

Northumberland Family Hubs Well Being Service



Workstream 4

Perinatal Mental Health and Parent Infant Relationship

- A range of workstreams were developed with participants from across professions and services to develop the Family Hub services
- Consultation regarding a new service for Northumberland was held with WS4
- Family Well Being Support Service - 6 practitioners across Northumberland
- Recruitment commenced in January 2024
- Currently 5 Family Hub practitioners delivering the service

NEW

to Northumberland



Family Wellbeing Service



Family Wellbeing Support Service in Northumberland

The Family Hub offers a service which provides non-clinical support to new and expecting mothers and fathers who are experiencing mild to moderate mental health difficulties who may also need support with practical, emotional or environmental issues, such as breastfeeding, establishing routines, reducing social isolation, and supporting financial stability.

The service offers personalised support to people at any stage of pregnancy, or in the two years following.

The intention is to develop strong relationships between workers and families, strengthening family capacity and promoting self-sufficiency; reducing the stress experienced by some children in early childhood and to minimise the long-term consequences for a baby's future physical and mental health.

The time limited support will be offered by Family Hub Practitioner's to eligible parents who have been identified and referral process followed.

Parents can self-refer.

Referral process:

- Family to become a Family Hub member
- Complete a request form
- Completion of GAD 2 (Generalised Anxiety Disorder Questionnaire) by a health professional

Flexible to meet the family need:

- Carry out a Wellbeing scaling and Family Wellbeing plan
- Up to 12 one to one/group/virtual sessions in the Hub, home visit in the community
- Aid access to services and activities
- Connect parents with local community networks



Meet the team

Dawn - Central

Amanda - West

Kerry - West

Emma - North

Samantha - South East

NEW to Northumberland



Family Wellbeing Service

Having a child can be the **most rewarding** and also the **most challenging** time in anybody's life.

'You are not alone'

As part of the Family Hub offer - **personalised support is available to new and expecting mothers, fathers and significant others**, (up until a child is two), who are experiencing mental health issues...

Are you or do you know someone who may need support to:

- understand their low mood
- connect with other parents
- feel less worried about parenting
- establish routines
- breastfeed
- feel less anxious
- have better relationships
- access services

Contact your local Family Hub or speak to your midwife/Health Visitor

In partnership with



#FamilyHubsNIand



www.FamilyHubsNorthumberland.co.uk

- New To Northumberland poster shared with Family Panels
- Maternal Mental Health week commencing 29.4.24 social media
- Northumberland Family Hub Newsletter May edition 'Welcome to the team'
- Newsletter article aimed at Social Care team
- New to Northumberland Wellbeing Service shared inhouse/ partners
- Posters gone to print for Midwifery and clinics
- Attendance to forums to promote
- Looking at EHA process where appropriate
- Clinical supervision through NCSPiR funded by Start for Life offer to commence in May for the workers on a fortnightly basis

- Regular monthly meetings held with Family Hub line managers and Project team to review and discuss development.
- Regular strategic steering meetings held with partners.
- Referrals coming through
- Systems in place on EHM
- Publicity and promotion – ongoing