergency Duty Team on 0191 520 5552.





# Our youth groups

## Change Council

Change Council is a group of young people who are cared for or care experienced in Sunderland. Change Council gives children and young people the chance to shape and influence services and have a say about the things that really matter in their lives, helping to shape the overall strategy for cared for children and young people in Sunderland.



Website: [www.togetherforchildren.org.uk/children-young-people/participation-and-engagement](http://www.togetherforchildren.org.uk/children-young-people/participation-and-engagement)

Email: [youthvoice@togetherforchildren.org.uk](mailto:youthvoice@togetherforchildren.org.uk)



## Cozmic 3phipany

Cozmic 3phipany is a confidential space for young people aged 11+ who identify as LGBTQ+ or are questioning their sexuality or gender identity, facilitated by specially trained workers, where members feel heard, valued and safe.

## Stars

STARS is a group for young people aged 12 to 25 with special educational needs and disabilities. Members help shape services for young people across the city and advocate for inclusion and accessibility.

Email: [youthvoice@togetherforchildren.org.uk](mailto:youthvoice@togetherforchildren.org.uk)



## Sunderland Youth Council

Sunderland Youth Council is open to any young person aged 11 to 19, or up to age 25 if you have a special educational need or disability. Sunderland Youth Council is an advisory network of young people who make sure young people's voices in Sunderland are heard at a local and national level.

Email: [youthvoice@togetherforchildren.org.uk](mailto:youthvoice@togetherforchildren.org.uk)





## VOLUNTEER AT OUR FAMILY HUBS

We're looking for volunteers to support a whole range of activities at our Family Hubs! Support and training provided.



- Develop a passion for working with children and families
- Support families
- Volunteer around your family life
- Gain experiences that enhance your CV
- Give back to your community

SCAN ME



Register your interest and find out more [volunteering@togetherforchildren.org.uk](mailto:volunteering@togetherforchildren.org.uk)