

Parent and Carer Forum for family hubs and Start for Life

- ✓ **Make a difference for you and others**
- ✓ **Meet other parents and carers**
- ✓ **Be fully supported to attend the once-a-month forum**

(Free childcare/lunch/
transport to and from the
session and vouchers to
spend on play equipment/
toys and your child(ren))



Making a difference

Do you feel passionately about having great services that support you to care for your 0- to 3-year-old?

If so, this is an opportunity for you to influence and shape the way you and other families and children can access information, advice, guidance, **and support**, when you need it in Barking and Dagenham.

We want to create welcoming, easily accessible and joined up services for families, so you do not have to go to various places and talk to lots of people to get what you need. This means that Health, Housing, Education, Early help, and the Voluntary and Community service will be working together better than before.

This will not happen overnight, and we need your help to tell us what is working well, what needs to change, and tell us what services we could offer which will make it easier for you to care for your child.

But we need your help in informing how we do this.

What's happening in Barking and Dagenham?

Our aim is to open three Family Hubs, in the North, East and West of the borough, **that are open to all families, children and young people**. The Hubs will deliver a 'one stop shop' of services to meet your needs. We want to develop a fourth hub that can support children who have complex disabilities

We want to deliver services out in the community, closer to where you are and enable you to only tell your story once, as well as give you access to the right information, advice, and guidance at the click of a button.

The government is looking to invest in Barking and Dagenham to improve the **offer of support to families. This includes supporting those who are thinking of starting a family, parents who are expecting a new baby or those who just want help in being the best parent they can be.**



Alternatively, you may have concerns about your baby or child's development needs especially due to isolation during COVID.

Services we are developing now includes providing infant feeding help; or helping with feelings of anxiety; depression or accessing speech and language support for your child, or opportunities to socialise and meet other parents going through similar circumstances.

These are examples of some of the services that will be on offer, however, there will be loads more, ranging from helping 'parents to be' through supporting young adults to the age of 25 if the young adult has Special Educational Needs.

This is an exciting opportunity to be involved in shaping the way services are delivered for your family and other families in the borough.



How you can help and what we can do to support you to attend.

We are inviting parents and carers, from our community to attend virtual or face to face meetings to have their say and help us offer the best possible services to families.

- ✓ The meeting will be held at a venue in the north of the borough for no more than one hour.
- ✓ A light lunch will be provided for all who attend after the session.
- ✓ A supervised creche will be available for babies and children supported by DBS checked nursey nurses.
- ✓ Transport will be provided to support parents/carers and their children attend the session.
- ✓ A gift voucher worth £20 will be given to each parent or carer attending and contributing to each session.
- ✓ Interpreters will be available where required.

**For more information,
or to sign up to our mailing
list register here, email:
earlyhelpcoordinator@lbbd.gov.uk
or call 07546 693 185**