

## **Appendix 6**

### **The Proposed Family Support Offer**

This document sets out what the proposed FSS (level 3 and level 2) would look like.

#### **What does Level 3 intensive support look like?**

Level 3 intensive support is currently offered by worker in children's centres, and early help practitioners that make up the Early Help Hubs.

The one-to-one level three offer would provide parents/carers with specialised support tailored to their individual needs and the needs of their family. A skilled and knowledgeable worker would work with the family, drawing upon a variety of evidence based practice, including parenting, using a solution focused approach that would meet a range of identified complex needs. One-to-one interventions could include: mediation; listening; advocacy; advice/information; motivation; signposting; positive communication; enabling; anger management; building self confidence/self esteem; building resilience and encouraging families to access appropriate services. This could also include direct work with young people who are at risk of homelessness. The worker would be the single point of contact for the family and would bring together a range of agencies to ensure the multiple and complex issues and barriers the family are facing are addressed and that the parent/child is at the centre of the process. The worker would ensure the child has a voice and that their views and wishes are always taken into consideration.

#### **What Evidenced Based Parenting Groups form part of the offer?**

All of the following groups are currently delivered in children's centres by children's centre staff (family support workers) or by early help workers and will continue to be part of the proposed Family Support Service (FSS).

#### **Cook and Eat**

A targeted 6 week course. Within the weekly sessions, adults learn basic cookery skills, as well as hearing advice on health and nutrition. They learn to apply new skills in creating menus for the family, and how to budget and reduce food bills.

#### **Confident Parents, Confident Kids (CPCK).**

This is a 5 week course with the opportunity to continue into Understanding Behaviour 0-5 Years. Parents learn how to build confidence by understanding body language, assertiveness and feelings in different situations with their children.

## **The Family Links Nurture Programme**

The 10 week Nurturing Programme aims to help adults understand and manage feelings and behaviour and to become more positive and nurturing in their relationships with children and each other. It encourages an approach to relationships that gives children and adults an emotionally healthy start to their lives and learning.

## **Freedom**

The Freedom Programme is a domestic violence programme primarily designed for women as victims of domestic violence, since research shows that the vast majority of cases of serious abuse are male on female. However, the programme when provided as an intensive two day course, is also suitable for men, whether abusive and wishing to change their attitudes and behaviour or whether victims of domestic abuse themselves.

The Freedom Programme examines the roles played by attitudes and beliefs on the actions of abusive men and the responses of victims and survivors. The aim is to help them to make sense of and understand what has happened to them, instead of the whole experience just feeling like a horrible mess. The Freedom Programme also describes in detail how children are affected by being exposed to this kind of abuse and very importantly how their lives are improved when the abuse is removed.

## **HENRY - Health, Exercise and Nutrition for the Really Young**

This is a structured 8 week intervention to support targeted work with families of babies and young children at risk of obesity. It aims to build on parents' knowledge, skills and confidence in each of the key elements for a healthy lifestyle:

- emotional well-being.
- healthy eating patterns.
- physical activity.
- eating well.
- parenting skills.

## **Incredible Years Parenting Programme**

This is a targeted course delivered over 12 weeks.

The course aims to support parents in improving their skills as a parent and is designed to encourage positive parenting, whatever their child's age. The course combines videos, group discussions and practical workshops to encourage group members to explore different parenting methods.

### **Why Incredible Years?**

- improves skills as a parent.

- helps explore how to deal with problems.
- parents can get advice on handling children's behaviour.
- helps to learn new ways to help children learn and develop.
- parents can meet with other parents and share experiences.

### **PEEP**

PEEP is an evidenced based programme that;

- reaches isolated families and engages them in their children's learning.
- helps parents become more aware of their children's development and how to foster it.
- helps children develop good foundations for literacy and strong self-esteem.
- enables practitioners from a wide range of professions develop new skills and fresh approaches to unlock parents' potential rather than focus on their problems.

### **Positive Parenting Programme -Triple P**

Triple P is delivered to parents of children up to 12 years, with Teen Triple P for parents of 12 to 16 year olds.

The Triple P – Positive Parenting Program ® is a parenting and family support system designed to prevent – as well as treat – behavioural and emotional problems in children and teenagers. It aims to prevent problems in the family, school and community before they arise and to create family environments that encourage children to realise their potential.

Triple P draws on social learning, cognitive behavioural and developmental theory as well as research into risk factors associated with the development of social and behavioural problems in children. It aims to equip parents with the skills and confidence they need to be self-sufficient and to be able to manage family issues without ongoing support.

And while it is almost universally successful in improving behavioural problems, more than half of Triple P's 17 parenting strategies focus on developing positive relationships, attitudes and conduct.

### **WRAP**

WRAP (wellness recovery action planning) is a tool that can aid an individual's recovery and it's underpinning principles support the recovery approach. WRAP is a systematic way of monitoring wellness, times of being less well and times when

experiences are uncomfortable and distressing. It also includes details of how an individual would like others to support them at these different times.”

**WRAP** is underpinned by five key principles (as below)

1. **Hope:** people who experience mental health difficulties get well, stay well and go on to meet their life dreams and goals.
2. **Personal responsibility:** it's up to you, with the assistance of others, to take action and do what needs to be done to keep yourself well.
3. **Education:** learning all you can about what you are experiencing so you can make good decisions about all aspects of you life.
4. **Self advocacy:** effectively reaching out to others so that you can get what it is that you need, want and deserve to support your wellness and recovery.
5. **Support:** while working toward your wellness is up to you, receiving support from others, and giving support to others, will help you feel better and enhance the quality of your life.

### **What other support would be made available at Level 2?**

As well as access to the evidenced based parenting groups, each district based Family Support Service (FSS) will offer groups that respond to the needs of the local community. The priority groups will be agreed locally and based on need but could include young parents, service families, first time vulnerable parents, domestic abuse and support with language and development.

Some children's centres currently offer surgeries for parents of young children (called SOS in some localities) and this will continue to form part of the proposed family support offer. These surgeries would be held weekly in various venues within districts, based on need and would offer the opportunity for parents of children of any age to meet with workers to discuss issues arising, get help and find out what is available locally to support the parent and their family. These sessions would be appointment based.

### **So what would this look like in the area that I live?**

The following information is based on the current proposed model of 11 buildings and maximum staffing – any reduction in staff funding would alter this offer. On a weekly basis, the proposed FSS would be delivering:

## Basingstoke

- 76 families via 1 to 1 intensive work
- Up to 9 evidenced based parenting groups
- 2 priority groups determined locally
- 2 surgeries

## East Hants

- 44 families via 1 to 1 intensive work
- Up to 4 evidenced based parenting groups
- 2 priority groups determined locally
- 2 surgeries
- Use of mobile bus due to geography.

## Eastleigh

- 48 families via 1 to 1 intensive work
- Up to 5 evidenced based parenting groups
- 3 priority groups determined locally
- 2 surgeries

## Fareham

- 32 families via 1 to 1 intensive work
- Up to 5 evidenced based parenting groups
- 2 priority groups determined locally
- 2 surgeries

## Gosport

- 72 families via 1 to 1 intensive work
- Up to 10 evidenced based parenting groups
- 3 priority groups determined locally
- 2 surgeries

## Hart

- 20 families via 1 to 1 intensive work
- Up to 4 evidenced based parenting groups
- 3 priority groups determined locally
- 2 surgeries

## Havant

- 84 families via 1 to 1 intensive work
- Up to 11 evidenced based parenting groups

- 3 priority groups determined locally
- 2 surgeries

#### New Forest

- 64 families via 1 to 1 intensive work
- Up to 9 evidenced based parenting groups
- 3 priority groups determined locally
- 2 surgeries
- Use of mobile bus due to geography.

#### Rushmoor

- 64 families via 1 to 1 intensive work
- Up to 6 evidenced based parenting groups
- 2 priority groups determined locally
- 2 surgeries

#### Test Valley

- 52 families via 1 to 1 intensive work
- Up to 5 evidenced based parenting groups
- 2 priority groups determined locally
- 2 surgeries

#### Winchester

- 32 families via 1 to 1 intensive work
- Up to 4 evidenced based parenting groups
- 3 priority groups determined locally
- 2 surgeries