



Welcome to Torbay

Familyhub
TORBAY

0 to 19
TORBAY
for you

Welcome to 0 to 19 Torbay

Helping families find ways to avoid illness and stay fit, happy and healthy.

Family Hubs are a new way of bringing together all the support a family may need and provides a welcoming space and a 'front door' for families from pregnancy through to young people turning 19 (or 25 if they experience SEND).

This book is full of helpful information as you settle into the area. If you have any questions about our service or would like to find out what's on in the area, please go to our website <https://torbayfamilyhub.org.uk> or find us on Facebook or Instagram, just search for **0to19Torbay**. To access everything you need in one easy place, you may prefer to download the **Family hub app**. Alternatively, you can contact our advice line on **0300 333 5352** or email publichealthnursing.torbay@nhs.net.

As you connect with us, we hope you quickly feel welcome and settled in Torbay.





0 to 19
TORBAY
for you

Essential services

Getting started

We know when you are new to an area there are so many things to get sorted.

The **Torbay Family Hubs App** is one of the easiest ways to find out more about the essential services near you, including maps showing you where GP surgeries, hospitals, foodbanks, family hubs, and other essential services are in the area. Once you've downloaded the app and registered your details, the handy map will show you where things are in relation to your home address.

When you may be seen

Health Visitors

Health visitors are registered nurses/midwives who have additional training in community public health nursing. They provide a professional public health service based on best evidence of what works for individuals, families, groups and communities; enhancing health and reducing inequalities for children 0 to 5 years and beyond. You will be given your Parent Held Record book or 'Red Book' at this contact.

Watch this health visiting in the community video to find out more.

<https://vimeo.com/772475131/7057202720>

Important visits

Throughout pregnancy and childhood there are important points for reviews and visits. The visual journeys on the following pages will help you to find out when these are. There is further information on our website torbayfamilyhub.org.uk and **Torbay Family hubs App**.

Start for life – pregnancy to 2 years

Stay connected in lots of ways and remember the check in points for you and your child.
For download copies, click on the underlined links for direct access to more information.

Antenatal

Antenatal

Before your baby is born get support as you prepare for the new arrival.



New baby review

Close and loving

Skin to skin after birth is a really good way for you to start to get to know each other.



6 - 8 week visit

Infant feeding

Support with feeding your baby.



Brain development

Simple, everyday things you can do to help build your babies brain.



12 - 16 weeks

Tummy time

Time to play, learn and explore.



Teeth



How to help your baby with teething and how to look after their teeth.

Chat, Play, Read

Chatting, playing and enjoying books together helps children to have the best outcomes.

Perinatal and Infant Mental Health and Wellbeing

Pregnancy and the first 24 months. You and your baby's mental health and wellbeing



Sleep

Safe sleep after your baby is born.



Complementary feeding

Supporting you as you introduce solid foods alongside milk feeds (at around 6 months).



Volunteer with us

8 - 12 months

Scan the QR code to find out about what's on for all our services



Growing up in Torbay

Stay connected in lots of ways and remember the check in points for you and your child. For download copies, click on the underlined links for direct access to more information.

First Steps Nutrition

Diet and nutrition

Helping the whole family adopt a healthy lifestyle.

2 - 3 years

Speech, language & communication

Helping children's development.

4 - 5 years

Being active

Sitting less and moving more.

Starting school



Download the Torbay Family Hub App and take a look at the child development area.

Year 6 (11 years)

Oral health

A healthy smile can boost your confidence and help you feel good about yourself.

School nursing focus

- Supporting resilience and wellbeing
- Improving health behaviours and reducing risk taking.
- Supporting healthy lifestyles.
- Supporting vulnerable young people and improving health inequalities.
- Supporting complex and additional health and wellbeing needs.
- Supporting self-care and improving health literacy.

Care experienced

Checkpoint Specialist support for young people.

SEND local offer

Sleep For advice on how to sleep better.

Volunteer with us

Support for Young People

Emotional wellbeing Understand how you're feeling and support others.

Support Support for parents/carers and an area with a dad focus.



Scan the QR code to find out about what's on for all our services

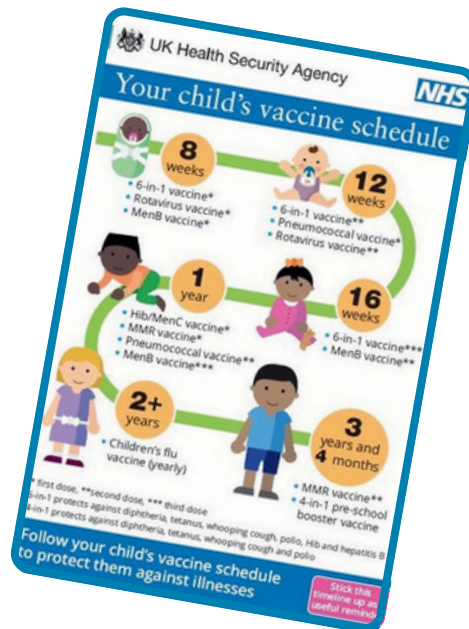
Immunisations

We know your child's health is your top priority and so protecting them from serious disease is incredibly important. That is why the NHS offers a free childhood vaccine programme, safeguarding your child from certain illness.

Visit

<https://www.nhs.uk/vaccinations/nhs-vaccinations-and-when-to-have-them/>

Or scan here



BCG vaccination

The BCG vaccine helps protect you against an infection called tuberculosis (TB). It's mainly given to babies and young children who are at high risk of getting TB, but is especially important for anyone arriving in the UK from certain countries.

Visit

<https://www.nhs.uk/vaccinations/bcg-vaccine-for-tuberculosis-tb/>

Or scan here



Dental health

Supervised toothbrushing scheme

A qualified oral health professional regularly visits Family Hub groups, Early Years Settings and schools to support them with supervised toothbrushing and provide oral health education talks to the children and parents.

Brushing teeth

- Brush children's teeth from the moment the first tooth erupts.
- Children aged 0-3years Brush twice daily with 1000ppmF toothpaste - Smear of toothpaste.
- Children and adults 3years upwards brush twice daily with 1450ppmF toothpaste – pea sized amount of toothpaste.
- Spit do NOT rinse after brushing as this will wash away the toothpaste and make it less effective.
- Brushing should last for 2 minutes, twice daily- last thing at night and one other occasion.
- Parents/carers should supervise or assist with brushing until the child is at least 7 years of age.
- Change toothbrushes every 3 months or before if the bristles are splayed.



Access to dentistry

- ✔ Parents/carers should be advised to take their children to visit the dentist for preventive advice as soon as they are born.
- ✔ For enquires to register with a NHS dentist please email England.contactus@nhs.net
- ✔ For dental pain if unregistered Monday-Friday - **phone 01803 217777**
- ✔ Urgent dental care Out of Hours - **111 - press Option 2 for Dental line**

For more information about teeth visit

<https://bigbrushclub.co.uk/>

Or scan here



Caring for children with COUGHS

This leaflet contains information about how to look after a child who has a cough (not due to asthma). For more detail see www.bristol.ac.uk/child-cough



DISTURBED SLEEP

Coughs will often wake your child in the night. When the child lies down, more of the mucus from the nose and throat runs downwards and your child coughs more to clear it.

Coughing is part of the body's defence system which helps keep the lungs clear and fight the illness. Unfortunately this can wake the child in the night but does not mean the illness is more severe.

For children over 1 year, a spoon of honey (perhaps in a warm drink) half an hour before bed may help them to wake less often.

For children over 2 years, vapour rubs (containing camphor, menthol and/ or eucalyptus) may help children sleep better.



COUGH

Coughs can last for 3-4 weeks and make your child feel quite unwell but will still get better by themselves.

'Noisy chests' or 'chesty coughs' are quite common when young children catch a cold and are not necessarily a sign of a 'chest infection'.

Healthy children typically get a cough 7-10 times a year and this is not a sign that there is anything wrong with their immune system.

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FEVER/HIGH TEMPERATURE

In children, a temperature of over 37.5°C is considered a fever.

Fever is a normal response to illness and does not harm children. It may even help to fight illness.

Children with a high temperature may be more likely to have a more severe illness, although most do not. Occasionally a child may have a fit. This shouldn't cause harm and treating the fever doesn't prevent it.

It is safe to use child paracetamol and ibuprofen to manage children's fever (and pain) for as long as needed. Follow the dosage on the bottle.

DRINKING/EATING LESS

Children often eat and drink less when they have normal childhood illnesses. Most children can go a few days without eating much and this will not affect their longer term growth and development. **All children need to drink regularly to avoid becoming dehydrated, especially if they are vomiting.**

To help prevent dehydration, encourage your child to have sips of water.



WHEN TO SEE THE DOCTOR

Arrange to see or speak to your doctor today if any of the following occur:

RAPID OR DIFFICULT BREATHING (DEPENDING ON AGE):

AGE OF CHILD	BREATHING RATE
Babies under 6 months	over 60 breaths per minute
Babies 6–12 months	over 50 breaths per minute
Children over 1 year	over 40 breaths per minute
Any age	Being short of breath (as if your child has been running) or is 'working hard' to breathe when resting
Any age	Skin between and below the ribs gets sucked in each time your child takes a breath

HIGH OR PERSISTENT FEVER (DEPENDING ON AGE OF CHILD):

AGE OF CHILD	TEMPRETURE
Babies under 3 months	38°C or more
Babies 3–6 months	39°C or more
Children over 6 months	over 37.5°C for more than 5 days
If your child has a fever fit, call 999 or take them to A&E.	

VOMITING (DEPENDING ON AGE):

AGE OF CHILD	SYMPTOMS
Babies under 3 months	Vomiting + fever of 38°C or above
Babies 3–6 months	Vomiting + fever of 39°C or above
Children over 6 months	Vomiting + fever + extremely drowsy or listless
Any age	Severe vomiting (child not able to hold down fluids for 8 hours or showing signs of dehydration)
Any age	Persistent vomiting (more than 2 days)

SKIN PALER THAN USUAL

If your child appears much paler than usual; hands and feet are very cold while their body is warm.

If skin, lips or tongue appear blue, call 999

PAIN Pain in the chest (not when coughing) combined with fever and rapid breathing.

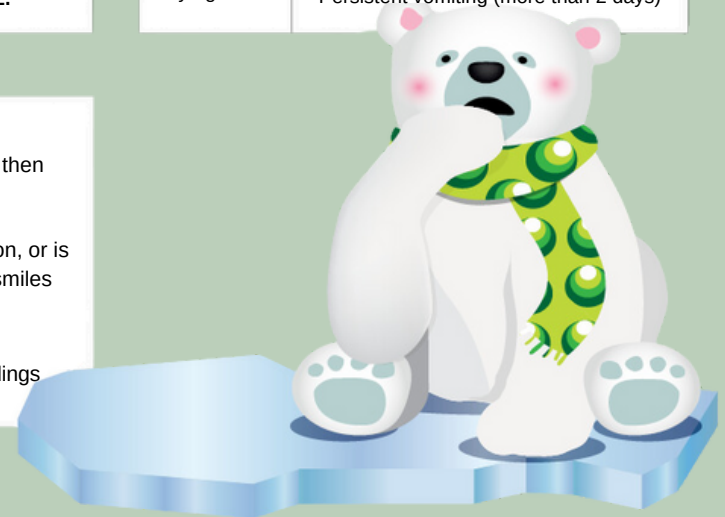
HARD TO WAKE / UNRESPONSIVE

Cannot be woken or wakes only slightly and then immediately goes back to sleep.

If your child wakes only with lots of stimulation, or is much less responsive to social stimulation (smiles and talking) than usual.

NOT FEEDING

Babies under 1 year: if your child stops feedings entirely



A better life (ABL)

Your Health Torbay is committed to improving the health and wellbeing of Torbay residents, including support to stop smoking, weight management and health coaching.

<https://yourhealthtorbay.co.uk/welcome/>

Or scan here

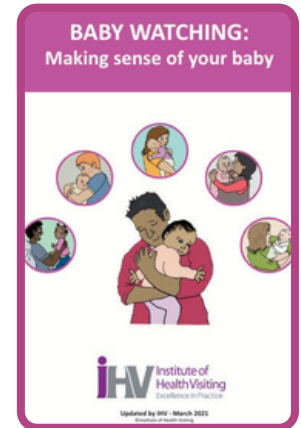


Baby cues

Getting to know your baby and learning their cues can make a real difference. Access the baby watching, making sense of your baby free download.

<https://ihv.org.uk/families/getting-to-know-your-baby/>

Or scan here



Healthy Start

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk. If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. Your benefit will be added onto this card every 4 weeks.

<https://www.healthystart.nhs.uk/>



Or scan here



Crying (ICON Cope)

ICON is all about helping people who care for babies to cope with crying. When babies cry it can be stressful and overwhelming. Help is out there and all you need to do is ask.

<https://iconcope.org/>

Or scan here



Sepsis

The Spotting Sepsis in Children leaflet will help you to spot the signs and symptoms of sepsis in children.

<https://sepsistrust.org/get-support/support/resources/>

Or scan here



Sleep

The Lullaby Trust wants to stop all unexpected deaths of babies and young children and has helpful resources about safe sleep available.

Visit <https://www.lullabytrust.org.uk/>



Or scan here



Teen Sleep Hub have lots of resources to support young people and their parents/carers.

Visit <https://teensleephub.org.uk/resources/>



Or scan here



Wellbeing

Tommy's wellbeing plan

The Wellbeing Plan is a 2-page plan, endorsed by NICE, that helps you start thinking about how you feel emotionally and what support you might need in your pregnancy and after the birth.

<https://www.tommys.org/pregnancy-information/calculators-tools-resources/wellbeing-plan/pregnancy-and-post-birth-wellbeing-plan>

Or scan here



Supporting perinatal parent and infant mental health and wellbeing in Torbay

Use the following link to find out more.

<https://torbayfamilyhub.org.uk/perinatal-mental-health/>

Supporting parent and infant relationships

Use the following link to find out more.

<https://torbayfamilyhub.org.uk/parent-infant-relationship/>

Kooth

Get free, safe and anonymous support. Whatever you are feeling, Kooth are there to support you, with mini activities to boost your wellbeing.

<https://www.kooth.com/>

Or scan here



Young Minds

Whether you want to understand how you're feeling, find ways to feel better, or support someone who's struggling, Young Minds are here to help.

<https://www.youngminds.org.uk/>

Or scan here



Mental Health & Wellbeing apps

If you're looking for an App to support your mental health and wellbeing, try one of these.

- [SAM App](#) (to help you understand and manage anxiety self help app for the mind)
- [Mindfit App](#) (helps reduce negative thoughts and change thought patterns)
- [Insight Timer](#) (meditation time app to support relaxation)
- [Breath App](#) (the Breath App guides you through a series of deep breaths, and it reminds you to take time to breath every day- taking you through breathing exercises)
- [Smiling Mind App](#) (mindfulness meditation free App)



Health apps

All the apps on the Devon Orcha Health App Library have been approved by the NHS. Visit <https://devon.orchhealth.com/en-GB> to download the apps that will help your health.

Choose from

- **NHS Drink Free** - Make a pledge to take a few days off and you're more likely to follow it through and reach your goals. Feel healthier, lose weight and save money.
- **Smoke Free** - Quit Smoking Now works by helping you keep a diary of your thoughts, feelings and cravings.
- **Feeling good: mental fitness** - Can help support your mental health using music and guides you listen to.
- **NHS Food scanner** - Shows you how much fat, sugar and salt is inside the food you want to eat.

And many more ...

More helpful apps

Torbay Family Hubs app

From one easy-to-use app you can find everything you need, including information on essential services, emotional health, child development and health chat.

Download the app in your app store by searching for **'Torbay Family Hubs'**. You can also opt in for reminders and information about groups available in the area.



Baby and child first aid

The British Red Cross free baby and child first aid app helps you keep your little ones safe.

Get the app



Baby Check

Baby Check, from the lullaby trust, features 19 simple checks that parents can do if their baby is showing signs of illness. Each check tests for a different symptom and when completed, a score is calculated that tells parents or carers how ill their baby is. The app then lets parents know whether their baby needs to see a doctor or health professional.

Get the app



Baby Buddy

It's made for mums, dads, and caregivers during pregnancy, birth and the baby's first year.

Get the app



HANDI app

The app has been developed by paediatric consultants and covers conditions such as diarrhoea and vomiting, 'chesty baby' illnesses, such as bronchiolitis, asthma and croup, 'chesty child' illnesses, such as wheezing and asthma, high temperature, abdominal pain and common new-born problems.

Get the app



The DadPad

Developed with the NHS, the DadPad® gives new dads and dads-to-be the knowledge and practical skills needed to support themselves and their partner, so that babies get the best possible start in life.

Get the app



Solihull courses

Courses for parents, carers and young people

Solihull Approach online courses are **free for all Torbay residents** to gain knowledge, confidence and skills to support their parenting.

The courses work on laptops, PCs, smart phones and tablets. Our

online courses cover from conception up to 19+ years, have the same content as a face-to-face parenting group and are available in multiple languages.

Find out more here

<https://torbayfamilyhub.org.uk/topic/solihull-online-courses/#solihull>



You can access any or all of these Solihull courses at any time in any place!

Antenatal

- Understanding pregnancy, labour, birth and your baby
- Understanding pregnancy, labour, birth and your baby: for women couples

Baby

- Understanding your baby
- Understanding your preterm or sick baby in hospital
- Understanding your preterm or sick baby now you're home

Child

- Understanding your child from toddler to teenager
- Understanding your child with additional needs
- Understanding the impact of the pandemic on your child
- Understanding your child's feelings (a taster course)

Child

- Understanding your child's mental health and wellbeing
- Moving up to primary school
- Moving up to secondary school for children with additional needs
- Moving up to secondary school

Teenager

- Understanding your brain
- (for teenagers only!)
- Understanding your feelings (for teenagers only!)
- Understanding your teenager's brain
- Understanding your teenager's mental health and wellbeing
- Understanding the impact of the pandemic on your teenager

Parent/Carer

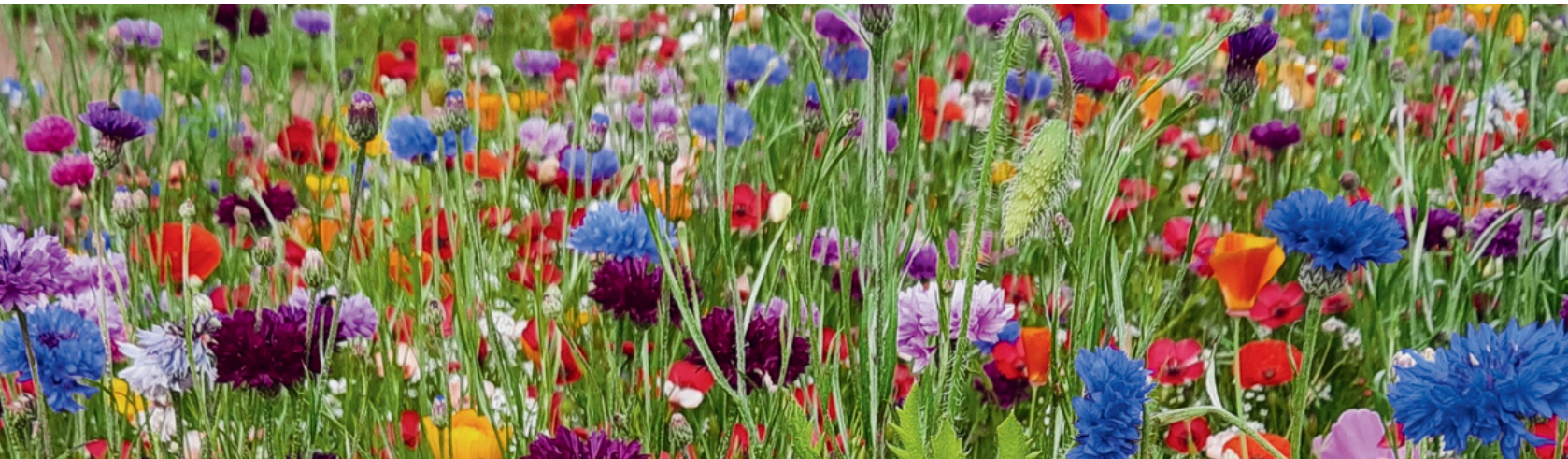
- Understanding your relationships

Torbay schools

Since Torbay is a small area within Devon, some parents may wish to widen their search for their preferred school for their child. Admissions to primary and secondary schools in Devon are managed by the Torbay Local Authority in consultation with Devon County Council. Admissions to special schools in Devon are managed by the Torbay Local Authority SEND Team in consultation with Devon County Council.

For more information visit

<https://www.torbay.gov.uk/schools-and-learning/schools/>



Peer support and volunteering

We know how significant it is to have peer support and we have lots of ways of encouraging that through our services.

There are many benefits to volunteering which include helping your community, making new friends, improving your mental health and happiness, or learning new skills to help you into employment. If you would like to give something back to the local community or want to put that spare time to good use, we've got a volunteering role for you.

For more information visit

<https://torbayfamilyhub.org.uk/volunteer/>





Contact us:

☎ **0300 333 5352**

🌐 **torbayfamilyhub.org.uk**

✉ **publichealthnursing.torbay@nhs.net**

Follow us: **0to19torbay**



NHS
Torbay and South Devon
NHS Foundation Trust

The Children's Society

TORBAY COUNCIL

© to 19 Torbay supports the health, development and wellbeing of children, young people and families in Torbay