



First 1001 Days: Service Directory



The First 1001 Days

OVERVIEW

“The First 1001 days include pregnancy and the first two years of a child's life. There is clear, compelling evidence that this is a significant and influential phase in development. This is an age of opportunity. What happens during this period lays the foundation for every child's future health, wellbeing, learning and earnings potential. It sets the groundwork for children's developing emotional wellbeing, resilience and adaptability; the competencies they need to thrive. During this period we can lay a foundation of health and wellbeing whose benefits last a lifetime – and carry into the next generation”.

(Parent-Infant Foundation)

The First 1001 days is a critical period of a child's life and there is no other area in life with the potential for so many services to become involved. Any parent-infant work needs to be embedded within a whole system approach to trauma. Although this can seem challenging, the opportunity this offers to protect and promote the parent-infant relationship is vast.



Figure 1: The parent-infant relationship sits at the heart of a multi-disciplinary trauma-informed system (Parent Infant Foundation).



OVERVIEW

Although a service directory exists within Forward Thinking Birmingham's Referral Management Centre (RMC), this document focuses on services that specifically support families in the first 1001 days of life. This is a working document and may not capture all services and sources of support, but it endeavours to provide a comprehensive overview. We understand there will be variation in people's experiences of different services therefore we cannot guarantee how helpful a service may be for each individual or family. Where possible, information has been confirmed with services or extracted from their website. Although information is accurate at the time of recording, we acknowledge that over time services and their provision may change. We hope to review and update this document regularly but would advise information is used with consideration. If you notice any errors in this document or have any queries, please do not hesitate to get in touch with us at bwcf.tbinfantmentalhealth@nhs.net.

RIGHT HELP, RIGHT TIME

Whilst using this document we would encourage you to consider Birmingham's Right Help, Right Time framework* which sets out four layers of children's needs:

Universal needs: All children have a right to a range of services. Professionals will assess families to make sure that their general needs are met.

Universal Plus: When a child and their family have needs that require support and interventions above and beyond normal universal services.

Additional needs: When a child and their family have needs that may require an intensive or substantial package of support and these can be met without the need for statutory social work intervention.

Complex/ significant needs: When the child's health and development may be impaired without the provision of services or where there is reasonable cause to suspect that the child is suffering or likely to suffer significant harm.

We have begun to identify which level of need each service covers (*note: this is a guide*). For the purpose of this document we have broken this down into:

Universal services: Services who work with all families irrespective of level of need.

Targeted or enhanced services: Services that work with families who need some help, such as parenting support.

Statutory/ specialist services: Services provided to those families working with children's safeguarding teams and in addition to children's social care.

Specialist support focused on IMH/ PMH: Services whose work focuses on IMH/ PMH and requires a specialist intervention or skill set, such as CAMHS.



*[Click here to learn more about Right Help, Right Time](#)











Guide to the directory

This document has been formatted in four parts:

- **Perinatal Mental Health (PMH) support in Birmingham**
- **Infant Mental Health (IMH) support in Birmingham**
- **Associated offers of support (Local and National)**
- **Additional online resources, courses, and support**

For ease, services have been ordered alphabetically within each chapter, but the contents page can also be used as a guide. Each page will seek to provide a service description alongside an overview of what is offered and relevant contact/ access details.

Each page will feature different icons (please see key below).

	Location		Contact Number
	Level of Need*		E-mail address
	Click here to make a referral or enquiry		Webchat
	Further Information		Website link

**More information can be found above in the preface.*

Each page will also feature a code to identify where the service sits (please see key below).

NHS - National Health Service

LA - Local Authority

VCS - Voluntary Community Sector

Pr - Private

Note: Some services may be featured more than once but the information provided may vary according to PMH or IMH.



Contents

Chapter 1: Perinatal Mental Health support in Birmingham

Service	Page Number
Introduction	10
Acacia Family Support	11
Approachable Parenting	12
Bethel Doulas	13
<i>Birmingham Forward Steps</i>	14
Parental Emotional Wellbeing workers (PEWS) and EHSAAS Project	14
Breaking the Cycle	15
Forward Thinking Birmingham - Perinatal Mental Health	16
Maternal Mental Health Service	17
Maternity Engagement Action	18
<i>Maternity Hospitals & Antenatal Education Offer</i>	19
Birmingham Women's Hospital	19
City Hospital	20
Good Hope Hospital	20
Heartlands Hospital	21
Solihull Hospital	21
Maternity Link Support Workers	22
Midwifery (Community & Specialist)	23
NHS Talking Therapies Perinatal Pathway (Formerly IAPT)	24
Specialist perinatal community mental health teams (SPCMHT) (BSMHFT)	25



Contents

Chapter 2: Infant Mental Health support in Birmingham

Service	Page Number
Introduction	27
All Saints Youth Project	28
Approachable Parenting	29
<i>Birmingham Forward Steps (Early Years & Family Support and Health Visiting)</i>	30
Antenatal and Infant Feeding	31
Early Years Outreach Workers	31
Parenting Programmes	31
Breaking the Cycle	32
Forward Thinking Birmingham - Infant Mental Health	33
New Baby Network	34
Specialist perinatal community mental health teams (SPCMHT) (BSMHFT)	35



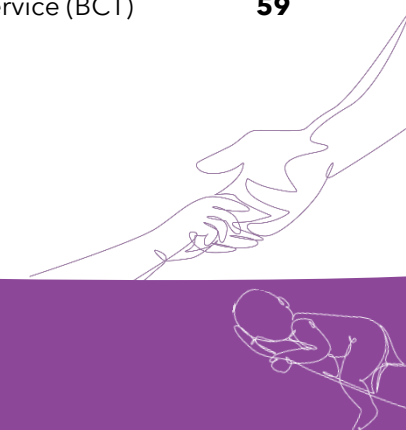
Contents

Chapter 3: Associated offers of support (Local and National)

Service	Page Number
<i>Abuse Related Services</i>	
Barnardo's Beacon	37
Birmingham & Solihull Women's Aid (including BFS offer)	37
Ashiana	38
Birmingham Crisis Centre	38
Bharosa	38
Gilgal	39
Rape Crisis	39
Respect: Men's Advice Line	39
<i>Bereavement & Baby Loss Services</i>	
Abortion Recovery Care and Helpline (ARCH)	40
Edward's Trust	40
Maternal Mental Health Service	41
Miscarriage Association	41
Sands	42
Way Widowed and Young	42
<i>Children in Care/ Care experienced related services</i>	
Children in Care (FTB)	43
Breaking the Cycle	43
Northwest Central Pre-Birth Pilot	44
Therapeutic Emotional Support Service (TESS)	44

Service	Page Number
<i>Child Development related services</i>	
Activities and Healthy Eating (BFS)	45
Birmingham Food Refusal Services	45
Birmingham Paediatric Nutrition and Dietetic Service	45
Caudwell Children	46
Child Development Centres	46
Communication and Autism Team (CAT)	46
Community Paediatrics	47
Early Years Inclusion Support	47
Mencap	48
SEND (BFS)	48
Speech and Language Pathway (BFS)	48
<i>Family Planning and Sexual Health related services</i>	
Umbrella	49
<i>Mental Health related services</i>	
Action for Post-Partum Psychosis	50
Birmingham Mind Helpline	50
Samaritans	50
<i>Physical Health related services</i>	
Health in Mind	51
Children with Medical Complexities	51
Neonatal Unit	52
Smoke-free Pregnancy Service	52

Service	Page Number
<i>Safeguarding</i>	
Children's Advice & Support Service (CASS)	53
Adults and Communities Access Point (ACAP)	53
<i>Wider Family Support related services</i>	
Advocacy Matters	54
Anawim Birmingham's Centre for Women	54
Birmingham Food Bank	55
BFS Family Support	55
Citizens Advice	55
Early Help Community Connectors	56
Family Lives	56
Healthy Start Food Vouchers	57
Home Start	57
Pathfinder	58
Relate Birmingham	58
Safe Families	58
St Basils	59
Think Family Support Service (BCT)	59



Contents

Chapter 4: Additional online resources, courses, and support

Service	Page Number
Ask the Midwife	61
Baby Buddy App	62
Baby Check App	63
Cultural Awareness	64
Early Years Resources	65
Fifty Things to do before you're five	66
Five To Thrive	67
Hearts & Minds	68
ICON	69
Local Support Services - signposting poster	70
NSPCC 'Look, Say, Sing, Play'	71
Resources for Dads & Partners	72
Solihull Approach Courses	73
Subscriptions (for staff)	74
Toolkits	75
Websites and Useful links (for staff)	76





Chapter 1: Perinatal Mental Health (PMH) support in Birmingham



SERVICES INDIVIDUALS SHOULD ROUTINELY BE LINKED IN

During the first 1001 days, we would expect individuals to routinely be linked in with:

- **GP** - Ongoing
- **Midwives** - They work with women and their babies from conception up to 28 days postnatally
- **Health Visiting Team** - They are involved antenatally up to a child's 5th birthday. They offer five mandated contacts: an antenatal contact between 28-34 weeks; new birth home visit by 14 days postnatal; a 6-8 week home or clinic contact and 1 and 2 year developmental ASQ checks.

Other professionals may become involved over time, depending on the individual and family's needs.

OTHER RELEVANT SERVICES IN THE DIRECTORY TO BE AWARE OF

Whilst the contents page provides an overview of all services and resources listed in the directory, below is a list of those particularly relevant to the perinatal period that are featured in other chapters.

- New Baby Network - Chapter 2 pg 34
- Bereavement and baby loss services - Chapter 3 pg 40-42
- Action for Postpartum psychosis - Chapter 3 pg 50
- Neonatal unit - Chapter 3 pg 52
- Smoke free pregnancy - Chapter 3 pg 52
- Ask the midwife - Chapter 4 pg 61
- Baby Buddy app - Chapter 4 pg 62
- Cultural Awareness - Chapter 4 pg 64
- ICON - Chapter 4 pg 69
- Resources for Dads & Partners - Chapter 4 pg 72
- Useful subscriptions, toolkits, websites, and documents - Chapter 4 pg 74-76



Acacia Family Support

SERVICE DESCRIPTION

Acacia is a charity that supports mums and families affected by pre or postnatal depression (PND) in Birmingham. Acacia is a charity run by staff and volunteers, most of whom have suffered and recovered from PND or have a trained understanding of anxiety and depression. Acacia is a Christian organisation that supports families from all faiths or none.


WHAT THEY OFFER

Their teams provide a range of support services to help parents feel better and start enjoying their baby, helping them to cope with the emotional and practical effects of PND which are common.

We offer:

- Young Parents' Perinatal Mental Health Project is aimed at women and parents under 25 years and focuses on prevention and early intervention approaches to complement existing maternal mental health services. They support young parents with mild to moderate depression and anxiety during the antenatal and postnatal period.
- One-to-one befriending sessions at our centres
- Psycho-educational groupwork using Cognitive Behavioural Therapy strategies
- Free crèche whilst you access our support services
- Phone support
- Helping Hands at Home (practical support in your home)
- Dads' support service
- Signposting to other agencies
- Services delivered across Birmingham from various locations.
- Working with families with a child up to the age of two (Perinatal Period)
- Support with pre/post-natal depression and anxiety
- Massage therapy for parent and baby


CONTACT

 0121 301 5990

 [Click here for the website](#)

 Birmingham, Sutton Coldfield B72 1SD

 Targeted/ Enhanced

 [Click here to make a query](#)



Approachable Parenting

SERVICE DESCRIPTION

Approachable Parenting is a Birmingham organisation, with a desire to respond holistically to the needs of black, Asian and minority ethnic children in Birmingham, specifically those of Muslim-faith backgrounds.

WHAT THEY OFFER

- 5 Pillars of Parenting 'Pregnancy and Beyond' (4 weeks) and 'Pregnancy to 3 years' (8 weeks) parenting programmes were developed with clinical psychologists and are underpinned by attachment theory and Islamic faith principles. The Birth to 3 programme supports pregnant mothers and partners from early pregnancy, to enable them to learn techniques during pregnancy, birth, and development of baby. The programme educates parents on promoting brain development to support baby to reach milestones.
- Breastfeeding Support
- 1:1 peer support and mentoring
- Therapeutic support for parents.
- They offer a counselling service with low-cost therapy sessions at £20 per session
- Weekly outreach events across Birmingham called '*Chit, Chat and Chai sessions*' with special online male sessions as well.
- Qualified Doula's as of March/ April 2023

CONTACT



0121 773 8643 (09.30AM - 02.30PM)



info@approachableparenting.org.uk



[Click here for the website](#)



Innovation Development Centre, 22-28 George Street, Balsall Heath, B12 9RG



Targeted/ Enhanced



[Click here to make a referral or contact the above](#)
[Click here for the Counselling registration form](#)




SERVICE DESCRIPTION

Bethel Doula service provides practical and emotional support to vulnerable and isolated pregnant women during and after their pregnancies. They are a charity organisation that covers Birmingham, Solihull and Sandwell area. They are experienced in handling complex cases where a woman may be involved with social services and other statutory agencies, experiencing domestic violence, homelessness, trafficking or other emotional and physical trauma.

WHAT THEY OFFER


- Practical support for women, for example, providing advocacy and support during appointments; support throughout pregnancy, birth and beyond; breastfeeding/formula feeding and supplying essential items.
- Emotional support for women when they are in labour and giving birth and working through anxiety and PTSD surrounding giving birth (and much more).
- Parent education classes - these give future mums and dads the skills and confidence to take care of themselves and their babies before and after birth. The sessions are suitable for non-English speakers and those with learning difficulties.
- Run a Lunch, Learn Play group at Ladywood Leisure Centre. The group meets most Wednesdays from 10.30am until 1pm. It offers a range of free activities for mums and their babies.
- MumSports (Coming soon).
- They offer 24hr wrap around care

CONTACT


 07881 300533 (10am - 4pm Monday-Friday)

 doula@bethelnetwork.org.uk
enquiries@bethelnetwork.org.uk

 [Click here for the website](#)

 Ladywood Leisure Centre, B16 8TR (Classes and Lunch, learn play group)

 Targeted/ Enhanced

 [Click here to make a referral or request a doula](#)

Note: The Bethel Health & Healing Network also offer the 'Rapha listening service'. This is for anyone 18+ who is in need of a listening ear. [Click here to find out more.](#)




Birmingham Forward Steps


GENERAL CONTACT


SERVICE DESCRIPTION

Birmingham Forward Steps (BFS) is the citywide health and wellbeing service for babies and children 0-5 years of age and their families, combining **early years and family support** services and **health visiting**. BFS works with 5 strategic partners and is commissioned by Birmingham City Council (Public Health).


More Information on BFS can also be found in Chapter 2 and Chapter 3.

 0121 303 1888 (Monday to Thursday 8:45am to 5:15pm; Friday: 8:45am to 4:15pm)

 bchc.bfs.enquiries@nhs.net

 [Click here for the Birmingham Forward Steps website](#)

 Universal - Targeted/ enhanced

 [Click here to make a referral or contact the above](#)


Parental Emotional Wellbeing workers (PEWS) and EHSAAAS Project


SERVICE DESCRIPTION/ WHAT THEY OFFER


In relation to PMH, BFS has Parental Emotional Wellbeing workers (PEWS) who deliver targeted work to parents of children under the age of 5 who require support with their children's emotional health and wellbeing.

- Sessions are undertaken with child including baby massage alongside '5 ways to wellbeing' to promote and support attachment and bonding, as well as 1:1 support.
- In Ladywood, Northfield, Edgbaston, and Yardley, Family Action also provide a 'Perinatal Support Service' for women who have been diagnosed with a low to moderate level perinatal mental illness or struggling with emotional health and wellbeing, as well as social prescribing.
- **The EHSAAAS project** is a perinatal support service for Pakistani women in Hall Green, Hodge Hill, Perry Barr and Ladywood. The service supports those who require help and support accessing services during their pregnancy and beyond. EHSAAAS are culturally sensitive, speak the community language and understand barriers faced by Pakistani women. They provide tailored support through 1:1 help, signposting and peer support through their trained volunteers.

CONTACT

 Please contact the local Children's Centre using the [postcode checker](#) to find out more!

 Bfs.ehsaas@spurgeons.org (for information)
bchc.bfs.ehsaas@nhs.net (for referrals)

 [Click here to find out more about the EHSAAAS Project - Perinatal Support for Pakistani Women.](#)





Breaking the Cycle

SERVICE DESCRIPTION

Breaking the Cycle (BtC) is a non-statutory, voluntary service which sits within Targeted and Intensive Family Support Services of Birmingham Children's Trust (BCT). BtC is a therapeutic service which supports birth parents who have lost a child or more to adoption who want to access support, to embark upon a personal journey of self-reflection. They aim to reduce the trauma associated with adoption, preventing future adoptions where possible, building healthy relationships and improving lives. They strive to keep families together where safe to do so and offer specialist support to people who are at risk of further care proceedings. They work with mothers, fathers and couples (where safe to do so). Each person will need to be referred separately.

WHAT THEY OFFER

- There are different pathways to access, depending on circumstance and need:
 - **Pregnancy Pathway** - They help to strengthen the parent's relationship with the unborn baby; they offer support throughout pregnancy and after birth including practical help and a space to reflect on pregnancy and parenting.
 - **Parenting Pathway** - They help to strengthen the parent-child(ren) relationship; they offer emotional support; they offer therapeutic parenting groups; there is opportunity to meet other parents with similar experiences; they can support in meetings around parenting assessments.
 - **Adult Pathway** - They can support parents to understand and process their losses and experiences and consider past and future parenting.
 - **New Growth Project** - This is a therapeutic support service for care experienced people who are pregnant and is a new project within BtC. They offer practical and therapeutic support throughout pregnancy and after birth.
- Following a referral, parents will be connected with a therapeutic worker and invited to an initial meeting to consider possible support. Every person will commence 'phase one - therapeutic support' which is provided through 1:1 therapeutic sessions. Following this individuals will commence 'phase two - Interventions' and these are specific to each pathway.
- Sessions are often weekly but can be more or less frequent. There are no time limits on how long BtC works with parents.
- The work is trauma informed and underpinned by models of therapeutic life story work and dyadic developmental psychotherapy.

Note: If you would like to receive a copy of BtC's professional leaflet including more information on their different pathways and what they offer, please contact their team inbox or e-mail the FTB Infant Mental Health inbox: bwcfbinfantmentalhealth@nhs.net

CONTACT



You can contact Joanne Rogers (Team Manager) on 07927 665329



Breakingthecycle@birminghamchildrenstrust.co.uk



Specialist/ Statutory services



Contact the inbox directly if you have a query or would like to make a referral. Individuals can self-refer or a referral can be made through a professional.



SERVICE DESCRIPTION

Forward Thinking Birmingham (FTB) is a mental health service providing support, assessment and intervention for infants, children and young people aged 0-25 who are experiencing mental health difficulties including perinatal mental health difficulties. FTB's multidisciplinary core, specialist, and urgent care teams work closely with the BSMHFT community perinatal mental health service to ensure that perinatal mental health support is offered in the most appropriate way to service users under the age of 25.

The FTB core, specialist and urgent care teams are supported by a small and developing dedicated FTB perinatal resource that offers consultation, training, and signposting to FTB professionals. This specialist perinatal resource has a particular focus on supporting younger parents.

WHAT THEY OFFER

- Through the core and specialist teams, support to young people in the perinatal period where there may be difficulties such as postnatal depression, and strengthening of the parent-infant relationship, with staff access to specialist perinatal and infant mental health consultation as needed.
- Joint work with adult community perinatal mental health services (hosted by BSMHFT) for young people aged 16 and over to ensure access to the full range of specialist perinatal mental health interventions as needed.
- Through the specialist FTB perinatal mental health resource, a pilot of direct and indirect perinatal mental health support and interventions for younger parents is being developed.

CONTACT



To get in touch or find out more, e-mail the FTB perinatal inbox: bwc.ftbperinatalmentalhealth@nhs.net



Specialist support focused on PMH



[Click here to make a referral](#) or contact the team directly to discuss.



SERVICE DESCRIPTION

The Maternal Mental Health Service (MMHS) supports women, their partners and families living in Birmingham and Solihull who have experienced perinatal loss and have associated mental health difficulties. The service is for women who are experiencing significant mental health distress which is impacting on day-to-day life, which is directly associated with their experiences of: Miscarriage, Ectopic pregnancy, Termination of pregnancy due to foetal abnormality, stillbirth, neonatal death (loss linked to the maternity journey).

WHAT THEY OFFER

- They offer peer support, specialist midwifery and psychological therapy, which aim to build an understanding of individual experiences, current difficulties, and possible factors which may affect emotional wellbeing.
- The care provided will be based on individual needs and preferences and may include a combination of the following tools and approaches:
 - Providing a safe space to share experiences
 - Talking with someone who has also experienced perinatal loss
 - Information about how the brain and body responds to trauma, and its association with loss and grief
 - Managing feelings
 - Talking about parental identity and how this has been impacted by perinatal loss
 - Managing relationships
 - Developing resources and strategies for meaningful living
 - Person centred, cognitive behavioural, relational and compassion focused approaches
- Their specialist midwife provides support and care, both around the experience of loss and any concerns around future pregnancies. Their specialist midwife can provide a link between the maternity service and other services involved in mental health care for women/birthing people, including the local primary care therapy service (IAPT) and the wider perinatal mental health team.
- Their trained peer supporters bring their own personal experience of perinatal loss to support others. They will bring together people with shared experiences to support each other providing authentic support.
- The team is also able to provide support to partners, offering an assessment to support access to community-based specialist support services.
- The length and number of sessions required will be assessed on an individual basis.

CONTACT



For any queries or support around completing a referral, please e-mail:
bsmhft.mmhs@nhs.net



[Click here for more information amount the MMHS](#)



Specialist/ Statutory



For information of referrals, please contact the above e-mail. *Please note all referrals must come from health professionals working within Birmingham and Solihull, such as Midwives, GPs, Obstetricians, Health Visitors, Nurses).*



SERVICE DESCRIPTION

They provide a safe space and peer support for black women throughout pregnancy, birth, and early motherhood. Their aim is to empower Black women and raise awareness of how to request and expect clinically and culturally safe, compassionate, and equitable maternity care. Their practice is informed by community research, and data analysis of the Black birth experience here in Birmingham and they carry this throughout the Maternity Ambassadors for Change programme. They work to challenge the current system of maternity care that is leaving Black women four times more likely to die than white women and re-imagine and co-create maternity support systems that are safe for Black women and their babies.

WHAT THEY OFFER

- **Melanin Mums of Brum** - This is a non-judgemental, private, safe space that promotes positive perinatal well-being for black women and birthing people that live in Birmingham and the West Midlands. They share information, provide peer support and host virtual events and local meetups. To find out what's on, join the Facebook group.
- **Resources** - They have resources on 'pregnancy and birth preparation', 'postnatal and early parenting' and 'perinatal mental health and well-being'.
- **Maternity Ambassadors for Change** - These are local women who have recently experienced perinatal services in Birmingham. They focus on the black experience of pre-conception, pregnancy, birth, and early parenting including mental health and well-being. They can help organisations identify issues being faced by Black perinatal families contributing to and encouraging systems change in Birmingham and the wider regional West Midlands.

CONTACT



[Click here to access the website](#)



Targeted/ Enhanced



[Click here to join the Melanin mums Facebook group](#)
[Click here if you have a query](#)



SERVICE DESCRIPTION


For women who live in the Birmingham and Solihull area, and plan to give birth here, they can register their pregnancy through the self-referral portal. This can be accessed by [clicking here](#). Women can select from Birmingham Women's, Good Hope, Heartlands or Solihull Hospital (for City Hospital please see below).


Birmingham Women's Hospital

SERVICE DESCRIPTION/ WHAT THEY OFFER

- Birmingham Women's hospital offer free parent education services. [To book online, please click here](#)


CONTACT

 0121 472 1377 (Main switchboard)
0300 020 1201 (Maternity Triage)
0121 335 8098 (Home Births)

 [Click here for more information about Birmingham Women's Hospital Maternity Services](#)

 Birmingham Women's Hospital, Mindelsohn Way, B15 2TG

 Universal - Targeted/ enhanced

 [Click here to make a referral](#)
[If you are opting for a home birth, please click here for more information](#)

 [Click here to access maternity leaflets](#)



City Hospital

CONTACT

SERVICE DESCRIPTION/ WHAT THEY OFFER



0121 554 3801 (Main switchboard)
0121 507 4181 (Maternity Triage - 24/7)



[Click here for more information about City Hospital Maternity Services](#) (services tab)



City Hospital, Dudley Road, B18 7QH



Universal - Targeted/ enhanced

[Click here to make a referral](#) (self-referral tab)



[Click here for support on making a maternity referral](#) (different languages available)



[Click here for other useful contact information](#) (contact us tab)

- City Hospital offer antenatal classes, to help support learning about being a parent and preparation for birth. These are 2-hour weekly group sessions either in hospital, health centres or children centres. The following are discussed:
 - Birth preparation
 - Pain relief during labour
 - Baby care and infant feeding
 - Financial benefits and child development
- Additional sessions are provided for teen mums, mums expecting multiple births, mums with special needs, women requiring 1:1 support, and mums who do not speak English.
- If parents attend antenatal classes at City Hospital, they will be given the opportunity to take a tour of the Maternity Unit. Tours are also held on the second Saturday of each month.

Good Hope Hospital

CONTACT

SERVICE DESCRIPTION/ WHAT THEY OFFER



0121 424 2000 (Main switchboard)
0121 424 7055 (Maternity Assessment)
0121 424 7637 (Antenatal Clinic)



[Click here for more information about Good Hope Hospital Maternity Services](#)
[Click here for more information about Good Hope Hospital Maternity Services](#)



Good Hope Hospital, Rectory Road, B75 7RR



Universal - Targeted/ enhanced



[Click here to make a referral](#)

Alternatively to refer for a maternity assessment, call the number above.



[Click here for other useful contact information](#)

- Solihull Approach offer free virtual 'Understanding your pregnancy, labour, birth and your baby' classes. [To book click here](#)





Heartlands Hospital


SERVICE DESCRIPTION/ WHAT THEY OFFER


- Due to COVID restrictions, Heartlands Hospital are not currently offering antenatal classes,
- Parents can book some courses through the National Childbirth Trust under 'courses and workshops' [by clicking here](#)
- For more information on general antenatal classes, [click here](#)

CONTACT


 0121 424 2000 (Main switchboard)
0121 424 1514 (Pregnancy Assessment Emergency Room)
0121 424 0730 (Antenatal Clinic)

 [Click here for more information about Heartlands Hospital Maternity Services](#)
[Click here for more information about Heartlands Hospital Maternity Services](#)

 Heartlands Hospital, Bordesley Green East, B9 5SS

 Universal - Targeted/ enhanced

 [Click here to make a referral](#)
Alternatively speak to your GP to be referred to a midwife


 [Click here for other useful contact information](#)

Solihull Hospital


SERVICE DESCRIPTION/ WHAT THEY OFFER

- Although Solihull does not explicitly have a perinatal service, they do offer a small number of scanning appointments.
- You can speak to the antenatal/ newborn screening midwives on 0121 424 3718/ 0121 424 0928. Although they are based at Heartlands, they can be accessed at Solihull hospital.
- Click here for further information on [antenatal screening](#) and [postnatal screening](#).

CONTACT

 0121 424 2000 (Main switchboard)
0121 424 4374 (Maternity Services 8am-5pm Monday to Friday)
0121 424 4373/ 0121 424 5381 (Antenatal Clinic)

 [Click here for more information about Solihull Hospital Maternity Services](#)

 Solihull Hospital, Lode Lane, B91 2JL

 Universal - Targeted/ enhanced

 [Click here to make a referral](#)
Alternatively speak to your GP to be referred to a midwife



SERVICE DESCRIPTION

The role of Maternity Link Support Worker (LSW) has been designed to provide one-to-one support to help pregnant women and their families to navigate maternity services across the Local Maternity and Neonatal System (LMNS) to ensure they receive the right care at the right time. The role is recognised as an advocate and to develop patient trust and confidence in NHS services. This is particularly helpful for those newly arrived and for whom English is not their first language and especially when understanding and expressing their needs becomes a challenge.

WHAT THEY OFFER

- They offer support at appointments and support social prescribing
- Referrals are via community midwives, and they are developing a referral pathway in Badgernet using a traffic light system. Staff can refer directly as well (pilot)
- They offer different languages (Urdu, Romanian, Pashtu, Arabic, Somali, Bengali) however are not to be used as an interpreting service. They also have a worker who focusses on supporting Black women.
- As well as supporting women and their families, LSWs collaborate with public health, primary care, social care and community care colleagues to ensure that there is a focus on national priorities to make maternity and neonatal care safer, more personalised and equitable.

Note: Maternity link support workers are unique to Birmingham and so not all hospitals will have them across the country. Currently they don't cover City hospital but do cover Solihull.

Note: Continuity of carer teams exist across the different maternity hospitals however this scheme has been paused nationally at the current time to allow for safe staffing levels across mainstream midwifery. Queries around this should be directed to the Maternity Link support workers in the interim.

CONTACT



bwc.matlinksupport@nhs.net (Maternity Link Support Workers Referral email)



[Click here to visit the website](#)



Targeted/ enhanced



For queries, please contact the above e-mail or the midwife.



SERVICE DESCRIPTION

Our Local Maternity and Neonatal System (LMNS) works to ensure that every baby has the best possible start to life. Our two local maternity providers, along with supporting NHS Trusts and voluntary organisations, are united as part of the Birmingham and Solihull United Maternity and Newborn Partnership (Bump) to provide high-quality services and care.

WHAT THEY OFFER

- **Community midwives** work across LMNS (Birmingham Women's and Children's NHSFT/ University Hospitals Birmingham) and work with women and their babies from conception to 28 days postnatally and with all neonates at Birmingham Women's Hospital up to 4 weeks. They provide universal care and support to all pregnant women before birth (antenatal), during birth (intrapartum) and after birth (postnatal).
- A team of 22 (BWC) and 13 (UHB) **specialist midwives** cover all areas of vulnerability: Domestic Abuse, FGM, Perinatal Mental Health, teenage pregnancy, substance misuse, safeguarding and adult safeguarding and homelessness. Safeguarding midwives support Child in Need (CiN) and Child Protection (CP) plan babies and sit across the Integrated Safeguarding Service BWC.
- All specialist midwives work closely with the perinatal mental health team and complete perinatal mental health training. Once a referral is received, the specialist midwife will conduct mood scoring (Whooley, GAD-2) and complete a wellbeing plan, liaise with relevant services and make referrals as required. There is a psychiatric liaison clinic with a perinatal service consultant for high-risk women, and a midwife-led 'Dove clinic' for women who do not meet the criteria for high-risk pathways but still need additional support.

CONTACT



To get in touch with one of the specialist midwives or find out more, e-mail the FTB perinatal inbox who will be able to support: bwc.ftbperinatalmentalhealth@nhs.net



[Click here to find out more about the LMNS](#)



Universal - targeted/ enhanced - specialist/ statutory



[Click here to make a referral](#)

Alternatively speak to your GP to be referred to a midwife



SERVICE DESCRIPTION

Birmingham Healthy Minds perinatal pathway support women's mental health during pregnancy and the first year after birth. This includes mental illness existing before pregnancy, as well as illnesses that develop for the first time, or are greatly exacerbated in the perinatal period. If the child is 12 months or less, the patient will be placed on the perinatal pathway. If the child is over 12 months of age, the patient will only be placed on the perinatal pathway if the presenting problem is directly related to the pregnancy or the birth e.g. unidentified postnatal depression/birth related trauma.

WHAT THEY OFFER

- Once referred, individuals can be offered either a telephone or face-to-face assessment within 2 weeks.
- If BHM is identified as suitable to meet their needs and dependent on complexity or severity of their presentation, Individuals could potentially be offered either a workshop, online computerised cognitive behavioural therapy package, telephone guided self-help or face-to-face sessions with the service.
- If what is offered as a service is suitable, then it is recommended the patient commences treatment within 6 weeks of referral.
- Women could be seen at either step 2 or step 3 depending on their identified needs. There are perinatal champions across the 4 teams, some at step 2 and step 3.
- Professionals can also enquire about a case discussion regarding a potential referral or query if this would be considered helpful.
- Birmingham Healthy Minds also have a collection of self-help resources. Link included below.

CONTACT



Women can self-refer by calling 0121 301 2525 or texting BHM to 60777



Women can self-refer via the website, [click here for information](#)



[Click here to access the self-help guides \(including PND\)](#)



Targeted/ Enhanced



[Click here for the self-referral form](#)

Women can also be referred via their GP or other professional via SPOA or completion of BHM referral form

Note: If you would like specific contact details for the champions, please contact the FTB Perinatal Team on: bwc.ftbperinatalmentalhealth@nhs.net or call the BHM number noted.



SERVICE DESCRIPTION

The service supports women with mental health difficulties during pregnancy and up to one year after the birth of their baby (includes women who have a previous history of serious mental health difficulties or women who are experiencing mental health difficulties for the first time). They also support mothers experiencing bonding disorders*.

WHAT THEY OFFER

The multidisciplinary team is made up of doctors, nurses, social workers, occupational therapists, nursery nurses, psychologists, and peer support workers. They work closely with the individual, wider family and other professionals involved in the parent's care.

Specialist PMH support provided by SPCMHT includes:

- Assessment, treatment and care for mothers experiencing mental illness during the perinatal period (preconception, antenatally and postnatally).
 - Antenatal and postnatal affective disorders including depression and bipolar affective disorder
 - Antenatal postnatal anxiety disorders impacting on pregnancy and childbirth such as tokophobia, perinatal onset OCD and PTSD arising from childbirth
 - Postpartum/ puerperal psychosis
- Psychological assessment and evidence-based psychological treatment and counselling
- Time-limited, symptom-focused, psycho-educational group work and therapeutic groups for mothers with moderate mental health problems
- Advice and monitoring of evidence-based medication.
- Support and information for families of women under the service
- Partnership working with social services and family teams to protect children who may be vulnerable due to maternal mental illness.
- Consultancy, advice, support and resources to other mental health services and social services

Note: The Chamomile Suite is a Mother and Baby unit located at the Barberry. The inpatient service offers conjoint inpatient admission for women and their babies in situations where a mother is suffering a mental health problem and appropriate treatment and care cannot be provided at home.

**Note: In line with LTP, they can support up to 24 months post-partum if there are bonding concerns that have not resolved quickly. This is dependent on the need rather than for every person in the service. The service supports women 18+ but works jointly with FTB Perinatal for women between 16-18 years of age.*

CONTACT



0121 301 2030



East - bsmhft.perinataleast@nhs.net

South - bsmhft.perinatalmh-bwh@nhs.net

Sandwell and West Birmingham - bsmhft.perinatal.swb@nhs.net

Solihull - bsmhft.perinatal.solihull@nhs.net



[Click here to visit the website](#)



Specialist - Specialised support focused on IMH



Referrals should be made via SPOA who will get the referral to the appropriate team. [Click here](#) for further details including referral form and access criteria.



Note: Referrals must come from health professionals (e.g. GPs, Health Visitors, Midwives, other secondary care teams, NHS psychological services (all same referral form)).

If it would be helpful to discuss a referral, you can contact the team for a further conversation.





Chapter 2: Infant Mental Health (IMH) support in Birmingham



SERVICES INDIVIDUALS SHOULD ROUTINELY BE LINKED IN

During the first 1001 days, we would expect individuals to routinely be linked in with:

- **GP** - Ongoing
- **Midwives** - They work with women and their babies from conception up to 28 days postnatally
- **Health Visiting Team** - They are involved antenatally up to a child's 5th birthday. They offer five mandated contacts: an antenatal contact between 28-34 weeks; new birth home visit by 14 days postnatal; a 6-8 weeks home or clinic contact and 1 and 2 year developmental ASQ checks.

Other professionals may become involved over time, depending on the individual and family's needs.

OTHER RELEVANT SERVICES IN THE DIRECTORY TO BE AWARE OF

Whilst the contents page provides an overview of all services and resources listed in the directory, below is a list of those particularly relevant to Infant Mental Health that are featured in other chapters.

- Neonatal unit - *Chapter 3 pg 52*
- Early Years Resources - *Chapter 4 pg 65*
- Five To Thrive - *Chapter 4 pg 67*
- NSPCC 'Look, Say, Sing, Play' - *Chapter 4 pg 71*
- Solihull Approach Courses - *Chapter 4 pg 73*
- Useful subscriptions, toolkits, websites, and documents - *Chapter 4 pg 74-76*



All Saints Youth Project


SERVICE DESCRIPTION


All Saints is a charity providing holistic support to young people & their families.


WHAT THEY OFFER


- A Stay & Play group for pregnant teenagers and teenage parents (14-19 years - 25 with additional needs) to meet with other parents, share experiences and to have one to one family support if required. The sessions include various creative and stimulating activities to encourage parents to support their babies and children's all-round development.

CONTACT

 All Saints youth project office 0121 443 1842
Family Support Helpline (Ian Barber) 07436798497

 info@asyp.org.uk

 [Click here for the website](#)

 Every Tuesday 1pm until 2:30pm, Term Time only. All Saints Centre, 2 Vicarage Road, Kings Heath, B14 7RA

 Targeted/ Enhanced

 [Click here to make a referral or contact the above](#)





Approachable Parenting


SERVICE DESCRIPTION


Approachable Parenting is a Birmingham organisation, with a desire to respond holistically to the needs of black, Asian and minority ethnic children in Birmingham, specifically those of Muslim-faith backgrounds.

WHAT THEY OFFER

- 5 Pillars of Parenting 'Pregnancy and Beyond' (4 weeks) and 'Pregnancy to 3 years' (8 weeks) parenting programmes were developed with clinical psychologists and are underpinned by attachment theory and Islamic faith principles. The Birth to 3 programme supports pregnant mothers and partners from early pregnancy, to enable them to learn techniques during pregnancy, birth, and development of baby. The programme educates parents on promoting brain development to support baby to reach milestones.
- Breastfeeding Support
- 1:1 peer support and mentoring
- Therapeutic support for parents.
- They offer a counselling service with low-cost therapy sessions at £20 per session
- Weekly outreach events across Birmingham called '*Chit, Chat and Chai sessions*' with special online male sessions as well.
- Qualified Doula's as of March/ April 2023


CONTACT


 0121 773 8643 (09.30AM - 02.30PM)

 info@approachableparenting.org.uk

 [Click here for the website](#)

 Innovation Development Centre, 22-28 George Street, Balsall Heath, B12 9RG

 Targeted/ Enhanced

 [Click here to make a referral or contact the above](#)
[Click here for the Counselling registration form](#)



Birmingham Forward Steps

SERVICE DESCRIPTION

Birmingham Forward Steps (BFS) is the citywide health and wellbeing service for babies and children 0-5 years of age and their families, combining **early years and family support** services and **health visiting**. BFS works with 5 strategic partners and is commissioned by Birmingham City Council (Public Health).

More Information on BFS can be found in Chapter 1 and Chapter 3.

WHAT THEY OFFER

The next page will detail some of the services on offer related to IMH (other offers of support can be found in the relevant chapters). Please note this is a guide and is not limited.

Please contact the relevant Children's Centre or Health Visiting Team using the [postcode checker](#) to find out more information about what they have to offer.

EARLY YEARS & FAMILY SUPPORT


Children's centres across 10 districts coordinate and provide targeted early years and family support services under Birmingham Forward Steps*. Children's centres are open 9am-5pm Monday to Friday with some support offered in evenings and weekends. Birmingham Forward Steps works with partner organisations which oversee children's centres in the 10 districts.

HEALTH VISITING

Health Visitors deliver the Healthy Child Programme which focuses on six high impact areas which strive to improve life outcomes and reduce inequalities. The health visiting team offer five mandated contacts to children and their families; an antenatal contact between 28-34 weeks; new birth home visit by 14 days postnatal; at 6-8 weeks home or clinic contact and 1 and 2 year developmental ASQ checks (telephone, clinic or home). Health visitors offer a targeted response to families with above universal needs and form part of the core offer of targeted family support at district level. Specialist health visitors are in post also for vulnerable groups e.g. temporary accommodation specialist health visitor.


**Note: Enquiries for Children's Centre activities should be directed to the appropriate centre*


GENERAL CONTACT

 0121 303 1888 (Monday to Thursday 8:45am to 5:15pm; Friday: 8:45am to 4:15pm)


 bchc.bfs.enquiries@nhs.net


 [Click here for the Birmingham Forward Steps website](#)

 Universal - targeted/ enhanced

 [Click here to make a referral or contact the above](#)

CONTACT ACROSS THE DISTRICTS

 Depends on location - see below

 Depends on location - see below

[Click here for more information on BFS Children's Centres](#)

[Click here for Birmingham Forward Steps Health Visiting](#)

[Click here for Birmingham Community Healthcare Health Visiting](#)

 [Click here to use the postcode checker to locate the relevant Children Centre or Health Visiting Team and access contact details](#)



Birmingham Forward Steps (Cont.)

Antenatal and Infant Feeding

SERVICE DESCRIPTION/ WHAT THEY OFFER

Antenatal and Infant feeding workers and health visiting teams provide a range of support for families pre and post birth, including Antenatal Parenting Programme mostly supported by midwives, Infant feeding advice including weaning sessions, breast feeding support (home /group / online lounges/ 1:1) and more.

Note Your local Health Visiting Team can also provide help with Breastfeeding, Safe & Responsive Bottle Feeding, Weaning, Speech, Sleep and much more.

CONTACT



Please contact the local Children's Centre or Health Visitor using the [postcode checker](#) to find out more!



[Click here to view Community Breast feeding support](#)
[Click here to find out about Responsive breast feeding](#)
[Click here to find out about Responsive bottle feeding](#)

Early Years Outreach Workers

SERVICE DESCRIPTION/ WHAT THEY OFFER

Early Years Outreach workers support health visitors to complete 1 and 2 year mandated universal assessments and undertake follow-up visits when families are not seen to engage with HV mandated checks. They provide targeted stay and play group sessions for target families and 4-week programmes designed to enhance bonding and attachment, Baby Massage and Baby Spa.

CONTACT



Please contact the local Children's Centre using the [postcode checker](#) to find out more!

Parenting Programmes

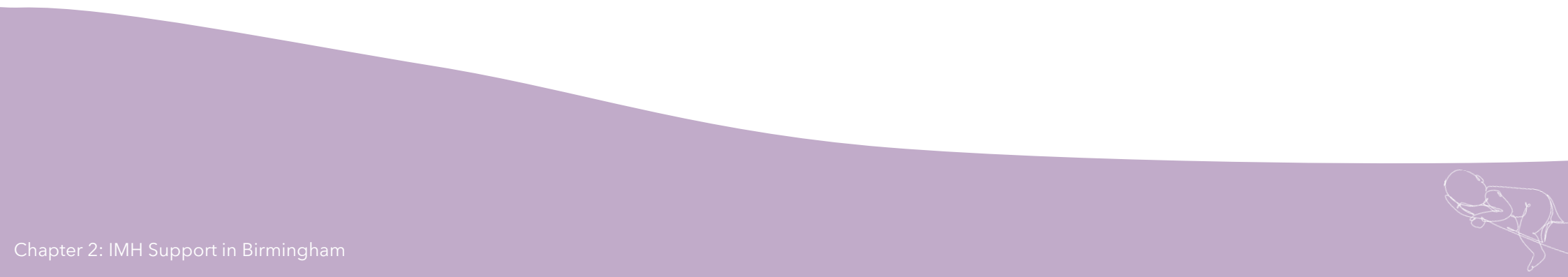
SERVICE DESCRIPTION/ WHAT THEY OFFER

This is a collaborative approach with health visiting. Parenting programmes on offer include Incredible Years, Solihull Approach, Promoting Happier Parenting (PHP) help with parental responsiveness and secure parent child attachment (and more!).

CONTACT



Please contact the local Children's Centre using the [postcode checker](#) to find out more!





Breaking the Cycle


SERVICE DESCRIPTION

Breaking the Cycle (BtC) is a non-statutory, voluntary service which sits within Targeted and Intensive Family Support Services of Birmingham Children's Trust (BCT). BtC is a therapeutic service which supports birth parents who have lost a child or more to adoption who want to access support, to embark upon a personal journey of self-reflection. They aim to reduce the trauma associated with adoption, preventing future adoptions where possible, building healthy relationships and improving lives. They strive to keep families together where safe to do so and offer specialist support to people who are at risk of further care proceedings. They work with mothers, fathers and couples (where safe to do so). Each person will need to be referred separately.

WHAT THEY OFFER


- There are different pathways to access, depending on circumstance and need:
 - **Pregnancy Pathway** - They help to strengthen the parent's relationship with the unborn baby; they offer support throughout pregnancy and after birth including practical help and a space to reflect on pregnancy and parenting.
 - **Parenting Pathway** - They help to strengthen the parent-child(ren) relationship; they offer emotional support; they offer therapeutic parenting groups; there is opportunity to meet other parents with similar experiences; they can support in meetings around parenting assessments.
 - **Adult Pathway** - They can support parents to understand and process their losses and experiences and consider past and future parenting.
 - **New Growth Project** - This is a therapeutic support service for care experienced people who are pregnant and is a new project within BtC. They offer practical and therapeutic support throughout pregnancy and after birth.
- Following a referral, parents will be connected with a therapeutic worker and invited to an initial meeting to consider possible support. Every person will commence 'phase one - therapeutic support' which is provided through 1:1 therapeutic sessions. Following this individuals will commence 'phase two - Interventions' and these are specific to each pathway.
- Sessions are often weekly but can be more or less frequent. There are no time limits on how long BtC works with parents.
- The work is trauma informed and underpinned by models of therapeutic life story work and dyadic developmental psychotherapy.

CONTACT

 You can contact Joanne Rogers (Team Manager) on 07927 665329

 Breakingthecycle@birminghamchildrenstrust.co.uk

 Specialist/ Statutory services

 Contact the inbox directly if you have a query or would like to make a referral. Individuals can self-refer or a referral can be made through a professional.

Note: If you would like to receive a copy of BtC's professional leaflet including more information on their different pathways and what they offer, please contact their team inbox or e-mail the FTB Infant Mental Health inbox: bwc.ftbinfantmentalhealth@nhs.net





SERVICE DESCRIPTION

Forward Thinking Birmingham (FTB) is a mental health service providing support, assessment and intervention for infants, children and young people aged 0-25 who are experiencing mental health difficulties. A newly developed multi-disciplinary Under 5s Panel considers the needs of infants and children from conception to reception relating to difficulties that haven't responded to previous interventions, and/or where needs are more extreme, and/or multiple agencies are already involved.

Support is considered where these difficulties relate to:

- difficulties in the parent-infant relationship
- early trauma and attachment related difficulties
- early neurodevelopmental concerns usually in the context of early trauma
- significant developmental/behavioural concerns (e.g. toileting, sleep, feeding and behavioural problems)

WHAT THEY OFFER

FTB's multidisciplinary core and specialist teams support work with families across the age range. In addition, for the under 2s, a small and developing dedicated FTB infant mental health resource offers:

- Consultation, training, and signposting to FTB professionals.
- Attachment-based group support for FTB service users who are parents/carers or parents/carers to be.
- Direct work with babies and/or their parents/carers including Circle of Security Parenting, Watch Me Play!, and dyadic psychotherapy.
- Outreach work with vulnerable families supported by partner organisations.
- Partnership work across agencies to promote the importance of Infant Mental Health and wider service development and collaboration.

CONTACT



bwc.ftbinfantmentalhealth@nhs.net



Specialist support focussed on IMH



[Click here to make a referral](#) or contact the team directly to discuss.





SERVICE DESCRIPTION

New Baby Network are a volunteer led organisation supporting parents from pregnancy through the transition into parenthood. They aim to promote secure attachment between parents/caregivers and their children, through a range of mechanisms including face to face/online peer led support groups and activities.

WHAT THEY OFFER

- Antenatally
 - Antenatal course -This is two session course supports parents in planning a positive postpartum experience (recommended 32+ weeks gestation). Includes a workshop on preparing to Feed your Baby with free stretchy wrap hire and a live demonstration of how to use your wrap. They also offer support in creating a Postnatal Plan with a free Perinatal Planner.
- Postnatally
 - Milk Mates Infant Feeding Support Groups – Connect with local parents and receive support for all types of infant feeding. There is also an Infant Feeding Webchat and virtual support groups available. [Click here to find out more and book](#)
 - Wellbeing walks – provide an opportunity to connect with local parents and improve wellbeing. [Click here to find out more and book](#)
 - Virtual Listening* - Birth listening sessions are available for £35 a session for those who are currently affected in their daily life by their pregnancy, birth or early parenthood experience. [Click here to find out more and e-mail the above to book](#)
 - New baby Club – A relaxed and friendly baby club to connect with other local families and explore parenting together. With singing and baby singing at the end of each session and monthly workshops on the ‘big’ topics (eg. sleep!). [Click here to find out more and book](#)
 - Time to Sign – A fun and informal baby signing group. We sing well known nursery rhymes, songs and tell stories using baby signs to learn together. [Click here to find out more and book](#)
- Lending Library – There are a range of books available to borrow via post on topics relating to pregnancy, infant feeding, birth and being a parent. [Click here to find out more](#)
- They strive to collaborate with other voluntary and statutory bodies where possible.

CONTACT



newbabynetwork@gmail.com



[Click here to visit the website](#)

[Click here to visit the Facebook page](#)



Varies with each activity. Select the above links or contact the above e-mail to find out more.



Universal



Follow the relevant embedded links above for information on how to book. Alternatively, contact the above e-mail address for enquiries.

**Note: Activity incurs a cost (but there is support for those unable to pay).*





Specialist Perinatal Community Mental Health Teams (SPCMHT) (BSMHFT)

SERVICE DESCRIPTION

The service supports women with mental health difficulties during pregnancy and up to one year after the birth of their baby (includes women who have a previous history of serious mental health difficulties or women who are experiencing mental health difficulties for the first time). They also support mothers experiencing bonding disorders*.

WHAT THEY OFFER

The multidisciplinary team is made up of doctors, nurses, social workers, occupational therapists, nursery nurses, psychologists, and peer support workers. There is also access to experienced community nursery nurses who can provide advice and guidance on 'caring for your baby'. They work closely with the individual, wider family and other professionals involved in their care.

Specialist parent-infant relationship support provided by SPCMHT includes:

- Assessments including: PIIOS, PEMA, PBQ, MORS
- Intervention including: Video Interaction Guidance (VIG), Circle of Security therapeutic groups are offered city-wide with clinical psychologist, Nursery nurses offer 1-1 and group sessions concerning attachment based parenting and behavioural techniques to enhance engagement including baby massage and baby yoga. All nursery nurses in the community and MBU offer Watch Me Play!
- Training and Education: Five to Thrive resources, Additional guidance/ information is offered through ICON, psychoeducation to prevent head trauma through shaken baby, focus on raising awareness about infant crying. Education around ordinary development and developmental stages. Psycho education around wonder weeks, where there are predictable stages of developmental leaps. Before the leap babies have a regression where they will be needy, clingy not eat or sleep so educate parents around this and the need for comfort. Support around crying, sleep interventions.

**Note: In line with LTP, they can support up to 24 months post-partum if there are bonding concerns that have not resolved quickly. This is dependent on the need rather than for every person in the service. The service supports women 18+ but works jointly with FTB Perinatal for women between 16-18 years of age.*

CONTACT

If it would be helpful to discuss a referral, you can contact the team for a further conversation.



0121 301 2030



East - bsmhft.perinataleast@nhs.net

South - bsmhft.perinatalmh-bwh@nhs.net

Sandwell and West Birmingham - bsmhft.perinatal.swb@nhs.net

Solihull - bsmhft.perinatal.solihull@nhs.net



[Click here to visit the website](#)



Specialist - Specialised support focused on IMH



Referrals should be made via SPOA who will get the referral to the appropriate team.

[Click here](#) for further details including referral form and access criteria.



Note: Referrals must come from health professionals (e.g. GPs, Health Visitors, Midwives, other secondary care teams, NHS psychological services (all same referral form)).





Chapter 3: Associated offers of Support (Local and National)



Abuse related services



Barnardo's Beacon

CONTACT



01384 411 722 (9-5pm, Monday to Friday)



barnardosbeacon@barnardos.org.uk



[Click here to visit the website](#)



Targeted/ enhanced



[To enquire or find out more, click here](#)

[To book a drop-in slot, click here](#)

CONTACT BSWA

VCS



0808 800 0028 (Helpline number) open 7 days a week 9:15am-5:15pm



Webchat: Open Monday-Friday 10am-4pm -, click on the website link, scroll to the bottom of the webpage, and click on the speech bubble icon in the bottom right of the screen to chat.



[Click here for the website](#)



Targeted/ enhanced



[Click here to Contact](#)



For further information, contact your local children's centre. To find the nearest children's centre, [click here](#).

CONTACT BFS



Please contact the local Children's Centre using the [postcode checker](#) to find out more!



[Click here to visit the BFS website](#)
[The Freedom Programme Website](#)



01942 262 270 (Freedom Programme Helpline)
0808 2000 247 (National Domestic Violence 24 hour helpline)



admin@endabuse.co.uk

SERVICE DESCRIPTION/ WHAT THEY OFFER

They are a Child Sexual Abuse Service for 0-19-year-olds who have experienced sexual abuse across several areas including Birmingham.

They offer advice, guidance, training, consultation/ work alongside professionals. A drop-in service is available to professionals on Thursday mornings where you can book a 45-minute slot with a project coordinator.

Note: They do not offer direct work with young people



Birmingham & Solihull Women's Aid (BSWA) - incl. BFS offer

SERVICE DESCRIPTION/ WHAT THEY OFFER

BSWA provide frontline specialist support to women and children experiencing domestic across the Birmingham and Solihull by listening and responding to their needs.

Two Early Years Independent Domestic Violence Advisors (IDVA's) have been employed by BSWA and work specifically with BFS. They deliver The Freedom Programme across all 10 districts.

- This offers emotional and practical support, including safety planning, Domestic Abuse awareness, civil injunctions to women accessing children centres in Birmingham and affected by domestic abuse.
- The aim is to help women make sense of and understand what has happened to them and describes in detail how children are affected by being exposed to this kind of abuse and very importantly how their lives are improved when the abuse is removed.
- At BFS children are observed and tracked during creche, with sessions using social stories, puppets and sensory play to explore feelings and emotions. The programme usually lasts for 11 or 12 weeks and is FREE.



Abuse related services (continued)

VCS

38

CONTACT



020 8539 0427



info@ashiana.org.uk



[Click here to visit the website](#)



Targeted/ enhanced

CONTACT

VCS



0121 507 0707 (24hr helpline)
0121 554 6059 (Enquiries)



enquiries@birminghamcrisis.org.uk



[Click here to visit the website](#)



Targeted/ enhanced



For more information [click here](#) or use the e-mail address above.

CONTACT

LA



0121 303 0368
0121 303 0369



bharosa@birmingham.gov.uk



Targeted/ enhanced



You can also contact us by completing the [referral form](#) and emailing it to us.



SERVICE DESCRIPTION/ WHAT THEY OFFER

They provide specialist support to women and girls experiencing domestic violence through a culturally sensitive, multilingual service. They offer advice and advocacy to women and 1:1 counselling support is available for those impacted by sexual abuse or who have experienced harmful practice (e.g. FGM, forced marriage). Support groups are also available, and they offer training to professionals and more.



SERVICE DESCRIPTION/ WHAT THEY OFFER

They are a local charity that provides a safe haven for victims of domestic abuse. Their accommodation provides a home for up to 23 women and their children. A nursery is also available on site. They have a 24-hour helpline for any woman who is a victim of domestic abuse and seeking refuge, help, advice and support. They also offer 1:1 counselling to residents (through self-referral by client)



SERVICE DESCRIPTION/ WHAT THEY OFFER

Bharosa is a domestic abuse service for ethnic minority women (particularly those from a South Asian background) living in Birmingham. They provide a free service which is confidential and unbiased for women and young girls over the age of 16, who are experiencing any form of domestic abuse. The service provided is culturally appropriate and sensitive to the needs of the women that they support, and in a range of cultural languages. The individual can contact Bharosa themselves, or they can ask for an organisation or individual, such as a social care worker, doctor, health visitor, or family friend to contact on their behalf.



 **Gilgal Gilgal**

SERVICE DESCRIPTION/ WHAT THEY OFFER

Gilgal is a refuge in Birmingham. They provide a safe environment for women (and their children) who require emergency short-term accommodation and support after they have left a situation of domestic abuse.

- There is 24/7 support at the refuge and support workers are available for mum and child.
- 1:1 support is available to children by the Children's worker
- Individual support plans are drawn up between mum, support worker and children's worker.
- Activities, practical help and support going forward.

CONTACT



0800 008 6622 (24/7)



mail@gilgalbham.org.uk



[Click here to visit the website](#)



Targeted/ enhanced



[Click here to get in touch](#)



Rape Crisis

SERVICE DESCRIPTION/ WHAT THEY OFFER

They are a charity working to end sexual violence and abuse. They provide specialist information and support to all those affected by rape, sexual assault, sexual harassment and all other forms of sexual violence and abuse in England and Wales.

Note: Although Birmingham does not host a Rape Crisis Centre, individuals can still contact the support line.

CONTACT



0808 500 2222 (24/7 Rape and Sexual abuse support line)



[Click here to start an online chat](#)



[Click here to view the website](#)



Universal

VCS

 **Respect: Men's Advice Line**

SERVICE DESCRIPTION/ WHAT THEY OFFER

They are a helpline service for male victims of domestic abuse. They offer support via telephone, E-mail and webchat. Telephone interpreters are available for those where English isn't their first language.

CONTACT



0808 8010327 (Monday-Friday 10am-8pm)



info@mensadvice.org.uk (Monday-Friday 9am-8pm)



Webchat is available Wednesday 10-11:30am and 2:30-4pm (access via the website)



[Click here to access the website](#)



Universal

VCS





Abortion Recovery Care and Helpline (ARCH)


SERVICE DESCRIPTION/ WHAT THEY OFFER

ARCH is dedicated to promoting the emotional, psychological and spiritual well-being of clients, by the provision of real understanding, counselling and supportive help to women, men and families after an abortion.

All services are offered confidentially, compassionately, without judgement and free of charge:

- Their helpline is staffed by volunteer Befrienders
- Although ARCH is based in Glasgow, they can offer free 1:1 counselling via telephone or secure video anywhere in the UK.

CONTACT

 0345 603 8501 - Helpline Monday to Friday 9am-5pm or every evening, 7pm-10pm.

 info@archtrust.org.uk

 [Click here to visit the website](#)

 Universal

 [To use the contact form, click here](#)



Edward's Trust

SERVICE DESCRIPTION/ WHAT THEY OFFER


They offer a holistic approach to supporting people through bereavement and loss in Birmingham. They offer counselling (1:1 or as a couple), support groups, play therapy, wellbeing therapies and social events.

They support:


- Parents bereaved, or about to be bereaved, of their baby or child - whatever the age or circumstance.
- They also offer, advice, support, information, and training to professionals working with bereaved families.

Note: They also support Children and young people aged between 4 - 24 years on an individual basis

CONTACT

 0121 454 1705 (Bereavement Support) Mon, Tues, Thurs, Fri 9-5pm, Weds 9-8pm

 admin@edwardstrust.org.uk (for queries)

 3 Vicarage Road, Edgbaston, B15 3ES

 [Click here to visit the website](#)

 Universal





Maternal Mental Health Service (MMHS)

SERVICE DESCRIPTION/ WHAT THEY OFFER

The MMHS supports women, their partners and families living in Birmingham and Solihull who have experienced perinatal loss and have associated mental health difficulties.

Note: More information can be found in the Perinatal Chapter.

CONTACT



For any queries or support around completing a referral, please e-mail: bsmhft.mmhs@nhs.net



[Click here for more information amount the MMHS](#)



Specialist/ Statutory



For information of referrals, please contact the above e-mail. *Please note all referrals must come from health professionals working within Birmingham and Solihull, such as Midwives, GPs, Obstetricians, Health Visitors, Nurses).*



Miscarriage Association

SERVICE DESCRIPTION/ WHAT THEY OFFER

They provide support and information to anyone affected by miscarriage, ectopic Pregnancy or molar pregnancy. They offer support via their helpline and live chat. They also have offer online support via Facebook and their forum. They also have a UK-wide network of support group volunteers with personal experience of pregnancy loss who offer support groups via zoom. Visit the website to find out more!

CONTACT



01924 200 799 Monday-Friday 9-4pm



info@miscarriageassociation.org.uk (for queries)



Live chat is available Monday-Friday 10-3pm
[Click here to access](#)



[Click here to visit the website](#)



Universal





SERVICE DESCRIPTION/ WHAT THEY OFFER

They work to support anyone affected by pregnancy loss or the death of a baby during or shortly after birth.

Some of the services available include a free national helpline, grief chat, and a bereavement support app (find on the app store). They also have local support groups with trained befrienders (details for Birmingham are listed under 'contact'); and an online forum enabling bereaved families to connect with each other (including a support group for dads). There is also a wide range of bereavement support resources available via the website including a memory box.

CONTACT



0808 164 3332 (Helpline) Monday to Friday 10am-3pm. Tuesday, Wednesday and Thursday evenings 6-9pm.
07709 425001 (Birmingham Sands)



helpline@sands.org.uk
Birmingham@sands.org.uk



Grief chat is available Monday-Friday 9am-9pm [Click here to access](#)



[Click here to visit the website](#)



Universal



SERVICE DESCRIPTION/ WHAT THEY OFFER

They are a UK charity for people aged 50 or under who have lost their partner. It's a peer-to-peer support group operating with a network of volunteers who have been bereaved at a young age themselves. Bereavement support resources can be accessed via the website.

Note: To access the network, individuals must sign up for a membership. Financial schemes are in place for those where this may be difficult.

CONTACT



0300 201 0051 (for queries)
Monday-Friday 9:30-5pm



[Click here to visit the website](#)



Universal



[Click here to join](#)



ForwardThinking Birmingham Children in Care (Forward Thinking Birmingham)

SERVICE DESCRIPTION/ WHAT THEY OFFER

The FTB Children in Care Pathway offers trauma informed psychotherapeutic consultation and care to 0-25-year-olds who went into care whilst living in Birmingham and currently live in Birmingham.

- Offer fortnightly case discussion space (*Wednesday's @ 1pm - 2pm*)
- Consultations (e.g. with social workers, CiC nurses, with TESS)
- Groups - sensory, attachment and developmental trauma
- Support network meetings & multi-agency FTB care plans
- Attend Core Hub and urgent care MDT's
- Links with residential care homes & semi-supported accommodation e.g St Basils
- Liaison and updating network
- Specialist OT assessment & recommendations
- Support with trauma informed thinking
- Supporting wider thinking and psychological formulation
- Training & education to staff and carers

CONTACT



cic.ftb@nhs.net



Specialist/ statutory

[Click here to make a referral](#) or contact the team directly to discuss



Breaking the Cycle (BCT)

SERVICE DESCRIPTION/ WHAT THEY OFFER

Breaking the Cycle is a non-statutory, voluntary service which sits within Targeted and Intensive Family Support Services of Birmingham Children's Trust (BCT) offering therapeutically informed support for birth parents who have lost a child or more to adoption. More information can be found in chapter 1/2.

LA

CONTACT



You can contact Joanne Rogers (Team Manager) on 07927 665329



Breakingthecycle@birminghamchildrenstrust.co.uk



Specialist/ statutory



Contact the team manager directly if you have a query or would like to make a referral



BIRMINGHAM CHILDREN'S TRUST **Northwest Central Pre-Birth Pilot***

SERVICE DESCRIPTION/ WHAT THEY OFFER

This is currently a developing service that offers a trauma informed relational approach for mothers at high risk of having babies removed post birth. They conduct pre-birth assessments and CiN planning to support mothers have had previous children removed, including care leavers, and vulnerable high risk mums.

**Note: This is a developing service therefore limited information is available.*

CONTACT



Information not yet available.



Information not yet available.



Specialist/ statutory



To find out more, contact the IMH inbox bwc.ftbinfantmentalhealth@nhs.net. They will be able to put you in contact with the relevant person to support your query.

BIRMINGHAM CHILDREN'S TRUST **Therapeutic Emotional Support Service (TESS)**

SERVICE DESCRIPTION/ WHAT THEY OFFER

TESS is an emotional well-being service for Birmingham's children in care and care experienced young people up to the age of 25 years. TESS aims to provide emotional support to allow exploration of difficulties from the past or help manage challenges that might continue to affect daily life.

This may include support with:

- Confidence and self-esteem
- Relationship difficulties
- Past Experiences
- Anger, Anxiety, low mood
- Other

Following the referral, an Initial Meeting is arranged. Individuals can bring along their Personal Advisor (PA) to support with this meeting, or someone else of their choice. At this meeting TESS will listen and be sensitive to the needs before deciding together whether now is the right time for them to support or whether there is another service that is better placed to help the young person at the time.

CONTACT



0121 303 7884
07867 358565
07864 927111



[Click here to visit the website](#)



Specialist/ statutory

[Click here to make a referral](#)



Personal advisers can refer or individuals can self-refer if over 18 years.





Activities and Healthy Eating (Birmingham Forward Steps)

SERVICE DESCRIPTION/ WHAT THEY OFFER

The Health Activities Worker in each district uses the model of 'Making Every Contact Count (MECC)' to address the whole family's needs and takes a lead role in coordinating health promotion activities for children under 5 and their families. They promote a range of programmes, activities, and resources to encourage healthy eating, activity and play for families and children.

Note: Families should also talk to their health visitor for support.

CONTACT



Please contact the local Children's Centre using the [postcode checker](#) to find out more!



[Click here to visit the website](#)



Universal - targeted/enhanced



Birmingham Food Refusal Services

SERVICE DESCRIPTION/ WHAT THEY OFFER

They support parents and professionals manage child feeding difficulties through educational and training courses. Resources and information leaflets are available via the website.

Note: Services may incur costs

Families should also talk to their health visitor for support.

CONTACT



[Click here to visit the website](#)



Targeted/ enhanced



[Click here to contact the service with an enquiry](#)

PR



Birmingham Paediatric Nutrition and Dietetic Service

SERVICE DESCRIPTION/ WHAT THEY OFFER

Birmingham Community Nutrition offer two different services.

- **Startwell** - obesity prevention programme. [For more information, click here](#)
- **The Paediatric Team** - Provide dietary advice to children and families referred to the service with nutritional problems. [For more information, click here](#)

Note: Families should also talk to their health visitor for support.

CONTACT



0121 683 2300 (for queries)
0121 683 2303 (for Startwell queries only)



Referrals.nutrition@nhs.net



[Click here to view the website](#)



Targeted/ enhanced



[Click here to access additional resources](#)

NHS



Child development related services (continued)

Caudwell Children

SERVICE DESCRIPTION/ WHAT THEY OFFER

They provide specialised services for disabled children and their families including diagnosis, equipment, services and support children to lead a full and active life.

- Autism Service - provides assessment, intervention, and support for children with ASD
- Family support - helps families by providing practical and emotional support and signposting
- Equipment, sensory packs, short breaks, support with energy bills

Note: Some services may incur costs

CONTACT



0345 300 1348 (general enquiries)



charity@caudwellchildren.com



Speak to a member of the family support team [by clicking here](#).



[Click here to visit the website](#)



Universal



Get in touch using the above information. [Alternatively, click here](#).

Child Development Centres

SERVICE DESCRIPTION/ WHAT THEY OFFER

This service is for pre-school children with physical or developmental delay who may need additional help, support or intervention in order to reach their potential. If children show delay in development in two or more areas, for example physical development and communication development they may need to be assessed at the Child Development Centre. There are 3 pathways:

- Neuro developmental pathway
- Early development pathway children under 5
- Global developmental pathway children under 5

Note: Referrals are accepted from Paediatrician's. Families should also talk to their health visitor for support.

CONTACT

NHS



[Click here to visit the website](#)



There are 4 Child Development Centres (CDCs) within the city of Birmingham.



Specialist/ Statutory



[Click here to view the referral criteria and forms](#).

Communication and Autism Team (CAT)

SERVICE DESCRIPTION/ WHAT THEY OFFER

They support children and young people with a diagnosis or on the pathway to a diagnosis of autism. They also support children with significant communication and interaction differences and offer support to parents.

CONTACT

LA



For professionals: CATLeadershipTeam@birmingham.gov.uk
For Parents: CATParentEnquiries@birmingham.gov.uk



[Click here to visit the website](#)



Targeted/ Enhanced



[Click here for more information](#) or contact the above



Community Paediatrics

SERVICE DESCRIPTION/ WHAT THEY OFFER

The community paediatric service provide assessment, diagnosis, management and where indicated, treatment to children and young people across Birmingham where there are concerns regarding a child's development such as developmental delay, Neurological disability for example cerebral palsy or other physical disabilities, along with other specific conditions.

CONTACT



[Click here to view the website](#)



Specialist/ Statutory



[Click here to access the referral criteria and forms](#)



Early Years Inclusion Support (EYIS)

LA

SERVICE DESCRIPTION/ WHAT THEY OFFER

The teams provide specialised teaching, advice and support for babies and pre-school children who have emerging or identified special educational needs (Communication and Interaction; Play, Thinking and Learning Skills; Hearing/ Vision; Physical, Social and Emotional Development). Early Years Inclusion Support comprises two education teams:

Early Support Service

- If the child is yet to attend a childcare or early education setting you or any agency involved with your child can make a referral.
- Enable children to develop through assessment, play and learning activities. They develop SEN Support Targets, offer advice and support the child moves to an Early Years setting, Childminder or school and support with signposting to relevant groups and training.

Area SENCo (Special Educational Needs Coordinator) Team

- Babies and Pre-school children who are in private, voluntary, or Independent (PVI) early years settings have their special educational needs co-ordinated by the setting based SENCo.
- Provide advice and training and targeted support to settings. They upskill staff to identify and assess children's needs and to develop individual plan and supporting the setting based SENCo. They also Promote Inclusion and managing Inclusion Support in the Early Years (ISEY).

CONTACT



[Click here to visit the website](#)



Targeted/ enhanced



[If you have an enquiry, click here](#)
Early Support Service: [Contact here for referrals information.](#)

Area SENCO Team: Talk to the Special Educational Needs Coordinator (SENCo) in the child's PVI early years setting.






SERVICE DESCRIPTION/ WHAT THEY OFFER

They support individuals with learning disabilities and their families and carers. They have a helpline service and offer advice and information on a range of topics from everyday living and relationships to early years and children. They can offer help with personal support, residential care, respite, supported living and much more! There are also local groups.

CONTACT

 0808 808 1111

 helpline@mencap.org.uk

 [Click here to visit the website](#)

 Universal

 [Click here to fill in the online form](#)




SEND (Birmingham Forward Steps)

CONTACT

LA/ NHS/ VCS

SERVICE DESCRIPTION/ WHAT THEY OFFER

Their aim is for all children and young people with a Special Educational Need or Disability (SEND) across Birmingham to get the help they need early, and as easily as possible.

 Please contact the local Children's Centre using the [postcode checker](#) to find out more!

 [Click here to visit the BFS website](#)
[Click here to visit the Birmingham City Council Website](#)

 Targeted/ enhanced




Speech and Language Pathway (Birmingham Forward Steps)

LA/ NHS/ VCS


CONTACT

SERVICE DESCRIPTION/ WHAT THEY OFFER

They offer support to parents, carers, schools and other professionals in relation to a child or young person's communication needs or eating and drinking concerns. They offer advice, strategies and provide evidence-based specialist support to support parents, carers, schools and other professionals in relation to a child or young person (0-18 years) with a range of specific speech, language and communication difficulties and those with difficulties swallowing, eating and drinking.

 [0121 466 3370](tel:01214663370) (Admin line)
 0121 466 6231 (Speech and Language Therapy Advice Line)
The phone line is open 24 hours a day and a short message can be left. Qualified Speech and Language Therapists are available to respond to messages on Mondays, Wednesdays and Fridays between 9am and 4pm).

 bchnt.childrens.slt@nhs.net (for queries)

 [Click here to visit the BFS website](#)
[The Birmingham Community Healthcare Website](#)

 Targeted/ enhanced

 [Click here to make a referral](#)

**Note: The child or young person must be aged 0-18 years (or up to 19 only if in full time special school education) registered with a Birmingham GP or Birmingham School.*





SERVICE DESCRIPTION/ WHAT THEY OFFER

CONTACT

They provide free, accessible and confidential sexual health services in Birmingham and Solihull, including all types of contraception, and STI testing and treatment. Their service is non-judgmental and for people of all ages, genders and orientations. Everyone is welcome, and there is no need to see a GP first.

Services include (not exhaustive):

- ChatHealth - confidential help and advice from Umbrella health advisors via text message.
- Contraception, STI testing, HIV Testing and treatment
- Pregnancy testing and advice
- Abortion advice
- Support and counselling (abuse clinic, alcohol and substance abuse, psychosexual services)
- Appointments and walk-in clinics
- Services for under 16's



0121 237 5700 ([click here for times](#))



To use ChatHealth text 07312 263287 (Monday-Friday 9:30-4pm)



[Click here to locate the nearest service](#)



[Click here to visit the website](#)



Universal



[Click here to find out more about booking appointments and walk-in clinics](#)







Mental Health related services

Action for Post-Partum Psychosis

SERVICE DESCRIPTION/ WHAT THEY OFFER

They are the national charity for women and families affected by postpartum psychosis (PP). They run a peer support service, connecting women and families throughout the UK to recovered volunteers, via: an online peer support forum; one to one email support; meeting a volunteer programme (video and in person); social groups and creative workshops. They also develop information for women and their families and offer training to frontline health professionals.

CONTACT

-  020 33229900 (General enquiries)
-  app@app-network.org (General enquiries)
-  [Click here to visit the website](#)
[Click here to learn more about peer support](#)
[Click here to access the information guides](#)
-  Universal

Birmingham Mind Helpline







SERVICE DESCRIPTION/ WHAT THEY OFFER

Their Helpline provides advice and information to people experiencing mental health difficulties, their families, professionals and the wider public. The helpline can also offer advice, information and signposting relating to health and social care, alongside a range of other issues.

Note: The Helpline is managed by Birmingham Mind between 9am - 11pm. Between 11pm and 9am, calls are diverted to either [Birmingham & Solihull Mental Health Foundation Trust](#) or [Forward Thinking Birmingham](#) (Depending whether adult or young people's services are required).

CONTACT

VCS

-  0121 262 3555 (24/7)
0800 915 9292 (24/7)
-  help@birminghammind.org
-  [Click here to access live chat](#) (10am-9pm)
-  [Click here to visit the website](#)
-  Universal
-  Talking Space is also available at certain locations.
[Click here to find out more](#)







Samaritans

SERVICE DESCRIPTION/ WHAT THEY OFFER

Samaritans are there 24 hours a day, 365 days a year to listen to anyone, whatever they are going through.

CONTACT

VCS

-  116 123 (helpline 24/7)
-  jo@samaritans.org
-  A pilot online chat service is sometimes available via the website. [Click here to find out more.](#)
-  [Click here to visit the website](#)
-  Universal
-  We also have a self-help app. [Click here to find out more](#)



Physical Health related services

51

SERVICE DESCRIPTION/ WHAT THEY OFFER

They are a large, dynamic team of experienced professionals working within BCH to help families manage their healthcare journey and achieve their best possible quality of life. They aim to promote good mental health and wellbeing, in the context of physical health conditions.

- Together the team aims to help children, young people and their families to cope with acute and chronic health conditions and manage procedures and treatments, with reasonable adjustments.
- Adjust to life changing experiences, support difficult decisions and access holistic care and psychological care planning
- Support and interventions may include: Solihull Approach parent groups, CBT, Narrative Therapy, ACT, Solution Focussed Therapy, mindfulness, hypnosis and Eye Movement Desensitisation and Reprocessing (EMDR).
- The team offers a range of group programmes for young people, parents and carers, individuals working with children, young people and families,
- The team also offers consultation, supervision and training for staff and support to teams around psychologically informed care, managing intense & emotive contexts.

CONTACT



0121 333 8048


[Click here to visit the website](#)


The team is based in The Rainforest at the Children's hospital, on the ground floor of Ladywood House.



Specialist/ statutory



Contact the team directly if you have a query

SERVICE DESCRIPTION/ WHAT THEY OFFER

They are a unique paediatric multi-disciplinary service, which supports the most medically complex children, from hospital to home. Their aim is to ensure that the needs of the children and families they see and treat are addressed on a health, social and holistic level. They offer support in ensuring all services required are set up, or referrals have been made to the relevant teams and addressed. Family support work is conducted with vulnerable families looking holistically at barriers to discharge. They treat any patient, aged 0-18, that has a long-term condition and two or more specialities involved, as well as one or more of the following:

- Challenge in co-ordinating clinical care
- Vulnerable family e.g. parenting capacity/parental illness
- Unresolved housing issues, which is anticipated to be a barrier to discharge and unresolved immigration issues
- Anticipated on-going care needed upon discharge

CONTACT



0121 333 8838


bwc.cmic@nhs.net

[Click here to visit the website](#)


Specialist/ statutory



Contact the team directly if you have a query



Neonatal Unit

SERVICE DESCRIPTION/ WHAT THEY OFFER

The family team on the neonatal unit provide a service to any family whose baby is an inpatient in BWH. There is a small amount of resource provided by Health in Mind covering Heartlands and Good Hope Hospital providing consultation to staff. The team recognise that any family that experiences a premature birth is at risk of experiencing PTSD, PND and other perinatal mental health difficulties. Support may include:

- Making sense of experiences of the NNU, finding ways to cope with your emotional reactions, managing the impact of your experiences on your relationships (with your family and the NNU team), solving problems and making use of your own strengths and skills, thinking through decisions about your baby's treatment, thinking about your relationship with your baby.
- Psychoeducational resources and peer support for every family.
- Targeted support for families with more acute distress and/or more risk factors for developing difficulties in the parent-infant relationship. The psychologist will see mums, dads and other carers. The team provide therapeutic input for small number of families with attachment/bonding issues, and/or perinatal mental health needs; this includes promoting attachment and attuned responsiveness, one-off consultations, sharing ideas and strategies, and liaising with other services.
- The team work alongside services already involved and offer 'stop gap' support if these services pause their involvement during the inpatient period.
- Mindfulness approaches are used for dads to support them becoming more 'present' at the cot side
- There is currently no capacity to provide ongoing follow up post discharge although occasionally one follow-up session is offered a few weeks after baby has been discharged to review the care plan put in place on the ward.

CONTACT



0121 335 8190 (Neonatal Intensive Care Unit reception BWH).



[Click here to visit the website](#)



Specialist/ statutory



To make an appointment, parents/ carers can speak to the doctor or nurse looking after their baby, ask on the front desk or phone the above number to make a request.



An appointment can be arranged in a private, quiet room on the NNU or via telephone/ video call.



[Click here for further information leaflets](#)

Smoke-free Pregnancy Service

SERVICE DESCRIPTION/ WHAT THEY OFFER

The team of specialist smokefree pregnancy advisors can offer one-to-one support with things like setting a quit date, managing cravings, and changing routines and habits. The service is free to access and they can offer support throughout pregnancy and beyond. They can advise on which Nicotine Replacement Therapy (NRT) products would work best and will be provided free of charge. Partners or other close family members who smoke can receive support too.

CONTACT



bwc.stopsmokingbwc@nhs.net
bwc.stopsmokinguhb.nhs.net



[Click here to visit the website](#)



Targeted/ enhanced



Individuals should speak to their midwife to be referred to the dedicated service at any time during their pregnancy and after their baby arrives or contact directly via e-mail (noted above).




Safeguarding concerns: If you need advice or concerns are contentious, speak to the Trust safeguarding team. We also have FTB safeguarding leads.

Making a referral:

- Ring and speak to CASS/ ACAP before making a referral.
- Outside of normal office hours contact the Emergency Duty Team.
- CASS/ ACAP will advise, but a referral form should be completed.
- Send a copy of referral to Trust Safeguarding team: bch.tr.childprotection@nhs.net
- Put alert onto Carenotes
- Follow up with Multi-Agency Safeguarding Hub (MASH) and update Carenotes.
- *If the abuse/neglect took place within a different LA you need to use their referral method - use the [NHS Safeguarding APP \(myguideapps.com\)](#) to search for any LA in England.*

CONTACT

 0121 333 8875 (BCH safeguarding team) (Mon-Fri 9-5).

 bch-tr.childprotection@nhs.net



Children's Advice & Support Service (CASS)

SERVICE DESCRIPTION/ WHAT THEY OFFER


The **Children's Advice and Support Service** (CASS) provides a single point of contact for professionals and members of the public who want to access support or raise concerns about a child.

'*Birmingham Neglect Strategy 2022-26: Working Together to Build Strong Family Foundations*' sets out the responsibility of all agencies to work together to tackle neglect in the city with a focus on early identification and intervention.

Alongside the Strategy, a Practitioner Toolkit has been launched. This supports practitioners from all agencies and at all levels to work with children, young people and families where there are concerns about neglect or suspected neglect. This includes practical tools and strategies as well as links to other resources.


[Click here to find out more and view the neglect strategy toolkit for practitioners.](#)

CONTACT

 0121 303 1888 (Monday-Thursday 8:45-17:15; Friday 8:45-16:15)
0121 675 4806 (Emergency out-of-hours)

 CASS@birminghamchildrenstrust.co.uk

 [Click here to visit the website](#)


 For more information about making a referral and to access the Request for Support form [click here](#)

Birmingham City Council Adults and Communities Access Point (ACAP)

SERVICE DESCRIPTION/ WHAT THEY OFFER

First point of contacts for adult social care in Birmingham.

CONTACT

 0121 303 1234 (Monday-Friday 9-5pm)
0121 675 4806 (Emergency out-of-hours)

 CSAdultSocialCare@birmingham.gov.uk

 [Click here to visit the website](#)

 [Click here to make a referral.](#)



Wider Family Support



Advocacy Matters

CONTACT 54



0121 321 2377 (Mon-Fri 9-5pm)



[Click here to contact us with a query](#)



[Click here to visit the website](#)



Universal



[Click here to make a referral for a disabled or vulnerable adult](#)

SERVICE DESCRIPTION/ WHAT THEY OFFER

They provide vulnerable people independent advocacy support in Birmingham and Walsall to ensure individuals are heard & their rights, concerns & needs are acted upon.

- Care Act Advocate ([Click here to find out more](#))
- Independent Mental Capacity Advocate (IMCA) ([Click here to find out more](#))
- Physical Disability Advocacy ([Click here to find out more](#))
- Volunteer Advocacy ([Click here to find out more](#))



Anawim Birmingham's Centre for Women

VCS

CONTACT



Monday - Friday between 9am and 5pm
on 0800 019 8818



Webchat: Open Monday-Friday 9am-5pm.
[Click here to access](#)



[Click here for the website](#)



Drop-in Services: [Click here to find out more](#)



Universal



[Click here to make a referral or contact the above](#)

SERVICE DESCRIPTION/ WHAT THEY OFFER

Anawim offers confidential emotional and practical support in a safe space. Their doors are open for every woman, not just those with complex needs. They listen and design their services around the individuals needs.

- Anawim supports any woman who may be struggling. Difficulties may include but are not limited to:
 - Those experiencing any form of abuse
 - Accommodation difficulties
 - Health (mental health, physical health, alcohol/ drug use, self-harm)
 - Relationships (Family, Social, intimate)
 - Life and daily Skills (parenting, employment, emotional, education support,)
 - Other (legal support, immigration, finance, criminal justice involvement)
- They can offer a range of support and service including:
 - A safe space to chat, advice and guidance
 - Food parcels, toiletries, sanitary products
 - Support with temporary accommodation
 - Support in accessing other services if longer term support is needed to find a service that can best meet your needs.
 - A Drop-in service, events and activities



Wider Family Support (continued)

55



SERVICE DESCRIPTION/ WHAT THEY OFFER

They provide three days' nutritionally balanced emergency food and support to local people who are referred in crisis. They are part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK.

- 1) Get in touch
- 2) Arrange a visit to the referral agency (They will discuss your situation and supply you with a [foodbank voucher](#) where appropriate).
- 3) Bring foodbank voucher to the nearest foodbank centre

Note: Use the [website](#) to look up Foodbank centre details. Birmingham Central foodbank vouchers can be used at any other Birmingham Trussell Trust foodbank.

CONTACT



0121 236 2997

info@birminghamcentral.foodbank.org.uk[Click here to visit the website](#)Birmingham Central Foodbank, Birmingham City Church, Parade, B1 3QQ (*see note*)

Targeted/ enhanced

They distribute food parcels on:
Tuesday's 9:30 -11:15, Friday's 10:00-13:15

LA/ NHS/ VCS

SERVICE DESCRIPTION/ WHAT THEY OFFER

BFS deliver a core family support offer at a district level by health visiting teams, Home Start and Children Centre staff working in children's centres, community venues, and in family homes. They offer a programme of support including case work (1:1 support), Early Help Assessments, Care plans, Early Support or Specialist Integrated Assessments and structured and evidence informed groups. Weekly Integrated Allocation meetings are well established in each district, health visitors and children centres review referrals from CASS, HV, WMAS, Police and schools and allocate targeted intervention packages of support for children and families. Intensive support is provided over extended period by HomeStart which is part of the wider family support offer.

CONTACT

Please contact the local Children's Centre using the [postcode checker](#) to find out more!

Targeted/ enhanced



VCS

SERVICE DESCRIPTION/ WHAT THEY OFFER

They offer confidential information and advice to people with queries around, or experiencing problems in areas including law, debt/ money, benefits, consumer, housing, work, immigration, health, family.

Note: Textphone for the Deaf/Hard of hearing: 18001 03444 111445

CONTACT

0800 144 8848 (national phoneline)
03444 77 1010 (information helpline-
Birmingham) Mon-Fri 9:30-16:30.[Click here to chat with an advisor online](#)

Ground Floor Gazette Building, 168 Corporation Street, B4 6TF

[Click here to visit the website](#)

Universal



Wider Family Support (continued)



Early Help Community Connectors

SERVICE DESCRIPTION/ WHAT THEY OFFER

Birmingham Children’s Partnership ‘Early Help’ model is a city-wide initiative aiming to connect young people aged 0-25 and their families with local community services using the Early Help directory. Community Connectors aim to ensure that every family has easy access to the right support at the right time. Families, professionals, and services can get in touch to complete a Family Connect Form to receive support from more than one professional, from general help to more specialised provision or support with complex situations.

By completing and submitting the Family Connect Form with as much information about the family’s needs, the Locality will be able to advise on what support is available. This will be done either by giving advice, signposting to services and community support or linking to early help workers within the locality. For example:

- provide family support
- give advice and guidance including linking to food banks
- connect families to the professionals who can support them and coordinate the help
- support early help assessments
- connect families into the local community resources to help families to be more resilient
- give small grants for emergency food assistance.

CONTACT



Contact details via district [Please click here.](#)



[Click here to visit the website](#)



Targeted/ enhanced



Professional Referral: [Click here to make a referral](#)
Self- Referral: [Click here to make a referral](#)



Family Lives

CONTACT

VCS



0808 800 2222 (helpline) Mon-Fri 9-9pm, Weekends 10-3pm.



askus@familylives.org.uk



[Click here to access live chat](#) Mon-Fri 10:30-9pm



[Click here to view the website](#)



Universal



NHS Healthy Start Food Vouchers

CONTACT

SERVICE DESCRIPTION/ WHAT THEY OFFER

Many families in Birmingham can register for Healthy Start food vouchers, entitling them to £4.25 of free food per week. Healthy Start food vouchers can be exchanged for milk, infant formula, fruit, vegetables and pulses. To qualify for Healthy Start applicants must be:

- 10+ weeks pregnant and/or have at least one child under 4
- In receipt of benefits such as Child Tax Credit or Universal Credit.



If you have any queries on this please contact Kathy Lee Kathy.Lee@birmingham.gov.uk in the Public Health team.



[Click here to visit the website](#)
[Click here to find your local Healthy Start Vitamin collection site](#)



Targeted/ enhanced



[Click here to apply](#)



CONTACT

SERVICE DESCRIPTION/ WHAT THEY OFFER

They support parents to build better lives and better futures for their children. They offer volunteer-led support to families who are experiencing difficult life circumstances such as poor mental health, illness and disability, poverty, isolation and lack of family support networks.

Across Birmingham there are six Home-Start charities working in diverse communities throughout the city. The services they run vary from home visiting volunteering to groups and targeted support work. To find out more about the six Home-Start charities across Birmingham, contact them individually, by visiting their own webpages:

- [Home-Start Birmingham Central and South-West](#)
- [Home-Start Birmingham South](#)
- [Home-Start Birmingham Tameside](#)
- [Home-Start Birmingham North West](#)
- [Home-Start Cole Valley](#)
- [Home-Start Birmingham North and Inner City](#)



Contact details vary for each of the Home Start charities. Click on the links provided to find out more.



info@homestartbirmingham.co.uk



[Click here to visit the website](#)



Targeted/ enhanced



[Click here to make a referral](#)



Wider Family Support (continued)

SERVICE DESCRIPTION/ WHAT THEY OFFER

Birmingham Social Emotional Mental Health (SEMH) Pathfinder offers a relational model of values-led family support through schools in Birmingham.

- A core team of multi-agency professionals works with young people and their families, identified by the schools. The team facilitates a greater understanding of the adverse experiences and the wider circumstances of each family which may lead to challenging behaviour.
- Pathfinder is now rolling out the "Roots" project in the Northfield District, working with Barnardo's children's centres to provide psychologically informed environment (PIE) training and support to parents and carers of 0-5 year olds.

**Note: This is a developing service therefore limited information is available.*

CONTACT



Information not yet available.



Information not yet available.



Specialist/ statutory



To find out more, contact the IMH inbox bwcf.tbinfantmentalhealth@nhs.net. They will be able to put you in contact with the relevant person to support your query.

SERVICE DESCRIPTION/ WHAT THEY OFFER

Their aim is to help individuals understand what is going on in their relationship and change things for the better. They offer a range of services including: Counselling (relationship, family, CYP); Family mediation; Improving child and family arrangements; Domestic abuse support; Education and Training.

Note: Services may incur a cost, but reduced cost appointments or bursary funding may be available for those with financial difficulties.

CONTACT

VCS



0121 643 1638 01902 428447
Mon-Thurs 9-9pm; Fri 9-4pm; Sat 9-12pm



info@relatebirmingham.co.uk



[Click here to view the website](#)



Universal



[Click here to make an enquiry](#)

SERVICE DESCRIPTION/ WHAT THEY OFFER

Safe families offer holistic support to children, families and care leavers to overcome challenges at an early stage or in crisis. The direct support is provided by volunteers and may take the form of hosting (daytime or overnight), befriending and practical resources. Volunteers may be: Family friends (come alongside the family and offer support), Host families (provide overnight stays), or resource friends (provide basic goods and services to support).

CONTACT

VCS



0333 4141488



[Click here to view the website](#)



Targeted/ enhanced



[Click here to make a general enquiry](#)

In Birmingham, referrals are only accepted from professionals within Birmingham Children's Trust.



Wider Family Support (continued)

59

St Basils

SERVICE DESCRIPTION/ WHAT THEY OFFER

St Basils works with young people aged 16-25 who are homeless or at risk of homelessness. Some projects accommodate young people with their babies and young children, and all young people are offered a range of prevention, accommodation, support, employment, and engagement services. St Basils is a Psychologically Informed Environment (PIE) organisation. Birmingham Youth Hub (BYH) can offer support to:

- Advise and signpost to specialist services, including mental health services, benefits
- Access education, training or employment services
- Access health and wellbeing services and support with debt advice and money management
- Access support from the Lead Worker service
- Maintain and secure suitable accommodation
- Advocacy and mediation
- Build relationships and access your community
- BYH is delivering the Advice and Wellbeing Hub to young people aged 16 to 25 years old. This service offers information, advice and guidance to any young person who is precariously housed:

CONTACT (For Individual)



Text NEED ST BASILS to 62277. Alternatively call 0300 303 0099



youthline@stbasils.org.uk



[Click here to visit the website](#)



Specialist/ statutory



If homeless in Birmingham 'out of hours' and requiring immediate help, call BCT emergency duty team 0121 675 4806 (age 16-17) or 0121 303 2296 (18+)

CONTACT (For Professionals)

For enquiries regarding Birmingham accommodation schemes you can get in touch by:



0121 772 2483 during usual office hours



info@stbasils.org.uk



BIRMINGHAM
CHILDREN'S TRUST

Think Family Support Service (BCT)

LA

CONTACT



[Click here to view the website](#)



Targeted/ enhanced



[Download and complete the form](#) and e-mail to cass@birminghamchildrenstrust.co.uk

SERVICE DESCRIPTION/ WHAT THEY OFFER

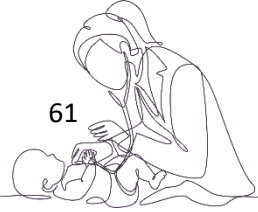
They support families who would benefit from a whole family approach to overcoming multiple/ complex problems that don't need statutory or social work intervention. Their offer is for families who have at least two of the characteristics: Parents or young people involved in crime or anti-social behaviour; children who have not been attending school regularly; children who need help; adults who are out of work or at risk of financial exclusion or young people at high risk of being out of work; families affected by domestic abuse; parents and children with a range of health problems





Chapter 4: Additional online resources, courses and support





OVERVIEW AND WHAT THEY OFFER

Birmingham and Solihull United Maternity and Newborn Partnership (BUMP) offer free virtual drop-in sessions for all pregnant women across Birmingham and Solihull to speak with consultant midwives from Birmingham Women's hospital and University Hospitals Birmingham.

Previous sessions include:

- Most common pregnancy and birth questions
- Dads and partners
- Pelvic health
- Infant Feeding
- Happy and Health Pregnancy
- Induction of labour

CONTACT AND ACCESS



Ask the Midwife sessions are held on the last Tuesday of every month, 10.30am - 11.30am



[Click here to access the website to learn more and view previous sessions](#)



Project.bump@nhs.net



Please e-mail the above if you wish to join a virtual session or if you have any question you would like to be asked at the session.



Universal





Baby Buddy App

OVERVIEW

Baby Buddy is a free multi-award-winning, interactive pregnancy and parenting app which has been created to support parents, co-parents and caregivers, to build their knowledge and confidence for the crucial first five years of their child's life, when foundations are laid. Baby Buddy provides trusted, evidence-based information and self-care tools, based on the latest research and is NHS-approved.

WHAT THEY OFFER

Baby Buddy has:

- Fun, engaging interactive features to 'learn without the burn'
- A huge video library - including tips on breastfeeding and the Small Wonders Change Programme for premature and low birthweight babies
- Out of the Blue - videos promoting mental health
- Support and advice particularly tailored to dads
- 'Today's information' - personalised, bite-size daily updates
- Much more!
- The website hosts more information for parents and professionals

ACCESS



[Click here to access the website to learn more](#)



Universal



To access, download from the app store.



OVERVIEW

Baby Check features 19 simple checks that parents can do if their baby is showing signs of illness. The app was developed in partnership between Birmingham Community Healthcare NHS Trust and The Lullaby Trust.

WHAT THEY OFFER

- Baby Check was originally published as a Lullaby Trust booklet (link included below), and is now available as a free app.
- Each check tests for different symptoms and when completed, a score is calculated that tells parents or carers how ill their baby is. The app then lets parents know what they should do next and whether their baby needs to see a doctor or health professional.

Note: The Lullaby Trust website also provides information on safer sleep and bereavement support for anyone affected by the sudden and unexpected death of a baby or young child.

ACCESS



[Click here to access the website to learn more](#)
[Click here to view the professionals' info pack](#)



Universal



To access, download from the app/ Google Play store.



OVERVIEW

Different cultures have many different beliefs and practices, and it is important to try to understand these and to maintain a person centred and flexible approach to care. Acacia Family Support has a dedicated section on their website for professionals working with mums and dads from racially minoritized groups.

WHAT THEY OFFER

- A series of short Multilingual PMH Awareness raising films. Each film aims to raise awareness of PMH in a culturally appropriate way and explain how to seek help. [Click here to view](#)
- Advice and resources available in different languages e.g. information leaflets, outcome measures, literature
- Information of different services and programmes available in Birmingham to support families of ethnic minority backgrounds e.g. Raham Project, EHSAAAS Project, Acacia's BAME Project
- Acacia have also previously offered Cultural Humility Training to professionals to enhance skills and improve cultural awareness.

The page titled 'websites and other useful links' may also be helpful.

ACCESS

  [Click here to access the website to learn more](#)



Universal



OVERVIEW

The organisation 'What works for early intervention and children's social care' has a vast array of resources designed to help decision-makers and practitioners put effective early intervention into action.

ACCESS

Resources

>>> [Click here to access their website and collection of reports and resources](#)

Early Years Library

A compilation of evidence-informed skills and practices to support children's cognitive and social-emotional development.

>>>

- [Click to sign up view the library](#)

Activities and toys that support caregiver-child interaction in the early years

This guide describes over 80 activities that support children's development in their understanding of objects, other people, numbers and language.

>>>

- [Click here to view](#)

Supporting Healthy Relationships and reducing parental conflict

- Among new parents
 - Among parents with mental health difficulties
 - Among parents of children with behaviours that challenge
 - Among minority ethnic parents
 - Among separating and separated parents
- >>>
 - [Click here to view the series](#)



OVERVIEW

50 Things to do aims to provide inspiration for parents and carers to connect with children through a range of activities, all designed to have a positive impact on learning and health. It also helps children develop the skills, language and resilience needed in school and beyond

WHAT THEY OFFER

- Presented and packaged through a mobile app means it is easy to get started and conveniently available whenever the moment arises for a new activity. The app outlines each activity including: how to do it, what is needed, why it is important, top tips, useful resources, and how to applying it to children with additional needs (alongside much more).
- 50 Things also provides a local offer to families, guiding them to places to visit, and fun things to do in Birmingham. They'll be shown how to make best use of their local libraries, museums, parks and wild spaces - helping to promote community cohesion at the same time.
- Most of the activities are free or low cost making it inclusive for all.
- There is even a space to add photos to create memories of each activity.

ACCESS



[Click here to access the website to learn more](#)



Scan the QR code to download the app

Select Birmingham as the local area and explore the app.



Universal





Five To Thrive

OVERVIEW

The Five to Thrive (FTT) building blocks describe a sequence of relational activities that build healthy brains in young children and maintain healthy brain function throughout life. The simple key words offer a bridge between professional understanding of neuroscience and everyday experience.

WHAT THEY OFFER

- The model and resources aim to support healthy brain development in young children and maintain healthy brain function throughout life.
- On behalf of the BSOL Infant Mental Health Steering Group, a licence has been purchased allowing easy access to the FTT resources.
- The FTT resources – printed, online and digital guides, posters and other tools – help parents and practitioners gain an appropriate awareness of the science of brain development while ensuring that the focus remains practical rather than academic. They support creative and individualised ways of meeting the needs of children at different ages and adults in our communities.

Note: For support in accessing the resources, please contact bwc.ftbinfantmentalhealth@nhs.net who can provide a step-by-step guide.

ACCESS



[Click here to access the website to learn more](#)



Universal



OVERVIEW

The Hearts and Minds Partnership is a community of local voluntary and community sector perinatal mental health support services. They do not provide support to families directly, but the groups represented in the map provide support and wellbeing services to those experiencing mild to moderate mental health difficulties around the time of pregnancy and after birth.

WHAT THEY OFFER

- There website hosts a map which allows you to search a location and connect with local services that offer support ([Click here to view](#)).
- Help and advice section for Parents

ACCESS



[Click here to access the website to learn more](#)



Universal/ Targeted and enhanced.



OVERVIEW

The ICON programme and the different interventions aims to increase the prevention of Abusive Head Trauma (AHT). Research suggests that some lose control when a baby's crying becomes too much. Some go on to shake a baby with devastating consequences. ICON provides a simple message that supports parents/care givers to cope with infant crying. Apart from preventing AHT, most people who have ever cared for a baby appreciate some advice about how to comfort a crying baby and how to cope when it goes on for a long time.

WHAT THEY OFFER

- ICON provides a simple message to help people who care for babies to cope with crying.
 - I - infant crying is normal
 - C - Comforting methods can Help
 - O - Its okay to walk away
 - N - Never ever shake a baby
- A wide range of resources for professionals and parents - posters, leaflets, crying plan

ACCESS



[Click here to access the website to learn more](#)

[Click here to view the resources](#)



Universal



OVERVIEW

Economic pressures and worries can impact on the mental health and wellbeing of families especially of those with under-fives. The Anna Freud Centre have created a Local support services poster so that early years settings can discretely signpost to a range of local services which may help the families in your care.

ACCESS

To help you complete the poster, you can:

- find details of your nearest food bank here: [Trussell Trust](#)
- find details of your nearest Families information service here: Please search for Families information service and your local authority
- Find details of your nearest Citizens advice bureau here: [Citizens Advice](#)
- Find details of your nearest library here: [England and Wales](#), [Northern Ireland](#) or [Scotland](#)



ACCESS

>>> [Click here to access the poster](#)

 Universal



OVERVIEW

During a child's earliest years their brain makes 1 million neural connections every single second. Positive, supportive experiences with parents and other adults are important for their brain development. Brain-building happens when there is interaction with one another. It is about taking a cue from their baby and reacting to what they are doing.

Look at what your baby is focusing on and how they react

Say what you are doing and copy the sounds your baby makes

Sing along to your favourite tunes or make up your own

Play simple games and see what your child enjoys

WHAT THEY OFFER

Look, say, sing, play offers fun and easy tips for parents and carers to use with their baby from birth to not only help with bonding, but to help build their baby's brain. Each brain building tip gives you some ideas of what to do along with an overview of the science behind why it is important.

ACCESS (for parents)



[Click here to access the website to learn more](#)



[Click here to sign up for weekly brain-building tips.](#)

Professionals can also e-mail the FTB IMH inbox for a record of some of these top tips bwc.ftbinfantmentalhealth@nhs.net.



Universal





Resources for Dads & Partners

OVERVIEW

Acacia Family Support have collated a bank of self-help resources, videos, and links available for dads and partners.

WHAT THEY OFFER

- PMH A Survival Guide for dads and partners - BSMHFT & Acacia - [Click here to view](#)
- Dad's Stories and awareness videos
- FAQ's and answers
- A collection of self-help resources and guides
- Information on both local groups and services and national mental health support.

Note: These resources are not intended to be a substitute for a consultation with a healthcare provider/professional and it is recommended that individuals contact a healthcare professional if they are concerned about their health.

ACCESS (for parents)



[Click here to access the website to learn more](#)



Universal



OVERVIEW

The Solihull Approach offers free online courses available for parents, grandparents, friends and relatives to complete and connect, learn, record and share information about their children as they grow and develop. These courses can also be completed by professionals.

The model underpinning the approach combines three theoretical concepts, containment (psychoanalytic theory), reciprocity (child development) and behaviour management (behaviourism). It provides a framework for thinking for a wide range of professionals working with families with babies, children and young people. Containment and reciprocity underpin relationships and brain development as well as the quality of an attachment.

WHAT THEY OFFER

A variety of free online course can be accessed and completed in different languages including:

- Understanding pregnancy, labour, birth and your baby
- Understanding your baby
- Understanding your child's feelings
- Understanding your child with additional needs

And many more! There are also additional language options available for select courses.

Access Code

Birmingham - COMMUNITY

Solihull - APPLEJACKS

Note: For support in accessing the resources, please contact bwc.ftbinfantmentalhealth@nhs.net who can provide a step-by-step guide.

ACCESS



[Click here to access the website to learn more](#)



[Click here to access and complete the registration form.](#)

Following this, you should be able to download FTT resources.



Universal



Subscriptions (for staff)

OVERVIEW

For professionals interested in staying up to date on content relevant to the First 1001 Days (and beyond), a list of relevant subscriptions/ newsletters has been listed below. These subscriptions often provide access to relevant trainings, webinars and more!

ACCESS

Anna Freud Centre

- »»» [Click to sign up to the General Newsletter](#)
- »»» [Click to sign up to the learning network](#)
- »»» [Click to sign up to the national centre for family hubs newsletter](#)
- »»» [Click to sign up to the Early Years in Mind Network](#)
- »»» [Click to sign up to Schools in Mind network](#)

The Tavistock and Portman

- »»» [Click here to join their mailing list](#)

Parent Infant Foundation (PIF)

- »»» [Click here and scroll to the bottom to sign up to their newsletters](#)
- »»» [Click here and scroll to the bottom to sign up for updates on the 1001 days movement](#)

AiMH UK

- »»» [Click here to sign up for a membership \(incur cost\)](#)

The Association for Child and Adolescent Mental Health

- »»» [Click here and scroll to the bottom to subscribe to their newsletter](#)
- »»» [Click here to sign up for a membership \(cost incur\)](#)

Maudley Learning

- »»» [Click here and scroll to the bottom, under learn, subscribe to their newsletter](#)

Early Intervention Foundation

- »»» [Click here and scroll down to subscribe to their newsletter](#)

Nuffield Family Justice Observatory

- »»» [Click here and scroll to the bottom to subscribe to their newsletter](#)

Royal College of Midwives

- »»» [Click here to view the website](#)

Each year there are national awareness weeks dedicated to raising awareness on:

- Infant Mental Health
- Maternal Mental Health
- Black Maternal Mental Health



ACCESS

UNICEF UK

- »» *Understanding and supporting mental health in infancy and early childhood - A toolkit to support local action in the UK (2023)* [Click here to view](#)

Parent Infant Foundation

- »» *Development & Implementation Toolkit (2019)* [Click here to view](#)
- »» *Commissioning Toolkit (2023)* [Click here to view](#)



OVERVIEW

For professionals interested in staying up to date on content relevant to the First 1001 Days (and beyond), a list of relevant websites and useful links has been listed below.

ACCESS

The best start for life: a vision for the 1,001 critical days

Developed as part of the early year's healthy development review, this document outlines 6 areas for action to improve the health outcomes of all babies in England.

- »»» • [Click here to view](#)

Better Births

Vision for maternity services to become safer and more personalised

- »»» • [Click here to read the report and access the resource pack for Local Maternity Systems](#)

Birth Rights

Promotes your right to receive evidence-based care that conforms to the best medical and midwifery standards.

- »»» • [Click here to visit the website and find out more](#)

Five X More

Desire to highlight and change black maternal outcomes in the UK

- »»» • [Click here to visit the website and find out more](#)

MBRRACE-UK

'MBRRACE-UK' is the collaboration appointed by the Healthcare Quality Improvement Partnership (HQIP) to run the national Maternal, Newborn and Infant clinical Outcome Review Programme (MNI-CORP) conducting surveillance and investigating the causes of maternal deaths, stillbirths and infant deaths.

- »»» • [Click here to access the reports](#)

The Motherhood Group

Supporting the black maternal experience

- »»» • [Click here to visit the website and find out more](#)

NICE Guidelines

This guideline covers recognising, assessing, and treating mental health problems in women who are planning to have a baby, are pregnant, or have had a baby or been pregnant in the past year.

- »»» • [Click here to view the Antenatal and postnatal mental health: clinical management and service guidelines](#)

Play in Education Development and Learning (PEDAL)

They conduct academic research into the role of play in children's lives in order to inform wider practice and policy.

- »»» • [Click here to access the website](#)
- [Click here to access the PEDAL hub](#)

Perinatal Mental Health - E-learning for healthcare

There are free PMH modules and different trainings aimed at OTs and Health visitors as well as one for mental health. To be able to access this an account needs to be made on the website first.

- »»» • [Click here to access](#)





If you spot any inaccuracies, please accept our apologies and let us know at bwc.ftbinfantmentalhealth@nhs.net We will be happy to correct any mistakes.

Produced May 2023
Review due May 2024