



# Mark Davies

## Prevention and Partnerships Manager

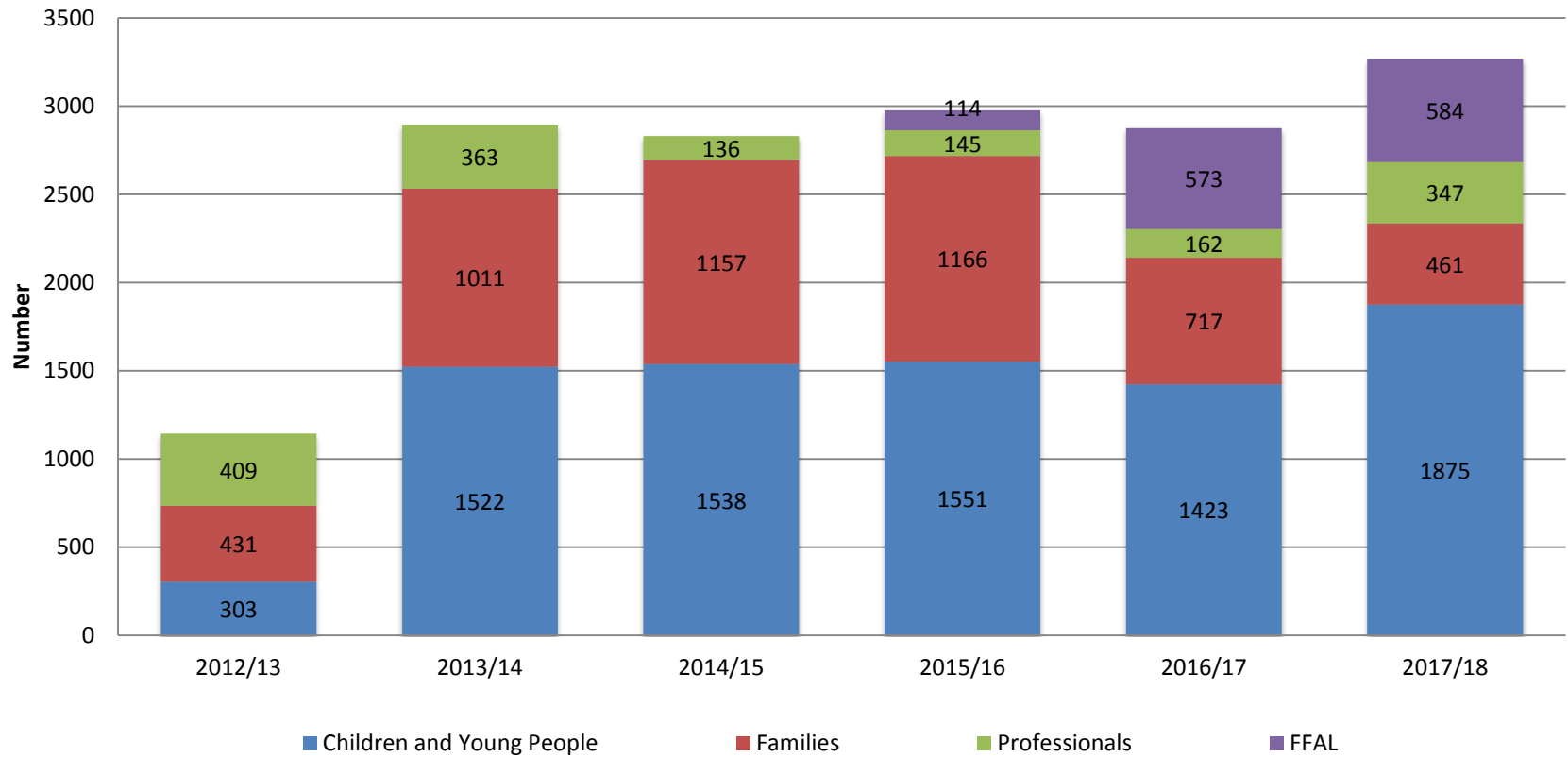
# Aims



- ▶ Overview of the Families First (FF) Grant (£1,355,748)
- ▶ Update on positive work noted within the FF Annual Report
- ▶ Explain the transition between FF stages



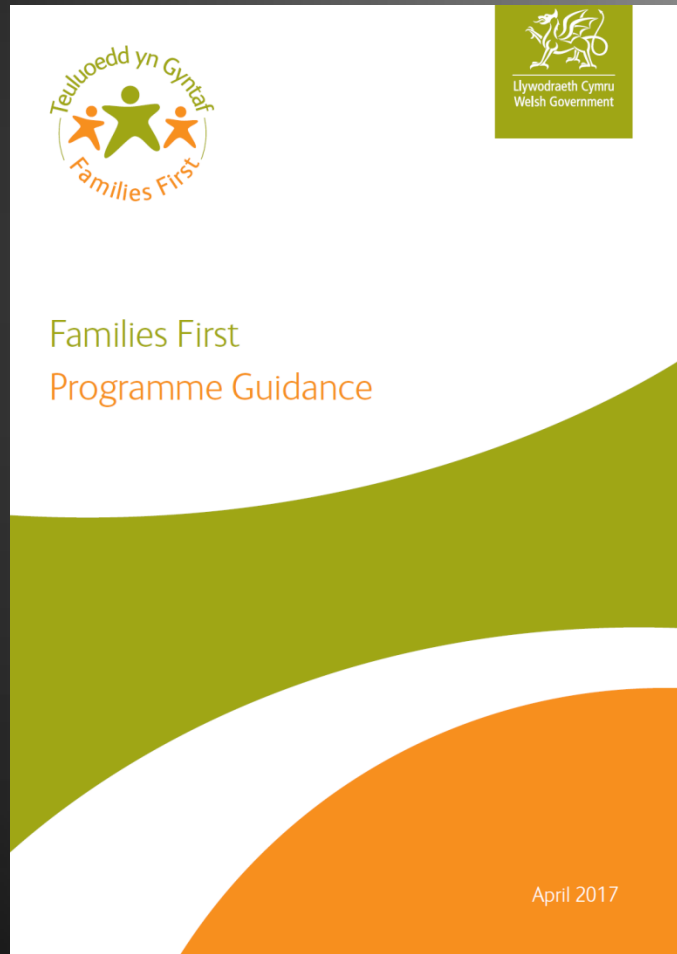
## Numbers benefiting from Families First





- ▶ For 2017/18: 3,267 individuals accessed and benefited from the FF programme
- ▶ 4.9% (159) accessed the TAF/JAFF – Decrease from 2016/17 in response to the implementation of the Family First Advice line
- ▶ 17.9% (584) accessed the FFAL
- ▶ 12.6% (412) accessed the Disability Strand
- ▶ The number of individuals accessing FF programmes has increased by 13.6%.

# Policy Context

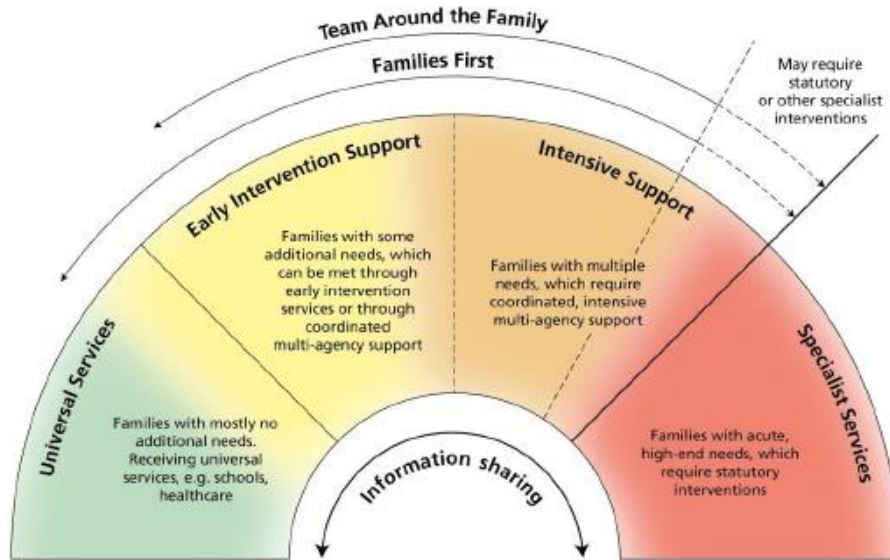


- ▶ Taking Wales forward (The Welsh Governments 5 year strategic plan)
- ▶ Wellbeing of future Generations Act 2015
- ▶ Social Services and Wellbeing Wales Act 2014
- ▶ ACE Report
- ▶ United Nations Convention on the Rights of the Child (UNCRC)

# Early intervention



Diagram 1 – Families First and the continuum of support



‘Early intervention is about taking action as soon as possible to tackle problems for children and families before they become more difficult to reverse’

# How many adults in Wales have been exposed to each ACE?

## CHILD MALTREATMENT



Verbal abuse  
23%



Physical abuse  
17%



Sexual abuse  
10%

## CHILDHOOD HOUSEHOLD INCLUDED



Parental separation  
20%



Domestic violence  
16%



Mental illness  
14%



Alcohol abuse  
14%



Drug use  
5%



Incarceration  
5%



# Families First

- ▶ FACT – Team Around the Family
- ▶ Putting Families First & Partnership for Young Parents (Parenting service)
- ▶ Disability Strand
- ▶ Young Carers – respite service with YMCA
- ▶ C-Card and Youth Support (Youth Wellbeing Team)
- ▶ Staff training





## **FACT – Families Achieving Change Together**

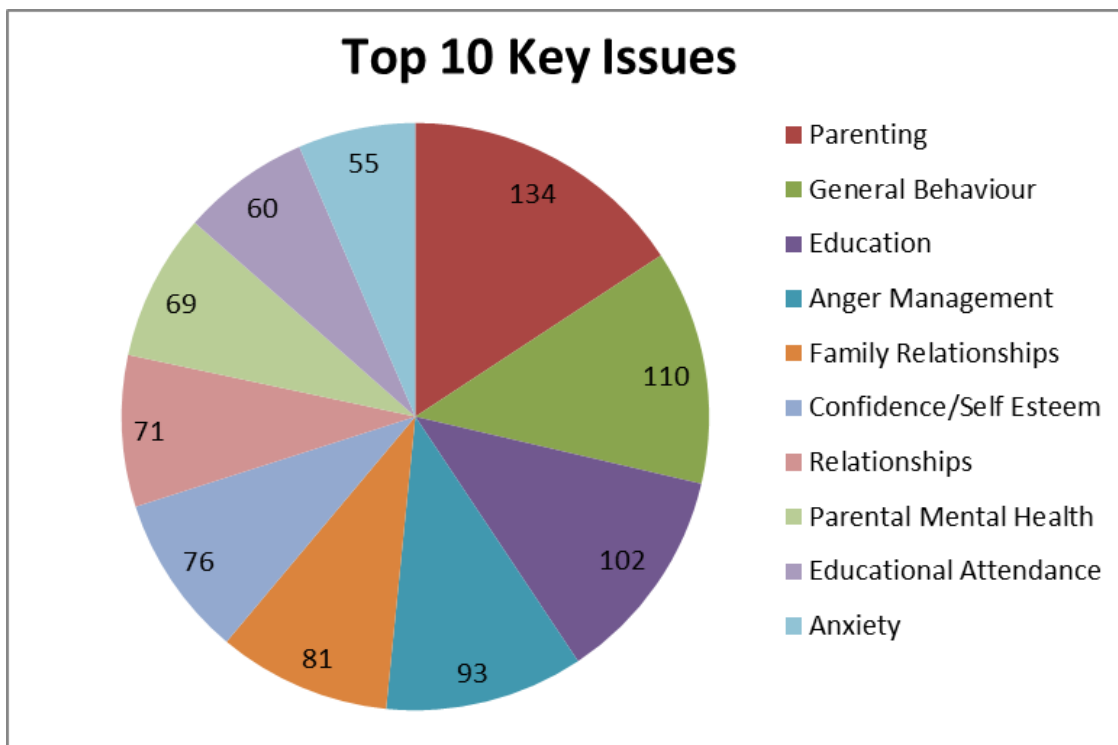
- ▶ The Fact Team is a crucial part of the Families First project
- ▶ It takes referrals and provides a team of support workers who will complete a ‘Joint Assessment Family Framework’ (JAFF) for each referred family.



# FACT



April 2017 and March 2018



Anxiety has moved into the top ten since 2016/2017.



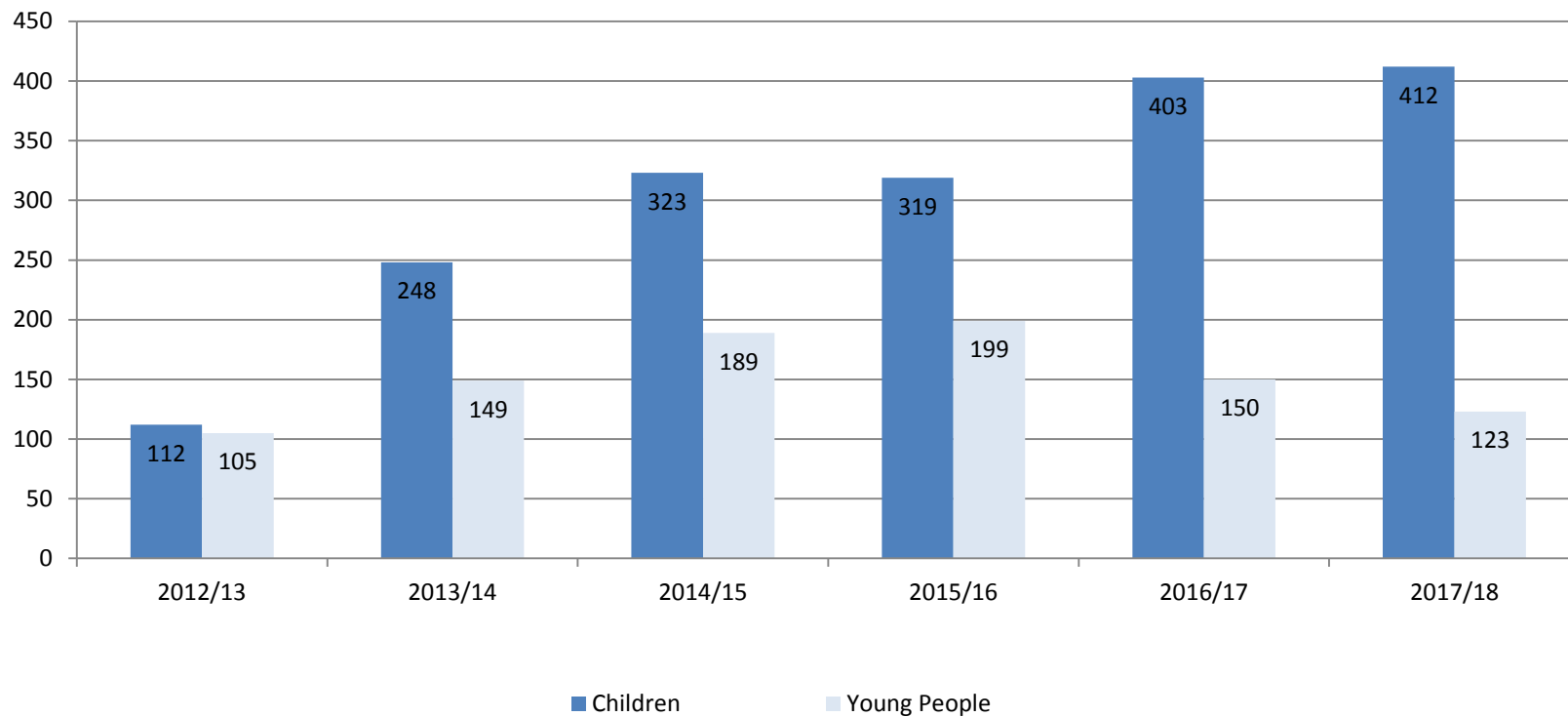
## Closure Information April 2017 – March 2018

- ▶ 51 families have successfully completed FACT interventions
- ▶ 29 families were closed early to the service
  
- ▶ 61 evaluations have been received (32 completed by parents and 29 by children/young people).
  
- ▶ Quotes from Family and Service User Evaluations
- ▶ “I have been taught critical support and strategies to help me deal with M and understand him”
- ▶ “I found working with you really helpful because I got to speak to someone instead of keeping it to myself”
- ▶ “For us as a family, we felt quite helpless and the support we received was amazing”
- ▶ “I felt detached and distant from my son, and now we have a fantastic, open relationship”
- ▶ “Due to meetings arranged by FACT, I feel we have been able to communicate really well with school”
- ▶ “Amazing support for myself and my family, have completely changed our relationship for the better”
- ▶ “I would recommend FACT 110%. The help, support and information provided has been invaluable”



# The Disability Strand

Number of families with a disabled child/young person accessing the disability strand





# Disability Strand

This project consists of a number of specialist and focussed programmes offering services to children and young people with disabilities. The focussed programmes aims to strengthen service delivery, provide information and offer informal respite.

1. Disability Co-ordinator (Assisted places)
2. Disability Index Support
3. Play 4 -11
4. Teenscheme
5. Speak Up - Vale People First
6. Travel Training
7. Independent Living



Disability Index Support provides information through a quarterly newsletter distributed to 569 families registered on the Index (all regularly reviewed), which provides up to date information on services and topics of interest.

All of the focussed programmes market their services in the quarterly newsletter, which raises awareness in families regarding what the focussed programmes offer and is available to them during 2017/18.

There were 4852 web hits to the disability pages and 183 Facebook posts and 116 Tweets specifically relating to children/young people with disabilities or additional needs.





# The Disability Strand

- ▶ The Index newsletter has proven so popular that we are now delivering a joint newsletter with Cardiff Families First
- ▶ ICF funding has allowed some discussion and progress on mirroring provision to ensure families across the health authority boundaries can access the same services.
- ▶ Inclusive Youth Provision (was teen scheme and a self-advocacy group)



# The Disability Strand

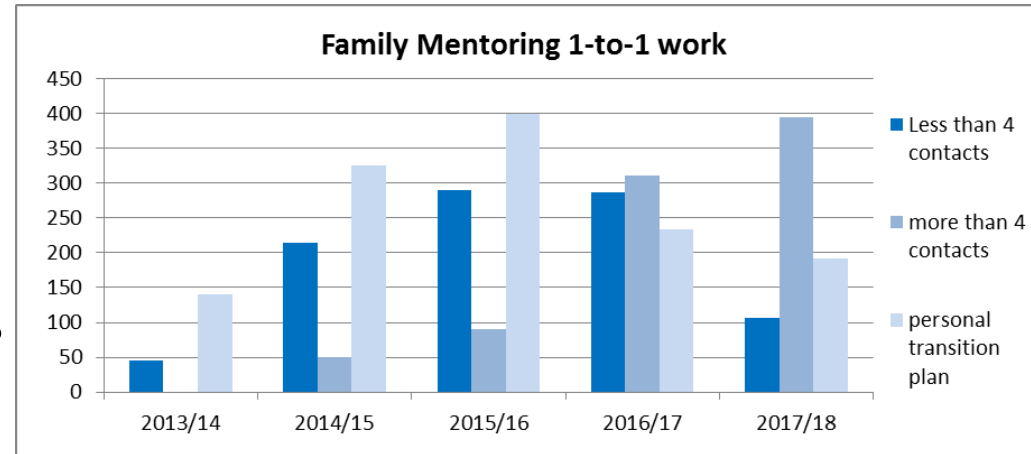
- ▶ **Play 5 – 14 year olds** – this project has provided inclusive play opportunities for 70 disabled children. The playscheme as well as offering 1:1 play support also provides a nurse and personal care staff where appropriate allowing parents informal respite. Feedback from parents is excellent.
- ▶ **Travel training 13–19 year olds** – Training has been provided to 34 disabled young people, giving them the key skills and confidence to travel in an independent capacity, using public transport to and from school and further educational and training facilities. 10 young people were provided with one-to-one support and 24 young people were supported via group training. 83% of young people are still travelling independently 6 months after completion of one-to-one travel training.
- ▶ **Independent Living Skills 14 –19 years old** – The project has provided 26 young people with 1-1 and 50 within a group setting. This aims to support disabled young people to develop skills such as personal care, cooking, budgeting and independent skills on a 1:1 or group basis over a 10 week programme. 79.5% of young people stated that their independent living skills improved on completion of the programme.





# Young People Support Programme

- ▶ The project has two elements to target young people aged 8 to 19
- ▶ The Family Mentoring programme covers pupils transitioning between primary and secondary school and identified as requiring additional support with their emotional and behavioural wellbeing

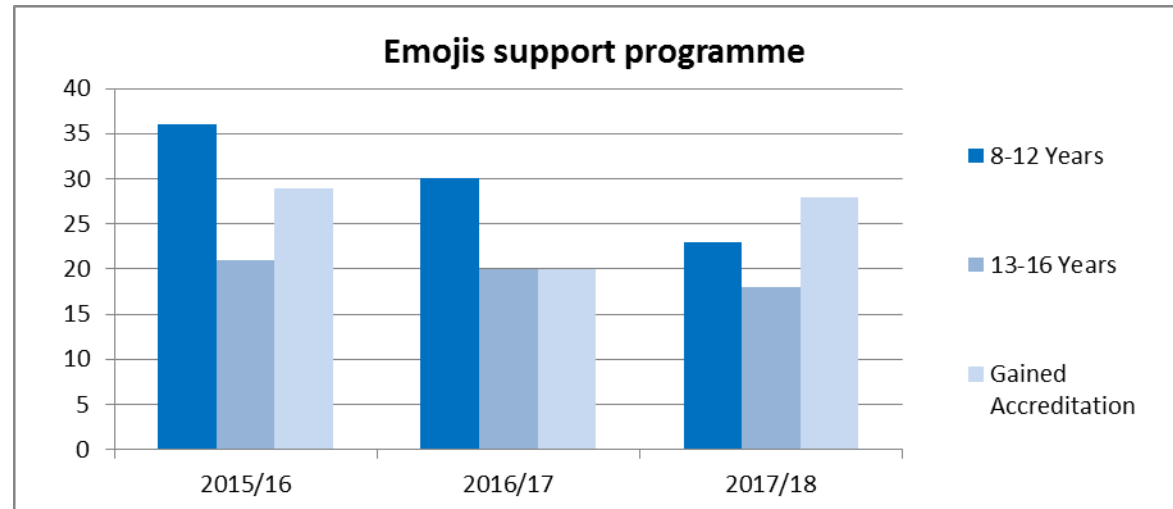


2017/18 there were 192 individual pupils who completed a Personal transition plan with 2488 contacts  
100% of pupils say they benefited from the intervention, including improved mental and emotional wellbeing



# EMOJIS

Intensive support programme, delivered out of school time, targeting young people aged 8 to 14 who have been identified as having emotional and behavioural issues



During 2017–18 the project has engaged 23 students aged 8–12 (17 completing) with a 59% attendance rate

18 students aged 13–16 (13 completing) with an attendance rate of 54%.

Of the 28 students who completed

93% gained an accreditation from the programme

97% of students stated they are better able to cope with day to day issues, following the intervention.



# C-Card

- ▶ The aim of the project is to reduce sexually transmitted infections and pregnancy rates for young people aged 14 to 19.
- ▶ The project provides access to sexual health support via C Card which allows access to condoms and sexual health information in places and at times convenient to them including during the school holidays.
- ▶ The Sexual Health Officer (SHO) provides sexual relationship education (SRE) to young people in Vale secondary schools and works closely with the special school and Cardiff and Vale College.
- ▶ During 2017/18 the SHO provided Sexual Health Lessons at 4 comprehensive schools reaching 846 pupils.
- ▶ 100% of pupils stated that the SRE training was beneficial to them and that now they had a better understanding of relationships.
- ▶ The SHO also provided 12 identified young people with one-to-one support.



# Youth Wellbeing Team

- ▶ Merger of teams (FACT, Transitions and C-Card – legacy)
- ▶ 1–1 work, group work/sessions
- ▶ Specific post school projects
- ▶ Ages 10–16
- ▶ Referrals via the FFAL
- ▶ Data collection on specific groups



# Youth Wellbeing Service

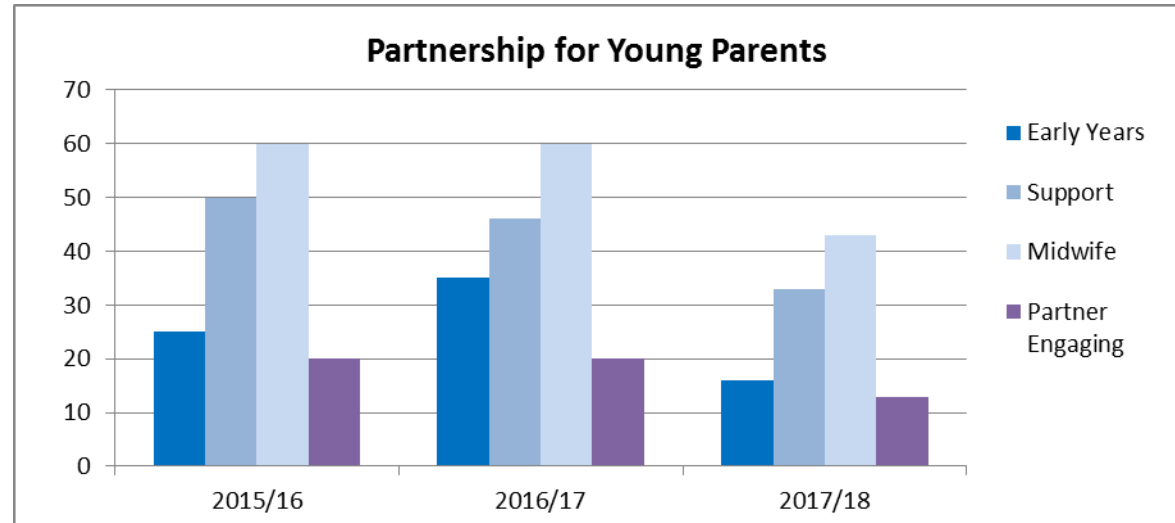
- ▶ Children and Young People are aged between 10–16 years of age, living within the Vale of Glamorgan and have not responded positively to existing school wellbeing interventions.
- ▶ There is concern about a child or young person's progress or wellbeing i.e. Family environment, Child/Young Person Development, Child/Young Person's Learning, Child/Young Person Social Interaction
- ▶ The needs of the young person cannot be addressed by one service only
- ▶ The young person is not receiving a statutory service for the same intervention.



# Parenting Partnership for Young Parents

Extending its service from the Barry area to the whole of the Vale of Glamorgan. The programme broadened its services to offer Midwifery, Early years, Support and Education

The programme offers the services of a specialist young person Midwife to support them (all 60 pregnant teenagers) through their pregnancy and during the early years to support the health and wellbeing of both the young person and their baby and parenting skills.



46 young mums and pregnant teenagers were supported 1-to-1 and 35 of these receiving early years support, in the form of bumps to birth and parenting courses.

The programme is very aware that partners of pregnant teenagers need support and encourages them to engage in parenting and midwifery support, successfully engaging 20 partners during 2017/18.



# Parenting Putting Families First

- ▶ 7 targeted Primary Schools; its focus is to remove barriers to engagement for parents through a raft of individual and group activities.
- ▶ 533 families accessed the programme in 2017/18 (185 new and 348 were existing)
- ▶ 48 parents completed a Family Links Parent Nurture course (not accredited), 210 parents completed an accredited programme and 83 parents attended the 6 week baby massage class.
- ▶ Interventions include: Baby Massage, Handling Children's Behaviour, STEPS, Handling Teenage Behaviour and Family Links Parent Nurture.
- ▶ 95.5% of participants state they feel more confident in themselves and their abilities following PFF intervention.



# Parenting Service



Gwasanaeth **Rhianta** Bro  
Vale **Parenting** Service  
Cefnogi teuluoedd i gyflawni mwy  
Supporting families to achieve more

- ▶ Team now in place – merged from other teams (PFF, PYP and FS).
- ▶ Parenting groups and 1–1 parenting support in the home
- ▶ Support to schools through training
- ▶ Launch October
- ▶ Referral via FFAL





# Young Carers



- ▶ Provides a bespoke 1–1 support in the home and respite provision for young carers (aged 7–18) based on the needs they identify, to raise awareness of young carers' issues and help to improve the Young Carers and their families' resilience.
- ▶ Respite activities in the form of workshops, build confidence; improve motivation; encourage engagement; 1–to–1 and group work offer the family advice and guidance on educational achievement, training and/or employment opportunities.
- ▶ During 2017–18 53 YC accessed the Project, 18 received one to one support in the home.
- ▶ 94% stated they felt less isolated as a result of accessing the project and that the programme had improved at least one aspect of their life.



# Co-ordination

Workforce Development:

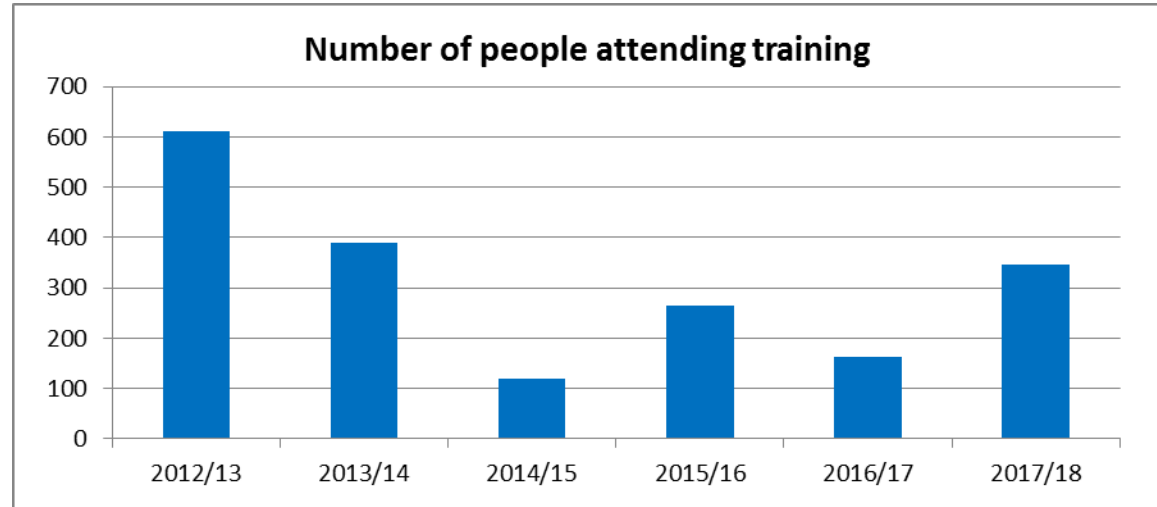
Results Based  
Accountability training  
(21 completed)

Handling Teenage  
Behaviour (12 completed)

Brief Solution Focused  
Therapy (16 Completed)

Attachment Training  
Level 1 and Level 2

(Total of 171 completed).



Disability E-Learning modules (accessible by external and internal partners) combined through a blended learning approach in partnership with Vale People First (local provider) and the Adult Learning Wales (Agored Cymru Workbooks) that would allow staff to be accredited for their work.

- Introductory awareness of models of disability Level 2 (2 credits)
- Understanding Autism and Autistic spectrum disorders Level 1 (3 credits)
- Introduction to sensory loss Level 1 (3 credits)

This has led to 13 staff working with children, young people and families with a disability awaiting accreditations from Agored Cymru



# Co-ordination

- ▶ Events:

The Families First workshop event was held on 4th May 2017 to engage partners in the reshape of the FF programme.

A Pupil Well-being event was held on 22nd November 2017. 107 attended the event, there were 25 information stands and feedback was received was very positive and has led to the establishment of a Wellbeing Forum.

- ▶ Commissioning & Procurement

Two projects were directly commissioned during 2017/18. The Young Carers provision and the Inclusive Youth Provision (previously Speak Up and Teenscheme projects).



# Families First Advice Line

- ▶ Offers advice on how to meet family needs
- ▶ Help find services (DEWIs)
- ▶ Open to families and professionals
- ▶ Part of IAA
- ▶ Vale wide
- ▶ Open 9–12 and 1 and 16:30 Mon– Fri
- ▶ 0800 0327 322



# Families First Advice Line

- ▶ Following the introduction of the Families First Advice (FFAL) Line in 2015/16 the service has continued to grow. There were 584 calls received in 2017/18, leading to 58 home visits. 423 calls from parents/carers and 161 from professionals, showing a great need for help and advice.
- ▶ A survey of 361 calls was conducted:
  - ▶ 96.1% felt they had received the supported they needed from the service
  - ▶ 98.3% stated the support they received had met their expectations
  - ▶ 99.2% thought the worker had listened to their concerns and views
- ▶ The number of referrals to the FACT team has seen a significant drop which is due to the phone line helping to reduce the number of direct referrals, supporting the purpose of establishing the phone line service.



## **Family Information Service – 01446 704704**

Childcare, leisure activities, nanny and baby sitters, childcare costs, administer the disability index

## **Intake and Assessment – 01446 704210**

Safeguarding queries or concerns

## **Primary Mental Health Advice Line – 02920 536730**

Consultations related to Mental Health

## **Families First Advice Line -08000327322**

Advice regarding family support interventions and services



# Thank You