

Project		Nacro Osmaston Family Project	
Lead delivery partner		Nacro	
Theme	Improving life skills	Priority	2
Activity	Families and children 0-10	Budget code	
Project outcomes (from SLA)			
<p>This service will meet the Allenton Big Local outcomes by:</p> <ul style="list-style-type: none"> • Supporting positive communication within families. • Enhance family relationships & Encourage families to access fun activities together. • Signpost families to appropriate services as required. • Promote positive nurturing skills & increase parental self-esteem and confidence. • Reduce children's behavioural problems & Increase their self-esteem and confidence. • Strengthen children's social skills and appropriate play skills. • Support children and families to adopt healthy lifestyles and choices • Build social skills and communication • Enable children to express their feelings and thoughts about aspects of their lives which they think are good and not good • Support children to identify any activities or support they think could help to meet their social, emotional and identity needs • To give less confident children a chance to shine in a positive way, develop their talents and have positive aspirations 			
<u>Qualitative</u>			
<p>Children have the best start in life by being supported and enabled to develop their individual personality, talents and aspire to a successful life.</p> <p>Young people fulfil their aspirations and dreams through being provided relevant opportunities.</p> <p>Families are better equipped with skills to support their children through being empowered and supported.</p>			
<u>Quantitative</u>			
70 Parents within the ABL area will be supported on a one-one basis in the family home, or at the project or other community base if they choose.			
Reporting period dates	October – December 2019	No and age of people benefiting from the service during the reporting period	Parents from previous = 9 New Parents = 20 children 0-10 = 30 children over 10 = 6
Introduction			
<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</p>			

the area, local schools, Health Teams, Social Care and individuals who may self refer.

The aim is to support and enhance family's relationships, to encourage families to spend 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

The following table shows the numbers achieved against the outcomes required as indicated in the Service Level Agreement. The grey shaded area includes the final quarter reporting and comments:

	1 st April 28 th June Cumulative total	1 st July 30 th Sept Cumulative total	1 st Oct 31 st Dec Cumulative total	1 st Jan 31 st Mar Cumulative total	Contract target April 2019– March 2020	Comments
No. of 1-2-1 sessions in qtr	128	91	115			334 sessions in total
No of existing parents in qtr	12	10	9			
No. of new parents in qtr from ABL area	10	14	20		70	56 parents so far in year
Total of parents in qtr	22	24 1 case study	29 1 case study			

Support has taken place in the family home on a weekly basis with telephone contact or text messages of support offered in-between.

Referrals for support have come from School, Health Team, and Children's Centres; under 11's MAT's, safeguarding officers. Referrals give 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 set outcomes are agreed.

We use a solution-focused approach to support parents, it is a strengths-based approach, emphasizing the resources that people possess and how these can be applied to a positive change process. SFA focuses on strengths and 'life without the problem' rather than a detailed analysis of problem dimensions.

The setting of specific, concrete, and realistic goals is an important component of SFA.

Goals are formulated and amplified through conversations about what parents want to be different in the future.

Support to parents in this quarter have included:

- One to one support directly with parents and children in their own homes
- Case conferences for children subject to safeguarding plan.
- Children in need reviews
- Attending Team around the family meetings
- Completion of an Early Help Assessments
- Attending professionals' meetings
- Support with EHCP
- Support with DLA paperwork and appeal process if necessary

Parents receive a weekly visit usually for up to 3-4 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 or if the family are subject to CIN.

Many parents also require additional support when attending GP/Paediatrician appointments.

Case Study - **Nacro Parenting Support (ABL)**

Referral Agency - **Health Visiting Team**

Child age: - **under 5**

Overview of Issues

Mum and dad moved to Derby in recent months. Dad works, mum was a professional working full time in her previous town. When the family moved to Derby she stopped work to have their child. Mum was left feeling very isolated and alone, having no family or friends to give her support or befriending. Their child 'T' is extremely possessive of mum and does not allow her to talk on the phone or completing daily tasks because he wants her attention all the time. 'T' sleeps in mum's bed. Mum was desperate for Parenting advice and support to help her manage some of 'T' behaviours which when he is told 'no' can turn aggressive towards her and dad. She began feeling very low and depressed, often becoming tearful and not knowing who to turn to for help. The relationship between mum and dad was being affected by mum's low mood and child's behaviour.

The Health Visitor felt mum would benefit from some Parenting Support to work with her on developing an understanding and empathy in relation to their child's behaviour, and to help build mum's confidence and self-esteem in a new area/ community to enable her to access community resources that she and her child could use together.

To look at ways of encouraging acceptable behaviour that is age appropriate and encourage child to sleep in their own bed.

During my visits we made Behaviour Charts in a theme that 'T' would enjoy and engage in doing with parents. We did some work on age appropriate small consequences, but staying calm and parents taking control of situations that arise. We were able to put together a good bedtime route for parents to follow and a Smiley Face sleep chart for 'T' to complete himself. We looked at why 'praise' is important for children.

ABL Outcomes achieved by work completed;

- 1:1 parenting support was given within the home and community. Ideas shared and help given to parent with the day to day handling of child's/children's behaviour, exploring issues that effect and can impact on family life; child sleeping in parents' bed. A Bedtime Routine Chart is completed by child/parent and small reward is given when achieved; (child stays in own bed)
- Issues also covered: temper tantrums to the word 'no'. We did work on parents not giving in to child's demands or tantrums when told 'no'. Parents remain consistent and explain to child why they have said 'no'.
- Age appropriate boundaries and consequences have been put in place.
- Mum now feels more in control and is attending community based activities/recourses. Stay and Play sessions at nursery. She has put child's name down for a nursery place to start Easter 2020.
- The family as a whole have accessed Christmas events; ABL Christmas Event at St. Martin's Church, Allenton/Osmaston Children Centre Lord St nursery recourses.

Mum thanked me for my support and said it has helped her and her family's relationship a lot.

Comments from Families

- I am a good parent to my children, I needed some reassurance
- I don't shout at the kids as much, I try to explain to the kids why I say 'no'
- Helped me do things as a family with my kids and partner
- I don't feel alone and know I can phone for a chat if I need tips or hints as what to try
- Having someone to talk to that understands and shows genuine empathy thanks

Timescales

Project on track and outcomes met

Plans for next reporting period

To continue to offer one to one support to parents. To continue to routinely ask for feedback from referring agencies that can be included in the report. To include examples of the sessions we deliver and or Case Studies.