

NHS

Cheshire and
Wirral Partnership
NHS Foundation Trust



STARTING

www.startingwell.org.uk

WELL



Starting Well Service
Information Booklet

Sure Start
Children's Centres

Starting Well team locations and Children's Centres

0-19 Starting Well teams are based in each of the main children's centres. Contact the My Wellbeing Advisor in your local centre for more information.

We have a Duty Health Visitor available between 8am and 6pm, Monday to Friday. Each centre operates services between 8.30am to 4.30pm. The Duty Health Visitor can offer advice and signposting about children and young people aged 0-19.

The service is dedicated to improving the health, wellbeing and development of children and young people by delivering a range of interventions.

You can contact your local centre below:

Blacon Starting Well Team

Blacon Children's Centre

Carlisle Road, Blacon, Chester, CH1 5DB
01244 397412 - cwp.BlaconStartingWell@nhs.net

Lache and Handbridge Starting Well Team

Lache and Handbridge Children's Centre

Hawthorn Road, Lache, Chester, CH4 8HX
01244 397486 - cwp.LacheStartingWell@nhs.net

Frodsham Starting Well Team

Frodsham Children's Centre

Ship Street, Frodsham, WA6 7PZ
01606 555287 - cwp.FrodshamStartingWell@nhs.net

Portside Starting Well Team

Portside Children's Centre

Egerton Street, Ellesmere Port, CH65 2BY
0151 4888037 - cwp.PortsideStartingWell@nhs.net

Stanlaw Abbey Starting Well Team

Stanlaw Abbey Children's Centre

Alnwick Drive, Ellesmere Port, CH65 9HE
0151 4888036 - cwp.StanlawAbbeyStartingWell@nhs.net



Over Starting Well Team

Over Children's Centre

Ludlow Close, Winsford, CW7 1LX
01606 555288 - cwp.OverStartingWell@nhs.net

Wharton Starting Well Team

Wharton Children's Centre

Bradbury Road, Wharton, CW7 3HN
01606 555285 - cwp.WhartonStartingWell@nhs.net

Victoria Road Starting Well Team

Victoria Road Children's Centre

Neumann Street, Northwich, CW9 5UT
01606 555286 - cwp.VictoriaRoadStartingWell@nhs.net

We also deliver services from linked children's centres, details of which can be found at www.startingwell.org.uk along with our activity timetables

- Barnton and Weaverham Children's Centre
- Chester Rural (Elton) Children's Centre
- Chester Victoria Children's Centre
- Greenfields Children's Centre
- Kingsway and Upton Children's Centre
- Leftwich Children's Centre
- Neston Children's Centre
- Parklands Children's Centre





What is a Children's Centre?

Children's Centres provide a wide range of services for prospective parents, children and their families. We aim to improve the lives of children and their parents by bringing together early childhood services in the heart of the community.

Our Children's Centres are part of Cheshire and Wirral Partnership NHS Foundation Trust's (CWP) Starting Well Service for 0-19 year olds.

We work closely to provide support for families and individuals at the earliest opportunity. Starting Well teams include Health Visitors, Nursery Workers, Early Years Workers, Starting Well Nurses and Public Health Nurses.

Our Children's Centres provide lots of advice and support for families, including parenting support. Our core purpose is to help in:

- Child development and school readiness
- Parenting aspirations and parenting skills
- Child and family health and life chances



Health Visiting

(children aged 0-5)



You will receive a series of core visits from your Health Visitor, however if together you identify that you have additional needs that require our support, your Health Visitor will offer further appointments outside of the list below:

Core contacts

- Antenatal contact to all pregnant women
- Birth visit: 10-14 days following the birth of your baby
- 6-8 week visit
- 1 year development assessment
- 2 year development assessment

Open advice support is available week days via the Duty Health Visitor and through weekly Open Advice drop-in clinics.

Timetables are available at www.startingwell.org.uk/openadvice

What is Family Nurse Partnership?

Family Nurse Partnership (FNP) is a free and voluntary programme for young parents expecting their first baby.

Your specially trained Family Nurse will help you understand all about your pregnancy and how to care well for yourself and your baby.

Your Family Nurse will provide you with information and support you to make decisions which:

- Increase your chances of a healthy pregnancy
- Help you manage your labour
- Improve your child's development
- Build a positive relationship with your baby and others
- Help you plan for the future
- Enable you to make lifestyle choices that will give your child the best possible start in life.
- Enable you to achieve your aspirations (such as finding a job or returning to education)



Early Years

Looking for something fun to do with your child? Early Years Workers deliver weekly Let's Play sessions in all the main centres and monthly Play Day Sessions within link sites for any child aged 0-5. No need to book for these groups so please just turn up.

- Play with a wide range of toys and equipment
- Develop social skills, confidence and self-esteem
- Learn new songs and rhymes
- Have fun and explore
- Meet other parents/carers
- Get advice and support from professionals on site

Check out your local children's centre timetable by visiting www.startingwell.org.uk for dates and times of current groups.



Sensory rooms

The sensory rooms are equipped with soft play, offering a calming and soothing space for babies and toddlers alike to explore and interact with their environment through light and sound.

Families registered at the children's centre can book the sensory room for a free hourly session; however please note not all centres have a room.

Please speak to reception or telephone your local centre for details or to make a booking.



Funding for two year olds



Two year olds who live in Cheshire West and Cheshire may be eligible for 15 hours free childcare per week, which adds up to 570 hours per year.

To find out if you are eligible, ring your local children's centre. Please have your National Insurance number to hand. A variety of local nurseries, childminders and pre-schools have availability for funded childcare places - speak to your early years worker to find out where.

Some children's centres have a nursery on site and staff will be available to offer guidance, support and advice about childcare in your local area.

Contact your local centre to find out if there is a nursery on site, what days/times childcare is available, along with information about free places for two year olds.

NHS Midwifery service

The local hospital midwifery team offer care throughout pregnancy and after your baby is born. Community midwives look after newly pregnant ladies and mums up to a month after baby is born.

Ask at your local children's centre for details of midwives in your area.

One to One midwives

One to One midwives are an NHS approved provider of maternity services. They offer a free community-based midwifery service.

When a woman first accesses One to One she is allocated a named midwife who will be the lead caregiver throughout her pregnancy, birth and six weeks of postnatal care.

Women can self-refer to One to One midwives by calling 0330 3309 121 or by visiting www.onetoonemidwives.org

Infant feeding support

We are here to help you in a friendly, relaxed atmosphere with expert advice and support always to hand.

Check out your children's centres timetable at www.startingwell.org.uk for details of local groups.

There's no need to book, just drop in.



Baby Buddy App



Baby Buddy is an app by Best Beginnings for new parents and parents-to-be. It's fun with useful features to help support and guide you through your pregnancy and the first six months of your baby's life. It will support you on your emotional, physical and social journey to becoming a new parent.

Baby Buddy can be downloaded for iPhone, iPad and Android. If you don't have a smartphone you can visit the Best Beginnings website at www.bestbeginnings.org.uk



Children and Young People aged 5-19

When your child begins school, they will continue to grow and develop. During this time they may come into contact with our Public Health Nurses, Starting Well Nurses (formally known as School Nurses) and Starting Well Support Workers.

Our team are responsible for delivering and supporting the Healthy Child Programme, which is a national standard to ensure all children and young people reach optimum health and wellbeing.



Some of the interventions might include:

- Health Screening - this will include the completion of a health questionnaire sent to parents at school entry age alongside vision and hearing screening
- National Child Measurement Programme of height and weight at reception and year 6
- Childhood Immunisation Programme - your child will be offered the childhood flu vaccine during their primary school years. During high school years, young people will be offered the HPV (Human Papillomavirus) vaccine (girls only) and the DTP (Diphtheria, Tetanus and Polio) and MenACWY vaccine
- Drop-in: a friendly and confidential High School drop-in (no appointment required) for young people
- Starting Well Online Chat: out of hours support for emotional health and wellbeing

We are committed to offering a drop-in service to young people during high school years. A young person can access this confidential service and has the opportunity to speak to a nurse about anything. Our website also offers support, advice and information and online therapeutic support with a trained professional if needed.



Family adult learning

We are currently offering a range of free courses for parents and carers, including Maths, English and crafts. Courses are run by Cheshire West and Chester Council Family Learning Team and your local college and you will receive a certificate on completion.

All courses have a free crèche, although places are on a first come, first served basis. For more information on what courses are available please contact your local children's centre.

Parent's Forum

Would you like to be part of the children's centres decision making?

If your answer is 'yes' we would like to hear from you.

Our children's centres are looking to create a parent's forum to help shape the service delivery and running of the centres.

Please contact your local children's centre for more information.



Home safety assessments

If you live in Cheshire West and Chester, you can request a home fire safety assessment. Your children's centre has a fire service advocate linked to the Early Help and Prevention Team. For further information, please talk to your My Wellbeing Advisor in your local children's centre.



Library services

Our libraries in Cheshire West and Chester offer a range of services to support you and your family.

Free classes such as Rhyme Time and Work Club are held regularly. For more information please contact your local library or ask at your children's centre for library contact details.





Information, advice and support service

For additional information about services available in your local area to help you and your family please contact:

Cheshire West and Chester's information, advice and support service on 0300 123 7001 (Monday - Friday, 08.30am - 4.30pm).

Details of services can also be found on the local offer website: www.westcheshirelocaloffer.co.uk

Early Help and Prevention

The Early Help and Prevention service works to help:

- Local children, families and young people with many needs
- Adults affected by domestic abuse

Often this requires support from a number of partner organisations and sometimes it can be for families who no longer need help from children's social care. The Early Help and Prevention service works closely with the Starting Well service. Support is co-ordinated for families to help parents make positive change.

Help can include:

- Supporting adults affected by domestic violence and abuse
- Victim support for people at risk of domestic abuse
- Support packages for children who have witnessed domestic abuse
- Support with health concerns
- Emotional health and wellbeing support
- Support for young carers
- Housing support
- Supporting people back into work with training and work experience
- Benefit claim advice



The service focuses on four key areas:

- Family casework and domestic violence and abuse
- Early help, schools and partnerships
- Community safety and youth service
- Corporate business and governance

Multi-agency teams work in Northwich and Winsford, Ellesmere Port and Chester and Rural.

To find out about the service and how it can help you and your family please visit www.cheshirewestandchester.gov.uk/residents/health-and-social-care/children-and-young-people/children-and-young-people.aspx and search 'early help'.



Benefits help

Do you need extra financial help?

Are you confused by the benefits system?

Don't know where to start looking for employment or training?

Telephone: 0300 123 7021

Email: visitsandtakeup@cheshirewestandchester.gov.uk

Website: www.cheshirewestandchester.gov.uk

Debt solutions and advice

If you are struggling with debt and money worries, you may need to seek help and advice. With lots of free confidential help and impartial debt advice services available there's no need to use a fee-charging debt management company.

Always contact your creditors and explain your circumstances. Don't ignore your creditors as things could only get worse and interest will be added to your accounts.

If you are a tenant in social housing and struggling to pay your rent and other bills, please contact your housing provider for debt advice.

Visit: www.cheshirewestandchester.gov.uk/residents/housing

For help with your rent, council tax or benefits:

Visit: www.cheshirewestandchester.gov.uk/residents/benefitsandgrants

Telephone: 0300 123 7021

