

<b>Project</b>		<b>Nacro Osmaston Family Project</b>	
<b>Lead delivery partner</b>		<b>Nacro</b>	
<b>Theme</b>	<b>Improving life skills</b>	<b>Priority</b>	<b>2</b>
<b>Activity</b>	<b>Families and children 0-10</b>	<b>Budget code</b>	
<p><b>Project outcomes (from SLA)</b></p> <p><u>Qualitative</u></p> <ol style="list-style-type: none"> <li>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.</li> <li>2. Young people fulfil their aspirations and dreams through being provided relevant opportunities.</li> <li>3. Families are better equipped with skills to support their children through being empowered and supported.</li> </ol> <p><u>Quantitative</u></p> <p>one - one support in the home to be offered to 70 parents we will provide support and encouragement to increase self-esteem and confidence and to signpost to further learning and opportunities</p>			
<b>Reporting period dates</b>	<b>January – April 2017</b>	<b>Nr and age of people benefiting from the project during the reporting period</b>	<b>Parents 20 children 0-10 38 children 10 + 4</b>
<p><b>Introduction</b></p> <p>The service provides support to parents who live within the defined BLT area.</p> <p>Parents are also identified and referred through links with local agencies including other agencies working in the area, local schools, Health Teams, Social Care and individuals who may self refer.</p> <p>The aim is to support and enhance family's relationships, to encourage families to spend</p>			

time together taking part in activities that will have a long term benefit for the area.

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

**Activities undertaken during reporting period**

This quarter has seen an increase of families with have complex needs and children who are subject to safeguarding plans.

We have supported 67 individual parents in the period April 16 - March 17

Support usually takes place in the family home although in this last quarter a parent came to the project on a weekly basis to receive support due to some Health and Safety issues.

Referrals for support is recieved from a number of our partners including Health visitors, school nurses, learning mentors, SENCO's, school safeguarding officers, under 11's MAT's, Enthusiasm, Children's centres and Social care. The referral form gives details of the issues within the family as well as risk assessment completed by the referral agency

Each parent has an experienced family support worker who makes the initial visit with the referring agency to be introduced to the family. On the second visit a support plan is drawn up with the parents and a set outcomes are agreed.

Using solution-focused approach, we support parents to help them move forward, address issues and work towards improving outcomes for their family. This helps to build parents' independence by working with them to identify their own issues, set realistic and achievable goals and develop their own skills and responses to resolving the issues they have identified and want to change. Our experience has shown us that taking this type of approach encourages parents' to positively engage and helps to build their confidence and self-esteem as well as taking ownership of the changes they want to see.

Internal/external pressures put a huge strain on relationships within the family, parents are more likely to be preoccupied by attempts to deal with the pressures so are not able to give children/young people the attention needed. Supporting them to prioritise parenting pressures and giving strategies to improve parenting capacity and change the way they parent is crucial.

Parents tell us they often feel their child is beyond their control making them feel a failure and in despair. Building parent's self-esteem supports them to regain confidence and take some control back, increasing their parenting capacity. We utilise an assertive, persistent, supportive and respectful approach in working with families, creative approaches bring about positive change, using open and honest communication. Our approach is to build on the strengths of the family, value family members, listen to, respect and understand the

family's perspective. Clarifying expectations and what needs to be changed and the consequences for the family achieving change.

Support to parents in this quarter have included:

- One to one support directly with parents and children in their own homes
- Attending Team around the family meetings
- Completion of 1 Early Help Assessments
- Completion of 2 assessments for paediatrician
- 5 case conferences for children subject to safeguarding plan.
- Support completing application for School transport
- Support to 4 parent to attend meeting with their child's school
- Attending professionals meetings

Parents receive weekly visit usually for up to 3 months occasionally in complex cases support is offered for a longer period of time particularly if support is part of a safeguarding plan after a child protection conference.

For those parents who engage with the Handling Children's behaviour one-one parenting programme support is for 12 weeks

### **Outcomes the project has contributed to**

#### Comments from Families

- It gave me confidence and new ideas of how to manage my children's behaviour.
- My support worker visited me weekly and we went through different things each week.
- Knowing there was support for me when I needed it was the best thing for me.
- Great work for my support worker it has helped me a lot with my children
- I tried to put into place all the advice I was given and most of it has worked Thanks.
- Knowing that lots of other parents struggle with similar things was good as I felt it was just me being a rubbish parent.

- We have all benefited as a family thank you for your support and good advice.
- The sticker that was made for me was brill it was a Spiderman one and I have now got lots of good stickers.
- I have learned some important tips for children behaviour.
- I could talk about any issue with my daughter and got advice on how to deal with it.
- Brilliant service keep it up!!!
- Without the support I would have been on my own trying sort out my son's behaviour. Thanks for your support.
- I really enjoyed the weekly sessions of the Handling Children's Behaviour and was so pleased to get a certificate at the end. It is the first certificate I have ever had. Thanks.

#### **Timescales**

Project on track and outcomes met.

#### **Plans for next reporting period**

To continue to offer one to one support to families. To routinely ask for feedback from the referring agency that can be include in case studies. To provide a more detailed breakdown of families supported each quarter e.g number of new families and number continuing with support from previous quarter, street names for board members and more detailed case studies each quarter.