



# have your say

## Westleigh Start Well Centre

Delivering services from the linked sites Leigh Central, Golborne and through community venues in Lowton, Bedford and Higher Folds.  
Supporting the Communities of Leigh, Lowton and Golborne.

## You said...

'Peer Support' is important in this community and the role that parents play in supporting other parents and families.

Would like to see a range of activities around cooking, healthy eating and dads groups/sessions.

Breastfeeding support groups are important to families in the community, and parents are interested in exploring opportunities for a peer support network (also for non-breastfeeding).

How services can be delivered in a community that crosses over with other Local Authorities, how will joined up services support these families that don't fit into a specific community?

You would like services/support available during the school holidays and services that include older siblings – whole family support.

Volunteer element is valued by parents and families and would welcome more opportunities.

## ...We will

The Start Well Centre will work with parents to shape the offer of support for parents i.e. peer support groups building on the strengths of the parents and families in the community to help others.

The Start Well Centre will work with parents to shape the offer of support for parents, including the delivery of activities around healthy eating, feeding support and dads groups.

We will ensure that families are not negatively impacted due to the fact they live on the borders of the borough, and that they can access the offer of universal services in their community.

Work with local community based support groups and providers to look at the offer of support and activities during school holidays for the whole family.

Build capacity and opportunities for you to volunteer in your local community.

# You told us...

Top five buildings would you use the most to access services for 0-5's in your community would be.

- Existing children's centre building
- Local school
- Local nursery
- Community centre
- Local library

Top five types of services you would like to see offered in your area include.

- Health services i.e. baby weigh-in, antenatal services
- Stay and play activities
- Physical activity services for under 5's and their families
- Support with access to training
- Counselling & Job Clubs

Top three things that would encourage you to access services in your area would be.

- Parking
- A range of activities on offer
- Activities for siblings, older children and other family members

## Opportunities

Develop links with schools/community regarding holiday provision for older children and after school services.

Develop new opportunities for Breastfeeding support groups and networks, linking this to peer support and opportunities for parents to help other parents in the area. Identify training opportunities to provide parents with the right skills who want to help their peers. Also explore options for sessions for parents that use alternative feeding methods.

Counselling services for mothers with post natal depression, parent trained in delivering this session would like to offer as part of new delivery model.

Work with the Bedford Higher Folds Community Centre to explore how it could be used as a community hub to deliver services for children, young people and families in the community.

