

## Appendix 2 – Summary of the range of activities offered in Children’s Centres in Stockton-on-Tees

The Children’s Centres across the Borough offer a wide range of services. Activities vary across centres according to local demand and need. Note also that some of the activities are provided by other Organisations.

### **Health and Well-being services and activities**

- Visits undertaken to all families within the children’s centre reach area within 2 months of the child’s birth then according to need or in accordance with the Child Health Programme.
- Access to community midwifery services including ante and post-natal care and support and the Child Health Programme.
- Information, guidance and support on breastfeeding, nutrition, hygiene, healthy lifestyles, safety and smoking cessation.
- Promotion of positive mental health and emotional wellbeing, including support for those suffering from maternal depression.
- Access and support for children with special needs and disabilities, including speech and language support.
- Dental Health Programme.
- Obesity prevention programmes

### **Parenting Capacity**

- Outreach services for isolated parents/carers and children at risk of social exclusion, including health visitors linked with the centre, underpinned with good information and data about families in the area.
- A swift and easy system for referring/signposting families to further services.
- Links to schools and out of schools activities.
- Systems to provide early identification of children with special needs and disabilities with inclusive services and support for their families.
- Information and advice on the range of family support services and activities available in the area.
- A programme of activities designed to increase families’ understanding of child development and raise parenting skills, and there are activities which increase the involvement of fathers.
- Programme of activities to raise community awareness, promote community cohesion and foster positive relations between different communities.

### **Early Learning and School readiness**

- Information and advice on a range of subjects including local childcare, early years provision (integrated daycare and early learning) and early education services.
- Access to integrated early learning and childcare to meet the needs of working parents.
- Input by qualified Early Years Professional/Teacher.
- Link to schools and provision of initiatives to support parent/children in the transition to school.
- Support to childminders through the childminder network and with the provision of other support e.g. providing shared training opportunities, loans of toys and

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equipment, drop-in sessions etc.
<b>Parental Involvement</b>
<ul style="list-style-type: none"><li>• Arrangements for consultation with parents, ensuring that their views are taken into account when planning and delivering services.</li><li>• Activities for children and parents e.g play groups, stay and play sessions, parents groups, drop-in sessions etc.</li><li>• Volunteering opportunities for parents.</li><li>• Links with Jobcentre plus and support for parents wishing to consider training and employment.</li><li>• During opening hours, the centre is staffed by someone who is able to offer information and advice to families and can help families access the services they need.</li></ul>
<b>Other Agencies offering services from some of the Children’s Centres</b>
PCT
Riverside College
CAB
Priors Purseglove College
Children with Disabilities Group
Job Centre
Linked Early Years Providers
Community Police drop in
Harbour
Supervised contact