

Family Hubs Newsletter December 2022.

Supporting families in Kensington & Chelsea

Dear Colleagues, Partners and Friends,

Over the last 12 months, we have seen the Covid-19 pandemic lessen its grip on the borough, and the U.K nationally, but it's repercussions can still be felt by many of us, especially those most vulnerable. Compounded by the increasing crisis in the cost of living, our workers and volunteers, both frontline and behind the scenes, have against the odds, delivered so many consistent, effective and supportive service for our residents. In this, the last newsletter of 2022, we share information on new Warm Spaces opening up across RBKC ; updates from the team supporting the refugees in our contingency hotels; an update on our parenting offer and lastly information on the new Holiday Activities and Food Programme offered by Young K&C partners over the Christmas Holidays. We can look forward to 2023, knowing that many of the initiatives we're implementing together now will help bring positive change in the coming year, and hopefully even further.

Thank you to everyone for all their hard work this year, and to those who will be working in our Family Hubs over the Christmas Holidays. I hope you all can spend time with your families and friends over Christmas and get a well-deserved break.

Happy Holidays!

Take care,

Natasha Bishopp Head of Early Help,
Youth Offending and Emergency Social Work.

Natasha.bishopp@rbkc.gov.uk

Supporting families in Kensington & Chelsea

Under 5s

Children Centres

The Children Centres Autumn 2022 timetable is nearly at an end. Sessions run until Friday 16th December 2022. However, our centres will be open between Christmas and New Year. Families are welcome to book our sensory rooms, library (Cheyne Children Centre Only) and outdoors areas to come and play with their children. We are also a part of the borough warm hub spaces and are offering this from the 19th of December until 6th January 2023 where families can come in without booking to stay warm and use our facilities. There will be hot drinks for the adults, snacks, toast and fruit for everyone.

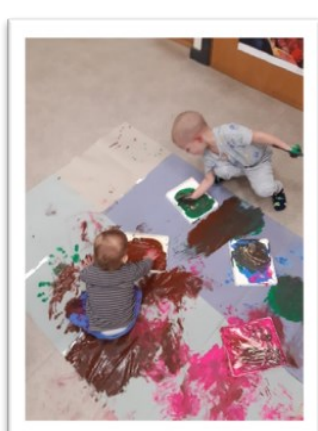
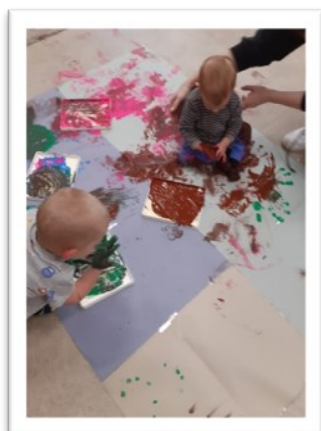
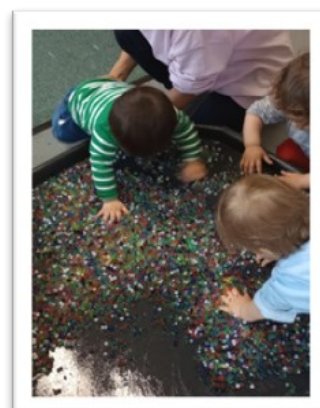
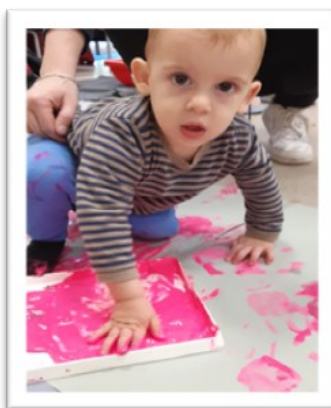
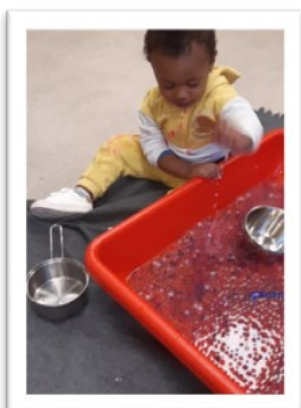


Autumn Timetable
SOUTH 2022.pdf



Autumn timetable
2022- North.pdf

The last few months have been very messy in our centres but in the way we like with some great autumn themed activities and lots of creativities. We have some lovely pictures to share.



You can follow what goes on in our centres by following us on Instagram. Scan this QR code Or looking us up at www.instagram.com/rbkc.childrencyentres

RBKC Young Carers Christmas Holiday Celebration 2022

RBKC Young Carers End of Year Celebration 2022



Thursday 22nd December 2022, 10am-4pm



Join us for climbing and tennis at Westway Sports Centre, followed by End of Year Celebration with music, food and arts and crafts at Lancaster Youth Hub!



Give young people a greater voice. They are the future and they are much wiser than we give them credit for.



Who: Young Carers aged between 5-18 years old. Parents / carers invited to join celebrations from 3:30pm.

How to get involved? For a space on the programme, contact **Janice Alexander:** janice.alexander@rbkc.gov.uk 07976 060214
Gemma Folie: gemma.folie@rbkc.gov.uk 07870 489395

Spaces will be on a first come first serve basis.

The Autumn term **Parenting Offer** was well busy and well attended, packed with lots of parenting programmes and workshops run by us and partners. The **Circle of Security** programme (COSP) aimed at helping parent / baby/toddler interactions and attachment has received positive feedback from parents, and it continues to be one of the most popular programmes along with **Strengthening Families** **Strengthening Communities (Teen focused)**.

Every three months we create a new offer that is distributed out to those in the borough. **Watch out for the new Parenting offer in early January 2023.** We have some exciting new programmes and themes, such as a new online co-parenting programme called 'One plus One'. This programme supports parents and caregivers to reduce parental conflict and any negative impact that parental conflict has on children. The programme is open to caregivers and parents who are together or separated. The new online parenting programmes makes this parenting offer more flexible and accessible to all parents and carers, hope you like it! **Contact donna.archer@rbkc.gov.uk**



HOLIDAY ACTIVITIES & FOOD PROGRAMME



OUR CITY

KEEPING YOUNG PEOPLE ACTIVE AND FED THROUGH THE HOLIDAYS

The Holiday Activities and Food (HAF) Programme is a Department for Education (DfE) initiative that provides free activities and food provision for children aged 4 to 16 eligible for Free School Meals (FSM) during the Easter, Summer and Christmas Holidays. The Royal Borough of Kensington and Chelsea and Westminster City Council offer a HAF Programme, providing an array of enriching and fun activities for local young people throughout the school holidays.

We want children and young people to have a choice of activities to access new experiences and opportunities. Previously, through this programme, children and young people have been able to experience arts and cultural events in the borough and participate in fun physical activities and outdoor play such as horse riding, zip lining, acrobatics, and canoeing.

The programme also offers activities that develop self-confidence, resilience, social skills and improve mental health for all children and young people who attend! Alongside these activities, nutritious meals are available for attendees each day.

Check out what's going on the HAF Programme this Winter! [RBKC & Westminster HAF Programme | Our City](#)



Young K&C brings together businesses, employers, voluntary, community and public sector organisations to create great opportunities for children and young people.

Young K&C is an exciting, new cross-sector partnership, creating a community of member and partner organisations working together to support children and young people.

We want all children and young people in Kensington and Chelsea to have access to inspiring, local opportunities to help them to pursue their ambitions and be part of their community.

Core funding from John Lyon's Charity and Royal Borough of Kensington and Chelsea pays for all overheads and enables us to ensure that all additional funds and donations go straight to supporting children.

To see what's on, see this link [What's On for Young People in Kensington and Chelsea \(youngkandc.org.uk\)](http://youngkandc.org.uk)

Bi-borough Communication Hub

HELPING CHILDREN TO DEVELOP VITAL SPEECH, LANGUAGE AND COMMUNICATION SKILLS.

Bi-borough Communication Hub is an online speech and language resource offering parental advice and professional training to advance children's speech development in the Westminster and Kensington & Chelsea. Take a look at the wealth of resources available and signpost to families of children with speech, language and communication needs!



The National Institute for Health and Care Research has funded Family Mental Wealth to create, and test for useability, **new digital tools to help children build mentally healthy lives, reducing the risk of mental ill-health.** See www.FamilyMentalWealth.com/Research.

The University of Sussex is conducting this useability testing (Ethics Approval reference: ER/RD416/3) and are seeking to recruit 50 families, broadly representative of the UK population, to use the tools for at least a week sometime in November/December, and then feedback their comments. To thank them for taking part, parents/carers of participating families receive a voucher (worth £144) providing free access to the whole Headway: Parent Toolkit (www.Headway.Family) for a year, plus a £20 Amazon eGift Voucher for the child/children (one per family).

Interested families can sign-up at www.FamilyMentalWealth.com/Research.

To help spread the news through social media please share:

https://www.linkedin.com/posts/familymentalwealth_great-opportunity-to-try-our-new-digital-activity-6989168420281810945-Un1f



INSIGHT

Insight KC offers a free, friendly and confidential young people's support service. It provides information, advice and help to young people between the ages of 12 – 25 who are living with or affected by drug or alcohol issues. Our service is open to young people living in the Royal Borough of Kensington and Chelsea.

When you come along to our service for the first time we will allocate you a dedicated key worker. Your key worker will work with you in future on any issues that will enable you to move forward with your life in a positive way.

[Insight - Insight \(insightyoungpeople.org.uk\)](http://insightyoungpeople.org.uk)

Support for Refugees in Contingency Hotels

The last two years have brought many families to our door, needing support after fleeing war and conflict in their home countries. Early Help/Family Hubs are building on the work supporting refugee families fleeing Afghanistan and Ukraine.

We are working closely with our partners in Housing, CNWL, UNFOLD (formerly known as Befriend a Family), Care for Calais, Mutual Aid and West London Welcome to also ensure wrap around support is in place for those families seeking asylum and placed in hotels by the Home Office. These families are isolated and marginalised, conditions are cramped with few facilities and families have no recourse to public funds. This work has already begun, but will continue in earnest in January, to ensure families with children do not miss out on essential help whilst waiting for a decision regarding their immigration status.

Early Help will welcome a navigator practitioner in January, to specifically support refugee and asylum-seeking families. We are also excited to be collaborating with the organisation 'Unfold' (previously Westminster Befriend a Family) who will be providing some mentoring support for adults and children and facilitating Women's groups in our community spaces.

We are looking forward to building on our trusted relationships with the voluntary and community sector, to strengthen the support we can offer these families.

As a point of contact or for further information, please email paula.worthington@rbkc.gov.uk or telephone 07976060263.

Warm Hubs

Kensington & Chelsea are opening Warm Spaces this winter to offer somewhere warm for people to spend their time, if they cannot afford to heat their own homes, or if they don't have a home of their own.

The warm winter spaces map is part of the Council's package of support to help residents with the rising cost of living. Recent figures for Kensington and Chelsea show that there has been a 10 per cent increase in households in poverty, from 7,227 to 7,948. There has also been a 10 per cent increase in households in fuel poverty, from 8,231 to 9,067. Both Family Hubs in the North and South of the borough will be opening their doors as Warm Hubs from Monday 19 December 2022 to Friday 6

January 2023, from 9am to 5pm.

For further details of all the Warm Hubs opening across the borough, their operating times and what to expect at each venue, **use our new interactive map:** [Warm Spaces \(arcgis.com\)](https://www.rcgis.com)

Family Information Service (FIS) Winter 2022 Newsletter – RBKC

This contains useful information about early years entitlements, activities and programmes for children and young people, training, and job opportunities that we hope are of interest to you and to the families you work with.

Early Help and Family Hubs

If you think a family may need help, please take a look at our leaflets which explain what help might look like.



Early Help Systemic Model Visual.pdf



Early_Help_for_Families_Supporting_positiv



_Early_Help_Offers_of_support_to_schools_px

Click for more information on Early Help and Family Hubs including how to make contact and join our monthly virtual team around the Family Hub meetings :

https://www.rbkc.gov.uk/kb5/rbkc/fis/advice.page?id=5wFBOZHQR_8

Early Help

One-to-one support for families

020 7598 4601 or **020 7361 4129**

* earlyhelp@rbkc.gov.uk

For information and guidance

www.rbkc.gov.uk/fis

