



Hertfordshire  
**Family Centre  
Service**

# Family Support Service

FIND OUT WHAT'S ON OFFER  
FOR FAMILIES



**Building  
Life  
Chances**

CREATING OPPORTUNITIES

# Welcome to the Hertfordshire Family Support Service

Hertfordshire's Family Centre Service is made up of the Public Health Nursing Service (Health Visitors and School Nurses) and the Family Support Service. Our purpose is to support children and families to have the best start in life, develop well and thrive. This leaflet provides you with details of what the Family Support Service offers and how to access it.

## What does the Hertfordshire Family Support Service offer?

We provide families with children aged up to 11 years with a wide range of services, information and support on key areas relating to family life.

Pregnancy, birth and the first 24 months can be tough for many mothers and fathers. Developing friendships with other new parents has lots of benefits; we provide a number of opportunities for new parents to meet before and after having a baby. We offer several free, fun drop in sessions for you and your child to attend including Parent Cafes, Baby Group, Active Rhyme Time, Physical Fun and other activities during holiday time. Please see our What's On Guide for up to date information [www.hertsfamilycentres.org](http://www.hertsfamilycentres.org). We are also supporting local Parent and Toddler Groups, you can find listings of these on our website.

**We're always here for you, our HUBs are open weekdays from 8 am – 6pm. If you need any extra support we can offer the following:**

- **Worries about your child's learning and development.**  
We can help with fun activities for your family to enjoy at home or more structured workshops.
- **Your child's additional needs.**  
Did you know that we can help families with Children with Special Educational Needs and Disabilities (SEND) by providing information, advice and guidance?
- **Feelings of isolation.**  
Are you feeling lonely or isolated from your local community? We are here to help.
- **Your own wellbeing and confidence.**  
We can support you via one-to-one sessions or through parenting groups.
- **If you are experiencing domestic abuse.**  
Support around developing healthy relationships is available.
- **Challenges with your child's behaviour.**  
We can support you via one-to-one sessions or parenting groups. To find out about groups please look at the Hertfordshire Parenting Directory <https://directory.hertfordshire.gov.uk> or our Facebook pages.



### • Accessing childcare.

Your 2 year old child could be entitled to 15 hours free early education, depending on your circumstances; we can support you to apply and find a space.

### • Volunteering opportunities.

Are you interested in volunteering? Our volunteers can gain new skills and experience that can lead to further training or employment opportunities

### • Adult learning.

We work with lots of local organisations to provide workshops and courses for self-development, well-being and confidence as well as qualifications and training.

In addition we provide a wealth of information on our district social media channels, search for 'Hertfordshire Family Centre Service'. Our website also lists what's on in your area [www.hertsfamilycentres.org](http://www.hertsfamilycentres.org).

### Who provides the support?

The team is made up of highly skilled and trained staff, many of whom have worked directly with children and families.

We are passionate about all children being supported to reach their full potential, as well as supporting parents to do the most important job there is!

### What do I need to do next?

If you have a child or children under 11 years old please sign up with us. It's free and quick and easy to do! Thousands of families across Hertfordshire are already signed up and accessing our services. Please see 'How to sign up' for further details. Once you've signed up with us, we will contact you.

### How do I ask for support?

You can ask for support by contacting us by telephone on 0300 123 7572 or via our Facebook or Instagram accounts.



# How to sign up

You need to sign up to access the Family Centre Service. It's FREE to sign up and quick and easy to do.



To sign up, please scan the QR code or visit [www.hertsfamilycentres.org](http://www.hertsfamilycentres.org) our friendly team will then contact you.

## What's on:

To see a timetable of our sessions and courses please visit our website, [www.hertsfamilycentres.org](http://www.hertsfamilycentres.org)

## Get in touch...

**we're here to help support you**

**Call: 0300 123 7572**

Follow us on social media by searching for **'Hertfordshire Family Centre Service'**



Sign up to receive our newsletter packed with useful information via [www.hertsfamilycentres.org](http://www.hertsfamilycentres.org)



On behalf of



Delivered by

