

Prevention & Early Intervention SERVICE



CORE OFFER
SHEFFIELD





*Supporting children,
young people and
families in
Sheffield*

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The Prevention and Early Intervention Service and Early Help in Sheffield

Sheffield is committed to enabling and supporting all of its children, young people and families to be safe, healthy and successful now and in the future. We can best do this by identifying any additional needs as early as possible and providing the right support at the right time and in the right place. We know that there are a number of families in Sheffield who are likely to experience difficulties at some point in their lives. These may include:

- Children who are missing school
- Children at risk of entering or re-entering children's social care
- Children and adults with emotional and mental health issues
- Children with behavioural problems
- Families affected by domestic abuse
- Families affected by substance misuse
- Families experiencing poverty, at risk of homelessness or long term unemployment
- Families with needs around parenting

By focussing on support to these children, young people and their families we will narrow the gap for those who are more vulnerable to poor outcomes ensuring everyone has the opportunity to reach their potential.

Our offer is underpinned by the value that offering support at an early stage is preventative, reducing demands in the longer term for more costly escalation into specialist services.

Our aim is to work alongside parents, in order to strengthen their resilience and capacity to avoid crisis, whilst remaining clear on our duty to safeguard children. The quality of whole family working and interventions we offer to children, young people and families is vital to our success. We will deliver support and interventions that are evidenced-based and solution focused, so that outcomes are positive and achievable for the families we support.



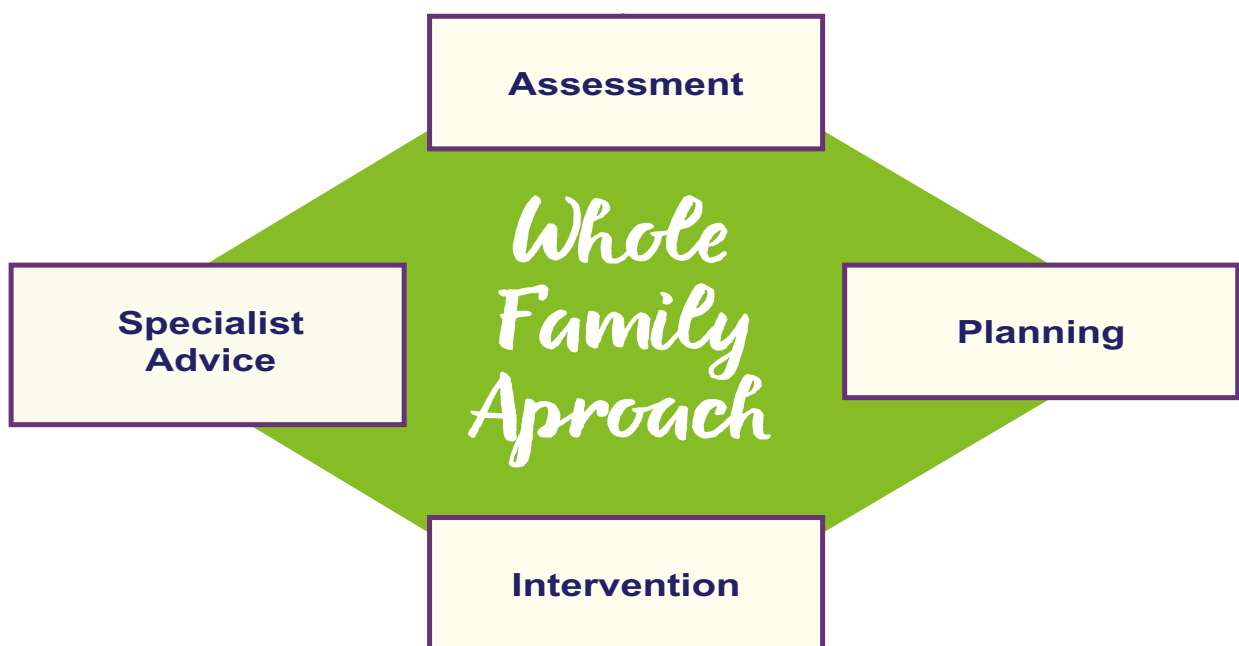
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Whole Family Keyworker

The Prevention and Early Intervention Service has embedded whole family working into assessments, plans and outcomes for families. Evidence suggests that children and young peoples' needs are best met when addressed in the context of the whole family, which is why our service works in an integrated and holistic way.

Our service is based on support from a **Whole Family Key Worker** who helps to deliver and co-ordinate our Core Offer over the **4 key areas**. Our Whole Family Keyworker works in a very distinct way to:

- Support the family by actively listening to and considering each member to assess the whole family's needs
- Identify and assess any barriers that the family may be facing
- Complete, coordinate and contribute to the right assessment at the right time
- Support and facilitate Team Around the Family (TAF) meetings
- Create, support and review an action plan to achieve outcomes agreed with the family
- Deliver appropriate interventions in line with the agreed action plan
- Engage the right professionals and specialists for the family at the right time



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Specialisms

Part of our Core Offer is our key workers having access to advice and support from a range of specialisms across the multi-agency spectrum to best support families' needs.

This can take the form of advising on specific cases through consultations with keyworkers, completing assessments and home visits with the family.

Additionally, they deliver workshops, groupwork, training and upskilling to the wider workforce to raise the profile of their particular specialism, ensuring that keyworkers are better able to assess needs in relation to this area.

In addition, this role should:

- Lead and develop group and individual programmes in their specialism
- Provide advice on specific or complex issues within a given specialism
- Support the development of best practice in their specialism, including maintaining and improving their knowledge and being aware of the national agenda
- Identify issues posing risks or barriers to supporting children and families
- Identify and respond to barriers to improving services in their area of specialism and provide a constructive challenge across partnership working in their specific area of specialism
- Work in partnership, developing further links and develop networks across services, including delivering training on specific topics
- Monitor data using the appropriate evidence based tools, to monitor children and also service practice.



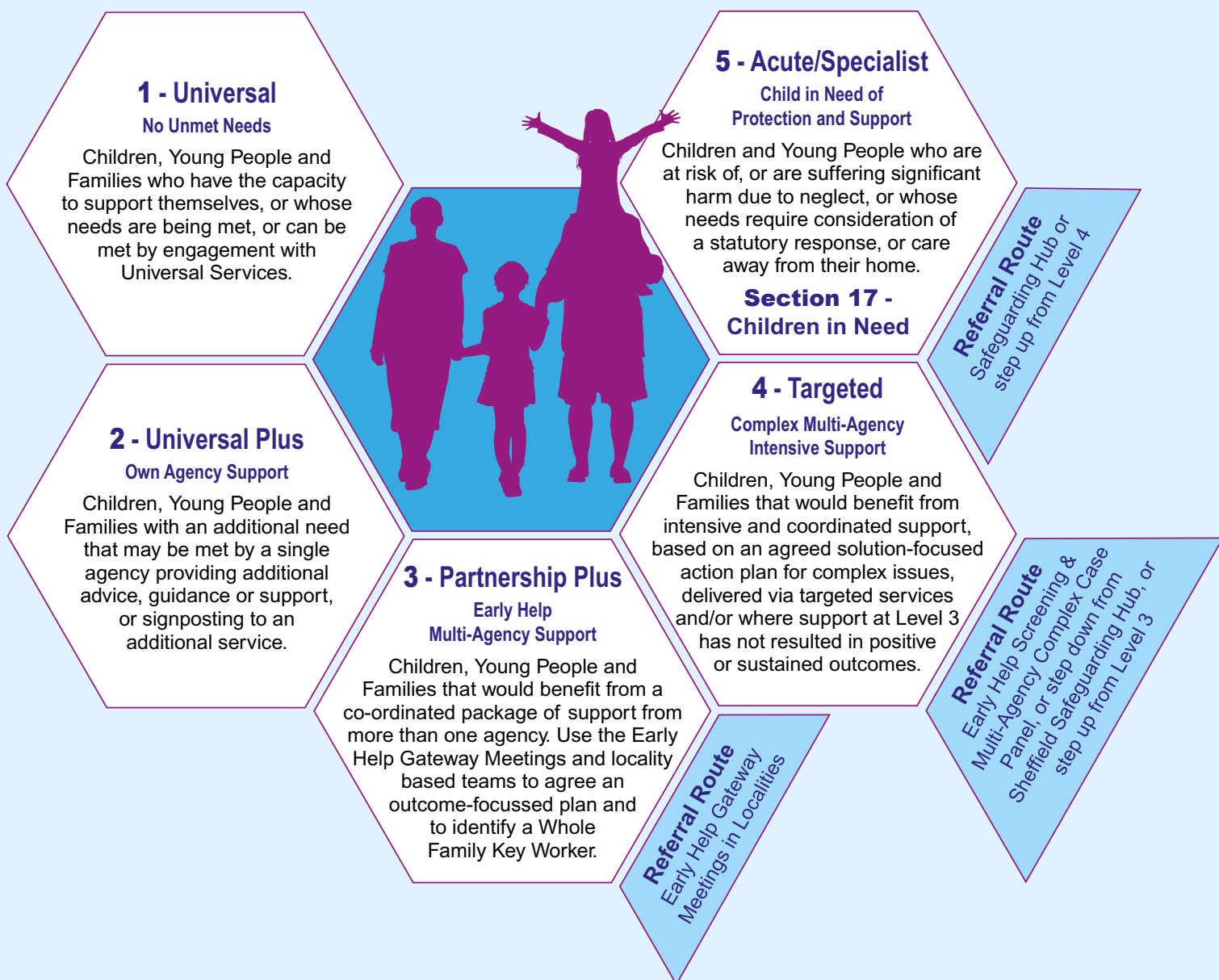
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Five Levels of Need

The five levels of need reflect a whole family approach to providing support for children, young people and families which is flexible and responsive.

The needs of children and families do not move through the levels in a structured way, but rather along a continuum of need. Children and families may experience a range of different needs at different times and as such will move backwards and forwards through the continuum as needs are met.

We aim to deliver this support through our core offer.



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The Prevention and Early Intervention Service Core Offer

The Core Offer details the delivery of the services provided by the Prevention and Early Intervention Service. The service offers information, advice and co-ordinated support via a Whole Family Key Worker on a range of health and wellbeing, education and family needs at a local level across the city.

Our **Core Offer** is delivered in 3 main ways.

Through advice and self-help guidance via locality based appointment-led Advice Sessions that offer immediate advice and guidance on the 4 key areas of the Core Offer, and signposting for any additional services. Families can also access themed advice workshops on specific areas. This will also include Parenting Seminars on a range of topics.

Through professional discussion and referral at Early Help Gateway Meetings in localities with agreed limited-time worker help being provided at an early stage, that includes support for assessment and escalation to specialist services.

Through an assessment-led professional referral to Early Help screening where a holistic picture and action plan will be created and supported, through the delivery of solution focussed intervention by a Whole Family Key Worker.



OUR CORE OFFER COVERS 4 KEY AREAS

We recognise that a child and family can have multiple needs across any of the areas and that support will not be limited to either adults or children, but there are many common support factors across all age groups.

Support to Learn

- Improving Access and Attendance
- Improved Behaviour at School
- Enabling Learning and Development

Health and Wellbeing

- Mental and Emotional Health
- Healthy Lifestyles

Life Skills

- Budgeting
- Employment Skills
- Home Environment

Family and Relationships

- Healthy Relationships and Improved Communication
- Parenting

Support to Learn

Need	Intervention/Activity	Outcomes
<p>Improved Attendance</p>	<p>Children, young people and their families will be supported to ensure good nursery/school attendance is established and maintained. A keyworker will work with the family over 6 x weekly visits to:</p> <ul style="list-style-type: none"> • Make parents and children aware of the benefits of attending school and the consequences of irregular attendance • Notify parents of their statutory duty regarding attendance • Embed good family routines (particularly in the morning and evening) • Build stronger relationships between family and school <p>Progress will be actively monitored over a further 6 weeks to embed routines and measure attendance levels.</p>	<p>Children's attendance is improved and sustained working towards 90%+ over 3 consecutive terms</p> <p>Reduction in number of children with fixed term exclusions</p> <p>Improved behaviour</p>
	<p>Schools will have direct access to locality based Attendance Officers to advise on Persistent Absence (PA), progress irregular attendance cases to court, and provide regular monitoring of PA.</p> <p>Schools will be able to request Critical Friend Support from Attendance Officers when a pupil is at risk of Permanent Exclusion, or if a 5 day pending investigation is taking place.</p>	

Support to Learn

Need	Intervention/Activity	Outcomes
Improved Access	<p>Children, young people and families accessing alternative provision will be supported to access mainstream education.</p> <ul style="list-style-type: none"> • Targeted Support over 2 school terms for children and their families when re-entering mainstream education from alternative provision. • Progress will be actively monitored over a further 6 weeks to embed routines and measure attendance levels. 	Children's attendance is improved and sustained working towards 90%+ over 3 consecutive terms.
	<p>Specialist advice and support to universal services supporting children with ADHD through awareness raising of the support available.</p>	
Improving Access to Learning and Training	<p>Children, young people and adults will be supported to access training during the life of a case to improve their school readiness, attainment and employability, including opportunities for Book Start, volunteering, Family Learning, Adult Learning and access to Learning Champions.</p>	<p>Improved school readiness</p> <p>Improved skills</p> <p>Improved employability</p>
Improved Behaviour (School)	<p>Schools will be able to request the support of Senior Learning Mentors to deliver 6-10 weeks of group work in school, developed to meet the needs of the children in a bespoke package using Theraplay-based techniques where appropriate, on the following themes:</p> <ul style="list-style-type: none"> • Friendship • Anger Management • Behaviour Management. 	<p>Improved behaviour at school and at home</p> <p>Reduction in exclusions</p> <p>Improved attainment at school</p> <p>Reduction in crime and ASB</p> <p>More stable family environment and more resilient families.</p>

Health and Wellbeing

Need	Intervention/Activity	Outcomes
<p>Improving Mental and Emotional Health</p>	<p>Children, young people and their families will be supported to improve and maintain their mental health and emotional wellbeing. A key worker will work with the family over 12 weekly visits to:</p> <ul style="list-style-type: none"> • Support access to local services: GP, dentist, health visitors, midwives and school nursing • Identify and assess the family's strengths and weaknesses and employ techniques to support them • Assist with appropriate access to specialist support including group support • Carry out Wishes and Feelings Work with children (using a range of tools) • Signpost and support to access local mental health services: CAMHS, Ryegate and appropriate adult mental health services • Help to ensure successful sleep • Encourage secure attachment between parents and baby/child <p>Embed relapse strategies with families to build resilience for the future.</p>	<p>Improved access to appropriate universal services to support the family</p> <p>Improved adult and child mental health wellbeing and self-esteem</p> <p>Improved maternal health, particularly maternal self-esteem</p> <p>Reduced social exclusion</p>
	<p>Families will be able to access group programmes to support improved mental health across a range of specialisms and specialist advisors, including group work based on Theraplay techniques where appropriate, on themes, such as:</p> <ul style="list-style-type: none"> • Confidence Building • Social Skills • Self-Esteem • The Timid to Tiger programme • Group work in community centres • Sleep hygiene programmes. 	<p>Improved adult and child mental health wellbeing and self-esteem</p>

Health and Wellbeing

Need	Intervention/Activity	Outcomes
Improving Mental and Emotional Health	<p>Families and new mums will be supported to be able to access Family Centre activities and play groups to reduce social isolation and support improved mental health.</p>	<p>Improved adult and child mental wellbeing and self-esteem</p> <p>Improved maternal self-esteem</p>
	<p>For children with pronounced emotional health needs that do not reach the threshold for CAMHS, Primary Mental Health Workers will support those MAST workers who have the appropriate level of training to deliver support. This can include 1:1 therapeutic support provided by one of our ALMI-trained staff. They are able to individually support a child with appropriate tools, assessments and Cognitive Behavioural Technique informed practice, to achieve their goals and support families to understand their needs.</p> <p>For adults with pronounced emotional health needs that do not reach the threshold for Adult Mental Health Services, Adult Mental Health will be supported by MAST workers. Workers to deliver support commensurate with their level of training.</p>	<p>Improved child and adult mental wellbeing and self-esteem</p>
	<p>Specialist advice and support to universal services supporting children on a range of topics including:</p> <ul style="list-style-type: none"> • Sleep Hygiene: helping to develop and monitor sleep plans • Emotional Literacy. 	<p>Improved child emotional and mental health and wellbeing</p> <p>Improved attendance</p>
Healthy Lifestyles	<p>Children, young people and their families will be supported with advice and guidance on healthy lifestyles. A key worker will work with the family over 4 weekly visits to:</p> <ul style="list-style-type: none"> • Support the family with meal planning • Advise about the benefits of nutrition • Encourage and ensure the right support for breastfeeding mums • Enable access to group work in community settings including HENRY, Why Weight, and Breastfeeding Cafés • Encourage access to community resources to help the family to lead a more active lifestyle, e.g. Sheffield parks. 	<p>Families adopt healthier diets</p> <p>Families adopt healthier lifestyles</p> <p>Mother is breast-feeding, or intends to breastfeed</p>

Family and Relationships

Need	Intervention/Activity	Outcomes
<p>Healthy Relationships</p>	<p>Children, young people and their families will be supported to ensure good behaviour at both school and home. A key worker will work with the family over 8 weekly visits to:</p> <ul style="list-style-type: none"> • Identify and assess family relationships and communication • Introduce parenting techniques that encourage positive behaviour and support parent/carers to embed this in the home • Support parent / carers to learn a range of parenting techniques through structured short sessions in the home that meet identified needs • Enable access to the appropriate level of group parenting intervention • Support families to manage changing relationships • Work with school and other professionals to identify triggers/barriers/patterns e.g. particular lessons in school, Domestic Abuse, Young Carer responsibilities, Mental health issues. 	<p>Improved behaviour</p> <p>More stable home environment</p> <p>Improved emotional wellbeing</p> <p>Improved parenting</p> <p>Child's level of emotional/ social/behavioural needs are reduced</p>
	<p>Children, young people and their families will be supported to establish and maintain healthy relationships. Over the life of a case a keyworker will support the family to:</p> <ul style="list-style-type: none"> • Identify and assess family dynamics • Establish family ground rules and embed improvements • Empower parents to set and achieve goals • Identify and support to attend suitable parenting offer, as part of the parenting model • Signpost and support to access appropriate specialist services • Support families to access locality community based activities. 	

Family and Relationships

Need	Intervention/Activity	Outcomes
Healthy Relationships	Where domestic violence occurs, families will be able to access specialist support and advice, including through the You and Me Mum group programme.	Increased safety for families
	Specialist advice and support to universal services and children, around divorce and separation, and bereavement and loss.	Child's level of emotional / social/behavioural needs are reduced
Improved Communication	<p>Children, young people and families will be supported to establish and maintain effective communication skills.</p> <p>Over the course of 8 weekly visits a keyworker will support the family to:</p> <ul style="list-style-type: none"> • Identify any barriers to effective communication • Support children, young people and families to communicate with each other and with others around them. 	<p>Improved emotional wellbeing</p> <p>Improved family functioning/ communication</p>



Life Skills

Need	Intervention/Activity	Outcomes
<p>Budgeting Skills</p>	<p>Families will be supported to improve and maintain their budget management skills. A key worker will work with the family over 4 weekly visits to enable families to:</p> <ul style="list-style-type: none"> • Identify current income • Maximise benefit entitlement, including Free School Meals, FEL and Pupil Premium • Manage debt obligations • Maintain a stable tenancy • Understand the importance of budgeting and prioritising spending • Access smoking cessation and substance misuse programmes 	<p>Reduction in debt levels</p> <p>Reduction in the number of families who are homeless or at risk of homelessness</p> <p>Improved self-esteem and mental health</p>
<p>Employment Skills</p>	<p>Families will be supported to improve and maintain their employability skills. A key worker will work with the family over the life of a case to enable families to:</p> <ul style="list-style-type: none"> • Identify and tackle their barriers to employment and enable their training and development • Identify opportunities for volunteering and gaining experience • Provide access to employment advice. Employment Advisors can support adults and young people to develop employment skills, where barriers to employment are complex • Access appropriate Employment Champions to help provide additional advice where necessary. 	<p>Reduction in unemployment</p> <p>Increase in employment levels, progress to work and training</p> <p>Reduction in social isolation.</p>
<p>Home Environment</p>	<p>Families will be supported to improve and maintain a safe, stable and nurturing home environment.</p>	<p>Improved living environment</p> <p>Improved mental health and wellbeing</p>

Life Skills

Need	Intervention/Activity	Outcomes
Healthy Relationships	Where domestic violence occurs, families will be able to access specialist support and advice, including through the You and Me Mum group programme	<p>Improved behaviour</p> <p>More stable home environment</p> <p>Improved emotional wellbeing</p> <p>Improved parenting</p> <p>Child's level of emotional/social/behavioural needs are reduced</p>
	Specialist advice and support to universal services and children, around divorce and separation, and bereavement and loss	Increased safety for families



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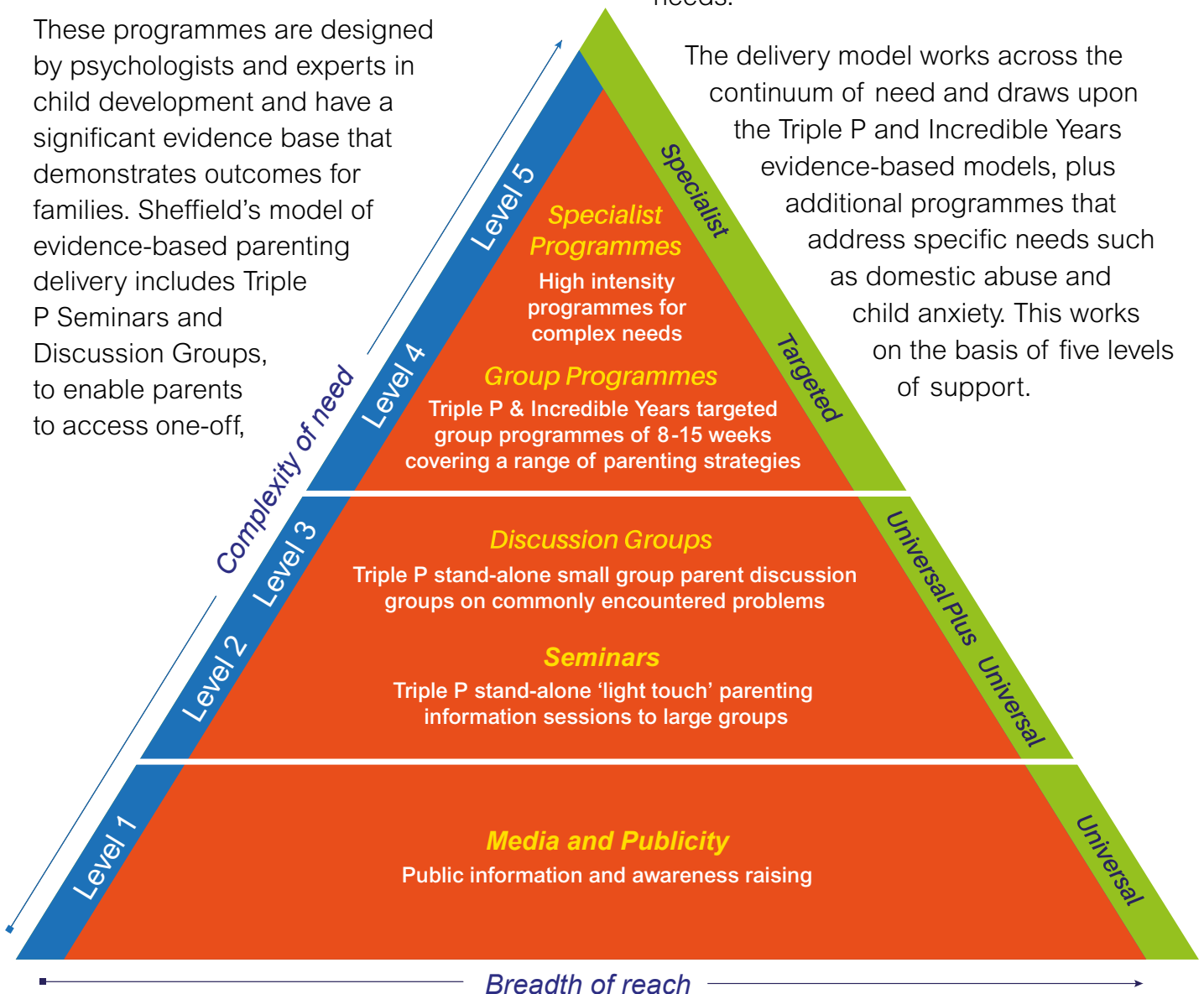
Sheffield's Evidence Based Parenting Model

Sheffield delivers both group based and one to one parenting support for parents / carers. The 'Triple P' and 'Webster Stratton Incredible Years' models form the core of our delivery and are based on Cognitive Behavioural Therapy techniques.

These programmes are designed by psychologists and experts in child development and have a significant evidence base that demonstrates outcomes for families. Sheffield's model of evidence-based parenting delivery includes Triple P Seminars and Discussion Groups, to enable parents to access one-off,

standalone parenting sessions. The service continues to deliver group programmes and these will be targeted at parents/carers who need this level of input, whilst others may find single sessions to be enough to support their needs.

The delivery model works across the continuum of need and draws upon the Triple P and Incredible Years evidence-based models, plus additional programmes that address specific needs such as domestic abuse and child anxiety. This works on the basis of five levels of support.



Parenting Offer

		Examples of topics covered
LEVEL 2	Seminars	<p>Triple P Seminars are 'light touch' parenting information sessions for large groups of parents/care givers (20 – 200). These are most suitable for parents/carers who are generally coping well but have one or two concerns. There are three seminar topics for parents of children age 0 – 12 and three for parents of teenage children, each taking around 90 minutes to present, plus 30 minutes for question time. Each family receives a Tip Sheet corresponding to the seminar topic they are attending.</p>
LEVEL 3	Discussion Groups	<p>The Triple P Discussion Group Series includes parent discussion groups on commonly encountered problems such as coping with teenager's emotions, fighting and aggression in under 12s, managing situations such as shopping with children and bedtime.</p> <p>The discussion groups are designed to provide an overview of the positive parenting principles for any interested parent. Parents are actively involved throughout the 2-hour small group format discussions.</p> <p>There are four workshop topics for parents of children age 0 – 12 and four for parents of teenagers.</p> <p>Parents/carers are most likely to benefit when their concerns are around a relatively discreet, mild to moderate behavioural issue and when parents can independently implement parenting plans that are generated during each 2-hour group discussion.</p> <p>Each family receives a Triple P Discussion Group Workbook on the corresponding topic they are attending.</p>
LEVEL 4 & 5	Group and Specialist Programmes	<p>We deliver a range of group based programmes that parents/carers attend weekly for 8 – 15 weeks. These programmes are more intensive than Discussion Groups and cover a full range of positive parenting strategies.</p> <p>When considering a group programme for a family, the Parenting Specialist in MAST will help identify which programme would best meet the family's needs.</p> <p>Our range of programmes includes Triple P Positive Parenting Programme, Webster Stratton Incredible Baby and Incredible Years, You and Me Mum (for Female survivors of Domestic Abuse), and Timid to Tiger (for parents of primary age children where anxiety is a concern).</p>

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Targeted Support

Prevention and Early Intervention services provide targeted support to meet specific needs as part of a multi-agency response.

<i>Specific Support</i>		
Need	Intervention/Activity	Outcomes
Young people who go missing from home or school	<p>Where a child or young person is known to the service, the prevention and early intervention service will:</p> <ul style="list-style-type: none"> • Share relevant information with other agencies in the search to find the young person • Participate in relevant strategy meetings with partners • When a child or young person returns, discuss with them the circumstances which led to them going missing • Assist with identifying any ongoing support needs in the family around this specific issue 	<p>A reduction in the number of repeat missing episodes for the child or young person</p> <p>A reduction in the annual number of missing episodes for children open to the service</p>
Support for families who are at risk of entering or re-entering Children's Social Care	<p>We will deliver targeted early help to families at risk of reaching statutory thresholds through coordinated step up and step down processes, to ensure families receive the support they require</p>	<p>Family has successfully completed actions within a Family Plan and the situation has improved sufficiently, to allow for successful return to support in Universal Services.</p> <p>Reduction in referrals to children's social care</p> <p>An increase in the families receiving significant and sustained outcomes</p>

Specific Support

Need	Intervention/Activity	Outcomes
<p>Early Years learning, social and emotional development</p>	<p>Through the Best Start Strategy, we will:</p> <ul style="list-style-type: none"> • Work with early years settings who need support to help them achieve good or outstanding Ofsted inspections. • Deliver a range of services from Family Centres supporting the first 1,000 days, such as Stay and Play, Talking Toddlers, Baby Massage and Book Start • Support expectant parents • Support the ongoing accreditation of the city as Unicef Baby Friendly • Provide information and advice on accessing 2, 3 and 4 year old funded Early Learning • Volunteering opportunities 	<p>Families can access, high quality early learning and childcare</p> <p>Improved parenting, needs identified and support provided at the earliest stage possible</p> <p>Increased uptake of funded early learning</p> <p>Children are ready for school and life</p>
<p>Improved school attendance to increase educational outcomes for young people</p>	<p>Parents/Carers of children who have irregular attendance, due to unauthorised absence (including holidays in term time) can be prosecuted through Sheffield's Magistrates Court.</p> <p>The service is responsible for discharging the Local Authority's responsibility for prosecuting. We will support schools to ensure they follow the requirements of the Attendance Strategy prior to any legal action being pursued.</p>	<p>Improved School Attendance</p>
<p>Families with high risk Domestic Violence</p>	<p>Where a family is known to the service, the Prevention and Early Intervention service will support the MARAC process as well as providing support and guidance through the You and Me Mum group programme</p>	<p>Build resilience and family strengths to effectively manage any risk</p> <p>Improved emotional wellbeing</p> <p>Improved family functioning/ communication</p>
<p>Young Carers</p>	<p>Provision of targeted support for young people identified as carers through:</p> <ul style="list-style-type: none"> • Support to access universal services • Improving school attendance and attainment • Promoting health and wellbeing 	<p>Build resilience and family strengths to effectively manage any risks</p> <p>Improved school attendance and attainment</p>

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Partner Specialist Advisors

Part of our Core Offer includes our key workers accessing advice and support from a range of specialisms across the multi-agency spectrum, to best support families' needs.

These specialists will advise on specific cases through consultations with keyworkers and home visits with the family. Through working in partnership, the Specialist Advisors can also check systems and provide a level of screening for specialist services.

Additionally, they deliver workshops, training and upskilling to the wider workforce to raise the profile of their particular specialism, ensuring that keyworkers are better able to assess needs in relation to this area. Specialist Advisors also deliver group work in some cases.



Specialist Advisors

Specialism	Can offer additional advice and support with	Outcomes
Employment	<p>Employment Advisors offer support in making steps towards employment, including accessing training, volunteering and work placements.</p> <p>These specialist advisors also support connections to Job Centre Plus and can provide limited advice on benefit eligibility.</p>	Adult/Young person is employed / in education/training / accessing an appropriate return to work programme
Child and Adolescent Mental Health	<p>Primary Mental Health Workers can support children and young people to access appropriate health services and assist in completing specialist assessments. Primary Mental Health Workers support in the delivery of Timid to Tiger group work programmes.</p>	Improved child emotional and mental health
Adult Mental Health	<p>Adult Mental Health workers can assist adults to access appropriate health services.</p> <p>Support through delivery of a 4 week programme to adults with issues around anxiety, stress and low mood in a small group work environment, providing peer support and the opportunity for further assessment of need.</p>	Improved adult emotional and mental health
Domestic Abuse	<p>Safety Planning as part of an action plan with keyworkers</p> <p>Support for MARAC process and key link to universal service providers, to update on agreed relevant actions.</p> <p>Delivery of You and Me Mum parenting programmes.</p>	Improved adult emotional and mental health
Housing	<p>Reducing the risk of homelessness and financial exclusion.</p>	Improved security of housing situation / Improved housing conditions / homelessness avoided

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Service Standards

Any support provided as part of our Core Offer will be governed by the following service standards.

1	Timely and effective access to services	<p>Referrers will be notified of outcome of referrals within 7 days</p> <p>Appointment led advice sessions will be offered according to need</p> <p>Locality Early Help Gateway Meetings will be held regularly to ensure families can access the most appropriate support</p>
2	Engagement with children, young people and families	<p>The allocated worker will make contact with the family within 2 working days of the case being allocated</p> <p>The allocated worker will work to agree an action plan within 30 days of a case being allocated</p> <p>Review meetings (Team Around the Family) will be held at regular intervals</p> <p>Workers will make an average of 4 visits per day</p>
3	Effective service delivery	<p>All staff will receive supervision every 4-6 weeks</p> <p>All staff will receive continual professional development and training to enable them to best support families</p> <p>We will audit 10% of open cases each quarter</p> <p>We will track the outcomes for families that we support</p>
4	Consultation and continual improvement	<p>We will routinely gather feedback from families on the quality and impact of the services provided</p> <p>All feedback received will be used to inform future service changes</p> <p>We will measure how satisfied children, young people and families are with the services they have received</p>



*Helping
families
achieve
their
potential*

10 CONTACT US

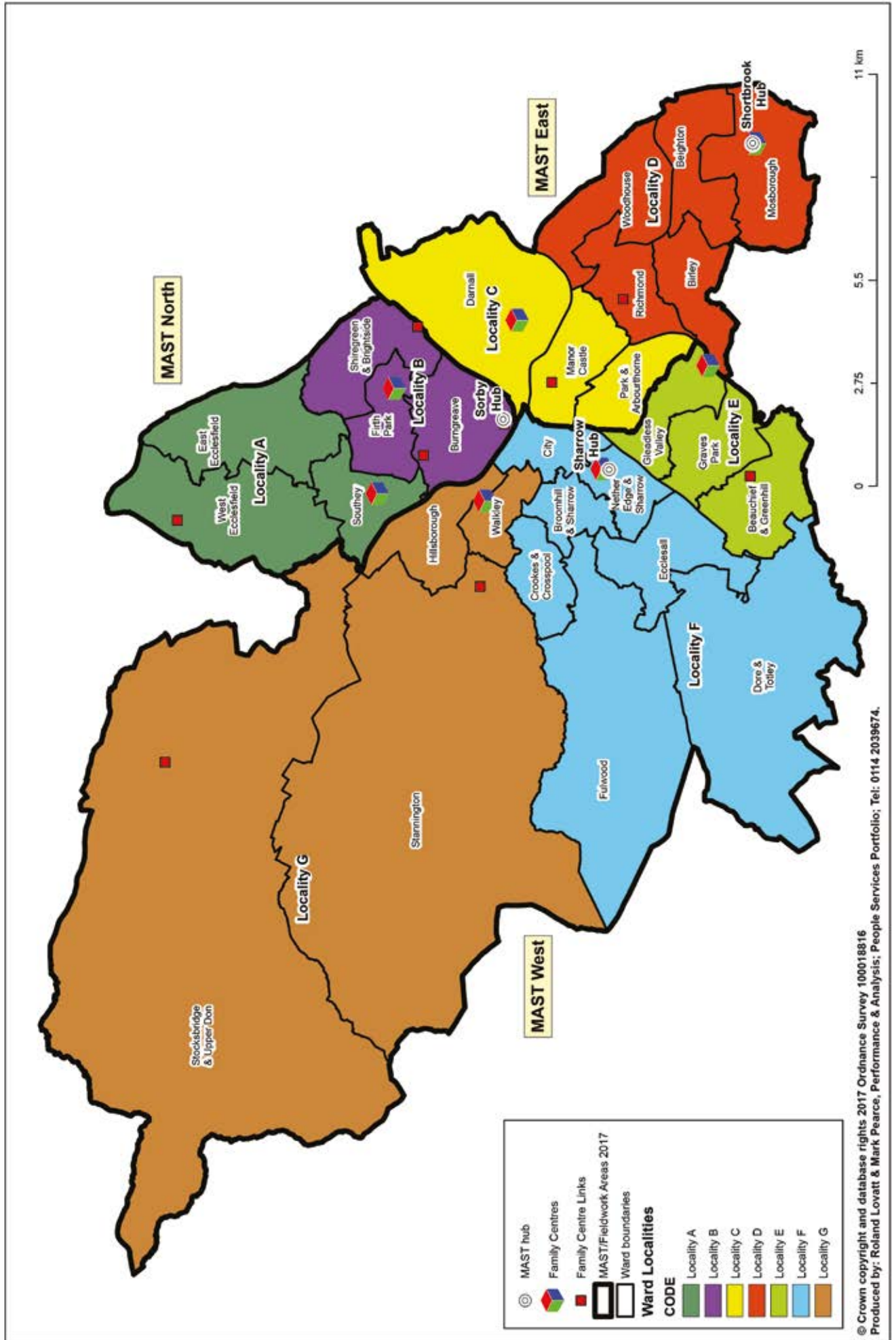
NORTH	HUB	North MAST - 2nd Floor, Sorby House, Spital Hill, S4 7LG
	Family Centre	Early Days - 71 Palgrave Road, Parson Cross, S5 8GS
	Family Centre	First Start - 441 Firth Park Road, Firth Park, S5 6HH

WEST	HUB	West MAST - Old Sharrow Junior School, South View Road, S7 1DB
	Family Centre	Primrose - Creswick Street, Netherthorpe, S6 2TN
	Family Centre	Sharrow Highfield Library - London Road, S2 4NF
	Family Centre	Valley Park - Norton Avenue, Gleadless Valley, S14 1SL

EAST	HUB	East MAST - 1st Floor, Shortbrook Primary Site, Westfield Northway, S20 8FB
	Family Centre	Darnall - 563 Staniforth Road, Darnall, S9 4RA
	Family Centre	Shortbrook - Westfield Northway, Shortbrook, S20 8FB

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Sheffield City Council: MAST Areas, Wards, Localities, Family Centres and MAST Hubs



NOTES



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