Kent Family Hubs

Kent Family Hubs have had a relaunch. Having attended a launch event, I would like to let you know of some of the services that the Folkestone and Hythe Family Hub have on offer for you and your children. If you would like any more information, please reach out and I can direct you in the right direction.

Walk – ins

Family Hub teams will respond to any presenting parents when they walk in for advice or support, and utilise the family hub offer to meet the need. These will be considered to be an 'in person' District Conversation following the same signposting guidance.

Togetherness Courses

Understanding your child: from toddler to teenager- A 10 week parent group aimed at anyone with a child aged 6 months to 19 years. The group can be customised for parents of children with Autism, Attention Deficit Hyperactivity Disorder (ADHD) and disabilities including learning disabilities using the specific addendum. These tailored groups will be run according to district need and in line with other SEND parenting support available to families in the district.

Parenting Support and Advice Drop In

This a regular session where any parent or carer can attend for discussion and advice on any of the 15 core services provided by Kent Family Hub. These can be delivered at different times and/or venues to support district needs.

Time to Shine

Time To Shine is a time-limited closed group offer, split across ages groups, 4-7 years, 7-11 year olds and 12+, with flexibility with regards to the individual's needs, working more at stage than age. It is for children and young people with SEND that struggle to cope and access mainstream groups such as Beavers, Dance, Football etc and aims to support them to develop the necessary skills to manage in those environments and ultimately move on to those services. The group numbers are lower to meet the needs of everyone attending and to create a calmer environment.

Stepping Up

Stepping Up is a 6-week group programme designed to support children aged 5 to 11 (school years 1 to 6) in building confidence, improving social skills, and managing emotions within a group setting. Each week focuses on a different aspect of emotional regulation, helping children understand and cope with their feelings, and develop personal strategies for self-management. The final session celebrates their progress, with parents invited to share in the learning and support continued development at home.

Parental Support

Parental support is threaded through all work via groups, drop ins and 1-1 work. Family Hub staff have a knowledge of available SEND support to signpost children and parents to.

Online Safety for 7-11 year olds

This online safety course is a 6 week course to be used with children aged 7-11 years old, that explores key online safety behaviours and principles that children need to know by this age. Each week focuses on a different aspect of online safety, sessions include:

Being Me and Feeling Safe

Being Share Aware

Kind or Unkind?

What's Real or What's Not?

Playing Fair Online

Looking After Me

Domestic Abuse (DA) Forums and One Stop Shop

Each district will have a nominated Family Hub representative at their respective multi- agency Domestic Abuse forums and will support the delivery of One Stop Shops by providing physical space where feasible and locations are deemed appropriate by the DA Forum.

Family Hubs are able to provide venues for the Phoenix Programme and other Domestic Abuse support provided by Family Hub Network members as deemed appropriate by each district.

Targeted Programmes

Healing Together - This is a trauma informed early intervention programme to support children impacted by domestic abuse. The programme is based on 6 x 60 minute sessions for children aged 5 to 16 years. (groups should be set up with a mix of appropriate ages). Healing Together can be delivered as a group programme or as a Focused Support Intervention within different settings (i.e. schools, community services) depending on district need, capacity and management decision.

Strengthening Family Relationships (SFR)

The SFR Programme is an early-intervention programme intended to improve the lives of children whose parents are in conflict, be that within an intact family, or where parents are separating or separated.

Website

The Kent Family Hub website offers 24/7 online support, advice and information for families and young people. This includes linking to partner services within the Family Hub Network. Parents and carers can also access helpful apps via the website, for example, EasyPeasy is an app for parents and carers of children from birth to five that improves parental confidence, knowledge and developmental outcomes for babies and young children.

You can find a comprehensive list of everything the Family Hub has on offer here
https://sway.cloud.microsoft/bnhDgkEX8Pn9HGd8?ref=Link

Monday – Thursday 9am - 5pm
Friday, 9am - 4:30pm

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