



Services for everyone

Home and learning environment

Free for all Sunderland families and residents



Pregnancy/ Antenatal



Best Start Family Hubs

- Book midwives 10 week appointment (M)
- Book antenatal classes through the Family Hub or [Growing Healthy 0-19](#) at 26 weeks + pregnant (M)
- Parenting support

Health Visitor


- 28 week check

BBC Tiny Happy People


- Pregnancy tips and advice

Best Start in Life parental hub

- Information on support and free childcare options for parents and carers



0–2 Years



Best Start Family Hubs

- [Register baby's birth](#) (Rainbow/Coalfield Family Hub and Registry Office, City Hall)
- Welcome Visit following registration of baby's birth
- Super Communicator Group
- Makaton sessions

Health Visitor

- 10–14 day check
- 6–8 week check
- 3–4 month check
- 9–12 month check
- Newborn hearing test

BBC Tiny Happy People


- Parenting advice

Special Lionesses


- SEND advice/support (HV)

Best Start in Life parental hub

- Information on support and free childcare options for parents and carers



2–3 Years



Best Start Family Hubs

- Makaton sessions
- Super Communicator
- Young Mam and Dads
- Young Lads n Dads

Health Visitor

- Two year check
- Early Language Identification and Intervention
- Integrated two year progress check at the childcare setting

BBC Tiny Happy People

- Parenting advice

Best Start in Life parental hub

- Information on support and free childcare options for parents and carers



3–5 Years



Best Start Family Hubs

- Makaton sessions
- Getting ready for nursery

Together for Children

- [Holiday Activities and Food \(HAF\)](#) - offering holiday sessions and healthy meals for eligible families

Health Visitor

- Pre School Assessment from 3 year 6 months

Sunderland City Council

- Register your child for primary school

Primary School

- Audiology/visual checks (S)
- Early Talk Boost (S)

BBC Tiny Happy People

- Parenting advice

Best Start in Life parental hub

- Information on support and free childcare options for parents and carers

*Includes people with no recourse to public funds, usually migrants in the UK unable to claim most benefits, tax credits or housing assistance that are state paid.

Key: (Dr) – GP led (M) – Midwife led (HV) – Health Visitor led (S) – School led

Services by invitation

Home and learning environment



Sunderland
Communicates
Together



Pregnancy/ Antenatal

Best Start Family Hubs

- Targeted/additional support as part of antenatal classes
- Bump to babies (B2b) - young parent support

Family Nurse Partnership

- Support for parents under 25 years

Growing Healthy 0–19 Sunderland

- Parents to be and parent support

BBC Tiny Happy People

- Parenting advice

Best Start in Life parental hub

- Information on support and free childcare options for parents and carers



0–2 Years

Best Start Family Hubs

- Grobrain sessions
- Review and development
- Super Communicator
- Bump to babies (B2b) - young parent support
- Baby Makaton - targeted for children with Special Educational Needs and Disabilities

North East Dads n Lads

- Parenting support

Health Visitor

- Early Years Practitioner Support for speech language and communication

BBC Tiny Happy People

- Parenting advice

Best Start in Life parental hub

- Information on support and free childcare for parents



2–3 Years

Best Start Family Hubs

- Super Communicator
- Parenting support

Health Visitor

- Two year check

Best Start in Life

- Information on free nursery places for two-year-olds

Social Prescribing

- Helps patients to improve their health, wellbeing and social welfare

BBC Tiny Happy People

- Parenting advice

Best Start in Life parental hub

- Information on support and free childcare for parents



3–5 Years

Best Start Family Hubs

- Parenting support

Primary School

- Special Educational Needs Co-ordinator (if needed) (S)

National Literacy Trust

- Early Years speech and language development

BBC Tiny Happy People

- Parenting advice
- Special Educational Needs and Disabilities advice

Best Start in Life parental hub

- Information on support and free childcare for parents

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Key: (Dr) – GP led (M) – Midwife led (HV) – Health Visitor led (S) – School led

Services by referral

Home and learning environment



Sunderland
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Pregnancy/ Antenatal

Best Start Family Hubs

- Bump to babies (B2b) - young parent support

Health Visitor

- Provides additional support for families and is led by the Health Visitor

Midwifery Team

- Midwifery specialist support

Family Nurse Partnership

- Support for parents under 25 years

Sunderland and South Tyneside NHS Trust

- Children's Speech and Language Therapy (SALT) for eating, drinking, swallowing

Best Start in Life parental hub

- Information on support and free childcare options for parents and carers



0–2 Years

Together for Children

- [Children's Sensory Inclusion Team](#)
- [Portage](#)

SENDIASS

- The Special Educational Needs and Disabilities Information Advice and Support Service supports parents/ carers of children/young people with SEND

Choice Wellbeing

- Supporting the mental health/ wellbeing of parent/carers of children with additional needs

Sunderland and South Tyneside NHS Trust

- Children's Speech and Language Therapy (SALT) for eating, drinking and swallowing
- Audiology support
- Educational services for SEND pre-school children

Daisy Chain

- Family support for autistic/ neurodivergent individuals

Best Start in Life parental hub

- Information on support and free childcare options for parents and carers



2–3 Years

Together for Children

- Speech and Language Therapy
- [Children's Sensory Inclusion Team](#)
- [Sunderland Autism Outreach Team](#)
- [Portage](#)

SENDIASS

- The Special Educational Needs and Disabilities Information Advice and Support Service supports parents/ carers of children/young people with SEND

Sunderland and South Tyneside NHS Trust

- Children's Speech and Language Therapy (SALT)

Special Lionesses

- Educational services for SEND pre-school children

Choice Wellbeing

- Wellbeing/mental health for parent carers

Best Start in Life parental hub

- Information on support and free childcare options for parents and carers



3–5 Years

Together for Children

- [Children's Sensory Inclusion Team](#)
- [Language and Learning Partnership](#)
- [Sunderland Autism Outreach Team](#)

SENDIASS

- The Special Educational Needs and Disabilities Information Advice and Support Service supports parents/ carers of children/young people with SEND

Sunderland and South Tyneside NHS Trust

- Children's Speech and Language Therapy (SALT)

North East Autism Society

- Empowers and supports autistic children, young people, adults and their families

Best Start in Life parental hub

- Information on support and free childcare options for parents and carers

*Includes people with no recourse to public funds, usually migrants in the UK unable to claim most benefits, tax credits or housing assistance that are state paid.

Key: (Dr) – GP led (M) – Midwife led (HV) – Health Visitor led (S) – School led

Service description

Parenting

Antenatal Parental Programme

Five week course booked from 26 weeks pregnant. Self referral and/or Health Visitor.

Bump to babies (B2b)

A young parents' project, offering education, support and training opportunities to young mums and mams to be aged 16–20.

Childcare Choices

Information on the range of support available to families and free childcare.

Children's Sensory Inclusion Team (CSIT)

Supporting children and their families/professionals with hearing, vision or multisensory loss.

Choice Wellbeing

Supports the mental health and wellbeing of parent carers of children with additional needs.

Daisy Chain

Family support service for autistic and neurodivergent individuals.

Early Language Identification and Intervention

Identification of children's speech, language and communication needs, and to provide tailored support to families.

Early Talk

Early Talk Boost is a targeted programme aimed at 3–4 year old children who need help with talking and understanding words.

Enhanced Parenting Pathway

Provides additional support for young parents (under 21).

Family Nurse Partnership

Supports first-time young mothers and families.

GroBrain

A course for parents of babies from pre-birth to 12 months that focusses on bonding and brain development.

Holiday Activities and Food (HAF) programme

Provides eligible school aged children with a range of activities and healthy meals over school holidays.

Integrated two year progress check

Health Visitors and early years professionals share information and carry out reviews to give parents a better picture of their child's progress.

Language and Learning Partnership (LLP)

NHS and education partnership providing support and guidance for educational

settings around language, and cognition and learning needs

Makaton

6 week programme to support early language skills in babies over 6 months.

North East Dads n Lads

Supports young fathers and dads-to-be. Booking through My Best Life.

Midwives Booking

Once a pregnancy is confirmed the GP or Midwife will help book the first appointment. This should happen before 10 weeks.

My Best Life

Website to book sessions and events across all five of Sunderland's Best Start Family Hubs.

Portage

Educational services for SEND pre-school children.

Registering a birth

Register a birth within 42 days. This needs to be in the registration district where the baby was born.

Speech and Language Therapy

Assessment and intervention for children and young people aged 0–19, with speech, language and communication needs and/or eating and drinking/swallowing difficulties.

Social Prescribing

Connects people to community activities/groups/services to meet the needs that affect their health and wellbeing.

Special Lionesses

Provides advice for families with children with life limiting conditions and disabilities.

Special Educational Needs Coordinator

A school teacher responsible for assessing, planning and monitoring the progress of children with special educational needs and disabilities (SEND).

Super Communicator

Group session to help develop speech and language skills from 18 month–3 years. Self referral, School or Health Visitor.

Welcome Visit

Every new parent can receive a welcome visit from our friendly staff to discuss what a family hub is and to register in Sunderland.

Young Mams n Dads

Supporting parents aged 14-22 years to have fun and socialise.