

Early Help Partnership Newsletter

A message from the team:

This is the first issue of our relaunched Early Help Partnership Newsletter which will be produced every six weeks. We aim to share the latest information about Early Help services and projects across Worcestershire.

Please feel free to share the newsletter with colleagues across your organisation.

We welcome suggestions for future content – please email earlyhelppartnership@worcschildrenfirst.org.uk

Newsletter Articles:

- This Girl Can Wrestle
- Safe Space Parent & Carer's Group
- Christian Against Poverty (CAP) Weighed down by debt
- Ask for ANI domestic abuse support
- Families First YSS Prisoner family support
- Family Learning
- Platform BBO
- Troubled Families Employment Advisers
- Private Fostering Resources
- Now We're Talking for Healthy Minds
- Cranstoun Substance Misuse
- Winter Warmer Fuel Vouchers
- Free Adult Learning Courses
- Purple Leaf
- Barnardo's CAPI Champion Scheme
- Worcestershire Safeguarding Children Partnership

This Girl Can Wrestle

Through lockdown, Active Herefordshire and Worcestershire partnered with British Wrestling to deliver online "This Girl Can Wrestle" sessions. The sessions were incredibly well received.

This is a free program taking place virtually from December 8 2020 – May 15, 2021 and is open to girls aged 8 and over of all experience levels. Over the twenty-four weeks, participants have the opportunity to participate in practices and special events to deepen their knowledge about the sport of wrestling while building a community and gaining life skills. For more information please visit the link below.

This Girl Can Wrestle - British Wrestling Partners with Wrestle Like a Girl - British Wrestling



Safe Space Parent & Carer's Group

An on-line support group for Parents and Carers or transgender young people and those exploring their gender identity.

Join us for a session on Microsoft Teams, where you will have the opportunity to meet with other parents and carers and share information and advice, supported by Sarah and Ness, who members of staff from Action for Children.

If you are interested in the group, please go to the link below to complete the form

https://forms.office.com/Pages/ResponsePage.aspx?id=IS0vR6kA4k-LFFHiHX5vn9dIm46yyddBuV6YBSzfmbdUQVIDUUgwTDM3SDU0QzJWTkRHNUdZODQxTS4u

Christian Against Poverty (CAP) Weighed down by debt

Weighed down by debt?

Free debt counselling is available in your community from an award-winning charity.

Give us a call today and start your journey towards debt freedom: 0800 328 006

Whatever the situation you are facing, there is hope. As a charity, we offer a completely free service to help you lift the burden of debt.

Our friendly team will give you a listening ear in the privacy of your own home and provide a practical solution to your debts.

Making the first call can be hard but the sooner you ring, the sooner you will have peace of mind.

1. Home visits

After you call CAP, a Debt Coach from a local CAP Debt Centre will visit you in your own home.

2. An effective budget

Our trained debt counsellors will work out a realistic budget that prioritises your essential bills. We will negotiate affordable payments with each creditor and attempt to stop unfair interest and charges where possible. Your local Debt Coach will then explain the budget and the payments you will need to make.

3. CAP Plan

In most cases, a CAP Plan is set up for you. You will need to make one monthly payment into your CAP Plan to cove your debts and also bills if appropriate. CAP will then distribute this on your behalf. You can also build up savings through your CAP Plan.

4. Severe Debt

If you are in severe debt, then we can walk you through insolvency options, such as petitioning for bankruptcy. We can help you fill out the forms and even attend court with you.

Debt Free

You can use your CAP Plan to pay your bills and debt repayments until you are debt free.



Does it cost anything?

No. Our service is completely free. We are able to provide a totally free service because CAP is a charity and receives donations from churches and individuals who want to help people.

Will my creditors cooperate with you?

Yes. We have worked with over 1,000 companies within the finance industry and we are well respected. This means councils, utilities and mortgage companies work with us because they have seen the results of our involvement. They know we offer fair repayments based on what you can afford.

Is CAP just for Christians?

No. CAP will help anyone regardless of their religious beliefs. We are committed to our service being available to all individuals regardless of age, disability, gender reassignment, pregnancy and maternity, race, religion or belief, sex and sexual orientation – and will take appropriate measures to monitor this.

I had six jobs, but all I was doing was paying off the interest on my debts. When I called CAP, the burden just lifted – I knew I was going to get the support I needed.	From the moment CAP got involved, everything changed. We were given a budget which meant I could suddenly do all the things that a parent is
- Maxine, Birmingham	meant to do for their child.
	- Sarah, Bracknell
They are serious, highly professional, deeply committed and, above all, they will treat you as a human being of infinite value, who just needs some help to find your own way forward. - Justin Welby, Archbishop of Canterbury & CAPS Patron	I couldn't have done it without you. I'm managing to do things I couldn't before. I've got a little money set aside for emergencies and we always have food in the house now,
- Justin Weiby, Archbishop of Canterbury & CAPS Patron	- Media Chingarande, Leeds

Call free on 0800 328 006

Ask for ANI - Domestic Abuse Support

What is Ask for ANI?

Ask for ANI (Action Needed Immediately) is a codeword scheme developed by the Home Office to provide a discreet way for victims of domestic abuse to signal that they need emergency help from the safety of their local pharmacy.

Why has Ask for ANI been developed?

We know that local areas are already doing great work to support victims of domestic abuse who may be more isolated and finding it more difficult to access help and support as a result of the Covid-19 pandemic. Local areas have worked quickly and innovatively to provide awareness-raising campaigns and initiatives that are already providing vital help to those at risk from domestic abuse.

The 'Ask for ANI' scheme is intended to work alongside and build on existing work and provide an additional tool that can be used to help the most vulnerable victims access emergency support in the community. The scheme has been developed with the help of partners including the domestic abuse sector, pharmacy associations and the police and is being rolled out from January 2021. It is being independently evaluated by Ipsos MORI and we are keen to work with local areas to assess how the scheme is working and understand how it can be improved and adapted to meet local needs.

How does the scheme work?

Victims of domestic abuse will be able to use the codeword **ANI** in participating pharmacies (including all Boots stores and participating independent pharmacies) to let staff know that they require an emergency police response or help contacting a helpline or specialist support service.



Participating pharmacies will display posters in their window and around the pharmacy to let customers

know that they can approach their staff to seek help. Any information shared will be treated confidentially. When a victim uses the codeword or asks for help, the member of staff will ask the victim to accompany them to the consultation room. They will then check whether the victim is in danger and wants the police to be called. If so, the staff member will offer the use of a phone to dial 999 or make the call on the victim's behalf. If the victim is not in an emergency situation, the staff member will support the victim to contact a national domestic abuse helpline or local support service. They may also contact the police via 101. Information about how pharmacies can access interpretation services is included in the training guidance and video.

Which pharmacies will be participating in Ask for ANI?

The scheme is voluntary so not all pharmacies will be participating in Ask for ANI, however participating pharmacies will display posters like this to show that they are operating the scheme:

Some pharmacies in your area will already be running the Safe Spaces scheme which enables victims of domestic abuse to use the pharmacy consultation room to access information on domestic abuse support services. The Ask for ANI scheme can work alongside Safe Spaces to support victims who need more immediate assistance to signal that they need help and for pharmacy staff to direct them to the help they need. Safe Spaces pharmacies can also adopt Ask for ANI and can display jointly branded materials like this:

The Home Office will arrange for details of participating pharmacies to be shared with local areas. It should be noted that all pharmacies have safeguarding policies and procedures and will respond to requests for help from vulnerable members of the community accordingly. We are working with national pharmacy bodies to ensure all pharmacies are aware of the scheme so that staff working in non-participating pharmacies know the codeword and understand that a safeguarding response is required if someone uses the codeword in their pharmacy.

How can local partners support the Ask for ANI scheme?

Ask for ANI has been developed to provide a model for how emergency assistance can be provided to victims of domestic abuse in the community, but we recognise that local ownership and commitment to the scheme will be key to its success. We would welcome your help in raising awareness of Ask for ANI across local networks to help ensure that victims and frontline professionals know the codeword and how it can be used to access emergency support. We would also welcome any feedback on how the scheme is being implemented as part of your response to tackling domestic abuse locally.

What should local partners expect on account of the launch of the scheme?

We expect use of the scheme to be at low numbers, but local domestic abuse services may receive phone calls from pharmacies assisting a victim. Local services should follow their usual processes in providing help and support. Feedback about the scheme maybe discussed at local partnership meetings and you may wish to integrate Ask for ANI into your local strategic planning.

Local partners may also see media communications about the scheme around the time that the scheme goes live. We will aim to ensure that these are as refined and targeted as possible to keep the codeword (ANI) itself discreet.

Communication materials and guidance for pharmacies

Pharmacies can sign up to Ask for ANI by completing this online form. Once registered, pharmacies will be sent a link to posters and training materials which include an animated video explaining how the scheme works, Ask for ANI implementation guidance and introductory guidance on domestic abuse.



Get in touch

We'd welcome any questions or feedback on the Ask for ANI scheme and please let us know if there is any additional information or support you need. Please contact the Home Office team at AskforANI@homeoffice.gov.uk

Families First – YSS Prisoner family support

YSS are proud to announce the launch of our Families First campaign for Worcestershire with support from Worcestershire County Council. Our aim is to support every child and young adult affected by the imprisonment of a loved one.

Nationally, an estimated 312,000 children are affected by parental imprisonment. In Worcestershire this figure is estimated at 2500. The health and educational impact on these children is largely documented, yet they remain largely invisible.

The Families First campaign aims to bring together professionals and community organisations to design a response that will reduce the distress experienced by these children and their families. Over the long term, this adverse childhood experience affects children's life chances in education, mental health and identity.

We are looking to work with the following groups:

- **Amber group**: Families where the parent is already incarcerated. Other community agencies may already be involved, the YSS worker will work alongside the agency to provide practical help and information on a range of issues.
- **Green group**: Families at the point of sentencing. The YSS keyworker will liaise with the courts and police to develop a referral pathway. The worker will act as first point of contact for families and support those who have no access to other agencies.

Service principles:

- 1. Think family and recognise the well-being of children and their families as inextricably linked. By improving the well-being of those in closest contact with children and providing guidance and support when it is needed most, the knock-on benefits for children and young people are significant. Families as a resource are part of the solution and recognise the role of social networks in supporting children's lives and their future potential.
- 2. **Be child centred**, Link children and young people up with each other. Link them into their wider community. Listen to children's views.
- 3. **Encourage action**: See families as holders of knowledge and wisdom, as well as recipients of a service. With children and young people, encourage action to instil an understanding of their rights and responsibilities early on so they have a greater chance of building their capacity to 'be the change'.



- Share data: collate the data on number of children and young people identified as having a parent in prison. Necessary consent will be obtained, and privacy policy shared.
- 5. **Promote and educate:** liaison with schools, Family Hubs, criminal justice, Social services, NHS L&D, housing and community sector organisations. Hidden Victims training.

More information and referral forms can be found at: https://www.worcestershire.gov.uk/info/20642/early-help-family-support/1763/early-help-in-worcestershire/7

Targeted Family Support – The Role of Your Family Employment Adviser

Targeted Family Support Employment Adviser Contact Details:

Dawn Collins – 07827 879664 (covering Bromsgrove, Evesham and Redditch) dawn.collins1@dwp.gov.uk

Liz Workman – 07917210650 (covering Kidderminster, Malvern and Worcester) liz.workman@dwp.gov.uk

The Troubled Families programme is a government funded initiative which focuses on delivering whole family and intensive support to families with complex and, in many cases, intergenerational problems.

We are employed as Troubled Families Employment Advisers within the Worcestershire area with Dawn primarily covering Redditch, Bromsgrove and Evesham areas and Liz covering Worcester, Kidderminster and Malvern. Employment Advisers within this programme have fallen under various different names which you may have heard of — Connecting Families, Stronger Families, Troubled Families and more recently Targeted Family Support.

We are employed by DWP but co-located to Worcestershire Children First.

Our Aims

To provide a greater understanding of the benefits of work in improving the life chances of our families with multiple issues. A lot of families facing multiple issues feel that they can't possibly work due to the complexities in their lives, when, in many cases, some work can be very beneficial – it can change family dynamics, boost confidence, self-esteem, provide a social life, extra income, and give them something to aim for and be proud of.

To share knowledge on how to access employment support (whether that be around disabilities, help with business start-up, general job seeking, courses etc.) which in turn will allow families to go out and do work or move closer to work or training.

To raise an awareness of different benefits and their conditionality.

Our Role

To work alongside partners feeding into the Troubled Families Programme, supporting your families into employment.



We spend much of our time working from within

a jobcentre, this enables us to keep up to date on the types of jobs on offer, support packages available, mainstream provision on offer etc., and advise accordingly.

How we can help you and the families you are supporting with 'The Journey to Work'.....

- Benefits reality check
- Advise on claiming appropriate benefits e.g. Universal Credit, Disability Living Allowance, Personal Independence Payment etc.
- Identify barriers to work and how to overcome them.
- Support with health issues as a barrier to work.
- Signpost/refer to job opportunities, training, work experience, local provision etc.
- Liaise on behalf of the family with Jobcentre Work Coaches and benefit specialists.
- Better off in work calculations.
- Advise on job search and employability skills.
- Attend case conferencing or multi agency meetings.
- Signpost to debt and financial support organisations.
- Share knowledge and provide upskilling on the Labour Market, changes to welfare benefits, employment opportunities etc., at team meetings and digitally.

The Journey to Work is about planting that seed to change the thinking and culture in worklessness families. Taking a step by step approach to help them realise the benefits of work, and the positive changes it can make to the lives of the whole family.

Referral Process

For us to diagnose the most appropriate support needed and provide consent to access/share personal information, we ask that you complete a referral form and email it to Dawn or Liz.

Family Learning

All courses are still currently free for this term for any parent or carer.

- Parents can book on by searching the course title at <u>www.worcestershire.gov.uk/courses</u>
- or by calling 01905 728537 to our Business Support line for help
- Teachers, Teaching Support staff and professionals can book or refer parents onto this course too for families in need where they are unable to book themselves on independently or need extra support to attend
- All courses are online but full support will be given to everyone that books to ensure they can access Zoom.
- All courses can be also delivered for a specific group of school or partner's parents only if you prefer.
- All courses are bespoke so if you require another course which is not listed please let me know the content, that meets your parent's needs, and we can design it.



Supporting you with Young Children

Fun Phonics – introduction to phonics in Early Years and ideas to use at home.

Starts 4th February – Thursdays at 1pm.

Magnificent Maths – introduction to Early Years maths and making resources to use at home.

Starts 4th February – Thursdays at 11am.

Making and using story sacks – supporting imagination and storytelling.

Starts 4th February – Thursdays at 7pm.

Zog's Fire Breathing Adventures – arts and crafts.

Starts 19th February – Tuesday at 11am.

Supporting you with older children in Secondary School

Family Memories COVID 19 Time Capsule - Making

memory boxes to remember this time. Starts 2nd February – Tuesday's at 1pm.

Numeracy Skills for Parents- refresh your old skills and learn new to support your child.

Starts 1st February – Monday's at 7pm.

English Skills for parents – feel confident to help your child

at school by learning skills.

Starts 4th February – Thursday's at 7pm.

Book & Cook – affordable cooking ideas.

Starts 31st January – Saturdays at 4pm.

Supporting your Mental Health and Wellbeing

Marvellous Me – supporting your during lockdown. Starts 2nd February – Tuesdays at 1pm.

Art in your Heart- Colour therapy.

Starts 2nd February – Tuesdays at 7.30pm.

Time for You – Mindfulness activities and offloading. Starts 28th January – Thursdays at 7.30pm.

Starts 20 January – Mursuays at 7.50pm.

Heartful of Art – More complex art for those with current knowledge.

Starts 20th January – Wednesday's at 7pm.

Supporting you with Special Educational Needs & Disabilities

Nurture course for parents of children with SEND – nurture your own health & wellbeing.

Starts 1st February – Mondays at 7pm.

Managing Mindfulness – anxiety management & coping with meltdowns – take away techniques.

Starts 1st February – Mondays at 7pm.

Stimulating Sense for SEND – ideas & activities.

Starts 3rd February – Wednesdays at 7pm.

TA Strategies & Techniques for supporting SEND children -

transitions, managing anxiety, timetables, increasing wellbeing & self-esteem.

Starts 3rd February – Wednesdays at 7pm.

ONLINE: Our friendly Family Learning courses are currently online using 'Zoom; on your mobile phone, ipad, tablet or laptop. Your tutor will ring you before your course starts to help you get online for your course and can support you to access Zoom, help you check that you can use it ok and offer you any help you need.

Please email Jharris5@worcestershire.gov.uk with any questions

Website to book courses: www.worcestershire.gov.uk/courses

Facebook: @adultlearningworcestershire Twitter: @WorcsAdultLearn

Private Fostering

A number of guides and resources are available for Carers, Professionals and Children & Young People linked below:

https://www.worcestershire.gov.uk/info/20728/kinship/2107/different types of kinship care



https://www.worcestershire.gov.uk/info/20501/children_young_people_and_families/1671/information_le aflets for parents and carers

Cranstoun – Substance Misuse

The link to Cranstoun's website is attached below, which contains information about their drug and alcohol services, including downloadable referral forms and leaflets:

https://www.cranstoun.org/services/substance-misuse/cranstoun-worcestershire/

Fusion BBO (Building Better Opportunities)

Looking for advice? Fusion BBO can help with:

Training	CV Writing	Interview Preparation
Debt Management	Confidence Building	and much more!

Support is free to individuals who are unemployed!

Call 07966 481068 or email Kerry.clifford@platformhg.com

A BBO job coach will...

- Listen to you
- Advise you
- Empower you
- Never judge you
- Believe in you ... by planting the seeds and watch you grow!

Please don't be put off by any barriers to employment you may have! We've helped hundreds of people across Worcestershire into **employment**, **education** or **training**.

"Thank you, for your help...I was nervous about getting back into work. You gave me a lot of confidence looking on my computer at different sorts of work. I don't think I would have had enough confidence to do this on my own and I would not know where to look without your help. I'm so glad there's someone like you helping people to find work"

- David Pagett, BBO Participant

Now We're Talking – for Healthy Minds

Feeling stressed, anxious or depressed? Healthy Minds could help you.

All of us at some point feel low, anxious, worried or depressed. It is completely normal, but it can also start to impact what we do and who we are and when we reach that point it is important to get help to prevent these feelings getting worse.



We understand that seeking help is a big step.

There are many situations in a person's life which may cause stress, anxiety, low mood or depression. We hope to provide you with support and information which will help you feel yourself again.

Our NHS Healthy Minds provide a range of free, confidential support. This includes:

- Online therapy which you do at your own pace and in your own time
- Groups and Courses where you can share (as much or as little as you wish) and learn from other people
- Or more traditional 1:1 support
- We can also help you access some of the great resources available in your local area.

To access the Herefordshire Healthy Minds service, you must be aged 18 or over and registered with a GP in Herefordshire. You can self-refer by either calling: 01432 347606 or to complete the online self-referral form.

To access the Worcestershire Healthy Minds service, you must be aged 16 and over and registered with a GP in Worcestershire. You can self-refer by either calling: 0300 302 13 13 or to complete the online self-referral form.

Facebook @NowWereTalkingWorcs Twitter @NowWereTalking

Winter Warmer Fuel Vouchers

Are you or anyone you know struggling to pay your fuel bills this winter? We can help.

Our Fuel Vouchers are available for families and households in Worcestershire on **pre-payment meters** and those paying by **direct debit** or on **receipt of bill** or paying direct to the supplier, such as **LPG**, **oil**. So if you have seen a drop in income from COVID-19 or receive one of the benefits below **APPLY NOW** for our Winter Warmer vouchers.

Apply if on Benefits:

Income Support
Income-based Jobseeker's Allowance
Income-related Employment and Support Allowance (ESA)
Universal Credit

OR if you have a gross annual household income of £30,000 or less:

Recently been made redundant

Furloughed, waiting to receive first payment and don't know when this will be Self-employed and income is unpredictable and/or they are waiting to apply for payment from the government

Any referral from a Foodbank

Fuel Vouchers are available for gas, electric, oil, LPG and solid fuels.

Email: support@actonenergy.org.uk Call Freephone: 0800 988 2881



Free Adult Learning Courses

We've designed some new courses since the beginning of this year, as we know another lockdown will be affecting those living in the county.

Most of these courses are just a weeklong and fall into one of two categories:

Art and Craft/Wellbeing

However, both you and I know that taking part in any group activity, be it in a room or online, increases individual's wellbeing.

Booking onto one of these courses gives individuals:

- Something to look forward to
- Meeting new people who could become friends
- Being able to socialise in a safe way
- Having a laugh

We are now accepting new learners onto our courses as part of our Covid Recovery Plan.

These unusual times we find ourselves in effects everyone; frontline workers, staff in any organisation and even our teams. Therefore, ALL the courses below are Free to anyone (as long as 19+ and living in Worcestershire).

To book a space Click Here

Help in the Community Project	18-Jan	22-Feb
Tantalising Textiles	22-Jan	19-Mar
Mind Matters	25-Jan	29-Jan
Sketch Appeal	25-Jan	29-Jan
Easy Knits	25-Jan	29-Jan
Sew and Reap	26-Jan	16-Mar
SHAPE for absolute Beginners	26-Jan	06-Apr
Baked Bean Project	01-Mar	05-Mar
Upcycle Jewellery	15-Feb	19-Feb
Mindfulness & Meditation	03-Mar	26-Mar

Purple Leaf

We are keen to develop links with key professionals who would like to find out more about the support and services that Purple Leaf can offer.

The focus for our support and Services are around:

- Early Intervention and Prevention of CSE (for Groups and on a one to one basis)
- Working with children and young people who present with Problematic and Sexually Harmful Behaviour (including Assessments)
- Professional training and courses around sexual violence and related themes.

For more information please visit: https://www.purpleleaf.org.uk

^{...} and lastly learning something new.



Barndardo's CAPI Champion Scheme

Supporting children and families affected by family-member offending and/or imprisonment

Over 310,000 children a year experience the imprisonment of a parent and 10,000 visits every week made to our public prisons by children and young people.

Barnardo's have engaged in work which supports children of offenders and their families for over 20 years in both prison and community-based settings. In that time, we have developed a wealth of practice-based experience, research and resources to support professionals. Barnardo's also delivers the National Information Centre on Children of Offenders – NICCO – service (www.nicco.org.uk), a national knowledge hub for professionals which collates all the resources, services, research and policy concerning children affected by parental offending.

CAPI Champions schemes in Wolverhampton And Worcestershire

For a time-limited period our virtual workshop is available to those individuals who have been identified as CAPI Champions by their service/organisational managers. It is important that authorisation is obtained from your manager prior to booking as free places are limited to 2 per organisation or service. CAPI Champions will need to commit to attending bi-monthly Champions meetings where they will receive updates and further CPD opportunities to enable them to be a specific point of contact for their team and for families in these circumstances seeking support.

Barnardo's has identified these areas due to their geographical location and proximity to some of our prison projects. We would be happy to explore opportunities to develop further schemes in Shropshire and South Staffordshire.

Training and workshops

We can provide a range of workshops to raise awareness about the impact of parental offending and develop skills and knowledge about how to support children and families. As well as being able to provide bespoke workshops to meet the needs of your particular staff group, we also deliver the following workshop:

Understanding the Needs of Children and Families Affected by Parental Offending, 2 hours.

This workshop has been delivered to over 3500 professionals and has received universally positive feedback. It provides a valuable introduction for all professionals as to why we need to be aware of children affected by parental offending. It is now being offered with an option to attend via a virtual platform so that more individuals can attend over a wide geographical spread.

Booking your workshops and training

We usually charge a nominal fee for our workshops and training. If you are interested in booking training or a workshop for your agency or staff team, please contact us to discuss costs and availability.

Contact details

For further information: Contact Sara Rattenbury, T: 07525804766 or E: sara.rattenbury@barnardos.org.uk

For bookings: Contact Helen Williamson, E: helen.williamson@barnardos.org.uk

Worcestershire Safeguarding Partnership

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