



Hull
City Council

Early Help and Prevention Services

Annual Report 2025 / 26

"The total support that improves a family's resilience and outcomes, or reduces the chance of a problem getting worse"



Hull's
Early Help
Partnership

Introduction

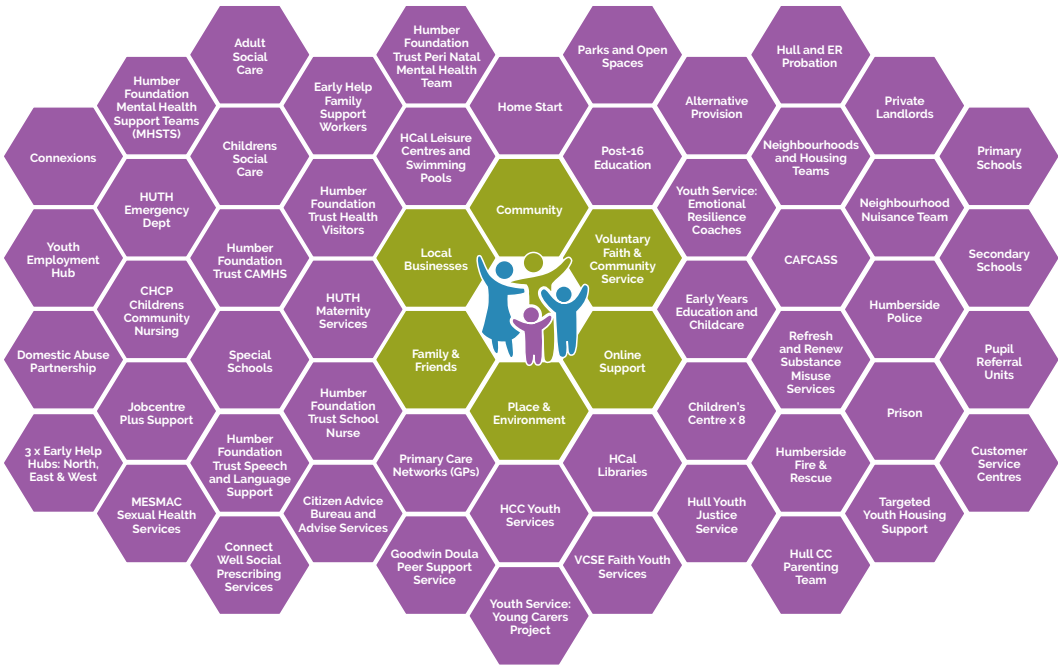
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In Hull we have a really strong and proactive Early Help Partnership who work together to support children and families – acting early to prevent problems from getting worse and finding solutions that will make their lives better.

Early Help and Prevention is a whole system approach, a way of working and everybody's business. It is about working in a collaborative way to support children, young people and families to build on their strengths, overcome challenges and make positive changes for themselves. Our Early Help and Prevention system in Hull involves a wide range of partners all playing a key role in providing support and helping build the resilience of children, young people and families. Our own local Early Help Partnership in Hull is depicted on page 3, with many agencies and services working across the various levels of support. For example, schools and colleges provide a universal offer for all children and young people but also provide vital early help and additional support for those children who need it. Similarly Health Visitors and School Nurses within our Integrated Public Health Nursing Service offer universal, targeted and specialist public health interventions as per the Healthy Child Programme and work within the whole multi-agency system to offer a coordinated early intervention offer.. Our partners in the Police have a clear focus on early intervention, working alongside us and they work proactively with partners in the community.

Hull Early Help Partnership



The partnership have also delivered a range of events and webinars to share information, knowledge and develop the skills and understanding of partners and practitioners. Events and Webinars have included:

- The facts about Children and Young People Vaping
- Thrive Hull-Children and Young People's Emotional Wellbeing and Mental Health in Hull Event
- Family Hubs and Start for Life Programme Event 'The Journey So Far'
- Teenage Conception, Prevention, Pregnancy & Sexual Health in Hull
- Vaccination and Immunisations
- Race and Health Inequalities in Hull
- Child and Family Poverty in Hull
- Healthy Children, Healthy Families - exploring the importance of healthy childhood weight
- Injury Prevention
- Health of Hull's Children
- The Role of a Trusted Adult
- Young Carers Project
- What is Mental Health?- How to access Support and Thresholds (Thrive Hull Partnership)
- ATTEND Framework
- Professional Curiosity
- Making Effective Early Help Referrals: understanding assessment tools and the significance of Team Around The Family (TAF) meetings
- Hulls Young People Event
- Move More Hull! Get Hull Active Partnership

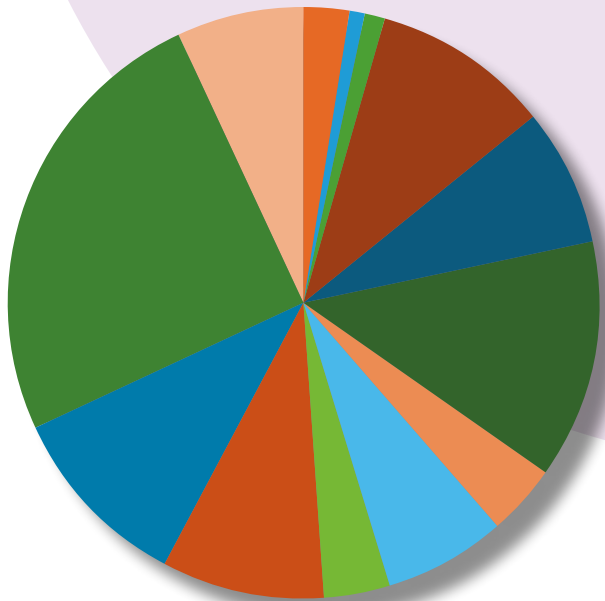
Our Priorities for 2021-2025:

Hull's Early Help and Prevention Strategy (2021-25) has clear priorities.

- 1. A stronger focus on the first 1001 days and school readiness**
- 2. Supporting children and young people to make successful transitions.**
- 3. Keeping children safe and intervening earlier to prevent and reduce neglect.**
- 4. Reducing Parental Conflict and Preventing domestic abuse through early identification and intervention**
- 5. Supporting vulnerable adolescents to reduce risk taking behaviours and those at risk of anti-social behaviour or criminal activity.**
- 6. Improving emotional and mental health and wellbeing**
- 7. Support post- pandemic participation and engagement in positive and enriching activities.**

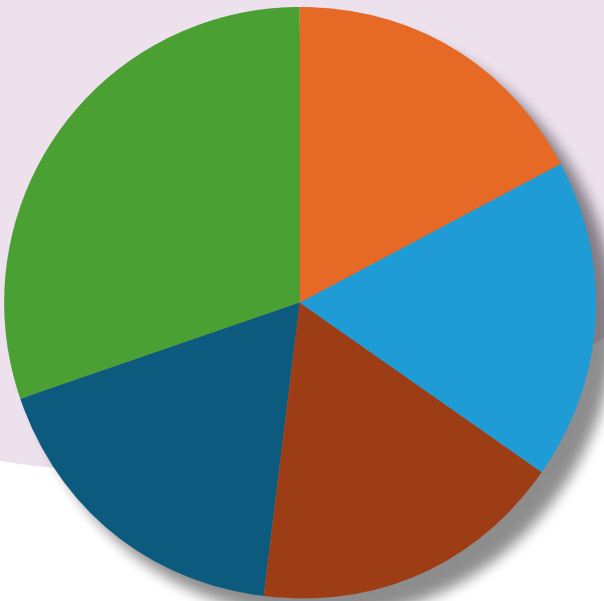


These are a combination of contacts, requests for support and referrals which have been received through the Early Help and Safeguarding Hub (EHASH), at level 3 and directly to Early Help as levels 1 and 2. Some of these may have been picked up by a range of partners, who record on alternative systems, and at the triage stage have been identified as the most appropriate organisation to support the family.



Reason for Referral – Early Help 2025 - 2026

- 226 Abuse
- 86 Child with disability
- 87 Domestic Abuse
- 870 Family Dysfunction
- 677 Family with Acute Stress
- 1171 Housing/Homelessness
- 344 Mental/Emotional Health
- 603 Other
- 331 Parenting Issues
- 781 Special Educational Needs
- 916 Substance Misuse
- 2250 Universal Family Hub Services
- 609 Young Carers



Referral Source – Early Help 2025 -2026

* Other includes: Housing , LA services , Other legal agency, Other, Anonymous, Unknown

Best Start Family Hubs



UK Government

In November 2025 the Council received confirmation from the Department for Education (DfE) that it will continue to receive funding to deliver Best Start Family Hubs (BSFH) and Healthy Babies programme from 1st April 2026. At the end of March 2026, the DfE released guidance for Local Authorities which sets out the vision and delivery expectations.

This guidance builds on the Giving Every Child the Best Start in Life strategy, released July 2025 which sets out the government's continued commitment to enhancing early years and family services. There is particular focus on supporting children and families in the early years to build strong foundations for future success—aiming for 75% of children to achieve a Good Level of Development (GLD) by 2029.

Hull City Council also had confirmation that from April 2026-March 2029 we will continue to receive funding from the Department of Health and Social Care for Best Start for Life services under the new branding of Best Start in Life: Healthy Babies which will retain the focus on supporting health outcomes for the period from conception to age two.

In Hull there are strong foundations in place – including deeply embedded and trusted local partnerships, infrastructure and experience to deliver integrated services for children and families, across the City. The BSFH and Healthy Babies programme provides exciting opportunities for us to continue working to improve child development and ensure all children in Hull have the chance to achieve and thrive.

The Family Hubs provide a 'one-stop shop' for families across Hull. We bring together all the support your family may need, from pregnancy through to young people turning 19 (or up to 25 with Special Educational Needs and Disabilities).

The Family Hubs are a core part of the Early Help delivery model across Hull.

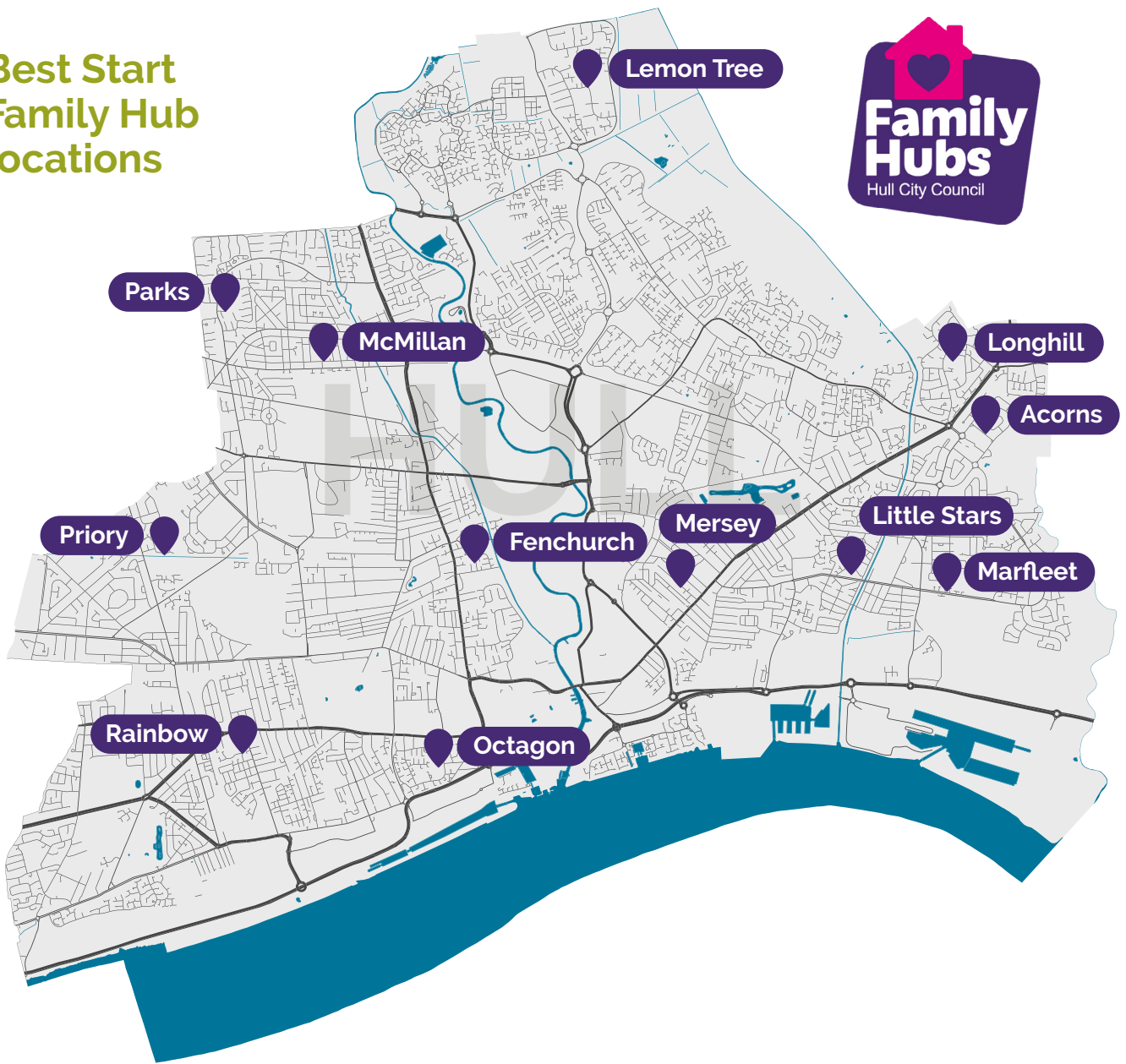
We focus on helping families with:

- Becoming a new parent and all the challenges that may bring
- Building loving and responsive relationships with parents/carers and their children
- Infant feeding
- Speech, language, and communication and play at home
- Social activities such as infant massage and play groups
- Peer support for parents and carers including dads and partners and those families with children who have SEND needs.
- Links with all other teams who support parents such as midwives, health visitors, housing, registrars, nurseries and school, budgeting, and financial support.
- Access to antenatal classes and other parenting support as babies grow.

There are 12 Hubs, which provide a base for bringing together a range of practitioners supporting close collaboration and alignment of services to form an Early Help Team. All staff work with partners across the locality to deliver an integrated approach to Early Help services, these include:

- Family Support Workers and Senior Family Support workers
- Family Support SEND Workers
- Parenting Practitioners
- Targeted Pregnancy Support Workers
- Early Help Coordinators
- Healthy Lifestyles Practitioners
- Youth Workers
- ReFRESH Drug and Alcohol workers

Best Start Family Hub locations



North

- Lemon Tree Family Hub (North Early Help Hub)
- Parks Family Hub
- McMillan Family Hub

East

- Acorns Family Hub (East Early Help Hub)
- Longhill Family Hub
- Marfleet Family Hub
- Mersey Family Hub
- Little Stars Family Hub

West/Central

- Priory Family Hub (West Early Help Hub)
- Rainbow Family Hub
- Fenchurch Family Hub
- Octagon Family Hub

Partners and commissioned services also working out of the Best Start Family Hubs include:

- Birth Registrars - Priory and Longhill Family Hubs
- Community Primary Care Access (GP Drop in) - Rainbow Family Hub
- Young Carers Workers
- Drug and Alcohol Workers (ReNew)
- Family Community Work Coaches
- Health Visitors and Health and Development Practitioners (DWP)
- KIDS
- Home-Start (Hull)
- House of Light
- Midwifery

Healthy Lifestyles Team

The Healthy Lifestyles Team are a strategically positioned within Family Hubs and Early Help. Working collaboratively with partners from 0-19, Family Support, Parenting, the voluntary and community sector and many others, the team deliver interventions to promote a healthy weight in childhood. Outputs from the team contribute towards the city's whole systems approach towards addressing unhealthy weight amongst Hull's children.

Current data for Hull shows:

- **Year Reception excess weight prevalence increased from 26.4% (2023-24) to 29.2% (2024-25)**
- **Year 6 excess weight prevalence increased from 42.2% (2023-24) to 42.6% (2024-25)**

Source: Hull JSNA: Our Healthy Weight – National Childhood Measurement Programme 2024-25 Detailed Report

The Healthy Lifestyles Team deliver over 50 hours per week of targeted frontline support for some of Hull's youngest families promoting physical activity opportunities, food and nutrition guidance, access to healthy food, parenting support and holistic wellbeing:

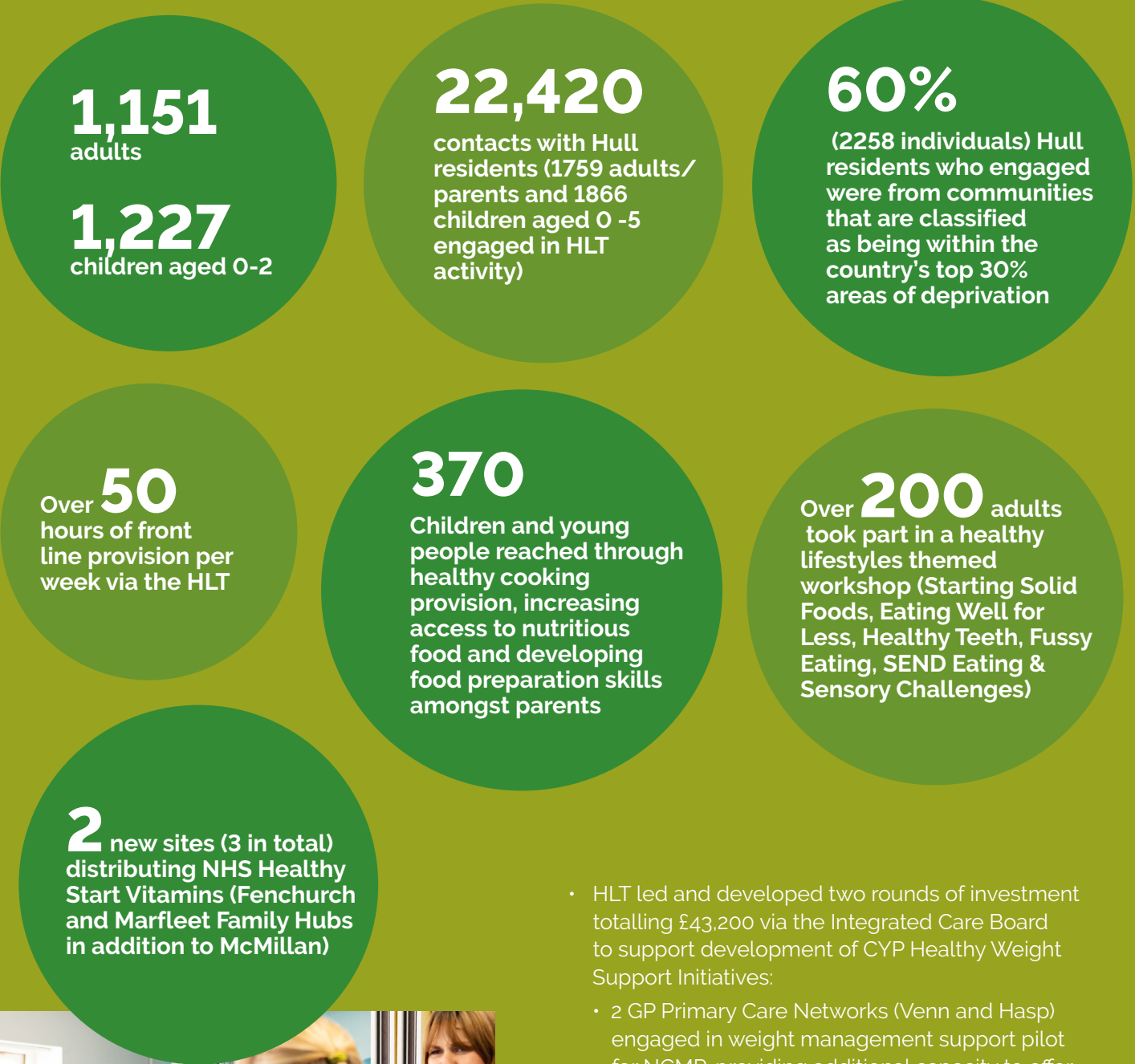
- Pre and Post-Natal Physical Activity and Wellbeing (Us Mums programme)
- Early Years Physical Activity Physical Activity (Tots Get Moving programme)
- Parenting (HENRY programme and workshops, SEND Eating & Sensory Workshops, First Aid workshops)
- Healthy Cooking on a Budget (staff training, cooking and food preparation sessions)
- National Childhood Measurement Programme (NCMP) support (group or 1:1 support)
- Best Start Activity Co-ordinator sessions (infant massage, sensory and play sessions, dads groups)

The team's Best Start Activity Co-ordinator programme seeks to offer support to new and expectant parents. Delivery of play, infant massage, dads groups and parenting interventions such as PEEP, look to address outcomes from:

- Parental Confidence
- Parent and Child Attachment and Bond
- Social Isolation & Emotional Wellbeing
- Peer Support Connections
- Child Development and Home Learning



During 2025/26 the Healthy Lifestyles Team's Best Start Activity Co-ordinator project engaged:



- HLT led and developed two rounds of investment totalling £43,200 via the Integrated Care Board to support development of CYP Healthy Weight Support Initiatives:
- 2 GP Primary Care Networks (Venn and Hasp) engaged in weight management support pilot for NCMP, providing additional capacity to offer healthy weight support to local families
- 5 healthy weight themed training sessions and webinars delivered by a local GP, to staff across Family Hubs, Early Help services, VCS, Education, Primary and Secondary Healthcare.
- Healthy Weight in Childhood eLearning package in development to support parents



Case Study

A parent from North Carr whose child was identified as being an unhealthy weight by the National Childhood Measurement Programme (NCMP). She was referred to the Healthy Lifestyles Team via the 0-19 School Nursing Team.

What did the service do:

- Mum engaged in over 10 hours of face to face support.
- The Healthy Lifestyles Team delivered an 8 week HENRY 1:1 intervention with mum. The Practitioner explored food, physical activity, family routines and habits, managing emotions and parenting styles with mum.
- Mum also attended an Eating Well for Less workshop, developing her knowledge around meal planning and nutrition, whilst also exploring the impact of sugary snacks and drinks through a Healthy Teeth workshop.
- Mum reduced the number of convenience snacks and sugary drinks her child was having as a result of HLT interventions, utilising newly found knowledge around portion sizes and reduced sugar alternatives.
- Mum reports improved confidence since engaging in support, enabling her to facilitate a meeting with her daughters primary school to discuss SEND support.

In addition the family have since engaged in Family Hub holiday activity, a direct result of taking part in HENRY support, something they wouldn't have had the confidence to do previously. Mum has also booked on to take part in a 10 week Nurturing programme at the Lemon Tree Family Hub.

Mum said "Before starting the HENRY 1:1 course I felt hopeless, I tried everything and nothing was working. I feel now with the support and guidance I'm more confident and feel able to cope with everyday life.

The HENRY course has given me so much more confidence in my parenting skills, how we eat as a family, and it's made me more aware of my own emotional wellbeing and aware of my children's needs.



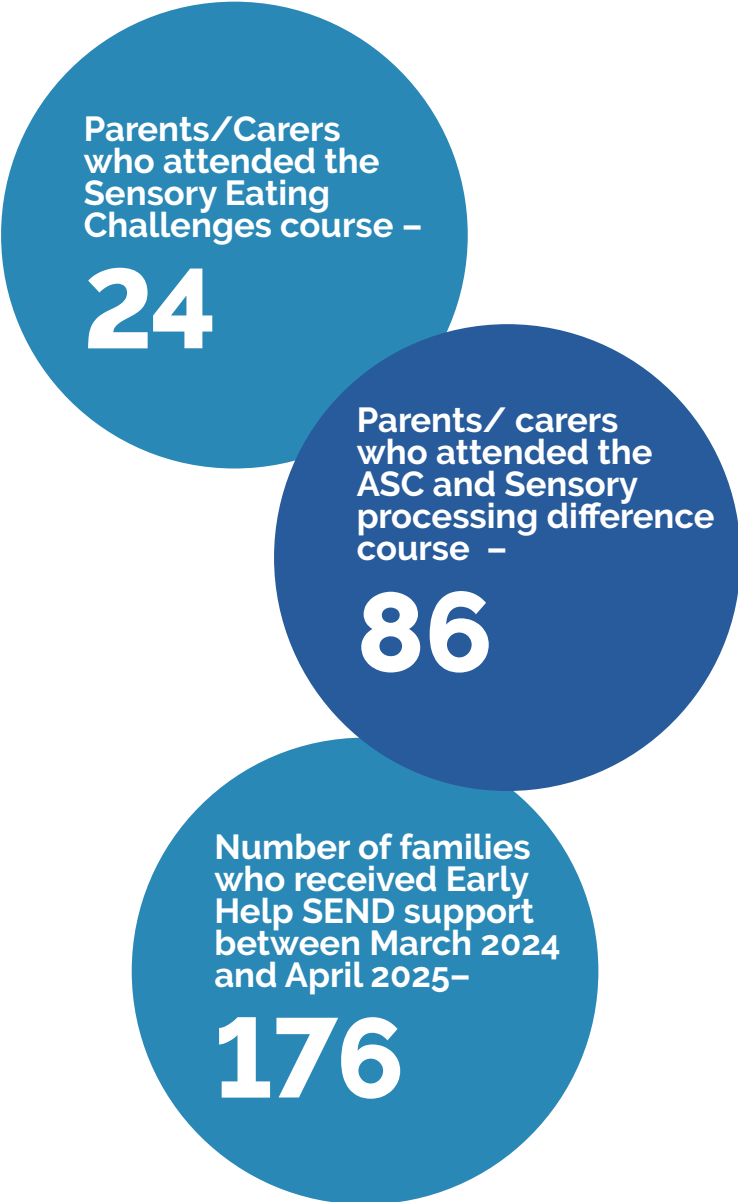
Family Support SEND

The role of the Family Support (SEND) team is to provide a holistic family focused service for children, young people and their families with special educational needs and disabilities. We achieve this through:

- Supporting the early identification of children with SEND in Hull
- The coordination of Team Around the Family (TAF) meetings for families, undertaking an TAF assessment and family plan.
- Working with other agencies and teams including KIDS, LAFSS, health services, education, social care and the voluntary sector, to provide advice, information, emotional and practical support.
- Offering support for the co-ordination of hospital/medical appointments, helping prepare the families for the meetings and appointments.
- Explain to family's reports and recommendations.
- Assist families with referrals to appropriate agencies.
- Alleviate stress from families by liaising with agencies on their behalf.
- Assist families in applying for benefits and allowances.
- Provide information on entitlements, funding and grants.
- Maintain regular contact with families via home visits and telephone to suit individual family's needs.
- Offer advice and information allowing families to make informed decisions.
- Provide opportunities to meet other families through parent peer support groups.
- Support with SEND training delivery.

How many have we supported:

From April 2025 to March 2026:



Case Study

Mum J made a self referral. She stated she is a single parent of 3 girls M aged 15, ES aged 10 and EL 9 and a boy T aged 4. All three have SEN, Autism and or ADHD. She stated she was struggling to manage their behavior. The two eldest daughters do a lot to support Mum and often miss out on activities due to the needs of siblings.

Summary of support from SEND Team

- Support Mum to attend parent carer forum to get information and support.
- Mum attended the autism and sensory processing course
- Young carers referral accepted for two older girls.
- TAF with school including support for transition from primary to secondary school ensuring all professionals involved in the family had a good understanding of their need and the support plan
- Family Star assessment and plan in place
- EL was supported to attend youth groups

Outcomes

- Children's wellbeing improved because of the young carers support that they received.
- Mum spent 1-1 quality time with each child which had a positive impact on wellbeing and behaviour, meaning fewer arguments. This meant Mum has been able to establish her own business, which has positively improved the family's financial situation.
- Support put in place to improve transition from primary to secondary for EL which has helped to reduce her anxiety.
- EL and ES receiving ELSA and Lego therapy in school, ensuring they had access to on going emotional support in school
- Parenting courses gave mum a better understanding of the children's needs and better strategies and techniques that she has put in place.

Feedback

The voice of the child was captured and a young carers grant completed to allow them to have quality family time and items to help improve their wellbeing.

Mum thanked me for supporting her in a TAF and attending parent carer forum, She feels she has grown in confidence.

The girls express feelings and needs during ELSA in school and changes have been made in school around these outcomes.



Family Support Service (11 -19yrs)

Senior Early Help Family Support Worker

The role of the 11-19 Family Support is to provide Targeted Early Help to families in need of support. We will work with young people, families, and carers creatively to deliver a wide range of evidenced-based family interventions to meet their support needs.

We complete Whole Family Assessments using the Signs of Wellbeing Framework and Outcomes Star to create effective support plans using SMART goals. We take a multi-agency approach and often act as the Lead Worker for Families. We chair Team Around the Family Meetings to plan and review support and work collaboratively with a wide range of internal and external services.

We are locality based serving the North, East and West of the City and spend time in the community visiting homes, schools, and other venues on a regular basis.

Total Number of Assessments Completed –

455

92%

initial and final Family Star completion



Case Study

Background and reason for Early Help Family Support

Mum (B) experiences agoraphobia and struggles to leave the family home.

- Child (A), aged 14, has a diagnosis of autism and was experiencing significant anxiety around attending school.
- The family stepped down from Social Care with ongoing concerns regarding home conditions, school attendance, SEN support, and debt.
- The family had also experienced a recent bereavement and were reluctant to engage with some professionals, including their landlord.

Brief Summary of Support from 11-19 Team

- Completed an assessment and support plan with the family to identify priorities and required interventions.
- Coordinated a Team Around the Family (TAF) meeting to address A's school attendance, anxiety, and EHCP review.
- Worked with school staff to agree a reduced timetable to support A's gradual return to education.
- Provided one-to-one sessions with A, using their interest in Manga books to build trust, explore anxieties, and increase engagement with school.
- Introduced a reward system to encourage school attendance and positive routines.
- Supported A to build confidence and independence when travelling home from school on public transport.
- Referred the family to Citizens Advice for support with a Debt Relief Order and liaised with the DWP to maximise benefits and resolve deductions.
- Supported B to engage with services and encouraged the family to allow access for the landlord to complete essential property inspections and safety checks.
- Provided ongoing practical support and encouragement to improve home conditions.

Outcomes

- A successfully returned to education on a reduced timetable, reducing anxiety and improving engagement with learning.
- A gained confidence and independence and now travels home on the school bus rather than using SEN transport.
- A Debt Relief Order was completed, reducing financial pressures and improving household stability.
- Benefits were reviewed and maximised, leading to improved financial circumstances.
- The landlord completed the property inspection and gas safety check, ensuring the property met safety requirements.
- Home conditions improved, creating a safer and more suitable living environment.
- Ongoing housing support remains in place to help the family sustain these improvements and maintain their tenancy.

Feedback

B states that 'Department of Work and Pension and Family Support are worth weight in gold'



Targeted Pregnancy Support (TPS)

This Family Support service is aimed at supporting vulnerable women and families during pregnancy and after baby has been born. The team undertake a holistic assessment with families, providing and coordinating appropriate support/services to meet identified needs. They work closely with the partnership as part of the vulnerable pregnancy pathway, to ensure that families receive the right support at the right time in their pregnancy.

They are a team of four family support workers who support vulnerable families during pregnancy, undertaking the parent and baby star assessment, and use a range of tools and programmes.

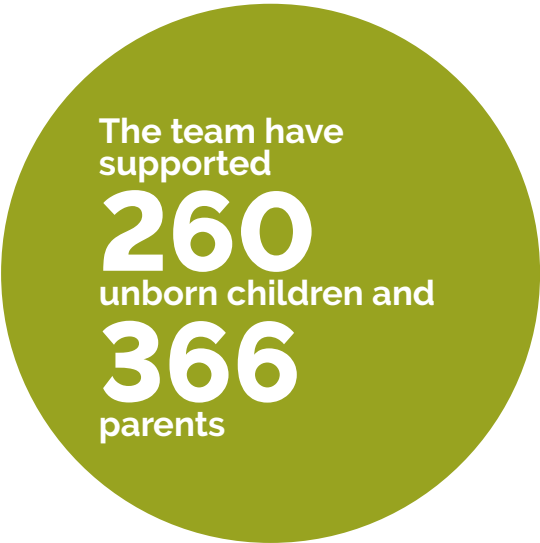
This may include:

- birth preparation sessions
- parenting support including support for dads, with a focus on attachment and bonding and ensuring the best start in life for babies.
- housing advice and support including helping with homelessness
- finance/budgeting/benefits
- sexual health and contraception advice / guidance
- smoking cessation advice and signposting
- substance and alcohol misuse support, working closely with Renew
- education and employment advice and guidance
- relationship advice and guidance, particularly around parental conflict
- support accessing Family Hubs activities and groups
- passing families on to the First 1001 Family Support staff to ensure the continuity of support in what can be a difficult time for new parents
- work closely with the Early Help Partnership, including Social Care, Midwifery, Health Visiting, Housing, Domestic Abuse Partnership, Renew, Perinatal Mental Health, Voluntary Sector Organisations such as Homestart, House of Light and the Family Hubs.

We aim:

- To build a strong family where parents are positive role models for their children
- To give every child the best start in life and ensure they stay with their birth parents and family, preventing them from needing the support of a social worker
- To improve the situation so families no longer need support from the team and also to ensure they are aware of the wide range of other support and services available as their children grow

Between April 2025 – March 2026



Case Study

P was referred to the Targeted Pregnancy Support (TPS) Service by Midwifery during her first pregnancy due to concerns regarding domestic abuse, poor mental health, social isolation, previous cannabis use, and limited family support. Historical concerns included police referrals relating to incidents involving her partner, K, and involvement from Perinatal Mental Health Services following suicide attempts in July 2025. P disclosed a difficult childhood, previous Children's Social Care involvement, homelessness from age 16, and longstanding emotional wellbeing difficulties. During the intervention, further police incidents in November 2025 and January 2026 resulted in the family being discussed at PITSTOP. Despite professional concerns, P continued to deny domestic abuse within the relationship.

Summary of support from TPS team

TPS completed an Early Help Assessment and Parent and Baby Star Assessment and coordinated a Team Around the Family (TAF) approach involving Midwifery, Perinatal Mental Health Services, Health Visiting, Adult Mental Health Services, and Riverside Housing.

A robust Early Help Plan and safety plan were developed, focusing on:

- Domestic abuse and relationship safety
- Mental health and emotional wellbeing
- Historical cannabis use
- Preparation for parenthood
- Safeguarding of the unborn child

A Family Network Meeting was held to strengthen support and ensure both parents understood professional concerns, expected outcomes, and available services. TPS provided intensive support throughout the pregnancy, including parenting preparation, emotional wellbeing support, housing advice, and safeguarding guidance.

Outcomes

P had reduced anxiety around childbirth following an arranged visit to the labour ward with support from her TPS worker.

P was able to meet the care and emotional needs of her baby immediately because she had engaged positively with support around parenting sessions and a good understanding of important infant care topics including safe sleep, coping with crying, and bonding and attachment.

As a result, P demonstrated increased confidence and preparedness for parenthood, ceased cannabis use during pregnancy. P showed significant improvements in emotional wellbeing and as a result the Perinatal Mental Health Services were able to close their involvement, their child now has reduced risks associated with second-hand smoke exposure because K agreed to smoke outside the property.

P and her baby have improved stability and safety and are at reduced risk of DA, and no further domestic abuse incidents were reported following January 2026. Overall, the intervention strengthened protective factors around both mother and baby contributing to improved outcomes for the family.



Parenting Team

Senior Family Support Workers (Parenting)

The Parenting Team consists of 1 manager & 6 practitioners. 2 Practitioners are based in each locality. They work with parent/carers to support them in managing children's behaviour using positive parenting strategies which can help to improve family relationships, family routines, children's physical safety and children's emotional wellbeing. Parents report their own emotional wellbeing and self-confidence improve because of working with the team or attending group sessions. The team provides training for professionals around Togetherness and consultations to professionals around use of the model.

Strengthening Families Strengthening Communities (SFSC) Intensive 4 hours a week, for 13 weeks:

This focuses on Cultural Parenting and reflections of parents own parented experiences and parenting strategies to support positive family relationships going forward to bring up children to become responsible young adults. The SFSC books come in many languages to support learning for those whose English is not their first language

Togetherness Understanding Your Child From Toddler to Teen

Delivered online over 6 weeks or intensively in a face to face group over a period of 10 weeks This parents of children aged 6 months to 19 years. The Parenting Team focus groups for parents with children 11-19 years. Introduce childhood brain development and emotional health, reflects on parenting and relationships and enables parents to share ideas about common parent challenges and approaches

Togetherness Workshop for Children of Adolescents:

2-hour session to parents on brain development and risky behaviour during adolescence.

1-1 Parenting sessions:

These are intensive or targeted parenting sessions delivered on a 1-1 basis, online, at the parents' home or in a community setting. The sessions are determined during assessment. All 1-1 cases include a Team around the Family Meeting, an assessment and plan which includes referrals to other services

Parenting Advice & Support Workshops:

Workshops are delivered in Schools, Community Centres, and other settings to engage with parents/carers and share information on what support may be available to them and/or provide a targeted session on an area of parenting that they have identified they would find useful.



Parenting Referrals 1st April 2025 – 31st March 2026:

595

Families triaged to determine the most appropriate parenting intervention.

10 Week Togetherness Solihull Group Venue: Brunswick House

- 9 commenced the course
- 8 completed the course
- 90% retention rate
- 100% White British ethnic background of participants (parents/Carers)
- Age of children of participants 4-16
- 3 Open Early Help Assessment
- 2 Subject to Child protection Plan (CP)
- 1 Subject to a Child in Need Plan (CIN)
- 2 In the "Children Looked After" system (CLA)
- 1 Special Educational need (SEND)
- 1 Assessment Pathway for ASD /ADHD

The main improvement self-reported by parents were meeting emotional needs of children and parents own wellbeing. Family Routines Boundaries and Behaviour also had significant improvement. Parents indicated communication and relationships had improved which impacted upon the positive changes.

31

Service requests for Parenting

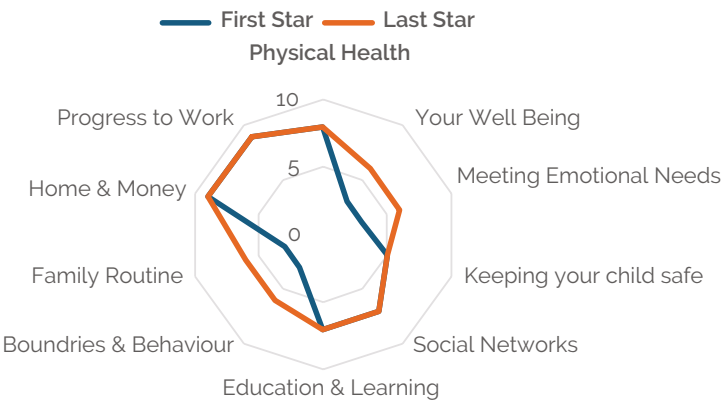
225

Parents invited to evidence-based parenting groups

151

Parent/carers were assigned for 1-1 intensive or targeted 1-1 parenting sessions using evidence-based practice due to complex needs. Work undertaken included a wellbeing assessment and plan including wishes and feelings of children concerned. A Team Around the Family meeting also took place which includes parents and any professionals working with the family.

Togetherness Feb 2026



Case Studies

Mum E was referred for parenting support following Family Support involvement due to concerns about child-to-parent violence and a strained relationship with her 14-year-old daughter, EP.

The referral followed an incident where EP became physically aggressive after refusing to handover her phone; Mum E retaliated. Ongoing concerns include conflict and violence in the home, potential risk of CSE, and difficulties in their relationship.

Mum E reports low confidence in her parenting and at times feels intimidated by EP, while EP has expressed that she has not always felt safe. EP has diagnosed depression and anxiety, alongside poor school attendance and behavioural difficulties, including suspensions.

Family Support identified possible unmet needs, including undiagnosed additional needs or the impact of developmental trauma.

Summary of support from Parenting Team

- Family Star Assessment/ Signs of Wellbeing plan completed
- Mum E completed a 10-week Togetherness Group
- Referred to children's social care, due to EP going to stay with her 'Step Dad'. This equated to a private fostering arrangement.
- Supported family with benefit applications
- School meetings
- EHCP parent application
- Referral to Cornerhouse parenting worker
- Support with 'Right to choose' request for neurodiversity assessment for EP

Outcomes

- Family now receiving all benefit entitlement
- Mum E is better able to manage her own emotions and in turn support EP with her emotions, remaining calm.
- Mum E has gained understanding of trauma and brain development
- EP is splitting her time between her Mum and her Stepdad's house
- Worries around CSE have reduced
- EP is attending Aspire academy and is doing well in this education setting

Feedback

EP has told her Stepdad that she can see her Mum is trying to change her approach

EP has eaten in front of her Mum now, showing her trust in her Mum

Togetherness Training delivered to professionals

Togetherness 2 Day Foundation Training equips practitioners with evidence-based skills to support emotional health and wellbeing through responsive, relationship-focused practice.

The Togetherness 2 Day Foundation Training is designed for professionals working with children, young people, and families, aiming to enhance emotional health and wellbeing through nurturing, sensitive, and responsive interactions. It is grounded in the Togetherness Approach model, integrating psychodynamic, child development, and learning theories into practical applications for real-life scenarios

84

Professionals attended Foundation in Solihull Togetherness Training

Professional Feedback

"Training was delivered by professionals that have experience working with parents/children and issues they face, i found them very knowledgeable on the subject,

When asked: How confident do you feel using Togetherness Approaches in your setting?

45% said they felt 'extremely confident.' 55% said they felt 'somewhat confident'

Youth Development Service

The Youth Development Service (YDS) works with young people (aged 10-19 and up to 25yrs for those with disabilities and or learning needs) through their voluntary participation in Universal and Targeted youth work and is part of the Early Help Offer which aims to prevent the need for support from specialist services.

The Service delivers community-based youth work opportunities (daytime and evening) all year round from five Youth Centres within the three Localities across Hull, and outreach work in schools and outdoor spaces within local communities.

The Service is committed to delivering high-quality youth work that supports young people, particularly those facing disadvantage, to develop the skills, confidence and resilience needed to achieve positive outcomes in their lives.

We recognise that many young people experience barriers including social isolation, low self-esteem, limited access to opportunities, and challenges relating to mental health and wellbeing. Our provision is designed to address these needs through inclusive, accessible and responsive youth work practice.

The Service provides safe, supportive and engaging environments where young people can voluntarily participate in meaningful experiences that promote:

- Personal and social development
- Emotional wellbeing and resilience
- Positive relationships and sense of belonging
- Confidence, independence and decision-making skills
- Aspirations and future readiness

The Service engages all young people but particularly those who are least likely to access provision, ensuring equitable opportunities for those from disadvantaged or underrepresented backgrounds.

The delivery model is based on core youth work principles, including voluntary participation, equality of opportunity, and trusted adult, relationship-based practice.

We achieve this through:

- Consistent, trusted relationships between staff and young people, providing stability and emotional support
- A range of universal and targeted programmes, from open access sessions to structured personal development plans
- Informal education approaches, using experiential learning, group work, and reflective practice to support development
- Opportunities for youth voice and leadership, enabling young people to influence activities and decision-making
- Creating safe spaces where young people feel respected, listened to, and able to express themselves.
- Developing activities and experiences which are fun, engaging and informed by young people.

Staff are professionally trained to recognise emerging needs and respond appropriately, including working within safeguarding procedures and making referrals where necessary.

The broad Service delivery means that young people can take part in a wide range of opportunities including single gender work, youth voice, creative arts, dance, drama, music, sports, Duke of Edinburgh's Award as well as Open Access youth club sessions and much much more.

All of our service provision is inclusive and the youthwork offer is adapted throughout. In addition, the service offers two specific SEND sessions that provide opportunities for young people to take part in social and fun activities in a supported environment. This offer is on a referral basis and linked to short breaks provision.

Both sessions provide a chance for young people to positively build their independence, develop a sense of identity and discover peer networks outside of school and family.



- 1 The Warren**
47-48 Queens Dock Avenue, HU1 3DR - Tel 218 115
- 2 Kingston Youth Centre**
48a Beverley Road, HU3 1YE - Tel 331 238
- 3 Goodwin Development Trust**
Walker Street, HU3 2HA - Tel 328 413
- 4 Hessle Road Network**
1 Massey Street, HU3 2LA - Tel 606 077
- 5 Ainthorpe Youth Centre**
Helmsley Grove, HU5 5EB - Tel 306 741
- 6 St Michael's Youth Project**
Orchard Park Road, HU6 PBX - Tel 805 263
- 7 Route One Youth Centre**
Hall Road, HU6 8PP - Tel 491 960
- 8 Bridges Project**
Bridges, Pennine Way, HU7 5EF - Tel 820 019
- 9 Astra Youth Centre**
100 Barnstaple Road, HU7 4HQ - Tel 310 925
- 10 The Vulcan Centre**
2 Heron Street, HU3 3PF - Tel 229 230
- 11 The Hut Child Dynamix**
187 Preston Road, HU9 5UY - Tel 781 121
- 12 Andrew Marvell Youth Centre**
Barham Road, HU9 4EE - Tel 791 226
- 13 Cornerhouse**
29 Percy Street, HU2 8HL - Tel 327 044

Youth Development Service 2025-26 data:

"I like attending MAD (Make A Difference) sessions because I can change things in the youth centre, like decorate it! This has helped us to feel part of Route One because our voices and opinions are listened to" "Route One has helped me change how I see myself. I feel happier with who I am. Speaking to youth workers helped me a lot; it makes me feel proud of myself and the things I've done"

23,911
Number of attendances

138

Hull Young Carers Wellbeing Grants granted, total spend £41,400

158

Individual young people supported by Emotional Resilience Coaches

'Coming to Kingston Youth Centre has allowed me to express my musical creativity without restriction.'

Young people build strong trusted adult relationships with our youth workers and this leads to much improved outcomes where young people build resilience in their life, but also expand peer friendships, support networks and develop new skills and furthering aspirations.

Young people within the service frequently contribute to consultations by different organisations so that young people's voice is taken fully into account. One major consultation meant that over 500 young people from Hull contributed to the new National Youth strategy. This nationwide consultation led to the publication of Youth Matters a 10 year strategy to support young people. As part of this strategy funding was identified for the sector and the service has benefitted from 4 successful **better youth spaces grants**. These grants established a new mobile facility, developed well-being spaces within two youth centres and a new dance and fitness studio. These developments have enhanced the delivery and range of activities available.

The annual **Creative Voice, youth arts festival** held each October is a culmination of work developing young people's creativity and includes performance opportunities and collaborations with the city's youth organisations and artists. It has been a platform for young people to share their skills as well as adding new ones. Young people volunteer at the festival and they use this experience to further their awareness and knowledge within the arts. A number of groups have progressed to perform on stage at Hull Truck and Hull New Theatre.

The **Hull Young Carers Project** provides assessments, tailored support and a variety of wider opportunities for young people impacted by caring responsibilities. Youth work sessions specifically for these young people are delivered across the city each week and during holiday periods. These group work sessions have enabled young carers to take a fun break from their caring role, build positive relationships with youth workers and form new friendships and peer groups in their local communities. The Hull young carers wellbeing grant scheme also offers them the opportunity to focus on their own wellbeing. The grant has enabled young people to pursue their personal interests or purchase something that helps them, like a bike for getting to and from school. The Hull young carers card has helped young people across the City discreetly prove their caregiving status to teachers, GP's and other services whilst also providing a range of discounts locally and nationally. Having the young carers project integrated into the wider youth development service means many young carers benefit from a wider range of opportunities to be a young person away from their caring responsibilities.

220

Individual young people attending young carer support sessions

5,664

Individual young people receiving a service

298

Return home interviews undertaken

Over
1,300
Youth outreach contacts

2,799

Turn2Us attendances

130

Young Carers Assessments Completed



Case Study

As well as small and large open access sessions for young people, youth workers support young people on a one to one basis where needed. Here is an example of that help;

One young woman attending our young womens group presented with severe toothache and some ongoing issues with her mouth and teeth often restricting food.. When explored further, it was clear that there hadn't been regular dentist appointments made, due to Mum's severe phobia of dentists. After several discussions around the importance of oral health and the impact of poor dental hygiene, mum agreed to let a youth worker support them to attend the dentist.

Although, a youth workers role is to support the young person, on this occasion, the support of both parent and daughter was needed. By encouraging mum to make appointments and having a youth worker attend with her in the short term, has proven essential in getting some of the dental work needed, complete.

The young person is eating without pain and is nearly at the end of her treatment and mum has now registered other siblings and herself with a dentist.

L – Aged 14

My involvement with L started in Feb 2026 following a cluster of missing episodes. Some of which I did not manage to meet or contact L due to her being missing again. When I eventually met up with L in school, a rapport was quickly established.

I could see L had a lot on her mind and I asked if there was anything she wanted to share; I may be able to help.

L shared that she had become addicted to drugs such as Ketamine, Nitro oxide (whip), THC, Cannabis and tried spice. L shared she had a near death experience and was taken to Hospital needing emergency treatment. L felt the guilt of what she had put her family through.

L asked if I could support her to help her remain clean from substances. Following my visit L was open to assessment through family self-referring, requesting support but had not been picked up. L was on a waiting list for support from Refresh, I managed to expedite this referral and get L allocated that day.

I remained involved offering support visits weekly, for 2 months L remained free from substances. I remained involved until L had the correct support and team around her before my involvement ended.

Case Study

T aged 11yrs

T started working with the youth service as part of No worries at Hall Road Academy. This is where a youth worker attends the primary school to build relationships, inform them of the youth work offer and offer support and advice to young people.

T engaged in no worries around issues with friendships and behaviour at school. T has autism and struggles to regulate her emotions, process change and new information which has an impact on her behaviour and ability to maintain and make friendships.

Following the 1to1 sessions T was introduced into group work at Route One YC starting with the transition session once a week. T has gone from strength to strength during these sessions and has worked with youth workers and her peers to develop her communication skills and build patience.

T is a regular member on numerous sessions at Route One and continues to grow. She is a key member of our musical theatre group and has performed in our production of Matilda to the local community. T was excellent in the performance and represented the club and herself incredibly well. She was very proud of herself and said, 'I can't believe I managed to do so well, my mum was real proud of me and said I did amazing!'

She is now learning lines and rehearsing for her next role in our upcoming performance of Annie.

Family Feedback

'I was the only consistent professional involved', thanking me for advocating on their behalf and for arranging for other professionals to be involved in the support network.'

T's parent Feedback

I have been bringing my child with SEN to Route One for around 10 months now. When we started Route One, I was Incredibly nervous about my daughter due to her level of needs, and different services abilities to ensure her needs are met. However, from day one both myself and my daughter have been supported. My daughter has been provided with a safe space for her to socialise and gain more social knowledge with her peers. She loves coming, attending twice a week.

We are incredibly grateful for this service. My daughter has began to grow into a more independent self-assured child. She has built trusting and positive relationships with staff, trusting them to deal with issues that may arise. Helping her to build different life skills and her confidence in doing them independently. I cannot thank all of the staff at Route One enough. But I am also so proud of my daughter for her willingness to continue to learn both socially and emotionally.

Targeted Youth Work

Year 1 (April 2025 – March 2026) has successfully established the new commissioning programme, working closely with our Youth Development Service to embed youth work within Hull's wider Early Help System. Through a combination of locality-based provision and targeted outreach, the programme has provided young people with access to safe spaces, trusted relationships, positive activities and early intervention support, helping to prevent escalation into more specialist or statutory services.

The programme has maintained a strong focus on young people most at risk of poor outcomes, including those experiencing emotional wellbeing challenges, poor school attendance, anti-social behaviour, exploitation risks, social isolation, family difficulties and other vulnerabilities. Strong partnership working with schools, Early Help services, Health partners, Safer Hull and the VCS has strengthened the Hull's preventative and diversionary offer.

The current Targeted Youth Work Commissioning Programme is delivered by 8 VCS Youth Organisations across West, East and North Localities and a City-Wide Targeted Programme. The VCS youth work offer is delivered in open access youth facilities across the city, in outreach and street-based provision and in the community. The youth work offer includes small and large group work and targeted one-one support for young people including those at risk of poor outcomes. The Locality youth commissioned programme offers opportunities and positive activities for young people; places to go and people to meet. The programme is designed to improve health and wellbeing for young people, promote positive lifestyle choices, physical, emotional and sexual health. To inspire and raise aspirations of young people in their communities, improving their personal, social and economic skills.

West Locality Offer

Hessle Road Network: Delivers Open Access and Targeted Youth Work to young people between the ages of 10 to 19 years and up to 24 years for those in need of additional support as part of the youth commission. HRN provides intergenerational opportunities for the wider community as well as specific support and activities for young people.

Goodwin: The Turf youth club offers a regular and consistent 5 day a week open access service after school from 3.30 to 5.30pm for Junior members (10-13) and 3 days 6-8pm per week for 'Senior members (14-24). Goodwin also deliver targeted outreach support for young people in the community; and a range of activities and opportunities for young people including in sports, creative arts, social impact projects and much more; and targeted one-one support for young people who need this the most, to improve emotional wellbeing, support school attendance, advice on homelessness and benefits and more.

Vulcan Learning Centre: Delivers Open Access and Targeted Youth Work to young people between the ages of 10 to 19 years and up to 24 years for those in need of additional support as part of the youth commission. The programme offers junior and senior youth clubs as well as specific Alternative Learning programmes and a well - equipped boxing and weights gym.

The Warren: Delivers Open Access and Targeted Youth Work to young people between the ages of 16 to 24 years as part of the youth commission. Predominantly opens for daytime use over 5 days a week using an open-door drop-in approach. Key aspects of delivery include Music Project, Learning programmes, LGBTQ support and Counselling.

East Locality Offer

Child Dynamix The Hut: Situated on Preston Road in east Hull, this site has recently been updated. It has a multitude of spaces which are flexible. They deliver Open Access and Targeted Youth Work to young people and a support session for over 16's at The Hut Youth Centre on Preston Road. The focus of this weekly session will be around employability and training. Youth Workers will also be able to support with; Housing options; Job applications; Budgeting; Healthy eating & Sexual health. Subcontracted with St Stephens & Max Life: Delivering Open Access and Targeted Youth Work to young people between the ages of 10 to 19 years and up to 24 years for those in need of additional support as part of the youth commission.

North Locality Offer

St Mike's Youth Project: Delivers Open Access and Targeted Youth Work to young people between the ages of 10 to 19 years and up to 24 years for those in need of additional support as part of the youth commission. St Mikes is a community-based faith-based project which offers a wide variety of activities to both the Junior and Senior Club ages.

Bridges of Hull: Delivers Open Access and Targeted Youth Work to young people between the ages of 10 to 19 years and up to 24 years for those in need of additional support as part of the youth commission. The Project is part of the wider Pennine faith-based community support.

City Wide Targeted Offer

CornerHouse & The Warren: Targeted Youth Work to young people between the ages of 10 to 19 years and up to 24 years for those in need of additional support. The service includes outreach and street-based youth work in our communities and includes particular provision including:

- ReachOut (in partnership with The Warren)
- Flipside (Diversion project)
- LGBT support
- Young men's support
- CSE and Healthy Relationships support and advice.



Outputs and Outcomes

'Targeted youth work provision in appropriate, open access venues/ settings'

Performance monitoring shows a significant level of 'Targeted Youth Work' provision in open access venues/settings' across the East, North and West Localities during Year 1 all exceeding minimum level targets, including:



These measures demonstrate the programme's ability to combine broad community reach with targeted interventions for young people experiencing higher levels of need and vulnerability.



Case Study

Youth Voice, Participation and Social Action

Across all commissioned provision, young people have played an active role in shaping activities, informing programme delivery and influencing local youth offers. Providers have embedded youth-led approaches aligned to the Hull Path to Participation model, ensuring young people are not simply service users but partners in the design and delivery of provision.

Young people have been supported to engage in volunteering, peer support, leadership opportunities and community action projects, enabling them to make positive contributions to their communities while developing confidence, skills and a stronger sense of belonging. Many have progressed from participants to volunteers, mentors and ambassadors within their local projects.

The programme has created a range of opportunities for social action and community engagement. Through ReachOut, young people contributed to environmental improvement projects, including cleaning and enhancing Ings Skate Park. By taking ownership of a valued community asset, they developed teamwork, responsibility and civic pride. Young people also participated in community events that brought together residents, partner organisations and local services, strengthening community connections and participation.

At Vulcan Learning Centre, one young person who initially lacked confidence progressed into a volunteering role within the centre's food bank. Supporting the organisation of donations, preparation of food parcels and engagement with residents helped them develop communication, leadership and employability skills, while becoming a positive role model for younger participants

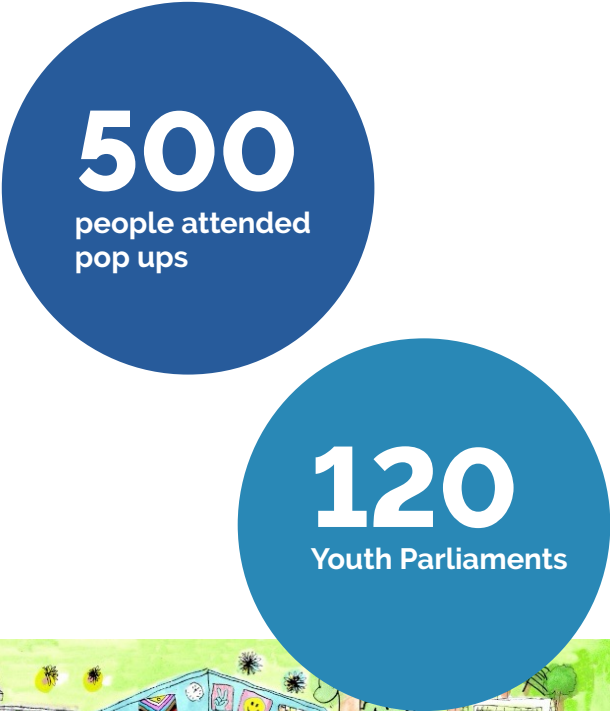
Within Child Dynamix's Arts and Minds programme, young people increasingly took ownership of activities and helped create a welcoming and inclusive environment. More experienced members began supporting new participants, encouraging engagement and helping others feel safe and connected. This peer-support approach strengthened confidence, leadership skills and social responsibility.

Goodwin's youth provision has supported young people to shape activity programmes and participate in community projects, educational visits and awareness campaigns. Through girls' groups, drug awareness sessions and youth club activities, young people have identified issues that matter to them, influenced programme content and helped establish group expectations. This has increased ownership, engagement and mutual respect within sessions.

Voice and Influence Team

The Launch of the Path to Participation

The Young Mayor and Youth Reps launched the Hull Path to Participation which they developed along with other young people and professionals as a visual representation of the Lundy Child Model of Participation. Alongside Paul Browning, chair of the Voice & Influence Partnership they successfully launched a community of practice of people who engage and are committed to collaboration with children and young people to bring about impactful change. This external partnership strengthens our commitment to being a Child Friendly City and brings together all partners to share good practice and shared vision of what we aspire for the Children and Young people of Hull.



Young Mayor

Eunice, Hull's Young Mayor has continued to raise the profile of the role and young people. She attended the Play Day events during the summer holidays, meeting the High Sheriff and other influential people talking to them about what is important to young people in Hull. Eunice also represented young people at high profile events such as the Youth Work Event last July which saw her launch the Hull Children and Young People's Plan 2025-30.

Eunice, alongside our Youth Reps has continued to raise the profile of young people's issues in Hull. She has also been promoting Hull as a Fairtrade City and has visited The Children's University, Hull African Caribbean Activities (HACA) 40-year celebration, Kingswood Christmas Lights switch on and MESMAC – opening of new venue.

Hull Youth Reps

Hull Youth Reps along with the Young Mayor have shared the Lundy Model of Child Participation with other children and young people and have been working on issues that have been raised by young people in response to Make Your Mark and the Children and Young People's Plan. In particular, they have been working on Girl's Safety to raise awareness and what we can do about it.

At the last Hull Young People's Parliament (HYPP) Member of UK Youth Parliament, Precious, launched her poster which came from her Manifesto designed to support this campaign. The poster was designed using hands, with reference to the "these hands are not for hurting" campaign. Hull Youth Reps, YViC and the Girl's Group (Kingston Youth Centre) worked with a local artist to make a banner using words, images and phrases to stand against abuse against girls and women.

The Youth Reps have continued to attend Council Scrutiny Meetings and raise important issues. The UK Youth Parliament representative chairs this meeting.

Hull Young People's Parliament

Around 120 young people attended the annual meeting last October where the Hull Youth Reps delivered a workshop on participation, using the Lundy Model. The Hull Youth Reps talked about the model and how it focusses on 4 different areas, Space, Voice, Audience and Influence. Hull's Young Mayor spoke about the importance of young people being listened to in Hull. The annual Guildhall event is attended by school groups who hold pop ups in their school and venues. Agreed priority areas for development have been feeling safe in parks and on public transport.

Pop Up Parliaments

Pop up Parliaments which reflect our commitment to a shared participatory model deliver sessions designed by the Youth Reps in community settings and schools using the Lundy Model of Child Participation (2007). Using the spaces and relationships children have with their trusted adults has allowed the service to engage more widely with groups of children and has facilitated some brave conversations about what it means to be young and growing up in Hull right now.

Youth Reps support when possible. Parliaments have focused on issues brought about from Make Your Mark and the Shout Survey and more specifically Hull's Children & Young People's Plan.

Some of the outcomes from the pop-ups have been schools setting up well-being groups and young people designing park signs, sharing their views on transport and city safety.

Healthy Holidays Hull

healthy holidays hull

Healthy Holidays Hull delivers the Department for Education-funded Holiday Activities and Food (HAF) programme across the city. The programme provides safe, inclusive and fun holiday activities for children and young people.

Physical Activity and Enrichment Opportunities

The programme offers a wide range of sports, dance, outdoor learning, creative, cultural and educational activities that encourage children and young people to stay active, develop new skills and build confidence. Providing opportunities to experience new activities helps inspire interests and encourage daily movement during the school holidays. Hull Culture and Leisure, Youth Centres, Family Hubs, strategic partners and voluntary and community organisations all play an important role in delivering a varied programme across the city.

Healthy Food and Nutrition

Every child attending a Healthy Holidays Hull session receives a healthy meal or snack as part of the programme. Alongside this, Hull City Council's Healthy Lifestyles Team and voluntary and community sector partners deliver family cooking sessions that develop independence in preparing healthy, affordable meals. Sessions also provide nutritional education, helping children understand the importance of healthy eating while developing practical food skills.

Socialisation and Emotional Wellbeing

Healthy Holidays Hull helps children and young people make friends, creating positive memories in welcoming, supportive environments. The summer programme begins with Zebfest, bringing together 11–16-year-olds to discover local opportunities, connect with others and access support where needed.

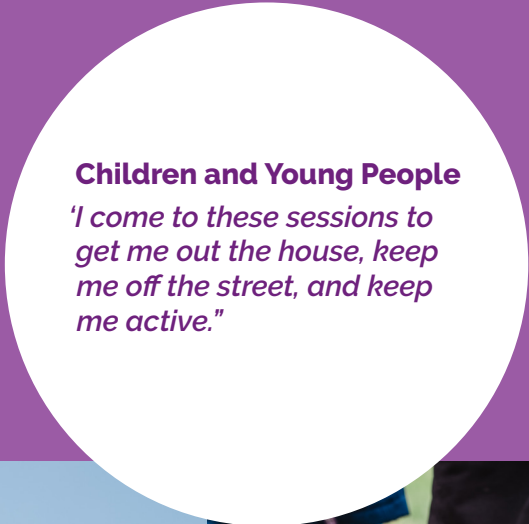
Support for Families

The programme offers additional sessions and activities that bring families together. A dedicated SEND programme ensures children and young people with additional needs can access inclusive holiday opportunities.

Reducing Inequalities

Healthy Holidays Hull is built on strong partnerships across Hull City Council, educational settings, the voluntary and community sector and local organisations. This joined-up approach creates opportunities across every area of the city, helping to reduce barriers, strengthen communities and connect families with support beyond the school holidays.

The Healthy Holidays Hull Annual Report for 2025/2026 can be found on the Healthy Holidays Hull website. www.healthyholidayshull.org



Active Hull

121

stakeholders engaged
(Increase of +99 compared to 2024)

Active Hull is a place-based programme within Sport England's national expansion initiative, focused on reducing physical inactivity across all age groups in Hull. Delivered by a core team within the Health and Wellbeing Team, the programme takes a whole-system, city-wide approach to embedding physical activity into everyday life.

The programme prioritises tackling inequalities by focusing on communities facing the greatest barriers to being active. Through insight-led approaches, data analysis, and community engagement, Active Hull supports the co-design of local solutions that reflect residents' needs and experiences.

By influencing systems, strengthening partnerships, and enabling community-led action, Active Hull is creating the conditions for long-term behaviour change. The programme contributes to improved physical and mental wellbeing, reduced health inequalities, and a more active, resilient city.

17

groups, meetings, and events delivered focused on reducing physical inactivity
(Increase of +14 compared to 2024)

44

organisations involved
(Increase of +23 compared to 2024)

Case Study

Active Hull – Physical Activity Network

Hull faces significant challenges in relation to physical inactivity, with clear inequalities across communities and population groups. Services and organisations were often working in isolation, leading to duplication, gaps in provision, and missed opportunities to support families, children, and young people to be more active. There was a clear need for improved coordination, shared learning, and a more joined-up, system-wide approach to supporting healthier lifestyles.

Outcomes

- As a developing initiative, the Physical Activity Network is beginning to strengthen connections between organisations across Hull. Early impact includes increased partner engagement, improved awareness of services, and the formation of new cross-sector relationships.
- This work is strengthening the foundations for more coordinated, inclusive opportunities for families, children, and young people to access physical activity, particularly those facing the greatest barriers.

Summary of support from Active Hull

- Active Hull established and is developing the Physical Activity Network, bringing together partners from across sectors including health, local authority services, voluntary and community organisations, and physical activity providers. The network provides a forum to share insight, data, and best practice, while fostering collaboration and alignment with Active Hull priorities.
- Alongside this, stakeholder mapping has been used to develop a clearer understanding of the local landscape, identifying key assets, gaps, and opportunities for partnership working. This has enabled more targeted engagement and supported organisations to better connect their services to meet community need.



Feedback

Initial feedback from partners highlights the value of having a shared space to connect, collaborate, and align efforts. Organisations report improved awareness of local provision and increased opportunities to work together to support communities more effectively.



Oral Health Team

The Oral Health Team works to improve oral health outcomes and reduce health inequalities for children, young people, families and vulnerable adults across Hull. During 2025–2026, the service transitioned from Harrogate and District NHS Foundation Trust into Hull City Council's Early Help and Prevention Service, strengthening opportunities to embed oral health promotion within wider prevention and family support services.

The team delivers evidence-based oral health promotion programmes that encourage individuals and communities to maintain and improve their oral health. Our work focuses on increasing exposure to fluoride, promoting effective daily oral hygiene, reducing sugar consumption, encouraging regular access to dental care and raising awareness of oral cancer prevention, signs and symptoms.

A key element of the service is the delivery of supervised toothbrushing programmes to all early years settings and special schools, helping children establish positive oral health habits from an early age. The team also provides training, advice and resources for professionals, volunteers and community organisations working with both children and adults, ensuring the wider workforce has the knowledge and confidence to promote consistent oral health messages for children, young adults & adults that sit within adult social care.

Working collaboratively with partners across health, education, social care and community settings, the service delivers targeted prevention and early intervention programmes, improves access to oral health information and support, and contributes to reducing oral health inequalities across Hull's communities.

Key Performance Data 2025–2026

4,892

children participated in the Supervised Toothbrushing Programme, including 2,656 nursery children, 1,510 primary school children and 726 children attending special schools.

20

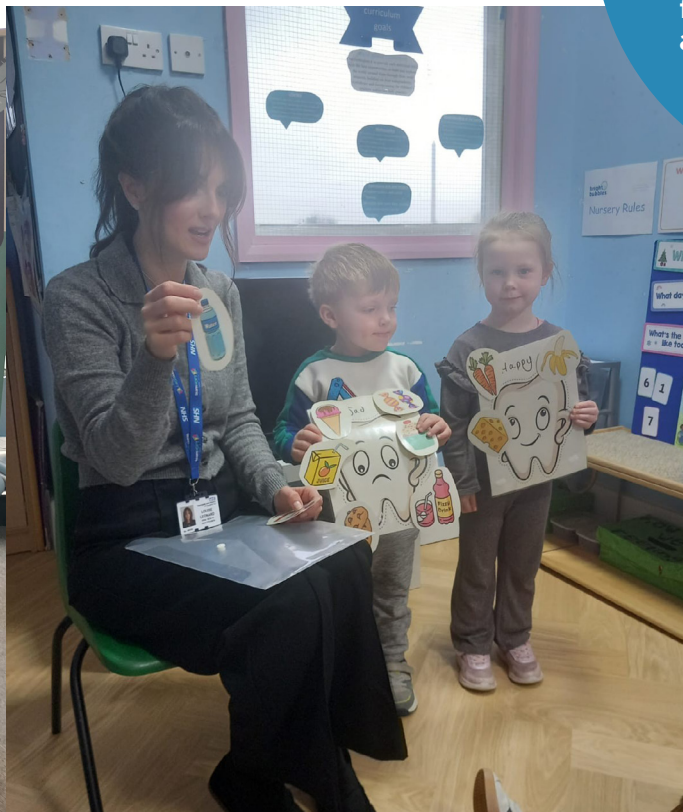
oral health training sessions were delivered to professionals, supporting the wider workforce to promote evidence-based oral health messages.

75

promotional and community engagement events were attended, providing oral health advice, information and signposting to families and professionals across the city.

Every child aged 5 years and under in Hull received a free take-home toothbrushing pack, helping to support & reinforce positive oral health habits at home.

Continued delivery of targeted oral health promotion programmes focused on reducing inequalities and improving oral health outcomes for children, young people, families and vulnerable adults across Hull.



Feedback & Evaluation

Supervised toothbrushing programme

The evaluation and feedback from schools/nurseries that are participating in the programme, is ongoing and shows positive results:

Because of supervised toothbrushing the children are more aware of good oral health, they enjoy taking part.

The programme is going really well at Sutton Tots!

Children love to brush their teeth and join in with the songs about teeth.

The programme is a good opportunity for children to brush their teeth daily

Children are well engaged and enjoy toothbrushing as part of their daily routine.

Training Feedback

The evaluation and feedback from settings, is ongoing and shows positive results:

I found the course very interesting & helpful.

This course really helped me with stuff I didn't know, and how to approach in different ways to help residents with oral care.

Very informative & well delivered.

Case Study



Background

At the "Preparing for Adulthood" SEND Event at Princes Quay in April 2025, a parent approached us to ask about advice for her daughter. She was due to have Orthodontic treatment but had been told that her toothbrushing was not very good and may not go ahead. Mum said her daughter struggled brushing her teeth in general, she had sensory issues and often forgot to brush. Mum was concerned that unless they could find a way to engage her daughter that she would be refused the braces to straighten her teeth.

Support Given by Oral Health Team

- Explained to mum/daughter that often children with SEND struggled with oral hygiene and keeping to a good routine.
- Discussed her daily brushing routine, looked at how we could improve the number of times brushed from the one to two daily. I gave her a laminated toothbrushing chart and explained that by keeping the routine visual it would help her stick to it. Marking off each day when she has brushed, by making it a challenge to complete the chart each week.

- Talked about brushing for 2 minutes and how it is often longer than we think, by giving her a toothbrush timer to use at home we could again keep the routine visual and help with time management.
- Demonstrated on toothbrushing model a good technique, different types of toothbrushes, including adapted toothbrushes and SLS Free toothpaste.
- Discussed diet and how wearing braces would affect the kind of things she could eat.

Outcome/ Feedback

At same event this year, the mum and daughter came over to me to say Thank you. Mum was over the moon to tell us that, her daughter had taken my advice onboard, the dentist was really pleased with her progress, she had recently had the braces fitted. They were still using the visual aids I had given them, and they finally had a good oral hygiene routine in place.



Young People's Housing Support Service

This team provides early help and targeted support to prevent homelessness and help young people make positive transitions to adulthood. The service offers support, advice, and guidance on a range of issues including:

- Housing and Homelessness
- Independent Living Skills
- Staying Safe
- Relationships
- Family mediation
- Finances
- Emotional and Physical Well being
- Education Training and Employment
- Substance Misuse

Our Teams

Access and Support

The team provides a daily walk-in service providing advice and support for young people and families contacting the service on a broad range of issues often in crisis and requiring immediate help.

Housing Options

Same day housing information, advice and support is made available for young people and professionals to make informed choices. The team will help find or maintain suitable accommodation to prevent homelessness and or make more planned moves into independence through an individualised Personalised Housing Plan.

Shared Accommodation Team

Provides furnished accommodation with named support to young people aged 16 -25 across the city.

Gateway

Furnished accommodation with the provision of a named worker to provide intensive housing support to young people threatened with rough sleeping and or repeat homelessness.

Passport to a Property

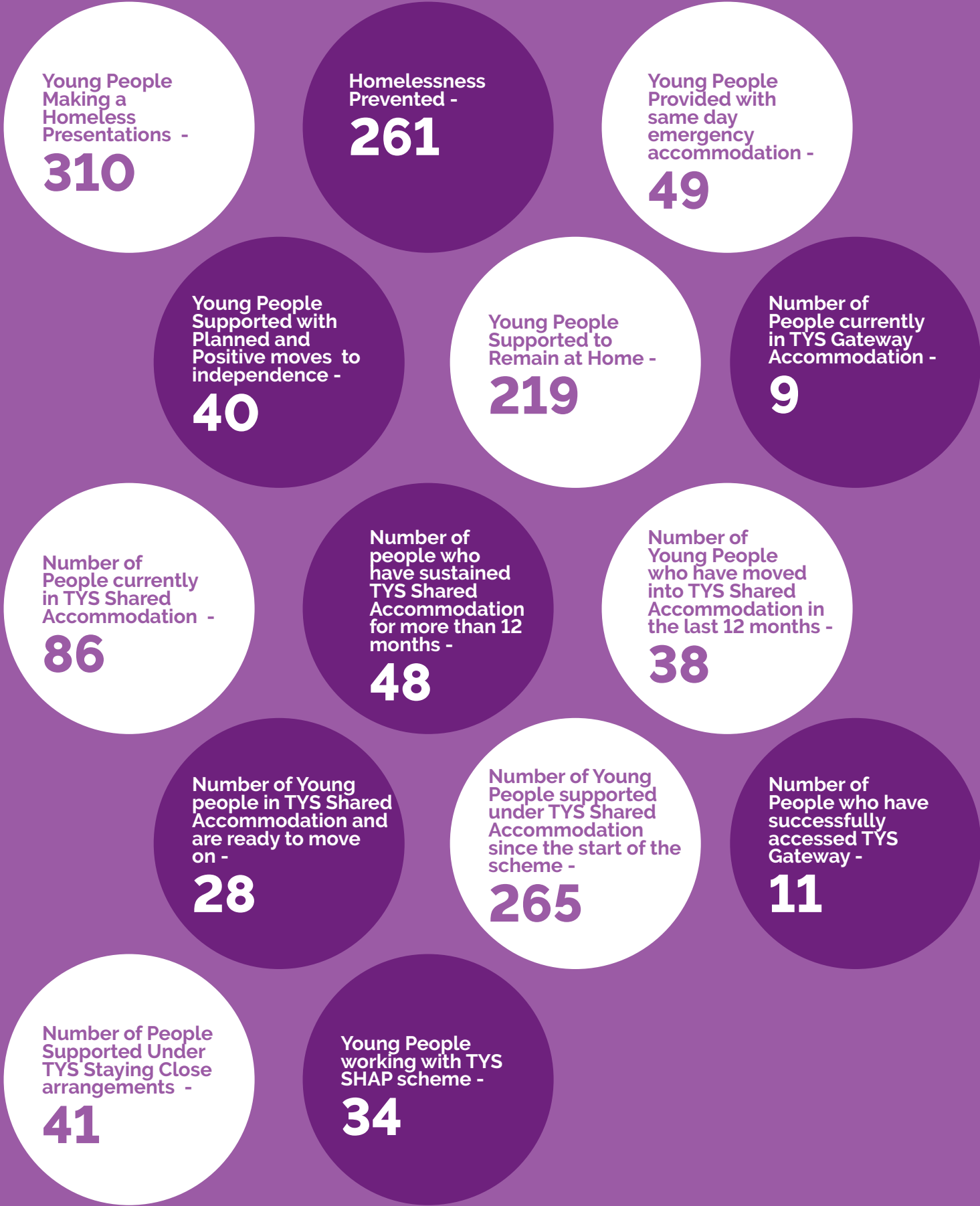
The Passport to a Property programme helps young people further develop their skills and confidence to make positive and successful transitions to independent living.

Stay Close

Provision of a named and consistent worker supporting the development of independence skills and facilitating planned transitions for young people from residential settings to more independent move on accommodation through an individualised personal housing plan.

SHAP

Delivers intensive support to young people aged 18+ who are most at risk of homelessness or rough sleeping. A named worker will support a young person to build on independence skills and find and sustain stable accommodation.



Case Study

Background and reason for TYS Support

- Proposed eviction from temporary hostel and threat of rough sleeping
- Daily cannabis user, with frequent "binge sessions" of class A drugs
- History of not engaging with services due to mental health and lack of motivation.
- Limited support network and isolated and not leaving their hostel room.

YP wishes and feelings.

- Z told us they wanted "a normal life"
- Z wanted "a job and my own gaffe"

Brief Summary of Support

Support frequency initially high with 2-3 visits a week to ensure eviction avoided and accessed support for mental health to help shared plan to achieve the transition to independent living.

- Assistance in financial management skills and avoiding debt to avoid eviction
- Supported access to Mental Health Services
- Referrals and joint work with Refresh to promote access, advice and support options
- Housing application and Band B application completed
- Support around potential financially exploiting behaviour, including regular professional's meetings and joint planning.
- Support to address issues experienced involving anti-social behaviour and risk
- Independence Skills development programme completed through Passport 2 a Property course building confidence and self-care alongside practical skills to maintain a tenancy

Outcomes

- Z obtained full-time employment and thriving
- Tenancy maintained and meaningfully working with range of agencies
- Financial skills and money management have resolved debt issues
- Progress has meant support visits reduced from three times weekly to a fortnightly catch up.
- Z now feels comfortable to ask for support on their terms when feel need it.
- Attends UC appointments independently and manages weekly finances.
- Cannabis use has reduced, as have incidences of Class A drug use.
- Reports improved confidence and positive impact on mental well being

Feedback

'You have helped me so much and I realise now that I found it difficult to motivate myself and know that I can ask for help when I struggle, I really appreciated you not judging me.'



ReFresh, Young People's Drug and Alcohol Support Service



ReFRESH is the Young Peoples Drug and Alcohol Service for Hull and are part of Hull City Council's Integrated Youth Support and Early Help Offer. We Support Young People aged 11-19 with a variety of issues/complexities and take a holistic approach to the work we do. We also take a collaborative approach with ReNEW (adult service) to ensure 18-25 year olds receive the most appropriate support.

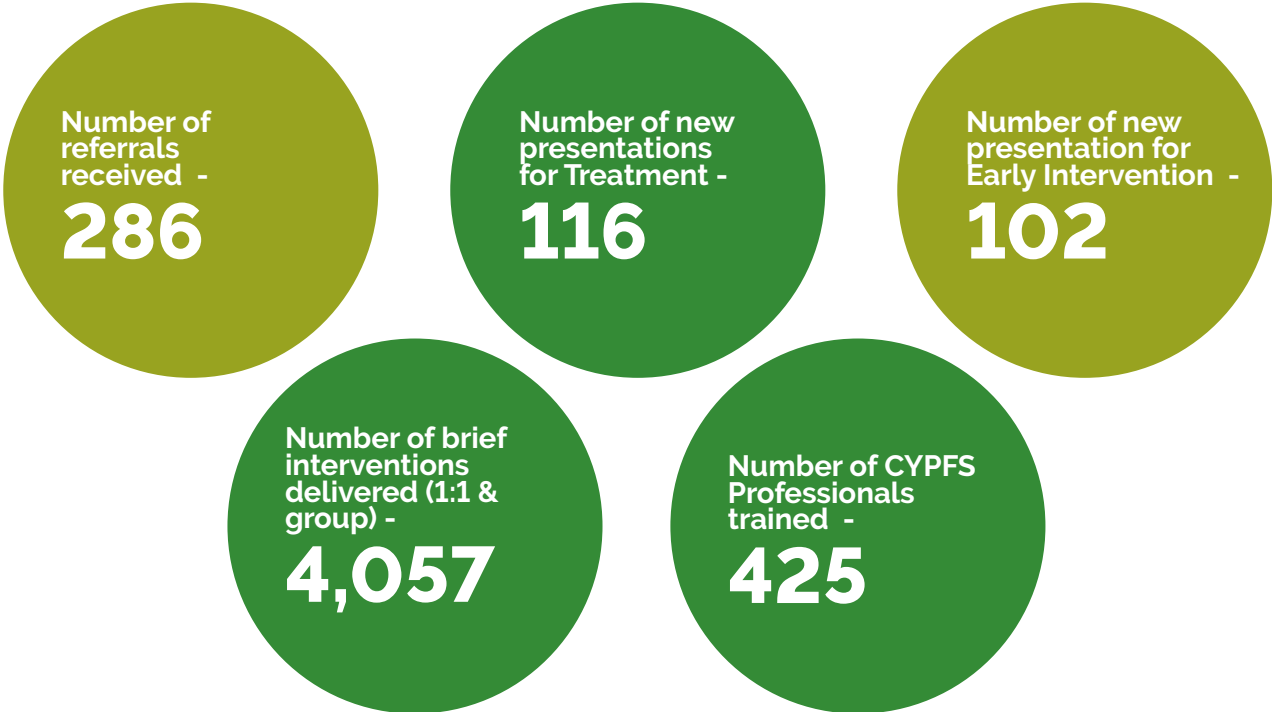
ReFRESH Engagement/Early Intervention offers classroom/group-based sessions focussing on advice and education to young people around substance use/misuse. We also offer 1:1 support for young people who are starting to experiment with substances, or to those that are not using but are vulnerable due to family dynamics, social and/or wellbeing issues. We offer sessions aimed to educate and build resilience of young people.

ReFRESH Treatment offers specialist support to young people whose drug and/or alcohol use is causing problems in their life. This may be problems at home, school/college or issues around dependency, crime, and exploitation etc. We will complete a comprehensive assessment of need, agree a plan of support using SMART goals and deliver evidence-based psychosocial interventions to help promote, motivate, and sustain change. It also includes delivery of specialist harm reduction strategies.

ReFRESH offers training to the children and family workforce around substance misuse awareness and screening and brief intervention to increase the confidence of having conversations with young people about drugs and alcohol.

ReFRESH also has a cohort of volunteers that act as Mentors to the young people within the service.

Key Data



Case Study

YP was referred by a social worker due to concerns regarding family alcohol dependency and YP's regular daily cannabis use. At the time of referral, YP was living with their family. YP was NEET, having withdrawn from college as found it difficult to manage studies alongside the ongoing worries and concerns related to family alcohol use. During this period, YP's cannabis use escalated, and when I first met them, they were using approximately 3.5g of cannabis per day. YP expressed a desire to reduce, particularly due to the financial impact.

Current Situation

All children moved in with extended family. YP attends college four days per week and aspires to become a specialist hairdresser. A family member is currently in rehabilitation and is receiving support from ReNEW. YP made excellent progress in reducing their cannabis use, decreasing the amount used significantly.

Interventions

YP attended all sessions offered by ReFRESH. Intervention work has included exploration of dependency, cannabis education, alcohol education, and emotional wellbeing support. YP has been provided with positive coping strategies as alternatives to cannabis use, alongside ongoing work around motivation and achieving success in college. Multi-agency professional meetings are held to support YP, and safety plans have been implemented, which proved effective.

Outcomes

There was notable improvements in YP's mental health, motivation, daily routine, and substance use. YP consistently attends college and is maintaining engagement. YP made great changes in reducing cannabis use. Providing YP with a safe and supportive space to discuss worries and concerns regarding family and their own substance use has been instrumental in achieving these positive outcomes.



Thrive Hull



The Hull Thrive Partnership is a group of organisations and professionals working collaboratively in Hull to improve outcomes for children, young people and their families' emotional wellbeing and mental health.

We believe, that by working together, in a trauma informed way, the only way to turn the curve on the levels of mental ill health in our population, with one in four of our young people at secondary school age suffering with their mental health is that this way of working is needed more than ever. To help achieve joint working and understanding the Hull Thrive Partnership has adopted the THRIVE Framework as it provides a set of principles for creating coherent and resource-efficient communities of mental health and wellbeing support for children, young people, and families. It aims to talk about mental health and mental health help and support using a common language that everyone understands. As a partnership we also have a strong focus on prevention, communication and tackling health inequalities with the aim of 'making mental health everyone's business', and not just the preserve of clinical, mental health professionals; we all have a role in listening and building trusting relationships with children and young people.

The Hull Thrive Partnership is jointly led by NHS Humber and North Yorkshire Integrated Care Board (Hull Place) and Hull City Council.



Further support is provided through the Personal Social Health & Economic and Senior Mental Health Lead networks, offering professionals guidance, advice, training, and regular updates. These networks also create valuable opportunities for school leads and wider system partners, including the 0–19 School Nursing, Team, MHST, Youth Services and VCSE organisations, to share best practice and connect with peers.

The Hull and East Riding 'Nothing About Us Without Us' Youth Mental Health Advisory Group brings together young people with lived experience of mental health services to shape, influence, and improve support across the Humber area. It ensures that young people's voices remain central to decision-making processes. During this year's in-person events, young people identified and agreed five key priorities to focus on over the coming year.



"It really helps to get fresh eyes looking at cases we are struggling with"

"To share information and get a holistic approach focused on the child and family"

"We have had some success stories from Flipside support and 1-2-1 support"



Thrive Conference

The Thrive Hull Conference 2026, themed "Thriving Minds," focused on promoting children and young people's emotional wellbeing. It included practical sessions on trauma-informed practice and emotional wellbeing, alongside opportunities for discussion and collaboration across services. The event reinforced a shared commitment to supporting all children to thrive.



Quotes from Thrive Hull Conference 2026

"The speakers were excellent, and all tied in with well with the theme. There was a good mix of presenters speaking from both a professional and personal capacity. I particularly love the principles that Positive Regard spoke about regarding inclusivity and the importance of relationships within school."

"The Into The Woods session complimented this well in presenting an alternative approach to education. It's a shame there were not more people in the room with the power to implement these approaches within schools."



The partnership works with over 80 organisations, services and projects across health, care, education and the VCSE supporting the city's young people to have good emotional wellbeing and mental health

10 schools adopted the Team Around the School model

28 around the School meetings held this academic year

Provided support to over 340 setting staff through the delivery and embedding of the Whole School Approach model.

Supported over 150 parents and carers with advice and targeted signposting, enabling access to the right services at the right time.

Engaged over 350 children and young people in co-production and participation activities, ensuring their voices were heard and valued.

Hull Youth Justice



The priorities of Hull Youth Justice Service (HYJS) align closely with the Early Help partnership priorities in so much as we intervene as the earliest opportunity, with the lowest most appropriate intervention as an effective partnership system. Maintaining a consistent vision centred on early intervention, prevention, and a strong partnership approach to improving outcomes for children, families, and victims.

The core focus of HYJS remains on diverting children from the criminal justice system wherever appropriate, ensuring coordinated, child-centred support, and delivering a tailored response to victims. This is particularly important in Hull's local context, where high levels of deprivation and poverty continue to affect children's life chances, contributing to challenges in education, health, and exposure to crime. Despite these pressures, communities demonstrate resilience, and partnership work continues to mitigate risk and support positive outcomes. This is supported by a well-established, well-representative partnership board that includes key sectors such as education, health, police, and victim services. Multi-agency collaboration is central to managing risk and safeguarding children, to prevent and disrupt vulnerabilities. Without a partnership approach which is co-ordinated and aligned we would not be seeing the reduction in criminality in children that we are currently observing.

A significant area of progress over the last few years has been the diversion of children from formal justice processes. The weekly Diversion Panel enables timely, multi-agency decision-making, ensuring children receive the most appropriate, proportionate response. In 2025, 769 children were discussed, with the majority diverted to partner-led support. This approach has reduced delays and increased early intervention opportunities. Additional initiatives, such as the Youth Futures Prevention Panel, further extend early help to children who would not otherwise receive support.

Education remains a protective factor, with continued advocacy to reduce exclusions and improve inclusion. Ensuring children are engaged with education, employment or training is key to

reducing risk of re-offending and early steps are in place to secure work experience opportunities for children who may not otherwise have had the chance to learn and grow. There is also a clear focus on addressing underlying needs, particularly mental health and communication difficulties, supported by embedded health services including speech and language therapy and a forensic mental health nurse.

Work with victims has developed significantly over the past 12 months, with a clear ambition to deliver a high-quality, personalised service. This includes increased use of restorative justice, enhanced victim support pathways, and expanded community reparation opportunities that benefit both victims and children. Volunteer involvement and partnerships with local organisations have strengthened delivery.

Key priorities for 2026–2027 include further reducing first-time entrants, reoffending, and custody; strengthening early help and diversion; improving education participation; ensuring high-quality victim services; addressing health needs; and reducing disproportionality. The plan reflects a mature, collaborative system focused on continuous improvement and better outcomes for children and families. The work of HYJS aligns with the priorities of the Hull Early Help Partnership plan in that we intervene early to prevent escalation including in cases of domestic abuse. Supporting vulnerable adolescents to reduce risk taking behaviours by improving emotional and mental health and wellbeing. We work hard to support participation and engagement in positive and enriching activities at every opportunity.

Children's Integrated Commissioning Team

The Children's Integrated Commissioning Team leads the development of high-quality, innovative services for children, young people and families in Hull. Working with Children's Services Leads, the team ensures service design and delivery are ambitious, compliant and focused on achieving positive outcomes.

Using the full commissioning cycle, the team supports needs assessment, service design, procurement and implementation. It acts as a key link to corporate functions including Legal, Procurement, Information Governance and Finance, ensuring strong governance and value for money.

The team develops strengths-based, outcomes-focused service specifications with clear deliverables for statutory and non-statutory services. Commissioning support is provided across Early Help & Intervention, Improvement, Performance & Quality, Safeguarding, and Learning and Skills, ensuring services remain responsive and evidence-led.

Strong **provider** engagement and regional representation support collaboration and continuous improvement. The team also works closely with the ICB, Adult Social Care and Housing to deliver integrated solutions for children and families.

Project Example: Digitisation of Children's Social Care Legacy Files

This project has modernised record management by converting legacy files at Brunswick House into secure digital formats aligned with industry standards. It has improved access to information, strengthened data quality and enabled faster, more effective decision-making.

The digitisation has enhanced responses to FOI and SAR requests and improved collaboration with partners including other local authorities and Humberside Police. It has also strengthened data security and governance.

The project has transformed business-as-usual practices and will continue to expand through 2026.

The contract for digitisation included social value for every 10 boxes scanned, one tree would be planted. 300 trees were planted in Pickering Park.



Early Help and Safeguarding Hub colocation

From January 2026 Early Help has had a daily presence with the Early Help and Safeguarding Hub (EHASH) based within Kenworthy House.

A range of experienced staff from across Early Help Services have been based alongside social workers and referral officers in EHASH.

Staff have shared that the impact of attending has been very positive.

Face to face conversations can be facilitated to ensure the most appropriate service is allocated to work with the family.

Improved information sharing with regards to individual families/ cases. Informal peer support is available.

Increased knowledge of wider partnership services has occurred to support EHASH decision making and enable families benefit from the full offer of services within the city.

Improved working relationships have been fostered through this co-location, this supports open and honest multi-agency working.

More timely joined up conversations are able to take place, rather than requiring arranging a Team calls or communicating via emails that can take time going back and forth.

EHASH social workers have been present in 3 Best Start Family Hubs. This has increased EHASH Social Worker knowledge on the support Early Help can offer and wider agencies that can be referred to for support.

Early Help workers have benefited from qualified Social Worker perspective when informal peer support discussions are taking place in the office regarding individual families open to Targeted Early Help.



Early Help staff member Feedback

'I have always been made to feel welcome, and I feel that by attending I have a much better insight into how decisions are made.'

Most recently I was required to attend an emergency Strat meeting as a representative of the Early Help team, this was much easier to arrange and coordinate as I was already present in the office.'

Senior Early Help Family Support Worker Feedback

'I have found it helpful especially being able to speak to Renew colleagues, I was able to see if Renew have been in touch with families I am working with. They were able to give advice, there and then for a family open to me on how long cannabis stays in the system before it is safe to ride a motor bike.'

EHASH Social Worker Feedback

'I really enjoy going into the Family Hubs and the staff are very friendly and welcoming.'

I do feel there are benefits from my perspective I feel I have more knowledge on the support EH can offer, the wider agencies that they can refer to.

I also think we have had some really good discussions with EH workers around the families they support, on occasions they have returned from a Home visit and as a collective we have discussed how it went, what they could offer or do on the next visit.'

Early Help Referral Officer Feedback

'Working within the EHASH office has been highly beneficial, enabling me to build stronger working relationships with EHASH Referral Officers and Social Workers which has led to improved collaboration, resource sharing, and more effective partnership working.'

I think it is positive for partnership working.

Notes

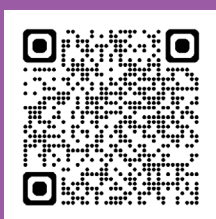
Notes



Hull
City Council

To find out more
about Early Help,
please visit:

www.hull.gov.uk/family-support/early-help-information-professionals



Hull's
Early Help
Partnership