

2023

Family Hubs Consultation

Nottinghamshire
Family Hub
Network

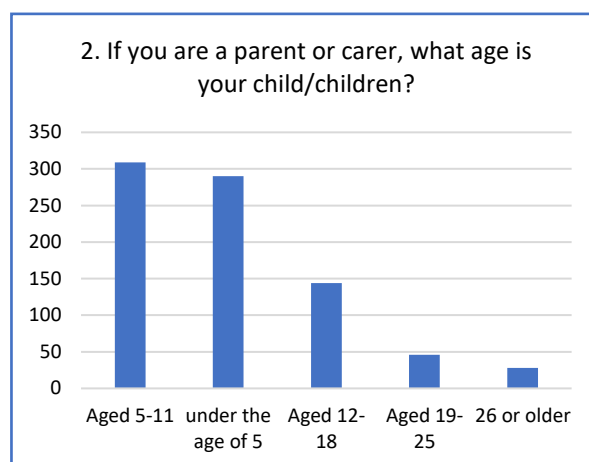
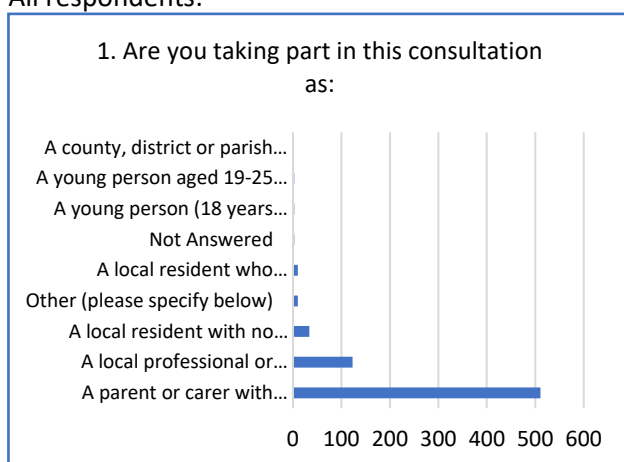
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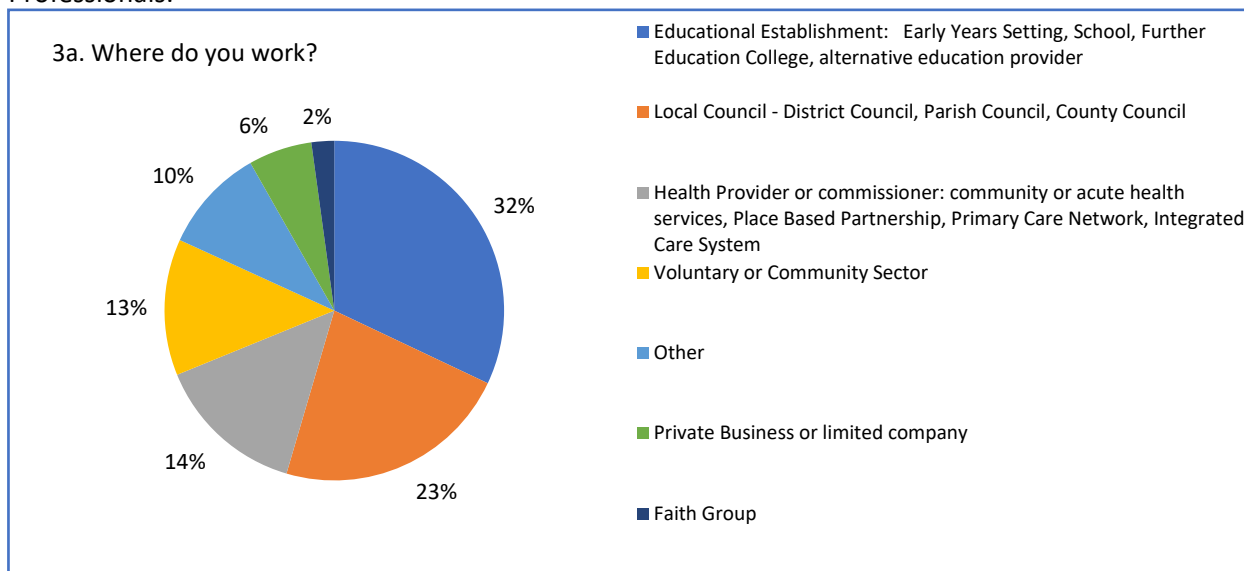
Demographic Data

- 708 responses in total.
- The largest proportion were parents/carers (73%).
- The majority have children aged 5-11, followed by those who have children under the age of 5.
- Overall, 30% of parents/carers have children with SEND.
- Responses from professionals were evenly spread across districts.
- Mansfield based professionals had the highest response rate at 18%
- Most professionals also work in educational establishments at 32%
- 51% of people have given their details to be involved in developing Family Hubs!

All respondents:

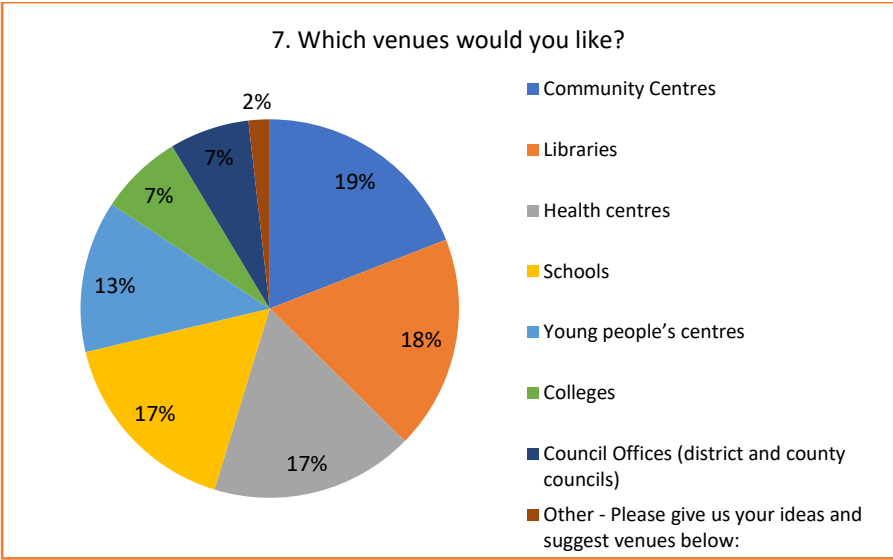
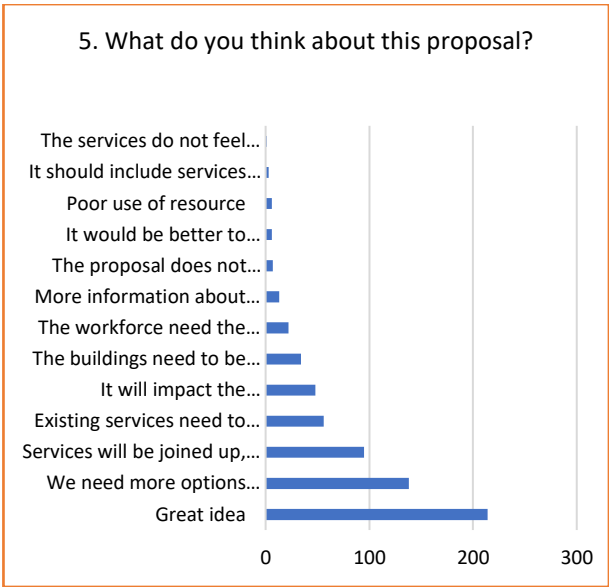
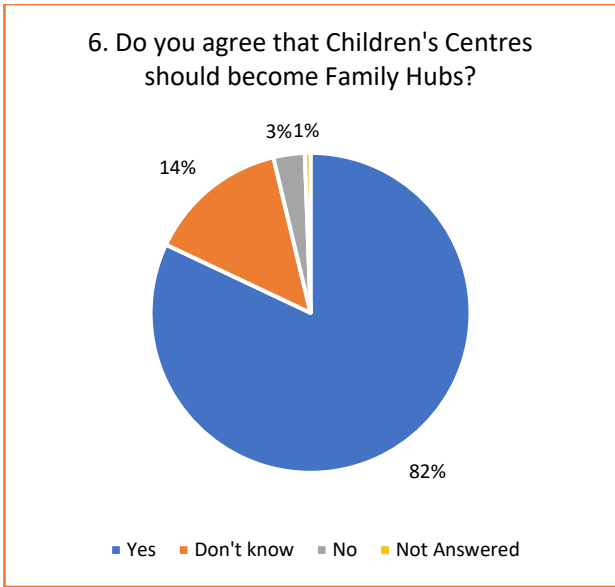


Professionals:



Proposal

- 82% of respondents agreed that Children's Centres should become Family Hubs.
- Most thought it was a great idea, wanting more options for older children and support with SEND.
- They were also open to accessing services in a range of venues.



Proposal Comments Across Themes

Great idea

“Sounds great to me.”

“Brilliant Idea and overdue”

We need more options for older children and support with special educational needs or disabilities

“I think this is a good idea as it doesn't feel like there is much support for families with children over the age of 5 or if there is it isn't very well advertised.”

“This service needs to actively go through to 25 if disabled with an EHCP and not as an afterthought in service provision. Otherwise, I think a one stop local hub is great”.

Services will be joined up, visible and easier to access

“I think it makes sense to centralise and amalgamate services into one physical place. It makes it easier to turn up and get support as you're not second guessing where to go or who to contact.”

“It is more helpful to have 1 place to refer parents to rather than having to navigate through lots of different services to find them the help they need.”

Existing services need to be retained

“A good idea, assuming the early years support continues as it was - have been invaluable for support for my youngest two”.

It will impact the community positively

“I think it will be great for the community and help those families whose children have aged out of getting help from the current children's centre service.”

The buildings need to be accessible with opening hours considered

“Sounds good. I work fulltime so have never really even able to access services.”

The workforce need the right training, capacity and resource to deliver this.

“I think it will make good use of the buildings but will put pressure on already pressured services as they won't have enough time and staff to resource this.”

It would be better to have separate areas for different ages

“Rather concerned though that substance mis use people mixing in the same building as young people. What will they see/ hear?”

Poor use of resource

“It's a good idea but I don't think it will be widely used more money should go into schools”.

It should include services for older adults

“Personally, I think more services should be provided for the elderly.”

The services do not feel relevant to my situation

“We wouldn't use many if any of these services.”

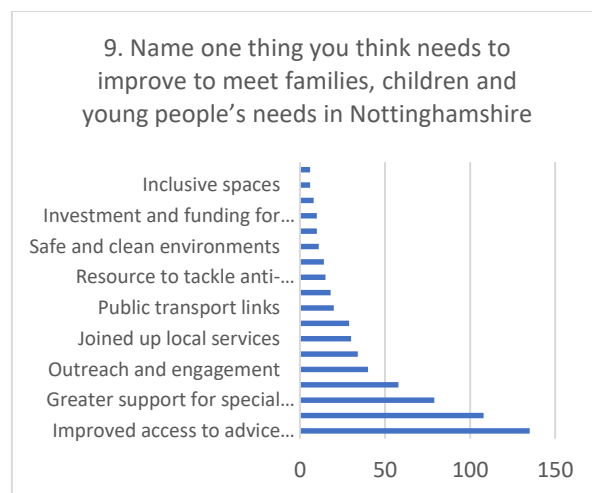
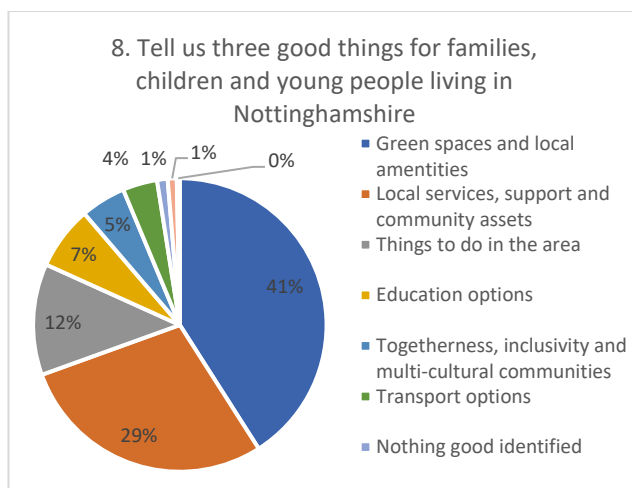
Three Good Things About Nottinghamshire

41% of people highlighted green spaces and local amenities such as sports centres and swimming pools as a good thing for families, children and young people living in Nottinghamshire.

The top 3 improvements were improved access to advice and support, accessible activities for families of all ages and greater support for SEND and specialist services including mental health.

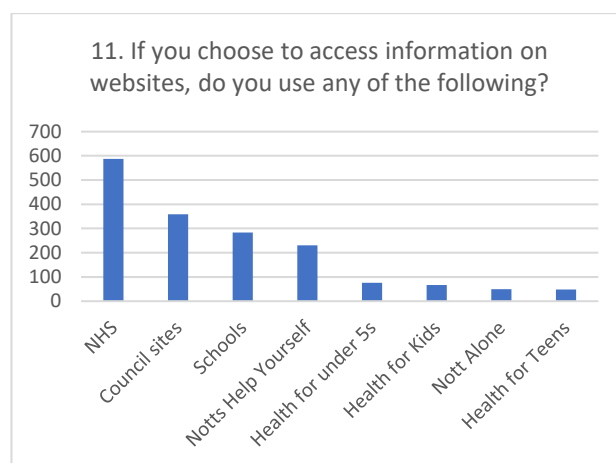
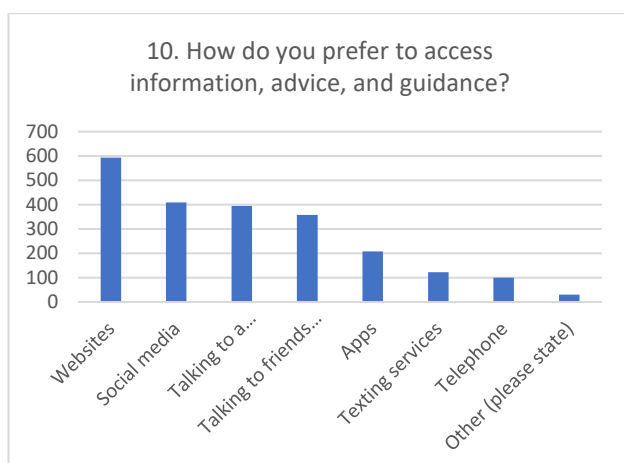
People said that...

- *“The good quality parks and green spaces for children and their families to have a free day out together.”*
- *“Strong community spirit in many localities”*
- *“Lots of support for families struggling”.*



Information, Advice and Guidance (IAG)

- Most people answered that they use Facebook (45%) and Instagram (25%) for social media platforms.
- 78% used the NHS and My Notts (16%) apps.



Help and Support for Parents, Carers, Young People and Professionals

Table 1 Parents and Carers

Parents and carers - what help and support if any, do you or your family need?	Count	%
Information to improve emotional and mental health for me/my child/ren	323	8%
Advice on managing children's behaviour	273	6%
Crafts, play and learning activities to do at home	262	6%
Drop-in services to access information, advice and guidance on a range of topics	244	6%
Starting nursery, school, college or university	242	6%
Information about being a parent of children aged 5 to 11 years	240	6%
Information about childcare funding and different types of childcare	235	5%
Parenting advice such as toilet training, getting my child to sleep	219	5%
Information about being a parent of children aged 0 to 4	201	5%
Information about being a parent of teenagers	194	5%

Information on children's talking and communication	187	4%
Information about keeping me/my child safe online	165	4%
Guidance on how to support my child with special educational needs or disabilities	158	4%
Information on family health and wellbeing, such as healthy eating, breastfeeding, stopping smoking	149	3%
Information on work, training and volunteering	141	3%
Being a new parent	127	3%
Information on benefits	133	3%
One-to-one family support	131	3%
Information about healthy lifestyles	127	3%
Guidance on how to manage bullying and exploitation	114	3%
Information to help me manage my finances	106	2%
Information to help my relationship with my partner/family members	103	2%
Pregnancy	76	2%
Information on housing	77	2%
Not applicable	40	1%
Other (please specify below)	19	0%
Total	4286	100%

Table 2 Young People

Young people - What help and support, if any, do you need?	Count	%
Information to improve my emotional and mental health eg anxiety, self-esteem, eating disorders, self-harm, anger management	106	8%
Not applicable	115	9%
Finding things to do	93	7%
Living with autism or ADHD	89	7%
Information about keeping safe online	78	6%
Information on health and wellbeing, such as healthy eating, exercise, smoking	73	6%
Bullying and peer pressure	72	6%
Work, training and volunteering	70	6%
Information to help my relationships with friends or family	64	5%
Starting or changing school, college or university	64	5%
Drugs, alcohol, smoking/vaping	53	4%
Disagreements at home	43	3%
Sex and relationships	40	3%
Living independently	37	3%
Exploitation	36	3%
Puberty	35	3%
Contraception	34	3%
Living with a physical disability	31	2%
My sexuality or gender	29	2%
Caring for a parent or brother/sister	26	2%
Being fostered or adopted	22	2%
Pregnancy and being a parent	20	2%

Leaving care	16	1%
Other (please specify below)	7	1%
Total	1253	100%

* Only 3 young people completed the questionnaire, so these answers are based on what parents/carers and professionals state young people need

Table 3 Professionals

Professionals - what help and support do you think Family Hubs should prioritise?	Count	%
Multiple needs	49	20%
Mental health, special educational needs or disabilities	47	19%
Pregnancy and parenting information	33	14%
Signposting and joined up support	23	9%
Early intervention and targeted help	19	8%
Employment and financial advice	14	6%
Community and parenting groups or activities	10	4%
Health and wellbeing	11	5%
Support for families with older children and young people	10	4%
Accessible services	10	4%
Child care provision and family friendly spaces	5	2%
Community groups and relationship building	4	2%
Other	4	2%
Speech and language services	1	0%
Young carers	1	0%
Kinship care	1	0%
Electively home educated children	1	0%
Total	243	100%

Recommendations

- **Improve promotion of support services and sources of information:** A recurring theme in the findings was a lack of awareness of what services and information sources are available. Provision is currently available through Notts Help Yourself website which includes the SEND Local Offer.
- **Reduce stigma associated by attending some services:** Some respondents assumed that current services were only for families on low incomes, so some families feel excluded, in particular those who work.
- **Improve access to emotional Health and Wellbeing services and interventions:** Mental health was a topic identified by parents/carers and professionals as a priority to address through Family Hub Networks.
- **Improve access and promotion of information for parents/carers with children who have SEND/Concerning Behaviours** – some respondents struggle to find information and advice, and pathways are confusing
- **Reach out to underrepresented groups:** Some groups were mentioned by respondents as they need extra help or information targeted to their needs e.g. fathers

- **Increase promotion of existing low cost/no cost activities:** There is a perceived gap in the availability of activities for children and families, this is worth exploring further.

Next Steps

1. Increase promotion of local services and existing websites to families through regular communications using social media, and local publicity, with plans for sustained promotion of the new Virtual Family Hub.
2. Ensure services are linked to and use the new Virtual Family Hub – update listings, link to service websites, links from services/schools to the Virtual Family Hub
3. Provide briefings and training to frontline workers to enable them to navigate services with families.
4. Host more universal services in LA buildings and provide FH info/access points in universal settings such as schools and GP practices. Sign up more universal services to be part of Family Hub Networks in localities.
5. Improve promotion of a wide range of services and ensure families understand what is available for all families and what is needs led/what the thresholds are e.g. for CAMHS.
6. Work with a range of partners to engage vulnerable children and their families and those who require extra support.
7. Work with the Voluntary and Community Sector to help promote their activities and provide opportunities to use Family Hub buildings for delivery.
8. Work with local mental health services to ensure that local professionals have the skills and confidence to support children and young people as emotional health and wellbeing as issues emerge; and reduce demand on specialist services.