



**Our children.**  
**Our community.**  
**Our future.**



# Our services



## Social and Emotional

- ★ **Specialist Health Visitors for Perinatal Mental Health:** addressing the mental health needs of women and their families in adjusting to life with a new-born ([Ros – rosshackleton@nhs.net](mailto:Ros-rosshackleton@nhs.net) / 01702 482 862 / [Hilary – hilary.hill1@nhs.net](mailto:Hilary-hilary.hill1@nhs.net))
- ★ **Family Nurse Partnership:** a family nurse works with first time mothers under the age of 21 from early pregnancy until the baby is 2 years old, to build a therapeutic and supportive relationship with the family ([fnp.notification@nhs.net](mailto:fnp.notification@nhs.net))
- ★ **Family Support Workers for Social Communication Needs:** a service supporting families with a child currently on the Multidisciplinary Assessment waiting list, with concerns around development in communication, interaction and imaginary play ([Helen Smith-Vicary – helenvicary@southend.gov.uk](mailto:Helen Smith-Vicary – helenvicary@southend.gov.uk) / 01702215991 / 07918223834)
- ★ **Volunteer Home Visiting Service:** works alongside families to build their confidence and self-esteem around parenting ([Call the team on 01245 847410](tel:01245 847410))
- ★ **Preparation for Parenthood:** supporting parents in the antenatal period, helping them prepare for life with a new-born, giving parenting skills and confidence a boost ([Call Faye on 07593 441024](tel:07593 441024))

## Diet and Nutrition

- ★ **Bump to Breast:** Breastfeeding Group Support: weekly sessions in settings across Southend to provide support for mothers when breastfeeding ([Eleanor King – eleanorking@southendymca.org.uk](mailto:Eleanor King – eleanorking@southendymca.org.uk) / [Alicja Pachalko – alicjapachalko@southendymca.org.uk](mailto:Alicja Pachalko – alicjapachalko@southendymca.org.uk))
- ★ **1 to 1 Breastfeeding Support:** Provided on the maternity ward, in the mother's home and in a Children's Centre, by an Infant Feeding Support Worker. Currently delivered in Kursaal, Shoebury and West Shoebury ([Julie Macdonald – Julie.Macdonald@southend.nhs.uk](mailto:Julie Macdonald – Julie.Macdonald@southend.nhs.uk) / 07824523506)
- ★ **HENRY Healthy Families:** a course supporting families in making healthy food and lifestyle choices, as well as providing a happy and healthy environment for the whole family ([Patrizia Pessenda-Garcia – patrizia.pessenda-garcia@henry.org.uk](mailto:Patrizia Pessenda-Garcia – patrizia.pessenda-garcia@henry.org.uk) / 07519 109875)
- ★ **Starting Solids:** short workshops to support families in introducing healthy solid foods to their baby at six months old ([Call Family Action on 01702 220810](tel:01702 220810))
- ★ **Food 4 Life:** our allotment at Friars Children's Centre in Shoeburyness provides a space for families to learn more about growing their own fruits and vegetables ([Call Family Action on 01702 220810](tel:01702 220810))
- ★ **Coming soon – 3-4 Month Health Visitor Contact:** an extra chance for parents to talk to a Health Visitor about providing their children with healthy foods and habits ([Nikki Alderton – nicolaalderton@southend.gov.uk](mailto:Nikki Alderton – nicolaalderton@southend.gov.uk) / 01268366607 / 07826551496)



## Communication and Language

- ★ **Lets Talk:** a speech and language therapy-led service for children aged 0-4, to support their communication and language ([Isobel Wratlaw - 07814377552](tel:07814377552))
- ★ **Talking Transitions:** childcare and schools working together to support children's transition at this important stage, focusing on speech and language development ([sian.ansell@eyalliance.org.uk](mailto:sian.ansell@eyalliance.org.uk) / [lynsey.weston@eyalliance.org.uk](mailto:lynsey.weston@eyalliance.org.uk))



## Co-production and Engagement

- ★ **Co-production and Engagement:** enabling Southend parents to be involved in designing services and in decision making, enabling them to bring systematic change that improves the lives of families ([abss@savs-southend.co.uk](mailto:abss@savs-southend.co.uk))
- ★ **Work Skills:** a selection of courses and workshops focussing on skills, enterprise and employment ([Amir Girnary – AmirGirnary@southend.gov.uk](mailto:Amir Girnary – AmirGirnary@southend.gov.uk) / [Lucie Babbington – luciebabbington@southend.gov.uk](mailto:Lucie Babbington – luciebabbington@southend.gov.uk) / 07787 273332)



## System Change

- ★ **Joint Paediatric Clinic:** this project brings the skills of specialist paediatric consultants and the teams in GP practices together for shared learning and to enable families to access specialist care closer to home ([abetterstart@eyalliance.org.uk](mailto:abetterstart@eyalliance.org.uk))



## Funding:

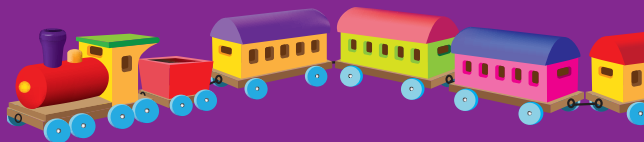
- ★ **Engagement Fund:** an allocated resource for A Better Start Southend Parent Champions working within the community which enables parent engagement ideas ([absspmpo@eyalliance.org.uk](mailto:absspmpo@eyalliance.org.uk))
- ★ **Resilience, Ideas and Innovation Fund:** encouraging local innovation in the design and delivery of activities for families and children ([absspmpo@eyalliance.org.uk](mailto:absspmpo@eyalliance.org.uk))

Almost all of our services are delivering during the COVID-19 pandemic, but in a slightly different way to keep families safe. For more information, please visit our COVID-19 information page:

**[abetterstartsouthend.co.uk/corona-virus](http://abetterstartsouthend.co.uk/corona-virus)**

To find out more about each project and how to get involved, visit

**[www.abetterstartsouthend.co.uk/projects](http://www.abetterstartsouthend.co.uk/projects)**



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