

Shaping The Family Hub Virtual Hub

For The Retford Design Site

The following themes have been captured through September - November 2022 through co-production activities with parents, young people and partners, partnership meetings and through the first and second Virtual Family Hub Task and Finish Group.

Themes To Provide Info & Support through the Virtual Family Hub For Retford			
Siblings	I'm pregnant/ Preparing for birth	Periods	Changing/ Transitioning schools/ Ready For School
Grandparents	New Mum Support Groups	Self Harm	Local groups/ support
Parents with children with special educational Needs and disabilities (SEND)	Support For Young People with ASD/ ADHD	Leaving hospital following giving birth	Parents
Feeding/ Breastfeeding Support	School Holiday Childcare	"I feel angry"	Housing
Bullying	Grooming	Teenagers	Energy Bills
Access to contraception/ sexual health support and advice for teenagers and parents	Young People's Sexuality	Money, Debt and Benefits Advice	Relationship support including ways to reduce conflict
Managing Behaviour	Immunisations	Managing own mental health	Domestic Abuse
Weaning	Health and Wellbeing	Exercise	Sleep
Safer Sleep	Smoking	Diet and Nutrition	Child Development
Speech and Language and Communication	Alcohol	Drugs	Suicide Prevention
Food Banks/ Help with Food	Trauma and Traumatic Births	Baby Blues/ Mental Health in Pregnancy	Induction/ I'm being induced (Facts, what to expect)