

DISCOVER

all that we have to offer you
and your young child



Who we are

A Better Start Southend is a 10-year programme working to develop and test new ways of supporting Southend's children and families.

We are a partnership of local organisations who have years of experience working with pregnant women, families and young children under the age of four. Most importantly, we are working with local parents and carers to find out what needs to change if we are going to realise our ambition to make Southend the best place to have and raise a child.

Most of our projects operate in the wards of Kursaal, Milton, Shoebury, Victoria, Westborough and West Shoebury although some services are available across the Borough.

Find out more about our work, what's on offer and how you can get involved: abetterstartsouthend.co.uk or follow us on www.facebook.com/abetterstartsouthend

To find out more on what's available more broadly visit the LivewellSouthend.com website for a full listing of the different kind of childcare available in Southend; for local community groups and activities; for services that help families, and Early Year's provision including Southend's Health Visiting team.



Discover all that is on offer to you locally when having and raising your young child. A Better Start Southend has a full programme of services and activities.

We have just launched YourFamily, the friendly, local community for you and your young child.

The **YourFamily** team and volunteers have a wealth of experience in working with families and their children in the early years.

Together, they have worked in health visiting, Family Centres, schools and nurseries - many have raised their own children, right here in Southend.

They can signpost you to expert, specialist help and to local community groups and activities so that you can meet other local families and enjoy all that is on offer.

Join us at yourfamily.org.uk
Alternatively, please email yourfamily@eyalliance.org.uk to arrange a visit.

The Parent, Family and Community Hub is a creative space in the heart of Southend. Drop in for a cuppa and enjoy playtime with your child on Monday mornings, or book on to one of our family sessions. Full details available on our website. You'll find the hub at 29-31, Alexandra Street. Southend-on-Sea SS1 1BW

Email ABSSHUB@eyalliance.org.uk for more information on sessions at the hub.



YOUR LOCAL SOUTHEND FAMILY CENTRE

Southend's Family Centres offer you and your family a warm welcome.

Here are the Southend Family Centres in A Better Start Southend areas.

Cambridge Road Family Centre
40-42, Cambridge Road, Southend-on-Sea, SS1 1ES (Milton)

Centre Place Family Centre
Prospect Close, Southend-on-Sea, SS1 2JD (Kursaal)

Friars Family Centre
Constable Way, Shoeburyness, SS3 9XX (Shoeburyness)

Summerview Family Centre
Summerview Road, Westcliff on Sea, SS0 7AT (Victoria)

Southend Family Centres located outside ABSS areas include:

Temple Sutton Family Centre
Temple Sutton Primary School, Southend-on-Sea, SS2 4BA

Prince Avenue Family Centre
Hornby Avenue, Westcliff on Sea, SS0 0LG

Hamstel Family Centre
Hamstel Road, Southend-on-Sea, SS2 4PQ.

Blenheim Family Centre
Blenheim Chase, Leigh-on-Sea, SS9 4HX

Eastwood Family Centre
Eastwood Primary School, Rayleigh Road, Leigh-on-Sea, SS9 5UT

Each centre has its own programme of activities which changes each term. For up-to-date information on sessions please contact

01702 220810

LivewellSouthend.com

www.facebook.com/southendfamilycentres

Please note, Southend Family Centres were formerly known as Southend Children's Centres. They are directly managed by Southend-on Sea Borough Council.

Join YourFamily today and discover how Southend can support you having and raising your young child.

Expert and experienced help

Meet other local families

Make the most of Southend

JOIN US AT
yourfamily.org.uk





SOCIAL AND EMOTIONAL

Volunteer Home Visiting Service: a volunteer supports you throughout your early parenting journey, to build your confidence and self-esteem on supporting your child's development

✉ info@home-startessex.org.uk
📞 01245 847410

Specialist Health Visitors for Perinatal Mental Health: offering you support with your mental health during your pregnancy and as you welcome your baby

✉ rosshackleton@nhs.net
📞 Ros – 01702 482 862

Family Support Workers for Social Communication Needs: support for families whose child is on the multi-disciplinary waiting list or has a recent diagnosis related to concerns around communication, interaction and/or imaginative play

✉ helenvicary@southend.gov.uk
📞 Helen – 07918 223 834

Preparation for Parenthood: are you pregnant? Our Preparation for Parenthood team look forward to welcoming you to their groups. Hear more about a healthy pregnancy, birth and bonding with your new baby

✉ faye.clark@henry.org.uk
📞 Faye – 07851 251515

Family Nurse Partnership: a family nurse works with pregnant mothers under the age of 21 throughout their pregnancy and parenting journey

✉ fnp.notification@nhs.net
📞 01702 939704

Families Growing Together: enjoy family time and get a boost through gardening activities at community gardening centres in Shoeburyness and Westcliff

✉ admin-support@trustlinks.org
📞 01702 213134



DIET AND NUTRITION

Bump to Breast: weekly group based breastfeeding support across Southend from the antenatal period onwards

✉ bumptobreast@southendymca.org.uk
📞 01702 431676

1 to 1 Breastfeeding Support: a chance for you to receive 1 to 1 support from an Infant Feeding Support Worker when breastfeeding your child before and within the first 6 weeks of giving birth. Currently delivering in Kursaal, Shoebury and West Shoebury

✉ julie.macdonald15@nhs.net
📞 07824 523506

HENRY Healthy Families: eight, one hour sessions where you can learn more about healthy living for your whole family

✉ patrizia.pessenda-garcia@henry.org.uk
📞 Patrizia Pessenda-Garcia – 07519 109875

3-4 Month Health Visitor Contact: families living in ABSS wards receive an additional visit from a Health Visitor to talk about infant feeding and baby's future transition to solids

✉ MichelleKidd@southend.gov.uk
📞 Michelle Kidd – 01702 534911



COMMUNICATION AND LANGUAGE

Let's Talk: a range of fun interactive sessions developed and run by a team of qualified Speech & Language Therapists. The sessions help to identify early need and enable parents and carers to learn skills to develop their children's communication and language.

✉ epunft.abetterstartadmin@nhs.net
📞 01702 880387

Talking Transitions: Early Years Settings and schools working together to support children's transition at this important stage, focusing on speech and language development

✉ sian.ansell@eyalliance.org.uk
✉ lynsey.weston@eyalliance.org.uk

Southend Story Sacks: borrow a Story Sack and bring the incredible tales to life with props and crafts

✉ storysacks@savs-southend.co.uk

Umbilical Chords: enjoy creativity and song at a weekly term-time music group for children aged 0-2 years.

✉ tomeatherton@southendymca.org.uk



OTHER PROJECTS

Work Skills: practical opportunities for parents of children aged under 4 who are looking to get back into work. Work Skills provide a selection of courses and workshops focussing on skills, enterprise and employment

✉ AmirGirnary@southend.gov.uk



BE A VOICE OF LOCAL PARENTS

Become a Parent Champion: help to shape services for families of 0-4s in Southend. Join governance meetings that oversee project delivery, share your views and experiences in research projects and co-produce new projects and services for families

Become a Parent Ambassador: learn about the projects within A Better Start Southend. Share the benefits of the programme and what's on offer with your friends and family.

If you are interested in either role, please contact SAVS for more information

✉ abss@savs-southend.co.uk



HELP CREATE ENGAGING EVENTS AND ACTIVITIES

Engagement Fund: design and deliver events for families in Southend. This fund awards up to £500 to each applicant, for events that promote the A Better Start Southend programme and its key values. Events are designed by and for parents of 0-4s

✉ abss@savs-southend.co.uk

Community Ideas and Development Fund: apply for up to £10,000 to deliver engaging and supportive services and projects. This fund promotes partnership working and innovative ideas to test and learn how we can best support families of 0-4s in Southend

✉ absspmo@eyalliance.org.uk

