

Family Hubs

Newsletter

Issue No. 1

April 2024



Welcome

to our first newsletter!



We are extremely excited for our first edition of our Thurrock Family Hubs Newsletter. Hopefully you are all aware by now that the Thurrock Childrens Centres have changed and are now known as Brighter Futures Family Hubs. Don't worry though as you can access all the same services and support groups plus lots more!

Family Hubs bring together in one place the health, education and parenting support that families may need for their children aged 0-19, young people up to age 25 with SEND, and for parents/carers.

Our quarterly newsletter will keep you updated with what has been going on in the Family Hubs, meeting the team, upcoming events & hearing from the parent carer panel.

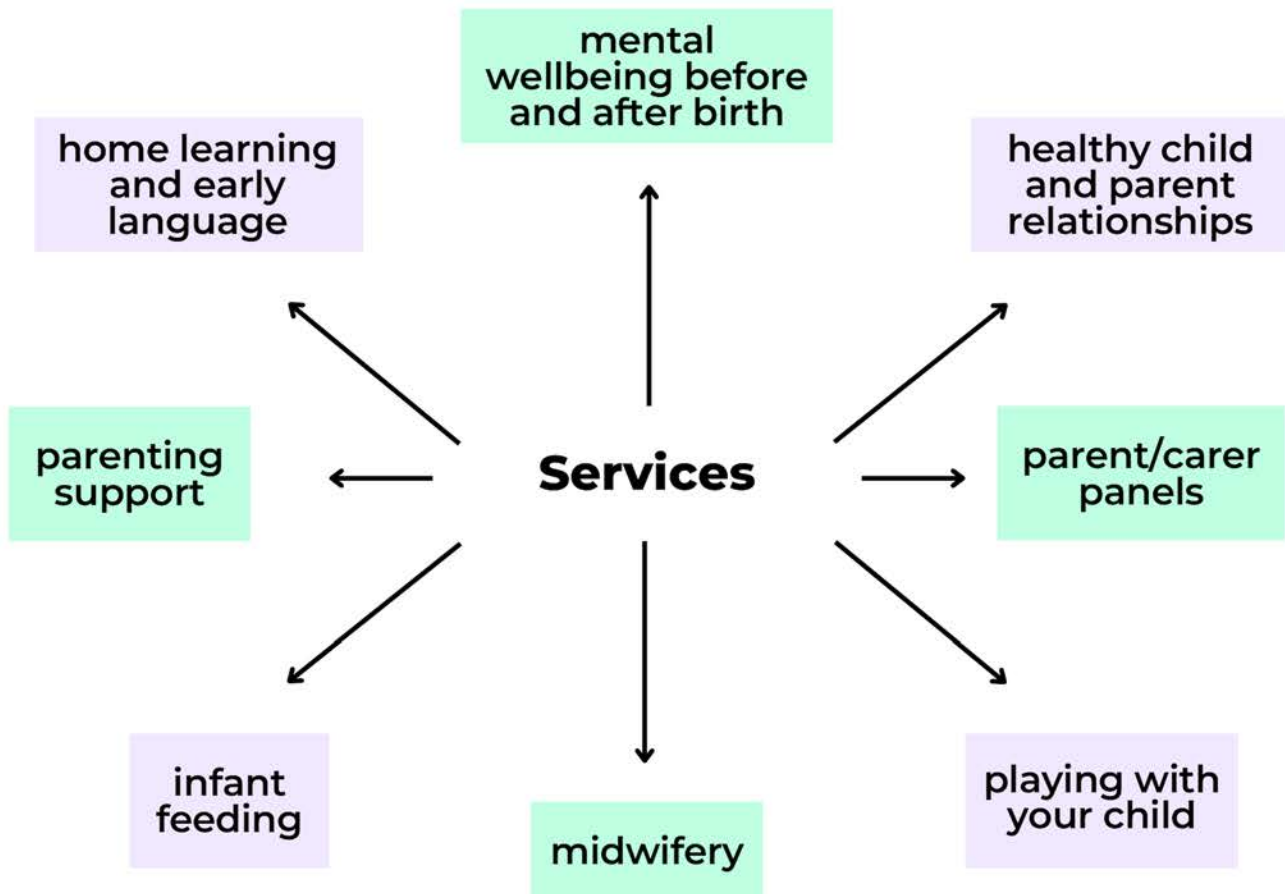
Check out our Start For Life website by clicking the link below & clicking on the start for life offer.

www.askthurrock.org.uk

Brighter Futures
Family Hub Network

Start for Life

Start for Life is a new service with funding from the government, that provides services that aim to support expectant parents and parents/carers for children aged 0 to 2 years. Known as the Start for Life offer, it's services include:



Pages



Thurrock Family Hubs

Childcare · 184 followers · 1 post in the last two weeks

Thurrock's Children's centres support families with children from ages 0 to 11 years-old by providing a range of family services.

Follow

Thurrock Family Hubs

Private group · 975 members



If you're a registered user - why not follow us and join our group on

Facebook



Thurrock Family Hubs

Latest News

Launch Day celebration

Back in October 2023, we had a day to celebrate the launch of the Family Hubs across all three localities where families and professionals came together to see the Family Hubs in action.

We were joined by Mayor of Thurrock, Cllr Sue Little, who cut the ribbon and cakes to mark the opening.



“The kids had an amazing time and loved seeing the characters! There were so many activities for them to take part in and the whole family had such a wonderful time.”

We also had some special guests who were very popular with the young children; Mickey and Minnie Mouse, Peppa and George Pig and Chase and Marshall from the Paw Patrol!

The weather was on our side, which meant there was lots of fun in the gardens, arts and crafts and professionals talking to families offering them advice and support.



Meet the **Managers** across our localities



Hi, I'm Trucia Goodman, Newest member of the Family Hub Managers team.

I manage the West locality, covering Aveley, South Ockendon and Purfleet Family Hub. The Family Hub transformation process has been an incredible journey for my team and I.

We have had the pleasure of meeting and working joined up with professionals to help improve access to the services we offer to families.

My staff and I are here to promote confidence, respect and compassion and to offer you early help with social, emotional, physical and financial needs.

Feel free to visit any of our locations for essential support that you or your family may need and we will be happy to help



Hello, my name is Rachel Carvosso and I am the manager for Thameside and Stifford Family Hubs in the central locality.

It has been an adventure setting up Stifford Family Hub in the grounds of Belmont Castle Academy, I am now fully staffed and open for families to access.

You are welcome to come and access the sessions we offer and professionals we have working from my Family Hubs

Hi, I am Lesa the Family Hub manager in the East locality. I have worked in East locality for over 20 years .

My passion is for the early years and the importance of play and Children's development. I love the Family Hubs and enjoy working with all families.

It has been so exciting to see all the positive changes and to see the Family Hubs grow .We have lots of new ideas and activities to come so I hope to see you all soon.



Hello Everyone, I am Amanda the other Family Hub Manager in the East Locality.

Like Lesa I have also worked in the East Locality for over 20 years in various job roles before I became a Manager four years ago.

It has been really exciting to be a part of the Family Hubs development and how it has been so beneficial for so many families. Look forward to seeing you all in our Hubs.



West

Aveley - Purfleet - South Ockendon

Central

Chafford Hundred - Grays

East

Chadwell St Mary - Corringham - East Tilbury

Horndon on the Hill - Orsett - Stanford-Le-Hope - Tilbury



Aveley



Purfleet



South Ockendon

West Locality includes Ockendon Family Hub, Aveley Family Hub and Purfleet Family Hub.

Belly Dancing

Cultural Celebration



At our Ockendon Family Hub we had a fantastic afternoon for our Cultural day celebration, this included some belly dancing from one of our parent carer panel members and her daughter, nursery rhymes in 2 different languages, bongo playing and lots of food tasting & arts & crafts for all the family.



“It was a great afternoon, my children loved trying the new foods and watching the belly dancing, thank you.”

Support for

Young Carers

Did you know at the Family Hubs we support Young Carers?

If your child is aged 4-8 years and helps care for their brother/sister, mum/dad, anyone living in the family home with a disability, long term illness, mental health issue or drug & alcohol misuse we can support them.

We run weekly term time sessions for Young Carers at our Ockendon Family Hub including cooking, arts and crafts and fun and games. Please call Ockendon Family Hub for more details.





Aveley



Purfleet



South Ockendon



Early Years

Oral Health Workshops



“

It was a great afternoon, my children loved trying the new foods and watching the belly dancing, thank you.

”

On Thursday 5th March Georgi & Bel from Mid & South Essex ran a Oral Health workshop at our Aveley Family Hub where parents & children enjoyed an hours interactive sessions where they got to meet Ali the Alligator who was very popular with the children.

Each child got a free dental pack to take home. We have more Oral Health workshops coming across all localities - contact your local Family Hub for more details.



Coming soon

Promotional Video

At our Aveley Family Hub we welcomed Parent Carer Panel members along to take part in some filming to support the Family Hubs to promote the groups and changes that have taken place.

The video will then be used for our new Start for Life website & Facebook page to show those families who have not been to one of the Family Hubs an idea of what groups we run & the services that are provided.

Central Locality includes Thameside Family Hub and Stifford Family Hub

Cultural Celebration

Family Day



In the February half term, families joined us at our Stifford Family Hub for either the morning or afternoon session where we celebrated all the different cultures.

They took part in lots of different art and crafts activities including henna painting.

Families also had the chance to try foods from other cultures. Staff dressed up and got involved with the families. One parent said



“

It was a great session for all ages, my children loved it and got to try new foods she wouldn't normally try and really liked some of it.

”



Extra

Activity Sessions

We are pleased to announce we have some extra sessions running at our Stifford and Thameside Family Hub with a mixture of sensory play, garden groups and fun with painting. These sessions are not on the standard timetable but are being emailed out weekly. There is no need to book, just call Thameside or Stifford with any questions.

Day and Date	Time	Activity	Age group	Where
Wednesday 10 April	9.30am - 10.30am	Garden Play	12 - 24 months	Stifford Family Hub
	11am - Noon	Sensory Play	24 - 60 months	
	1.30pm - 2.30pm	Fun with Print Making	0 - 12 months	
Friday 12 April	2.30pm - 3.30pm	Sensory Play	0 - 12 months	

Chafford Hundred

Grays



Join us at our

Stay and Play Sessions

We have lots of new toys and equipment for our stay & play sessions - check out our role play area & garden at Stifford. We are ready for the spring weather to arrive!



Come and see our new **Garden Canopy**

You may notice something different if you come along to our Thameside Family Hub.

We are pleased to show you our new garden canopy.

Thameside was shut for a week so our new garden canopy could be built making it much better for our families to use the garden come rain or shine.

Chadwell St Mary • Corringham • East Tilbury • Horndon on the Hill
Orsett • Stanford-Le-Hope • Tilbury

East Locality includes Stanford-Le-Hope Family Hub, Chadwell Family Hub, Tilbury Family Hub and our new outreach sites at Orsett Village Hall, East Tilbury Village Hall and Corringham Integrated Medical Centre.

A day of celebrating different Cultures



In the Tilbury Family Hub we held a celebration of cultures day, it was great to see all the families sharing great activities and food to celebrate the diverse community. There was plenty of food, a fancy dress section & arts & crafts. Parents who visited said:



“

A great day sharing food from home with other families learning about other people.

It was a great day, so much fun for the children, a real community day.

”

Community Project Day

The East Family Hub team supported the Tilbury community project day, with the Go Henry group.

They also teamed up with the libraries on the book start corner project.



NEW!

Post and Pre Natal Exercise Classes

Launched on Thursday 7th March new to one of our outreach sites - East Tilbury Village Hall, we had our first session of pre & post natal exercise class where mums can take part in an hours exercise class & then have an extra half an hour for a mini stay & play and parent catch up.

The response was fantastic with 12 mums taking part for the first session. If you are interested contact us to book on - Thursdays 11-12.30pm for those expecting mums & those with little ones aged 0-7 months (non mobile).

Chadwell St Mary • Corringham • East Tilbury • Horndon on the Hill
Orsett • Stanford-Le-Hope • Tilbury



Garden

Makeover



Within the Chadwell and Tilbury Family Hub we have had a garden make over .

Families have already started to enjoy the spaces and we are looking forward to the spring and summer to invite you to a variety of outside play and garden groups

Dads/Non Birthing

Parents Survey



HUGE CONGRATULATIONS to Colin our dad to 3 month old Mason who was the winner of our Dads/Non birthing Parents Survey. The Parent Carer Panel created a survey to get the voices of dads & non birthing parents, to see how we can best support them going forward as we are aware there is a gap in services. Colin was shocked but delighted to receive the email to congratulate him that he had won a £100 Amazon voucher.

“

I was shocked to receive the email as you do these surveys but never think you are going to win.

We were looking at buying a baby carrier, so now we can get one. We had our midwife appointments at the Chadwell Family Hub & I saw the survey when I came to get my baby weighed there.

My wife has attended baby massage and some stay & play groups. It was good to be able to have an opinion & a voice as normally all the support is for mum.

”



Winner!

Parent Carer Panel



The Parent Carer Panel started back in June 2023 where a group of parents/carers meet up once a month, face to face in each locality & virtually of an evening.

The panel are there to give feedback about the services that are provided focusing on expectant parents until their child reaches the age of 2. The group is made up of diverse parents and carers who want to make a change, shape the services together and are passionate about their voices being heard.

Over the last 8 months they have had guest speakers from Infant Feeding to Parents 1st attend the meetings to give direct feedback and below is everything they have been working on and lots more changes to come.

**All voices
are heard**

**Shaping
services
together**

**Making a
change**



Parent Carer Panel



Welcoming your

Suggestions

We regularly ask parents what we can do to improve the services we offer in the Family Hubs.

We also make sure to share the answers to all questions on display boards around the Family Hubs.

1. Exercise groups for expecting mums
2. Antenatal groups & support
3. More breastfeeding support
4. First Aid workshop with a creche
5. More Dads Support
6. More support for new parents
7. Social media updates & awareness for those not heard of Hubs
8. Update parents of the changes at the Hubs
9. Virtual Groups
10. Baby Sign along

You said

We did

1. Pre & Post Natal Exercise classes started in March at our East Tilbury outreach site
2. Parents 1st are running expectant parent info sessions & coming soon we have 4 week workshops with Parent carer panel members feeding into this
3. Family Hubs working with Infant Feeding team & plans for future feeding support groups coming into the Hubs
4. First Aid workshop with a creche booked for April 2024 in each locality
5. Dads survey results are in - plans are being discussed on how we can move forward to support them more.
6. Information flyer created for those new parents that come into the Hubs which includes all the groups/support they can access at Hubs
7. We have started to include more community pictures on our Facebook page & a video has been filmed to promote the Family Hubs with the parent carer panel being part of it.
8. Here it is - our first Newsletter
9. First virtual group is our panel - potential for some more sessions to be run virtually
10. Launched March from our Stifford Hub - check out our coming soon for some more dates

Hear from our

Parent Carer Panel



Kevin

Me and my wife moved to Thurrock just over a year ago with our 2 sons. Initially my wife was attending classes with the boys whilst she was on maternity.

A couple of months ago I took some time off and stayed at home with the boys so she could go back to work. Initially it was quite daunting as I was the only dad at the classes.

Charlotte invited me to attend the parent carer panel and honestly I haven't looked back. We meet both physically and virtually. As parents and carers we are learning but I believe that Charlotte is taking valuable feedback that can only help Thurrock moving forward.

The parent carer panel is a safe space where everyone's voice is heard with no judgement.

Maryana

I've truly enjoyed being part of Ockendon's Family Hub Parent Panel. Maternity leave can be isolating, but this group has provided warmth and comfort.

It's fulfilling to contribute to an initiative supporting mums and those on their parenting journeys.

Charlotte, our coordinator, ensures a fantastic environment for open discussions. The events, like the 'Xmas Party' and recent 'Cultural Event,' add joy to the experience. Huge thanks to the dedicated staff for creating a vibrant and supportive atmosphere.



Shaz

My son and I have always felt welcomed at the Family Hubs, so being part of the Parent Carer Panel has been a valuable opportunity to give back and advocate for changes that could enhance accessibility and benefit the community through the services provided.

There are many resources available for new mothers and young children, and we brainstormed ideas to involve expectant mothers in antenatal exercise classes and coffee/tea meet-up groups to integrate them into the Family Hub community.

Engaging with other panel members has been fulfilling, creating a stronger connection and offering rewarding experiences.



Would **you** like to **join** the



Parent Carer Panel?

We would love for you to join us if you are expecting a baby or have a baby under the age of 2 including Dads to ensure we listen to all voices in the community.

We really want your help to improve the services that parents and carers can access from pregnancy through to their child's 2nd birthday at the Family Hubs & with partner agencies. It is an opportunity to:



**Meet other
parents**

**Ensure your
voice is
heard**

**Make a
difference**



You get a £10 amazon voucher if you choose to join, so bring your little one along with you & enjoy the refreshments provided!



If you are
interested

Please text/email Charlotte if you are interested and would like some more details



07531703202

charlotte.lambert@thurrock.gov.uk



Family Hubs

Feedback



Very accommodating
it is a safe space for
parents to talk about
their experience

The Family Hubs are an
excellent resource for
everyone in the local
community to access

Tammy with the stay & play
was helpful, she helped me
make some mum friends. My
daughter has grown a lot of
confidence from going to
these group since birth

Chatterbox sessions
really helped my son
with his speech

The Family Hubs have always
been very welcoming, great to
meet other like-minded
parents and be able to share
my experience without
judgment

Very welcome and
supportive also made
some good friends
that I've met from
attending the groups

Fun, welcoming sessions,
helpful information for
specific sessions like potty
training, and dental
workshops

I don't feel judged when
I come to the Family
Hubs, I feel heard!
Amazing & very grateful

We love coming to the
family events as they are
always so engaging and
fun for all my children

The Family Hubs are a
good way to connect with
others, share experiences
and get support

The Stay & Play
sessions really
helped my baby to
socialise

The sensory room at the
Tilbury Hub is lovely
environment. We come and
enjoy the lovely colours,
sounds & toys

Coming

soon...



Oral Health workshop



4-Week Antenatal



classes



Would you like to
become a **Parent Group
Leader Volunteer?**



Would you like to
help parents
give their
child the
best start in
life?



Do you want
to be part
of a team &
receive
amazing
free training?

Gain experience,
develop your skills
+ confidence

Join us for Coffee & cake to find out more **contact**
Angie Holland at Chadwell Family Hub on 01375 840433

thurrock.gov.uk

SENSORY ROOM



FREE

**at Tilbury
Family Hub**

Designed to develop children's senses through special lighting,
music, smells and interactive objects!

Available Monday - Friday

Ages 0 - 60 months

SEND Session: 5-8 years

Individual sessions

Book in advance or with a friend - up to 3 adults/5 children

Session times include:

9.30am - 10am 11am - 11.30am

1.30pm - 2pm 3pm - 3.30pm

SEND Session: 4pm - 4.30pm

01375 858243

London Road, Tilbury, RM18 8EY



REGISTER NOW



Brighter Futures

thurrock.gov.uk



Healthy Start, Brighter Future

Healthy Living workshop

Call your local
Family Hub
to book onto one
of our sessions

Coming

soon...



Just for you
special education
needs **group** for
0-60 months



Meet other local mums-to-be and our Thurrock peer supporters Nicola, Sarah and Stacey at one of our coffee mornings:

- 9th April 10.00am-12.00pm at Chadwell Family Hub
- 10th April 9.30am-10.30am at Thameside Family Hub
- 18th April 10.00am-12.00pm at Tilbury Family Hub
- 19th April 9.30am-11.30am at Ockendon Family Hub
- 22nd April 10.00am-11.00am at Stifford Family Hub
- 26th April 11.00am-1.00pm at Purfleet Family Hub
- 1st May 10.00am-12.00pm at Aveley Family Hub



Parents1st
Essex

at the Thurrock
Family Hubs
April/May timetable

We're also running:

Antenatal info sessions for mums-to-be (dads also welcome) on:

- 10th, 17th, 24th April at Purfleet Family Hub 10:30am-12:30pm
- 3rd, 10th, 17th May at Stifford Family Hub 12:00-2:00pm

Workshops for expectant dads and non-birthing partners:

- 4th May at Stifford Family Hub, 10:00am-1:00pm

And don't forget our ONLINE classes:

- Fit for Mums pre and postnatal fitness classes every Thursday via Zoom 1:00-2:00pm



Scan the QR code

to find out more and to book a space on one of our courses or workshops!

Follow us: @parents1stessex

Visit: <https://essex.parents1st.org.uk>



BABY SING AND SIGN

from 3 months to 2 years



Joint
interaction



Communication aid
through signing



Social
development

JOIN US FOR OUR ENGAGING BABY SIGN LANGUAGE GROUP SESSIONS! DISCOVER THE POWER OF SIGN LANGUAGE IN PROMOTING JOINT INTERACTION, FOSTERING SOCIAL DEVELOPMENT AND ENHANCING COMMUNICATION SKILLS FOR YOUR LITTLE ONE. EACH WEEK WE WILL EXPLORE A DIFFERENT TOPIC, ENSURING A DIVERSE AND ENRICHING EXPERIENCE FOR ALL ATTENDEES

WEEK 1 (11TH JUNE) : ANIMALS

WEEK 2 (18TH JUNE) : GAMES AND ACTIONS

WEEK 3 (25TH JUNE) : FOOD

WEEK 4 (2ND JULY) : FAMILY AND PETS

LOCATION:
OCKENDON
FAMILY HUB

BOOK IN ADVANCE
01375 413936

TIME:
10 AM TILL
11 AM



First Aid

workshop with
creche support

