

Project		Nacro Osmaston Family Project	
Lead delivery partner		Nacro	
Theme	Improving life skills	Priority	2
Activity	Families and children 0-7	Budget code	
<p>Project outcomes (from SLA)</p> <p><u>Qualitative</u></p> <ol style="list-style-type: none"> 1. Children have the best start in life by being supported and enabled to develop their individual personality, talents and aspire to a successful life. 2. Young people fulfil their aspirations and dreams through being provided relevant opportunities. 3. Families are better equipped with skills to support their children through being empowered and supported. <p><u>Quantitative</u></p> <p>one - one support in the home to be offered to 30 families we will provide support and encouragement to increase self-esteem and confidence and to signpost to further learning and opportunities</p>			
Reporting period dates	July- September 2015	Nr and age of people benefiting from the project during the reporting period	8 Families 16 children 0-7 2 children 10 +
<p>Introduction</p> <p>The service provides a voluntary 'low-level' support to parents who ask for help in the defined BLT area (but who do not fit the criteria for support from statutory services).</p> <p>Parents are identified through links with local agencies including the Nacro Osmaston Family Project other agencies working in the area, local schools, Health Teams and individuals who may self refer.</p> <p>The aim is to support and enhance family's relationships, to encourage family games and</p>			

activities that have a long term benefit for the area such as picnics to the local park and family games to increase interaction and a sense of fun, as well as encouraging a healthier lifestyle.

The service will support families both within the home and through telephone contact to start to embed the behaviour management techniques outlined in the Handling Children's Behaviour Parenting Programme

Initially there were 2 activities in this priority work with families and work with children it was agreed by the board that these two activities would become one as the work with families and children is interlinked.

Activities undertaken during reporting period

- *One to one support directly with parents and children in their own homes*
- *Support to a parent to attend meeting at school*
- *One family supported after a DV incident in the home*
- *One family supported after taking on care of other children from extended family*

Outcomes the project has contributed to

Parents feel that they have increased self-esteem and confidence and are able to parent their children in a more positive way. They have learnt new ways of managing behaviour and the need to be consistent with firm boundaries in place. Support has been offered on a weekly basis which families find very beneficial, they are able to put into practice what they have learnt and reflect it the following week, regular weekly visits also help them to be consistent

Comments from parents about the support received

"The support has been really good for me as I was starting to feel like a really bad parent. I now feel more confident and I know I am doing my best."

"Gave me lots of helpful tips."

"I could discuss things in confidence in my own home I could and would not have been able to do it in a group parenting class."

"I have a better understanding about how to deal with behaviour."

“It’s been great to have someone who has the time to talk things through with me. My Health Visitor is good but has not got the time that’s why she referred me to the project. I’m so glad she did - it has been fantastic support. Thank you.

Timescales

Project on track and outcomes met

Plans for next reporting period

To continue to offer one to one support to families.

To make contact with the Local Health team to promote the family support service