

**Together
an Active
Future**
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Pendle Family Hubs

Creating an Active Place





Overview

In September 2023, Lancashire County Council launched a network of Family Hubs throughout the county. The main goal of these Family Hubs is to provide timely access to appropriate support for individuals from birth up to 19 years, and up to 25 years for those with Special Educational Needs and Disabilities (SEND). The Family Hubs offer a diverse array of services, ranging from guidance on infant feeding to counselling, adopting a holistic approach that involves parents, caregivers, and siblings.

In October 2023, the Pendle TaAF team reached out to the Family Hub Team Lead in their area to discuss ways to integrate and enhance physical activity within Family Hub service delivery.



The Approach



A staff focus group session took place in January 2024 to pinpoint the existing strengths and opportunities within the service that encourage physical activity and movement among users.



Participants were asked to evaluate four main areas, identifying strengths and opportunities based on: staff, facilities, delivery and policy.



Several recurring themes emerged, which influenced collaboration throughout 2024.



Staff



Enhancing staff strengths while boosting confidence, skills, and knowledge emerged as a key theme in the focus group session.



In response to this feedback, staff were offered the chance to participate in two training courses: Tatty Bumpkins, which focuses on yoga-inspired movement and storytelling and a Level 1 Activator Award in Multi Skills. These courses aimed to empower staff to facilitate activities, increase participation and address inactivity.



In total, 13 Family Hub staff members took part in one or both of the training opportunities.

*Pre- and post-training surveys revealed that staff felt more confident, knowledgeable and capable facilitating physical activity and movement as a result of attending the training.

**Survey data taken pre and post Tatty Bumpkins training.*



Facilities



The focus group session highlighted the significance of connecting with external resources to improve service delivery. Although there are five Family Hubs across Pendle, each hub is unique, offering different facilities in terms of space, equipment, and suitability.



When considering activities that could be adapted for various environments, senior staff members identified Yoga, Walk Leader training and Multi Skills as their top preferences.



Forming local partnerships was essential for the Family Hub service to make the most of nearby resources. Links were made with The Leisure Box, resulting in the Family Hubs benefitting from funding which will provide them with free access to the 4G and indoor pitch over a 30 week period.



Delivery

- ✓ Staff identified opportunities to enhance existing sessions rather than creating new standalone activities focused purely on physical activity.
- ✓ Two sessions that have effectively utilised staff training to boost movement and physical activity are Move and Groove and Emotional Health and Wellbeing.
- ✓ Primarily centered around free play, selected Move and Groove sessions now include 30 minutes of Tatty Bumpkins before transitioning to open play. Additionally, staff have integrated games learned during the Multi Skills training into their Emotional Health and Wellbeing sessions.

“We have started to use the cups and saucers game in our Emotional Health and Wellbeing sessions, we use different coloured cones to represent emotions”.
Amber Button - Group Worker



Policy



It was identified that while the Family Hubs network does not currently have a physical activity policy, senior staff are eager to explore this further.



Examples of policies implemented in educational settings have been shared with senior staff, along with opportunities to collaborate on shaping the Lancashire Physical Activity Strategy.



For 2025, utilising Pendle as a model of best practice to highlight how movement and physical activity can enhance broader health and wellbeing outcomes will be a key focus. At present, the Family Hub Framework and Service Delivery Expectations set forth by the DfE and DHSC do not specifically reference physical activity, movement, or exercise.



Next steps



In November and December 2024, staff members will engage in training centered around Special Educational Needs and Disabilities (SEND) as well as inclusive methods for movement and physical activity.



A pilot collaboration between Pendle Leisure Trust and the Family Hubs will explore how to support parents attending SEND sessions with their children to access physical activity opportunities.



Data on session engagement will be gathered from September 2024 to February 2025, along with feedback from service users and staff, to provide a clearer understanding of the impact.



Learning



Training that can be completed within a short timeframe and can be delivered in-house or through a hybrid model was favored by managers and delivery staff, especially when taking into account staff capacity and willingness to participate.



Exploring broader funding avenues, including Open School Facilities and Sport England Football and Multi Sports fund opened the door to establishing sustainable, long-term partnerships among local organisations.



Great things can happen without the need for financial investment, just by connecting the right people and talking, opportunities will emerge. Examples of this include free sports equipment provided by Pendle Leisure Trust and SEND and Walk Leader training opportunities.

