

Getting the best start for children in Tameside





Welcome to Grow - Getting the Best Start for Children in Tameside

Grow is Tameside's name for the different services that work together to support families through pregnancy and early years, until your child starts school.

This booklet will introduce you to some of those services and teams working together.

There is a Grow website: www.gotogrowtameside.co.uk for families that contains lots of helpful information such as looking after your new baby, learning activities and places to go, keeping healthy and understanding your child's development. The website also has contact details for the local support available as well linking to national organisations that you may find helpful.

You can follow Grow on social media – look for 'Grow in Tameside' on Facebook and Instagram. Please see back page for details.

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Antenatal Care

Midwifery Team

NHS Tameside & Glossop Integrated Care Foundation Trust

The Midwifery Team help you choose how you want to have your baby. When you become pregnant, contact your local Community Midwifery Team to arrange booking an appointment via telephone: **0161 922 6655** after 1:30pm or email: CMWBookings@tgh.nhs.uk.

The first appointment is normally between 8 – 10 weeks gestation and during this appointment antenatal screening will be discussed.

You will then be offered appointments from either the Community Midwifery Team or the Antenatal Clinic including:

- 12-14 week dating scan
- 16-week community antenatal check
- 18 – 20-week scan and health checks

Your antenatal checks will be conducted by the Community Midwifery Team in accordance to NICE (National Institute for Health & Care Excellence) Guidance at 25, 28, 31, 34, 36, 38 and 40 weeks gestation with additional scans dependent on need.

- You will have access to antenatal information and learning opportunities
- Signposting and referral to specialised support where appropriate

During pregnancy, you will be allocated either:

- **Midwifery Led Care** – the Midwife is the lead professional and most of your pregnancy care will be provided by Midwives in the community, with some appointments at the hospital's Antenatal Clinic. National guidelines suggest for those experiencing an uncomplicated pregnancy it is not necessary for routine referral to an Obstetrician (NICE, 2017). However, if the need arises your Midwife can make the appropriate referral for an obstetric review.

or

- **Consultant Led Care** – a Consultant (and their team) will be the lead professional, with care provided by Midwives either in the community or at the hospital. It is important if you have any existing medical conditions or complications in pregnancy to be referred for obstetric opinion to ensure you receive the most appropriate care you keep you and your baby healthy. When required, your care may also involve other specialist teams.

If you have any queries or concerns relating to your pregnancy or your unborn baby's movements then please contact the Maternity Triage Department on telephone: **0161 922 6655** where a member of the Midwifery Team can offer further advice and support. Advice will be given following 16 weeks gestation. Alternatively if you are under 16 weeks gestation then you are advised to contact your GP, local walk in centre or A&E.

If you are in labour contact **0161 922 6655**.

After the birth, if all is well, you are encouraged and supported to go home shortly after the birth of your baby, with your postnatal care being provided by the Community Team, either at home or in our Postnatal Clinics. If there is a clinical reason, then postnatal care may be provided on the Maternity Ward for a short time, followed by care by the Community Team. After this, your care will be continued by the Health Visiting Team in your local area.

All maternity services can be accessed on **0161 922 6655** and choose the option you need to speak to the right team.

Maternity Voices Partnership

Tameside Maternity Voices Partnership (MVP) is a group of local parents, community organisations, maternity staff, health visitors and commissioners working together to represent the voices of parents and families to improve and develop maternity services in Tameside.

For more information on how to get involved contact:

Email: tamesideandglossopmvp@gmail.com

Facebook: www.facebook.com/TandGMVP

Twitter: [@MatVoicesTG](https://twitter.com/MatVoicesTG)



Health Visiting Service

NHS Tameside & Glossop Integrated Care Foundation Trust

Health Visitors promote health within the community, working with parents and carers from the later stages of pregnancy until children reach school age. Health Visitors are registered nurses with additional training in child and family health. They lead the Healthy Child Programme, which is a national programme to improve the health of babies, children and their families to enable a happy, healthy childhood and provide the foundations of good health into adult life. All families with children 0-5 have a Health Visitor and are offered:

They offer:

- Baby Clinics throughout the borough for parents and carers to access information and advice as well as baby weighing. The clinics are accessed by appointment.
- 5 Health and Development Reviews:
 - antenatal (from 28 weeks of pregnancy)
 - new birth (when your baby is 10-14 days old)
 - when your baby is 6-8 weeks old
 - when your baby is 9- 12 months
 - when your child is around 2 years old
- Support and expert advice to all new parents, around all aspects of childcare and parenting, including infant feeding, immunisation, behaviour and parent-child relationships.
- Help with parental mental health issues including post-natal depression, contraception, smoking cessation and alcohol consumption. We also work with partner agencies to protect vulnerable children and families, with particular emphasis on early intervention.
- Special Educational Needs and Disability (SEND) - working with parents to identify where a child may need extra support with their development, working closely with other agencies to provide the local offer.

Follow Tameside Health Visiting Service on Facebook: www.facebook.com/TamesideHVs/

Denton Clinic	Tel: 0161 366 2229
Droylsden Clinic	Tel: 0161 342 7928
Ashton Clinic	Tel: 0161 342 7880 or 0161 342 7825
Hyde Clinic	Tel: 0161 366 2020
Hattersley Clinic	Tel: 0161 366 3900
Stalybridge Clinic	Tel: 0161 366 2150
Mossley Clinic	Tel: 01457 850 512
Dukinfield Clinic	Tel: 0161 366 2175

Infant Feeding, Healthy Start, & Oral Health

Tameside is a breastfeeding friendly place and recognises breastfeeding has long-term benefits for your baby, lasting right into adulthood. Any amount of breast milk has a positive effect. The longer you breastfeed, the longer the protection lasts and the greater the benefits.

Some of the benefits of breastfeeding are:

- Supporting to protect your baby from infections and diseases with fewer visits to hospital as a result
- Breast milk is free, perfectly designed for your baby and is available whenever your baby needs it
- Breastfeeding supports the speed that the uterus returns to size
- Protects the parent's health by lowering the risk of certain cancers, osteoporosis, diabetes and cardiovascular disease

NHS Infant Feeding Community Team support is available. Community feeding clinics for unresolved feeding issues (breast and formula fed babies) contact email: infantfeedingcommunity@tgh.nhs.uk

The Home-Start Infant Feeding Team work collaboratively with midwives and health visitors to support parents at Tameside Hospital and when you are home. The service offers all Tameside parents information and support for as long as you feel you need it – from antenatal workshops, to establishing breastfeeding with a new baby to any questions you may have on your breastfeeding journey, this includes parents who are expressing their breastmilk or giving formula alongside breastmilk.

The team provides a one-to-one support service tailored to your needs. This could be practical support such as ensuring feeding is comfortable for you and your baby, emotional support to help you navigate the first few weeks that can sometimes feel overwhelming, or simply providing you with evidence-based information around infant feeding so you can make the best choice for you and your family. The team can support you over the telephone or in your own home and when you feel ready to get 'out & about' with your baby, they have several Infant Feeding groups in community venues, where parents can come together to receive weekly support in a friendly group environment from trained peer supporters.

In addition Home-Start have a Breastfeeding Support Line: **07802 883947** that runs 7 days a week, 9am-6pm.

After 6pm the National Breastfeeding Helpline is available until 9.30 pm on **0300 100 0212**.

Website: www.home-starthost.org.uk/about-our-infant-feeding-support-service/

Email: info@homestarthost.org.uk

Facebook: www.facebook.com/homestarthost

Tameside is supporting and encouraging parents to celebrate their breastfeeding stories, no matter how big or small. Follow the #breastfeedvictory movement on social media (@breastfeedvictory).

Tameside also has a scheme to support breastfeeding out of the home. The Baby Welcome and Baby Welcome Plus awards recognises local venues that are breastfeeding friendly.

For more information about infant feeding, #breastfeedvictory and the Baby Welcome awards select Infant Feeding Support on page: <https://linktr.ee/growtameside>

Healthy Start

The Healthy Start Scheme supports pregnant women or families with young children on low incomes (up to the child's fourth birthday) with a Healthy Start Digital Payment Card to help them buy healthy food and vitamins for their child. Eating healthier foods earlier on can encourage healthier eating as children develop and grow.

What can eligible Tameside Healthy Start families get from the Healthy Start scheme?

- £4.25 each week of during pregnancy from 10 weeks
- £8.50 (per child) each week for children from birth to one year old
- £4.25 (per child) each week for children between one and four years old

Healthy Start money can be used to buy:

- plain liquid cow's milk
- fresh, frozen, and tinned fruit and vegetables
- fresh, dried and tinned pulses
- infant formula milk based on cow's milk

The card can be used in most local shops and supermarkets that accept MasterCard payments.

What can Tameside Healthy Start families buy with the Healthy Start card?

The Healthy Start scheme provides eligible families with a Healthy Start Digital Payment Card to purchase:

- Fresh, frozen or tinned fruit and vegetables
- Fresh, dried, and tinned pulses
- Cow's milk
- Infant formula milk

Healthy Start Vitamins:

Healthy Start vitamins are available for free to families eligible for the Healthy Start scheme. The person with the Healthy Start Payment card just needs to show the card to the Healthy Start Vitamins professional to obtain their entitlement. You can find out where your closest Healthy Start Vitamins distributor is:

www.nhs.uk/service-search/other-services/Healthy-start-vitamins/LocationSearch/348

Healthy Start Families Eligibility Criteria:

- Child Tax Credit (only if your family's annual income is £16,190 or less)
- Income-related Employment and Support Allowance
- Income Support
- Income-based Jobseeker's Allowance
- Pension Credit (which includes the child addition)
- Universal Credit (only if your family's take-home pay is £408 or less per month from employment)
- Working Tax Credit (only if your family is receiving the 4 week 'run on' payment)

How to apply:

To apply, you'll need your:

- Name
- Address
- Date of birth
- National insurance number
- Baby's due date (if you're pregnant)
- Benefit award letter if you're over 18

You can apply on line: <https://services.nhsbsa.nhs.uk/apply-for-healthy-start/>

Telephone: 0300 330 7010

Email: healthy.start@nhsbsa.nhs.uk

Website: www.healthystart.nhs.uk

Facebook: www.facebook.com/NHSHealthyStart/

Oral Health

A healthy mouth, teeth and gums, or oral health, is an important part of our overall health, well-being and quality of life. It is important that children's teeth get the best possible start in life and that good oral health routines are established and maintained throughout adult life.

Everyone should be encouraged to brush their teeth for at least 2 minutes twice a day, last thing at night or before bed, and at one other time during the day. Always use a family fluoride toothpaste (1,350 -1,500ppmF). For babies and children under 3 years old use a smear of fluoride toothpaste and start to brush as soon as the first tooth appears. For children aged 3-6 years use a pea-size amount of fluoride toothpaste. Always supervise younger children during toothbrushing and encourage them to spit out, don't rinse the mouth with water.

Information, advice and links to additional resources on how to look after your family's oral health and NHS dental services is available: www.tameside.gov.uk/health/oralhealth

Family Hubs

Family Hubs are local support centres where families with children and young people aged 0 – 19 can access a broad and integrated range of help. The centres can help you with:

- supporting your child to get ready for school including activities and courses
- parenting support from birth to 18 or up to 24 for those with a disability
- support for family health and wellbeing
- information about early education and free childcare
- and much, much more.

Register for Early Years Information through the Family Hubs

Attending activities in the Family Hubs can support you as you make friends with different parents. Activities in the Family Hubs can also help support your child with their development and provide new opportunities. This learning will prepare your child so they are ready for school. You can register to receive newsletters and attend an organised programme of free activities.

Family Hub North, Ashton Tel: 0161 342 2255

Family Hub West, Droylsden Tel: 0161 342 5197

Family Hub South, Hyde Tel: 0161 342 5353

Family Hub East, Stalybridge Tel: 0161 342 5533



Scan the QR code to register your baby, toddler or preschooler to receive information and activities available at Family Hubs



Childcare

Early Years Childcare Providers

Early Years Childcare Providers deliver the Early Years Foundation Stage. The private, voluntary and independent settings are OFSTED registered Early Years Childcare Providers - they include nurseries, pre-schools and childminders. Schools in Tameside may have nursery provision. For information and advice regarding the most suitable childcare for your family and how to access funded childcare for eligible 2,3 and 4 year olds, contact Family Information Service on **0161 342 4260**.

Families Information Service

The service provides free, impartial information and guidance about Ofsted registered childcare. They provide information on:

- Free early education and childcare for eligible 2 year olds, the eligibility criteria, how to apply and where places are available
- Free education and childcare for all 3 and 4 year olds, how to apply and where places are available
- Childcare options and information about how to choose for your child
- Activities and groups for families including pre-school playgroups, toddler groups and Family Hub activities
- Signposting to other sources of support
- Early Help Service and how to make a self-referral

For more information, select the funded childcare option on webpage:

<https://linktr.ee/growtameside>

Telephone: **0161 342 4260**

Email: fis@tameside.gov.uk



Supporting All Parents

'Your Baby and You' is a series of online videos to help you to get to know and understand your baby: www.penninecare.nhs.uk/your-baby-and-you

You will also receive the 'Your Baby and You' booklet from your Midwife or Health Visitor.

On-line courses are available for all families to access with some in-person courses available depending on family circumstances. The free on-line parenting courses are about being the best parent or carer you can be and have been written by psychologists, psychotherapists, health visitors, midwives & NHS and education professionals. Courses include:

- Understanding pregnancy, labour, birth and your baby
- Understanding your baby
- Understanding your child
- Understanding your teenager's brain

To access the courses visit webpage: inourplace.co.uk/ and you'll need to access code for Tameside residents which is: **SUNFLOWER**

Tameside's Parenting Service strives to support families when it is needed, whether this is access to a course, guidance or group.

Parenting webpage: www.tameside.gov.uk/sid/parenting

Email: parentingreferrals@tameside.gov.uk



Additional or Specialised Support for Parents

Early Attachment Service

The Early Attachment Service is a specialist mental health service providing consultation, assessment and treatment for parents, babies and children, from pregnancy until the child's 5th birthday, to promote and support healthy attachment and bonding in their relationship.

It is not unusual for mental health and parent-infant relationship difficulties to arise during pregnancy, following a baby's birth or during a child's early years and the reasons for this are many and varied. The overall aim for the service is to support parents, carers, and their baby / young child to feel safe, secure and confident to manage the emotional demands of infancy and new parenthood, and to build positive relationships that they can all enjoy. The service often does this through consultation with professionals working with families (antenatal to 4 year olds) but also provides specialist therapeutic support (group and individual) directly to referred families. The Service can be accessed through referral by Midwives, Health Visitors, GP's or other health / early years professionals. The service also offers bookable one-off telephone consultations to parents and professionals.

Follow on Facebook: www.facebook.com/tamesideglossopeas

Website: www.penninecare.nhs.uk/tameside-and-glossop-eas

Email: pcn-tr.eas@nhs.net

Telephone: 0161 716 3569

Dad Matters

Dad Matters is a Greater Manchester project that supports dads in their relationship with their children. The service works in partnership with maternity, health visiting and early years offering peer support groups and classes.

Website: www.dadmatters.org.uk

Telephone: 0161 344 0669, or 07713 196 391

Email: kierananders@homestarthost.org.uk

Tameside & Glossop Healthy Minds

This service offers a range of talking therapies to support your mental health. They offer a safe place and time to talk with someone who won't judge you. You might want to make sense of things or understand yourself better, resolve complicated feelings or recognise unhelpful patterns on how you act or feel.

For more information visit webpage: www.penninecare.nhs.uk/healthymindstameside

Telephone lines are available 9 am – 5 pm

Tel: 0161 716 4242

Specialty Community Perinatal Mental Health Team

Greater Manchester service supports women who experience high-risk mental health problems during and after pregnancy and for their infant up to the age of one year. The team provides assessment, care and treatment including the prevention, detection and management of maternal mental health problems that complicate pregnancy and the postpartum year.

Telephone lines are available Monday to Friday, 9am - 5pm

Tel: **0161 271 0188**

Website: www.gmmh.nhs.uk/perinatal-community



Getting Help

Family Help

Whilst most children and their families in Tameside are able to have a good quality of life with minimal additional support from public services, there are some who find life more difficult for a variety of reasons. At different times in their lives, children, young people and their families in these circumstances may need additional help and support either because of their needs or circumstances, and Tameside is committed to supporting children and young people at the earliest point that help maybe required before problems escalate.

Families are best supported by those who already work with them organising additional help with local partners and services as needed. For children whose needs and circumstances make them more vulnerable, a coordinated approach is usually best, based on an Early Help Assessment, with a Lead Practitioner to work closely with you and your family to ensure that you receive all the support you require. A range of services are available to help you with the worries you may have. The Family Help team works with a child and their family to address their needs early, reducing worries and increase what is working well.

If you require help and support about Family Help Services or child related subjects please contact your local Family Hub where you can access advice and information. You can also see information on the website:

www.tameside.gov.uk/earlyhelpoffer/parent-carer



Home-Start provide direct support to eligible families who are struggling with the demands of a young family, for reasons such as:

- Feeling isolated or lack of local family or friends for support
- Finding it hard to cope because of illness, disability or mental health issues
- Financial difficulties
- Families seeking asylum

An experienced Family Support Co-ordinator will meet with a family to identify what they would like to achieve and explain the support that can be provided by the trained Home-Start volunteers.

Tel: **0161 344 0669**

Website: www.home-start.org.uk/home-start-oldham-stockport-tameside

Email: info@homestarthost.org.uk

Follow on Facebook: www.facebook.com/homestarthost

Many parents feel stressed, it doesn't mean you're not good enough, it means that you may need additional support. There are a number of local organisations who will be able to help.



Local Offer – SEND (Special Educational Needs & Disability)

SEND is where a child or young person has special educational needs and disabilities that mean they need specific, tailored health and education support to reach their full potential.

Tameside SEND Local Offer is a single place where families can access information, advice, support and services for children and young people aged 0 – 25 with SEND.

Early Years Inclusion Funding (known as SENDIF – SEND Inclusion Fund) supports and promotes equal access for eligible children with SEND to take up their 2, 3 and 4 year old funded childcare place. Children needing a more intensive, specialist help or resources can also apply for an Education, Health and Care needs assessment to enable access to childcare.

For more information about the Local Offer visit webpage: www.tameside.gov.uk/localoffer

Portage

Portage is a home-visiting and group based educational service for pre-school children with SEND that are not attending any early years provision and is accessed by referral by professionals such as Paediatrician, Health Visiting Team or Early Years Workers. The referral is considered by a Portage Panel that will assess the need and offer the most appropriate service. The Portage team work with families to help them develop a quality of life and experience, for themselves and their young children, in which they can learn together, play together, participate and be included in their community in their own right. Portage play a part in minimising the disabling barriers that confront families who have children with SEND. Portage aims to support the acceleration of the development and learning of preschool children who have an identified delay.

For more details see webpage: www.tameside.gov.uk/portage

Telephone: **0161 342 5430**

SEND Health Navigator

Families of children with SEND can contact OKE - Our Kids Eyes, a Tameside charity that can provide advice and support on things to do, help in navigating the system, and connecting into different services.

Telephone: **0161 342 5550 or 07867484290**

Webpage: www.ourkidseyes.org/contact-us/

Facebook: www.facebook.com/ourkidseyes.uk

Keeping Healthy

Feeling good, healthy and happy is important to everyone. There are opportunities in Tameside to help you achieve your personal goals.

Be Well

Be Well Tameside is a free service to adults who live, work, volunteer in Tameside or who have a GP in Tameside. The service offers one to one appointments and regular contact for health and wellbeing support and advice on a range of day-to-day living issues such as:

- stopping smoking
- weight management
- support around food, nutrition and healthy eating – reducing salt, sugar & caffeine
- increasing physical exercise
- provide NHS health checks
- alcohol awareness

Be Well also support young people to become smokefree.

For an appointment, call **0161 342 5050** or email: bewelltameside@tameside.gov.uk

Webpage: <http://www.tameside.gov.uk/bewelltameside>

Facebook: [Be Well Tameside](#)

Instagram: [@bewell_tameside](#)

Twitter: [@BeWellTameside](#)

Active Tameside

Active Tameside have a number of centres and attractions in Tameside such as gyms, pools, bowling, soft play and more. They offer a variety of programmes such as swimming lessons, group exercise classes, a Live Active Service and an Everybody Can Service that help all ages and abilities to be active.

Website: www.activetameside.com

Facebook: [activetameside](#)

Instagram: [active_tameside](#)

Tameside Drug and Alcohol Treatment & Recovery Service

My Recovery Tameside is provided by CGL (Change, Grow, Live) and can provide information, advice and support on drug and alcohol concerns. There are lots of ways the service can support people who use drugs and alcohol, or those who are concerned about someone else's use (including children and young people).

Telephone: **0161 672 9420**

Website: www.changegrowlive.org/my-recovery-tameside

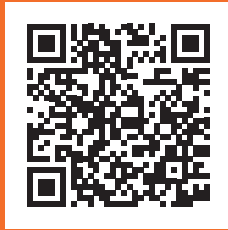
This image shows a single sheet of white paper with horizontal blue lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

You can follow Grow on social media – look for ‘Grow in Tameside’ on Facebook and Instagram.

Scan the QR codes below to find out more.



 gotogrowtameside.co.uk



 [growintameside](https://www.instagram.com/growintameside)



 [growintameside](https://www.facebook.com/growintameside)



www.gotogrowtameside.co.uk