

## Information & Useful Links To Services

### Sheffield Family Centres

Early Years Partnership meetings continue via Zoom discussing the most appropriate support for families with children under 5. If you have a family who would benefit from low level support and support with signposting to other services please submit a referral via an Early Help Form Part 1



EHA Part 1

Family Centre groups are also taking place virtually and parents can book on direct via Eventbrite: <http://sheffield-family-centres.eventbrite.com>

Tel: **0114 2735665**

Email: [SheffieldFamilyCentres@sheffield.gov.uk](mailto:SheffieldFamilyCentres@sheffield.gov.uk)

### Sheffield Parent Hub

Parenting programmes continue to be delivered via Zoom and during the summer months Sheffield Parent Hub are delivering additional programmes.



Whats On Guide -  
Summer 2020.pdf

Please email [sheffieldparenting@sheffield.gov.uk](mailto:sheffieldparenting@sheffield.gov.uk) if you need to speak to a Senior Parenting Practitioner

Tips and information from Sheffield Family Centres and Sheffield Parent Hub will be shared on our social media channels.



### Children & Families

If you are worried about a child or young person then please follow your safeguarding procedure.

### **Sheffield Safeguarding Hub - 0114 273 4855**

If you require information about MAST Family Intervention support or have a query about a FCAF assessment sent for support for a family.

**Please contact 0114 203 7485**

## **Health Services 0-19**

Health Visiting services are unable to offer face to face contacts at present.

They are however, maintaining a telephone based service and some appointment led clinics in Family Centres across the city.

**You can contact this service on 0114 3053224** if you have any queries or if you would like to update them with your telephone number.

<https://www.sheffieldchildrens.nhs.uk/services/health-visiting/>

## **Midwifery Services –**

Midwifery services continue to offer appointments in Family Centres across the city. Pregnant woman can contact the helpline for further information



## **LIGHT Peer Support**

Perinatal Mental Health peer support is continuing to be provided through email, telephone contact and through Forum accessed via Light's website which also includes a Dads' thread.

Self-referrals or referrals by any professional can be made to Light either via the referral form on the website here –

<https://lightpeersupport.org.uk/professionals/referral-form/>

**Contact Light on: 0114 438 8962**

## **IAPT :**

Many services are running as usual and accessible through a mix of video appointments (via NHS Attend Anywhere) and resources on line including courses with evening sessions also being made available.

Improving Wellbeing Sessions including overcoming anxiety and low mood are taking place and an online course on 'coping with COVID' is being held on Thursday evenings.

Contact IAPT by ringing the central number or completing the on-line referral form (this asks about pregnancy/number of children living in the household). Anyone can self refer online now via our website as we have a new online referral form here: <http://iaptsheffield.shsc.nhs.uk/> in the top left corner of the page.

A range of other online courses for low mood, anxiety and worry all accessible via here: <http://iaptsheffield.shsc.nhs.uk/how-can-we-help-you/>

Full details can be found at: <http://iaptsheffield.shsc.nhs.uk/coping-with-coronavirus/>

**Please Contact: 0114 2264380**

## **Specialist Perinatal Mental Health Service:**

The specialist team is operating a full service with face to face contacts where necessary but are offering phone and video call appointments for routine work and some interventions are being adapted for remote delivery.

Contact details:

<https://www.shsc.nhs.uk/services/sheffield-rotherham-and-doncaster-perinatal-mental-health-service>

**Sheffield phone number is 0114 2716069.**

Switchboard's phone number for SHSC is 0114 2716310.

Some further useful links:-

<https://www.sheffieldchildrens.nhs.uk/patients-and-parents/coronavirus-resources-for-children-and-families>

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