



# BigLife Families

Impact report 2015

# Introduction

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Big Life Families supports parents, children and families from excluded or disadvantaged communities to achieve their full potential.

We do this by delivering high-quality, welcoming and accessible services, working with, among others, lone parents, teenage mums, black and ethnic minority communities, and children with additional needs and disabilities.

More than **4,950** families accessed our centres or used our services.

In 2015, we will also: provide a statutory service, the **Child in Need Intervention Service**, offering early intervention for at-risk families in south and central Manchester, and **Fairer Start Champions**, a programme using volunteer champions to improve outcome for 0-3 year olds in Stockton-on-Tees.

This year, **72** volunteers were supported by Big Life Families, with **7** going into further education and employment. The service also supported 3 apprentices and **7** student placements.

# Children Centres

This year, Big Life Families ran **3** children's centres – two in Stockton-on-Tees and one in Longsight, Manchester, with a fourth, in Ardwick, Manchester, opening in April 2015. Each centre offers a range of services to local families, such as support groups, parenting classes, family services, and training and volunteering opportunities.

We also carried out early years outreach work for **5** other children's centres across Manchester, in Gorton, Moss Side and the city centre, reaching **2931** families.



**Longsight**   
**Children's Centre**

**Frederick Nattrass**  
**Children's Centre**

**The Star**  
**Children's**  
**Centre**



# The Star & Frederick Nattrass

**954** families accessed our two children's centres in Stockton, **250** families saw a midwife, **412** saw a health visitor and **85** accessed home safe advice sessions.

**80%** of children access four year old funding, **77%** access three year old funding, and **65%** are eligible for two year old funding, entitling children to **15** hours of free childcare per week. **49** children are on a Child Protection Plan.

In August 2014, **37.8%** of children aged 0-5 in the Star's reach area were achieving a good level of development, compared to **25.1%** in August 2013, while in the reach area for Frederick Nattrass **48.1%** achieved the level, compared to **37.8%** the previous year.

Both centres have specific target groups, including lone parents, workless households, asylum seekers, families with BME ethnicities, and fathers. Of these groups:

- **128** parents and carers accessed non-accredited learning programmes, with **86** completing them.
- **96** accessed accredited learning programmes, with **71** completing them.
- **50** parents and carers accessed evidence-based parenting programmes, which provide them with tools and techniques.

Alongside the children's centre, Big Life Families runs a nursery in Frederick Nattrass Children Centre. The nursery has **48** places. Two new nurseries launched in April 2015. Newtown has **40** places, while Ragworth has **32**.



*"Welcoming,  
positive and  
friendly"*

Of **150** families surveyed, **100%** said they were satisfied with services at the Star and Frederick Nattrass.

# Longsight Children's Centre

The children's centre reached **670** children under five, **555** of which were under three.

- **77** children accessed our 'Little Stars' groups, where children under one can enjoy early learning play and development sessions
- **136** children attended 'Healthy Child' drop-in sessions, where parents receive support and information, talk with the health team and weigh their baby.
- **44** children accessed 'messy play' groups
- **93** children attended our crèche
- **17** children attended 'Ready for School' groups
- **78** families accessed midwife support
- **61** children aged nine months and **59** two year-olds had development checks

Overall, **96%** of families we surveyed say they are satisfied with the services they received.

In August 2014, **49%** of children aged 0-5 in Longsight were achieving a good level of development, compared to **38%** in August 2013. This improvement is above national rates (**8%**) and the average improvement in Manchester (**7%**).



*"My confidence has grown a lot"*

# Knowsley

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Big Life Families works in Knowsley with children and families who are hard to engage and who are currently not taking up the offer of 15 hours free childcare for eligible two year olds. This year, **104** families were referred to the service.

- **100%** showed an increase of between **10%** and **30%** in terms of staying safe, compared with scores at the start of the support period.
- **100%** reported an overall improvement in child outcomes, compared with scores at the start of the support period.
- **100%** of families who actively engaged with our service were satisfied with the quality of the service they received and saw improvement in outcomes for themselves and their children

We worked across Knowsley with families to enable them to make positive long-term healthy lifestyle choices.

Through group work, parenting programmes and home sessions providing guidance and support including cooking, shopping for healthy options and routines, the service worked with **12** families, comprising **45** individuals.







# The Freedom Programme

Big Life Families runs the Freedom Programme in Manchester, for women who have experienced or are vulnerable to domestic abuse. The programme provides information and support that allows them to make sense of and understand their experiences, to assist them in future relationships.

The group runs for 12 weeks, lasting 2 hours per week, and is supported by a crèche.

**21** women were referred to the courses

**11** completed the course

**9** reported improved outcomes

*Coming to the Freedom Programme has made me realise that I've come a lot further and have more understanding of domestic violence based on my experience than I thought.*

*I thought I was in a bad place, but coming to the group made me realise I am in a better place, and I hope the other ladies can benefit from it like me.*



**BigLife**  
**Families**

