

Our Family Hub network is working together with

- 0 to 19 Torbay, health visitors and school nursing
- 0 to 19 Torbay, Action for Children
- Torbay & South Devon NHS Foundation Trust
- Torbay Council
- Community & voluntary groups

Get Involved

We have 3 **parent / carer panels** who meet regularly to help shape Torbay's Family Hub offer. These are through

- Yes Brixham
- Windmill Centre, Torquay
- Unit 5, Paignton

Volunteer with us

Become a

- Chat play read champion
- Building babies brains champion
- Infant Feeding peer supporter
- Perinatal mental health peer supporter



Key contacts

Torbay Midwives

01803 654771

Health visitors & school nursing (0 to 19 Torbay advice line)

0300 333 5352

(Monday – Friday 9am to 5pm)



publichealthnursing.torbay@nhs.net

Family Hubs

01803 210200

familyhub@torbay.gov.uk

The Beehive, Paignton Enterprise Centre, Bishops Place, Paignton, Devon, TQ3 3DZ

The Barn, Rea Barn Rd, Brixham TQ5 9DF

Zig Zags, 32 Market St, Torquay TQ1 3AQ

Torbay Council

<https://www.torbay.gov.uk/>



Virtual Family Hub

Take a look at our virtual family hub, packed full of information and advice plus groups and activities across the bay.



www.torbayfamilyhub.org.uk



Services and support for you and your family

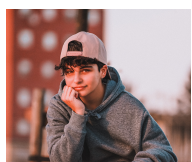
We want to meet families in places where they feel comfortable so our Start for Life and Family Hubs support will be available in different places across the community and online. We hope that you will always find a way to join in that suits you and your family. Here's some of the services, and support you can access at Torbay family Hub. Full details about each are on our virtual family hub

www.torbayfamilyhub.org.uk

Start for life

We are building on our current services to increase the support we can offer with;

- Perinatal Mental Health
- Parent -Infant relationships
- Infant Feeding
- Parenting and family support
- Speech, Language & Communication
- Child Development



Pregnancy

- Midwife appointments
- Online antenatal course
- Antenatal classes
- Breastfeeding masterclasses
- Support for dads



Babies and toddlers

- Register your baby's birth at one of the Hubs
- Infant Feeding support
- Clinics run by the Health visiting team
- Baby Massage
- Parenting and family support
- Language and Communication support
- Portage groups
- Child Development groups and support
- Emotional wellbeing
- Support for dads



Primary aged children

- Getting ready for school
- School nurse drop ins and support
- National childhood measurement programme
- Sleep workshops

Secondary age children

- Youth Service
- Care experience support
- Young carers
- Youth homelessness prevention
- Phoenix group for young people with a disability or extra support needs

For parents and carers

- Emotional wellbeing
- Parenting courses
- Course for parents of teenagers
- Cost of living drop ins
- Housing support drop in
- Supporting parental relationships
- Family group conferencing