Westmorland & Furness Family Hub.

Westmorland and Furness Best Start Family Hubs

BEST START IN LIFE

Westmorland & Furness Council

Funded by UK Government

The Family Hubs are a welcoming space for children, young people, families and the wider community in Westmorland and Furness.

They are designed to make a positive difference to children, young people and their families and to be a central point of contact to get the help you and your family need.

What do Family Hubs provide?

Family Hubs provide information, support and guidance to families with children aged 0-19 (25 with SEND) in Westmorland and Furness. We aim to keep children, young people and their families happy, healthy and safe by providing spaces and places to learn and thrive.

We work with a range of partner organisations to help meet the needs of our communities and the families living within them.

From pregnancy to early years we have a range of clinics and programmes with midwives and health visitors to help you prepare for your baby and grow your bond with your baby such as Antenatal programmes, baby massage, , weaning advice and first aid. We offer parenting programmes and groups to help you understand how to support your child's development and grow your child's language skills and improve the learning environment of the home. This is crucial in helping your child be ready for school.

Special Educational Needs & Disabilities: (SEND) we know some children and their caregivers need more support and we are here to help.

We have some sensory rooms to provide a much needed break from the hustle and bustle of real life and engage a child in their most important work - PLAY!

If you think you need additional support for your SEND child, please contact us and let us know your needs.

We offer SEND drop in sessions to help you navigate the SEND system and receive timely advice and support.

School age children: we have a range of support for school age children. We run activities and family days, and we help to deliver the Holiday Activities & Food Programme (HAF). This is aimed at families in receipt of means tested free school meals, but other children and young people are also eligible. Please ask us for more information.

If you or your child needs a bit more help, we have a range of programmes to support both the parents/ carers and the children and young people. These sessions aim to help the management of emotions, understanding child's development and the impact of trauma on both the adults and the children and young people in families.

Young People: we offer activities, programmes, support and advice for our young people and their families. Sessions are aimed to support mental health, wellbeing and management of emotions, tailored to the individual needs a young person might have.

More information can be found on our websites:

Homepage | Westmorland and Furness Family Hubs (wandffamilyhubs.org.uk)

Homepage | Westmorland and Furness Family Help (www.westmorlandandfurness.gov.uk/family-help)

Contact us

Barrow Family Hubs
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