

# Family Hubs

In Peterborough

Peterborough  
**Family  
Hubs**



# Our Vision

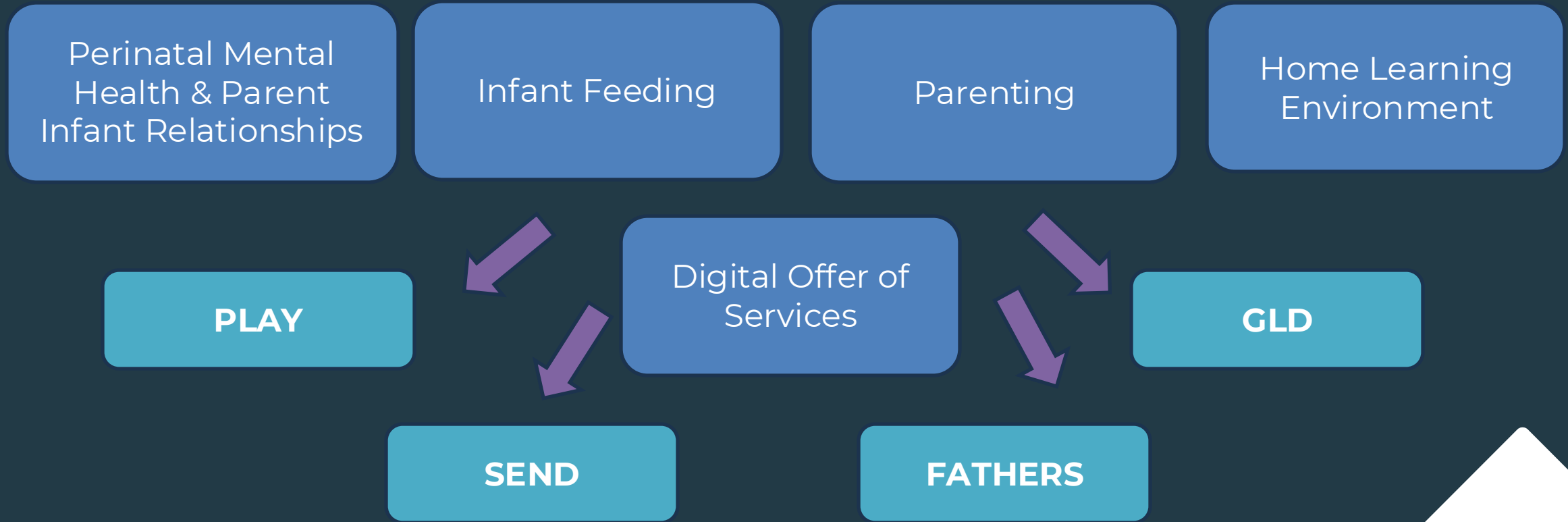
- ✓ To improve children's lives through supporting the family unit, strengthening family relationships, to enable children to thrive and keep families together, helping them to provide the safe, nurturing environments that children need

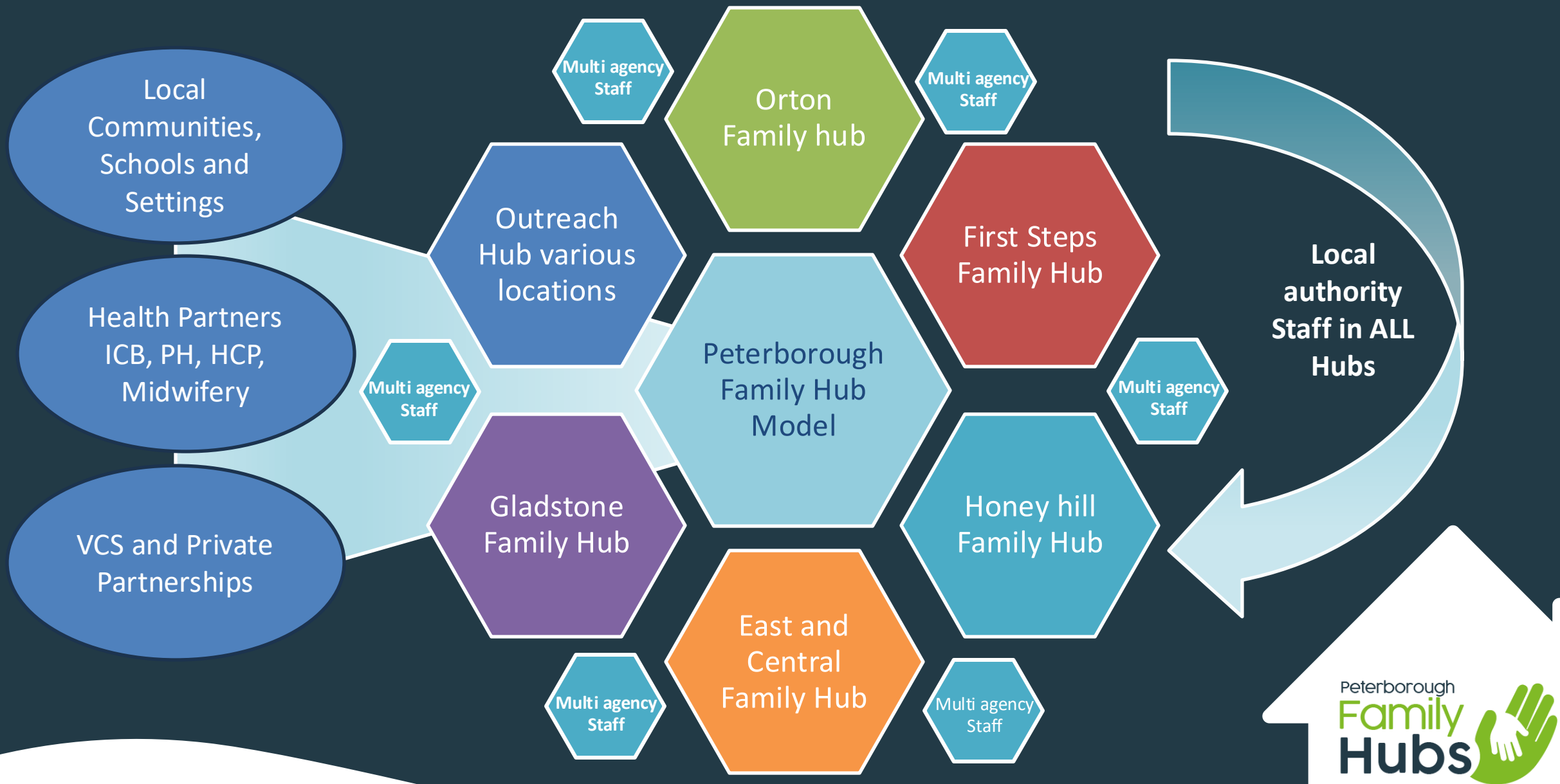
## **By doing the following:**

- ✓ Peterborough Family Hubs programme will provide families with multiagency integrated support they may need to care for their children from conception, throughout the early years, and into the start of adulthood.
- ✓ To enable parents to establish a firm foundation for their children, from which to meet their full potential in life.
- ✓ For the workforce involved in the family hubs programme to be integrated and seamless so that wherever a family should choose to go they receive the same information and opportunities for support to ensure their needs are fully met.



## What are our Main areas of Focus?





\* Eye yet to be determined

# National outcomes for the programme....

- Improved Good Level of Development (GLD) up to 75% Nationally at the end of Reception
- Improved Parent Infant Attachment
- Improved Health Outcomes – Mental Health, Obesity, Infant feeding, Immunisations, Oral Health (Core20Plus5)
- Improved resilience and confidence in parenting
- Improved connection to community-based support and the ability to self serve.
- Improved access both digitally and physical to information and guidance

- **68** individual projects are under the Family hubs programme
- **31** different organisations and partners are delivering support through the programme including Midwifery, NCT, CPLS Mind, Boxing Futures and CGL
- **139%** increase in footfall into the family hubs between 2022 and 2024, this is due in the main to the increase in services offered through the hubs and public knowledge of the offer increasing.
- Face to Face sessions increased from **21219** in 22/23 to **24945** in 23/24 which is a 17.5% increase in face-to-face delivery which is key to how support is delivered to families and has a much higher impact.
- **434** Professionals and Volunteers have accessed training via our workforce development programme in a wide range of courses from parenting to mental health support and more over the last 8 months. Our range of staff from family workers, School Pastoral leads, Health professionals, volunteers from NCT, and social care. Training offered is varied from SANDs Bereavement, Eating disorders, Mental health and wellbeing, Parenting and ESBA have all proved popular, staff are feeding back how useful and practical the training offer is broadening their knowledge and ability to support families holistically.

## Mapping our service offer....



## Improvements in data we had made since launch:

- Increase in ASQ (2/2.25 checks) scores from 76.5% in 2021/22 to 88.8% in 24/25 for overall level of good development
- Increase in EYFS scores for good development increased from 60.7% in 2022 to 65.4% in 2025
- Uptake of MMR has increased from (21/22) 75.5 % to 88.2% (24/25) an increase of 12.7%
- Improved maternal mental health mood scores for those parenting a perinatal MH support session with 80% of participants improving on their baseline scores.
- 100% of parents attending a Triple P parenting programme in 2025 reported improved confidence in parenting skills.





# Case Study 1

## Engaging Fathers Project

CPLS Mind were commissioned through the family hubs programme to research the mental health experiences of fathers from the antenatal to adulthood stages of parenthood. To look at what improvements could be made to services delivering support to families, as well as identifying any gaps or needs not currently supported.

The report published in July 24, was a result of talking to 95 fathers, 3 of which were trained to be community conversation facilitators to reach out into their own communities and have peer to peer discussions.

The findings of the report highlighted the following themes; Lack of father centric support and education, stigma around mental health, financial stress, relationship dynamics and traumatic birth experiences as key insights from the feedback fathers gave.

The report recommends, proactive perinatal inclusion for fathers, accessible support, alternative communication, antenatal support for fathers and family friendly policies.

This project has allowed us to use direct firsthand experience to shape the way we move forward with our programme delivery including the development of a Dad's MH Drop in, Antenatal modules just for fathers, parenting courses delivered specifically to fathers.

It also has led us to challenge the way we deliver antenatal support ensuring, partners are included in every step and that their health and wellbeing is just as vital as mums to be.

As a result of the report we will develop a Fathers Charter, a commitment from all organisations within the programme to ensure they consider fathers needs equally in the delivery of support, advice and guidance





## 0-19 Parenting Offer

As part of the family hubs programme, we have been building a 0-19 parenting offer that is universal to all families. This includes evidence-based parenting programmes as well as bespoke programmes. As part of the programme, we have trained over 80 practitioners to deliver courses online and face to face weekdays, evenings and weekends and these have been put into an 18-month parenting planner for 2024 and 2025

Our offer includes:

- Solihull ( In Our place) suite of 15 courses from antenatal to teenagers, online and free for all parents to access at the right time for them.
- Pathway to Parenting antenatal Course – face to face delivery across Peterborough
- Triple P Baby - online with or without support or face to face delivery across Peterborough
- Triple P (2-12) online with or without support or face to face delivery across Peterborough
- Triple P Teens online or face to face group sessions across Peterborough
- Triple P Fearless
- Triple P Discussion Groups
- Stepping Stones (SEND) online or face to face across Peterborough
- PEEP (0-5) - Face to face group delivery across Peterborough
- Reducing Parental Conflict ( All ages) – Arguing better/Getting it right for Children, Online or face to face delivery across Peterborough
- Young parents Parenting ( Delivered by Boxing Futures) face to Face delivery
- Dad's bespoke parenting ( Delivered by Boxing Futures) Face to face delivery
- NESSie bespoke parenting support on EBSA, Self-harm and ADHD/Anxiety online

## Case Study 2



**Free online courses for parents and carers**

Cambridgeshire and Peterborough **Family Hubs** **NHS**

**Topics include**

- ✓ Bonding with your baby
- ✓ Supporting your child's mental health and wellbeing
- ✓ Teenage emotions and brain development

Learn at your own pace to understand your baby, child, teenager or young adult better

Designed by clinical psychologists working with practitioners and parents

Discover the changes that take place in your child's brain as they grow

Find out how to support your child through difficult emotions

No referral needed

UNDERSTANDING YOUR CHILD SOLIHULL APPROACH inourplace



**Courses for parents**

If you're struggling with an aspect of parenting, or simply want to be prepared for the challenges ahead, these free online courses are for you.

Cambridgeshire and Peterborough **Family Hubs**

# Parenting Comms

**PARENTING CHALLENGES WE WERE **NOT** PREPARED FOR**

**FREE COURSES FOR PARENTS**

**GET AHEAD OF THE GAME!**

**SIGN UP NOW TO GET STARTED**

**OR VISIT PETERBOROUGH.GOV.UK**

**ONLINE - AT YOUR OWN PACE - ON ANY DEVICE**

**COVERING AGES 0-19**

**WHERE DO BABIES COME FROM?**

**WHY ARE YOU SO EMBARRASSING?**

**I WANT MY BLUE CUP!!**

**Peterborough Family Hubs**

**Courses for parents**

If you're struggling with an aspect of parenting, or simply want to be prepared for the challenges ahead, these free online courses are for you.

**Peterborough Family Hubs**

**Courses for parents**

Free online courses for Peterborough parents and carers of 0-19s, covering behaviour and mental wellbeing.

**Peterborough Family Hubs**

**THE STALLING TACTICS**

**PLEASE CAN I HAVE ANOTHER STORY?**

**AND SOME WATER? AND ANOTHER HUG? AND A DISC?**

**I LOVE YOU SOOOO MUCH**

**WHERE DO TRAINS SLEEP?**

**HOW DO SHARKS WALK?**

**WHAT DO YOU DO AT 11?**

**Peterborough Family Hubs**



What do parents want and how we deliver....

## Flexibility is key!!!!

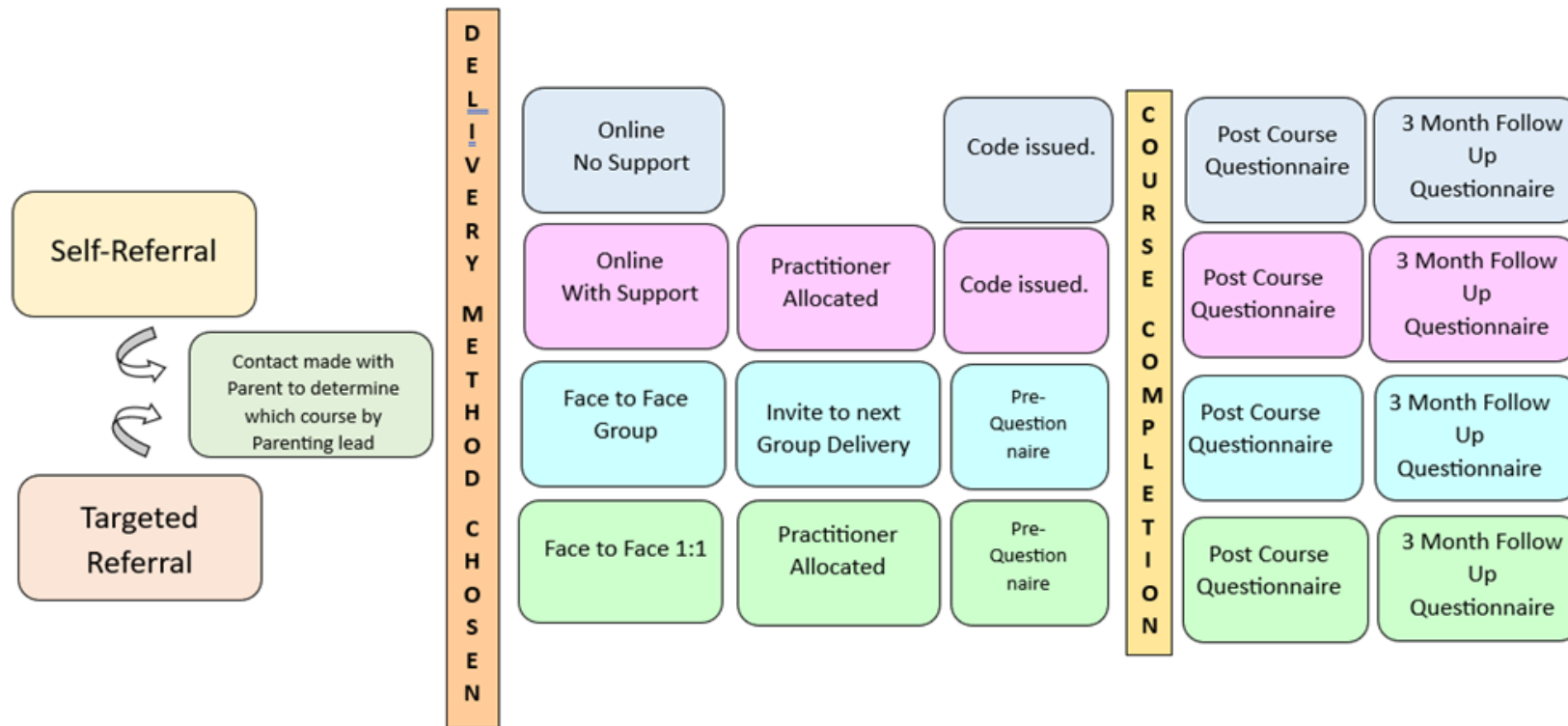
- They asked for a variety of Daytime, Evenings and weekend sessions
- Option of online and face to face delivery for all courses
- Bilingual staff or translation available for those who need it

Our process:

Request received ➡ Call to Parent ➡ Booking Confirmation ➡ Reminder call 1 week before

On Course commencement there is a prequestionnaire, then a post questionnaire after completion, and a follow up at 3 months as well as signposting to additional support if needed.

## Appendix A: Parenting Process



\*Choice of delivery method for targeted pathway will be decided by Lead Professional / or FH/Early Help Team Parenting Lead

# Parenting Delivery Options 2025



The campaign was designed and co-produced with parents and partner organisations, its aim to de stigmatise perinatal mental health after a significant rise was noted post covid in the number of cases, but also lack of support parents found in accessing Perinatal mental health support during the antenatal and postnatal period.

The huge success of the campaign were our videos filmed and produced by our internal comms team provided us with a published case study and blog post, which are all on the PCC website to view: [Marking Maternal Mental Health Awareness Week 2024 | Peterborough City Council](#)

The campaign garnered press attention from BBC Local News and the Peterborough Telegraph, and had 48,015 organic impressions across 5 social channel.

In total the Facebook views alone with promotion were over 236,951K and it had a reach of 669,500K

Facebook ads			
	Reach	Link clicks	Views
Local - Birthday	89,197	334	48,563
Local - Dinner party	124,510	174	21,129
National - Birthday	249,288	326	55,270
National - Dinner party	206,505	283	149,806
<b>TOTAL</b>	<b>669,500</b>	<b>1,117</b>	<b>236,951</b>

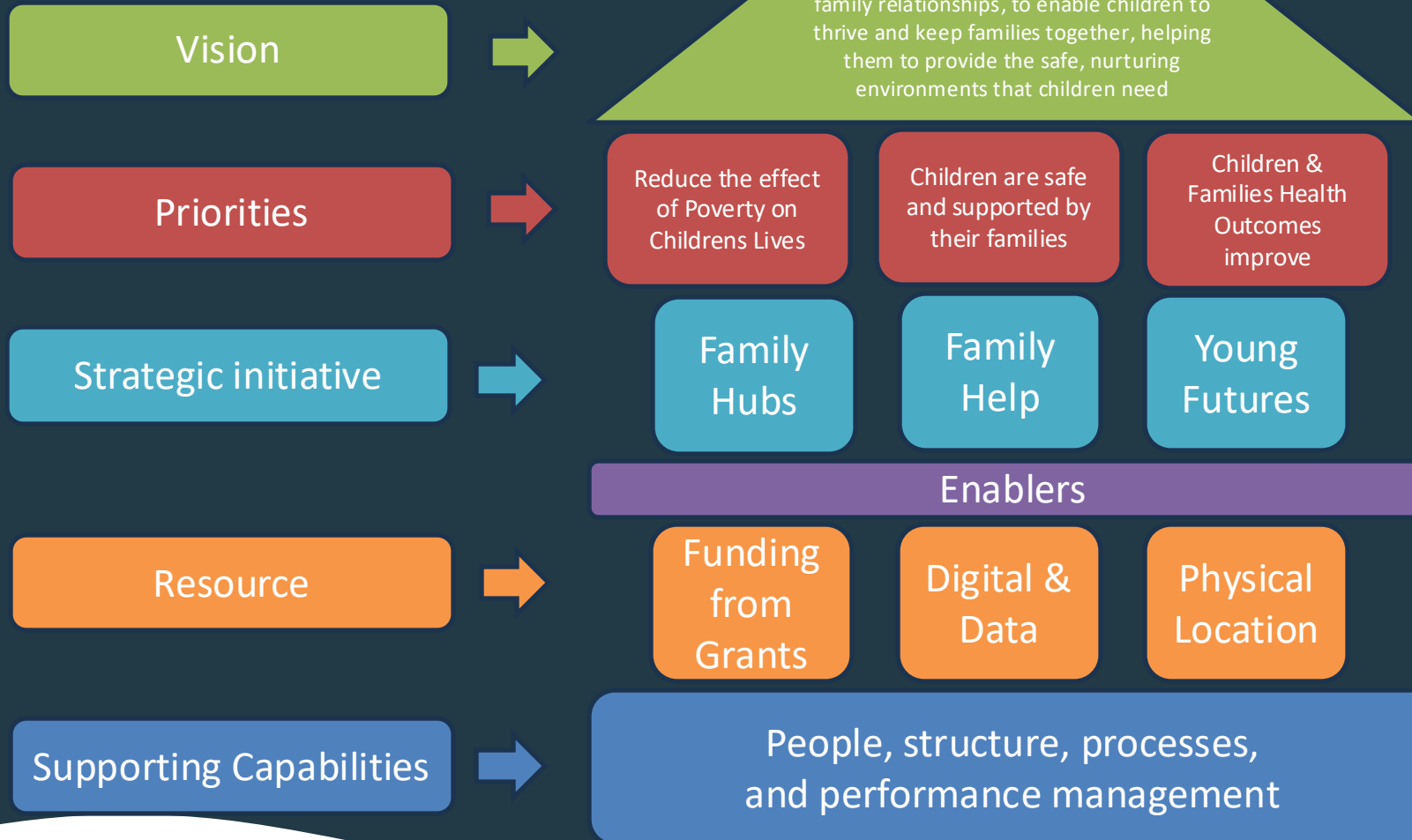


# Our offer

- Antenatal and Postnatal PNMH Support – NCT/CPLS Mind
- Antenatal parenting programmes
- Postnatal Boxes
- Antenatal Groups and Sessions in the family hubs
- Family Hub Practitioners
- Specialist Parent Infant Relationship team
- Specialist Perinatal Mental health team



# Moving Forward.....



## Our ambition:

- Improved GLD at end of Reception
- Improved Parent resilience
- Improved health outcomes



# Any Questions?

For more information contact:  
Family hubs Lead officer: [Fran.macklin@peterborough.gov.uk](mailto:Fran.macklin@peterborough.gov.uk)  
Or [familyhubprogramme@peterborough.gov.uk](mailto:familyhubprogramme@peterborough.gov.uk)

