

**JOINT EDUCATION & YOUTH AND SOCIAL & HEALTH CARE OVERVIEW & SCRUTINY COMMITTEE**

<b>Date of Meeting</b>	Thursday 24 <sup>th</sup> March, 2016
<b>Report Subject</b>	Early Years and Family Support Service Annual Update
<b>Cabinet Member</b>	Cabinet Member for Social Services and Cabinet Member for Education
<b>Report Author</b>	Chief Officer (Social Services)
<b>Type of Report</b>	Operational

**EXECUTIVE SUMMARY**

To provide a summary of the work undertaken by the Early Years and Families Support service during 2015-16, funded through three of the Welsh Government anti-poverty programmes (Flying Start; Families First; Communities First), other Welsh Government funded projects and funding streams including European and Big Lottery.

To evidence how this supports Welsh Government legislation and strategic guidance including. 'Raising the Ambitions and Educational Attainment of Children who are looked after in Wales'.

The Early Years and Family Support Service consists of the following services:

- Parenting Strategy (including the Supporting Parents of Adolescents)
- Family Information Service
- Flying Start
- Y Teulu Cyfan
- Community Parents Volunteer Project
- Family Centres: Gronant and Westwood
- Quest (Opus; previously Novus)

The report focuses on themes used in, '*Grasping the nettle: early intervention for children, families and communities. A practical guide to the challenges and opportunities in supporting children, families and communities through early intervention, based on effective local, national and international practice*', as well as the outcomes of the national child poverty strategy programmes listed below:

<b>Flying Start</b>	<b>Families First</b>	<b>Communities First</b>
<p>Healthy and thriving</p> <p>Capable and Coping</p> <p>Reaching Potential</p>	<p>Working age people in low income families gain, and progress within employment.</p> <p>Children, young people and families, in or at risk of poverty, achieve their potential.</p> <p>Children, young people and families are healthy and enjoy well-being.</p> <p>Families are confident, nurturing resilient and safe.</p>	<p>Prosperous communities</p> <p>Learning Communities</p> <p>Healthier Communities</p>
<b>Lead Officer: Gail Bennett</b>	<b>Lead Officer: Ann Roberts</b>	<b>Lead Officer: Niall Waller</b>

## RECOMMENDATIONS

1	Endorse the work and service delivery of the Early Years and Family Support Service, and approve a continued focus on early intervention and prevention services in Flintshire leading to better outcomes for families in need.
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## REPORT DETAILS

<b>1.00</b>	<b>EXPLAINING THE SERVICE HIGHLIGHTS FOR EARLY YEARS AND FAMILY SUPPORT DURING 2015-16 AND ITS IMPACT ON CHILDREN AND FAMILIES.</b>
1.01	The crucial role of parents and parenting in achieving and influencing the seven core aims for children and supporting the child's health, learning and wellbeing is fundamental to outcomes for children and influences the work of the Service. This reports considers service delivery and partnership using a thematic approach, the <b>five golden threads</b> , as identified in 'Grasping the Nettle: early intervention for children, families and communities'.
1.02	<b>The best start in life</b> One of the aims of Parenting Strategy, funded through Families First, is to provide the infrastructure and support to services across Flintshire to increase access to evidence based parenting programmes through the offer of training, peer support and supervision, quality accreditation, resourcing and evaluating to measure impact. Evidence-based parenting

	programmes are important because they aim to ensure that support provided to families is based on sound theory, research and experience of what works best.
1.03	Parenting programmes should only form part of an intervention to be offered to families, hence services are encouraged to build delivery within their own business plans; they are the partners with parents and have the relationships and specialism for their client group, and it leads to increasing longer term sustainability and cross-agency delivery.
1.04	<p><b>Parenting programmes offered in Flintshire – early years:</b></p> <p>The following programmes are recommended by the multi-agency Parenting Programmes Development Group:</p> <p><b>Incredible Years Baby</b> (0 – 7 months) <i>Parents learn how to: help their babies feel loved, safe, and secure and to encourage their babies’ physical and language development. The parenting group format fosters peer support networks and shared learning. Trained Incredible Years® facilitators use video clips of real-life situations to support the training and stimulate group discussions. Parents practice skills with their babies in the group.</i></p> <p><b>Incredible Years Toddler</b> (12 months – 24 months): <i>Parents learn how to: Help their toddlers feel loved and secure; Encourage their toddler’s language, social, and emotional development; Establish clear and predictable routines; Handle separations and reunions; Use positive discipline to manage misbehaviour.</i></p> <p><b>Incredible Years Attentive Parenting</b> (3 – 7): <i>The Attentive Parenting® program is a 6-8 session group-based “universal” parenting program. It can be offered to ALL parents to promote their children’s emotional regulation, social competence, problem solving, reading and school readiness.</i></p> <p><b>Family Links Nurturing Programme</b> (3 – 11): <i>The Nurturing Programme aims to help adults understand and manage feelings and behaviour and become more positive and nurturing in their relationships with children and each other. It encourages an approach to relationships that gives children and adults an emotionally healthy start for their lives and learning. It is based on four constructs: Self-awareness and self-esteem; Appropriate expectations; Positive discipline; Empathy.</i></p>
1.05	<p>Services trained to offer the above programmes include generic Health services, CAMHS; Flying Start; Y Teulu Cyfan; Children’s Services; TAF; Daffodils.</p> <p>Services are also offered training in the principles of the programmes to support their practice. This ensures a consistent approach and language across the County.</p> <p>Services include: Flintshire Crèche Service; Home Start; Children’s Services; Flying Start and Early Entitlement settings.</p>

1.06	<p>In collaboration with the Money Advice Service parenting programmes are supplemented with some additional learning as part of research project: <b>Talk, Learn, Do: Parents, Kids and Money</b>. Parents are encouraged to help their children develop skills such as self-control, perseverance, sensible attitudes to money and setting financial goals.</p> <p><b>Confidence Building programme - STEPS® to Confidence:</b>  <i>Participants co-create their learning through interactive discussions, personal reflection time, the use of short video bursts and activities utilising a wide variety of learning styles. After participating in the programme, individuals have greater expectations of success and higher self-efficacy. Parents and carers see: higher levels of motivation; increased self-belief; improved ability to set goals; raised levels of personal accountability; insight into how their mind works.</i></p> <p>Services trained to offer the programme include Flying Start; Y Teulu Cyfan; Quest; Parenting Strategy; Barnardos. There may be other services using the programme that have self-trained.</p>
1.07	<p>June 2015 saw Flying Start receive the prestigious <b>CANparent Quality Mark</b>, a first in Wales for public service. It proves the service is delivering quality approved programmes based on sound evidence, with strong governance practices, financial and risk management procedures, coupled with robust systems for training, supervision and measuring and evaluating outcomes.</p> <p>The Social Services and Wellbeing (Wales) Act 2014 focuses on promoting the <b>well-being of people</b> through transformation of the way services are delivered which includes placing a renewed focus on prevention and early intervention as well as the provision of information, advice and support. The Chief Medical Officer (CMO) for Wales has emphasised the important of the first 1000 days in a child's life to be able to break the link between poverty and poor life outcomes.</p> <p>Flying Start took the lead to offer peri-natal mental health training to Flying Start and Families First funded projects. The training event was a collaborative event between Flying Start Health Services, CAMHS and Adult Mental Health and led to improved networking between the services. It is planned that this will be an annual event with two training days offered.</p>
1.08	<p>In November 2014 Flying Start recruited a Clinical Nurse specialist for <b>safeguarding</b>, this was identified as a gap across Wales, and many Authorities have taken this approach. The data for Term 1 and Term 2 of Flying Start shows the need for early advice and additional training for staff and support services e.g. childcare and support to work cases or escalate concerns between health and local authority. Level 3 training on record keeping, consent and confidentiality has been delivered. Staff have benefited through keeping up to date with current guidelines and clarity to consent issues and what is required to be written and how within the child's health record. This will ensure early intervention and prevention, and earlier escalation when necessary.</p>
1.09	<p><b>The Community Parents</b> service receives core grant funding to support</p>

	<p>families ages 0 – 4, it also aims to secure other funding streams to support the wider population. Parent volunteers are recruited, trained and supported and they then visit parents monthly in their own homes, armed with a set of strategies focusing on health care, nutrition and overall child development and wellbeing. There are benefits for families, the community and the volunteers.</p>
1.10	<p>The provision of <b>good quality childcare</b> for children from 2-3 years of age is the centrepiece of services to be delivered under the Flying Start initiative. A total of 49 settings were registered with the Flying Start programme at the end of Term 2 (31 December 2015). The number of childcare sessions have been made available to children has increased from 14,421 during 2014-15 Term 2, to 18,181 in 2015-16, an increase of 26%. Attendance has also increased from 73.3% to 81.9%. Once a child reaches the term after their third birthday they have access to Early Entitlement.</p> <p>The advantage to Flintshire families is that settings receive Flying Start support and training which benefits all children attending a setting. And if the Setting has had the benefit of Flying Start capital all the children receive the advantage of an improved setting.</p>
1.11	<p><b>Engaging parents</b></p> <p>It is known that parents are the most significant influence on children, and parenting has profound consequences for their future lives; positive parental engagement in a child's development can make a difference. A number of Guidance documents have been published by Welsh Government to support services to effectively engage with parents.</p> <p>Parenting Strategy offer two qualifications to staff to help them develop their skills in working with families: Work with Parents Level 4, funded through Families First and Children's Care Learning and Development Level 5, external funding. Schools are also opportunities for training staff in parenting programmes; making an impact; engaging the right services at the right time.</p> <p>The Incredible Years School Readiness programme (ages 3 – 5 years) is proving to be an effective engagement programme, along with the FAST (Families and Schools Together) programme.</p>
1.12	<p>There are two schools currently running FAST, an effective approach to engaging parents in supporting their children's success in school. Parenting Strategy has secured funding through Save the Children to enable one school to run the programme from September 2016, and another school could be co-funded through Families First and their Pupil Deprivation Grant or any other school funding stream.</p> <p>There are 76 facilitators trained to offer the Incredible Years evidence based School Readiness programme, enabling 29 primary schools to offer this service to parents, alongside any other family learning/support activity. The Parenting Strategy promotes the programmes through Head teacher conferences and all schools get the offer for training, and the offer of resources and support. A Service Level Agreement details the</p>

	<p>expectations on Parenting Strategy and the school. This is funded through Families First.</p> <p>The work of Parent Support Advisor / Family Liaison roles in schools, generally paid from Pupil Deprivation Grant (PDG) is proving to be effective if staff are provided with the necessary leadership and support.</p>
1.13	<p><b>Smarter working, better services</b></p> <p>The service continues to work on multi-agency projects and the alignment of different services and infrastructure to provide effective and joined up service planning and commissioning, seen as a continuum of services, not an either or of early or late intervention. Many children and families need continuing support and interventions at a number of points, with the pertinent issue being to identify the most appropriate intervention to match specific needs at a particular point.</p> <p>An example of <b>Smarter working, better services</b> is the award of the Big Lottery Project at <b>Erw Groes Family Centre</b>, an 11 flat Project in Holywell that provides short term/ emergency accommodation for homeless families. Starting in 2014 a multi-agency group worked on a collaborative bid to see how gaps in services relating to health and parenting could be filled to reduce the demand on generic services by offering a client based on-site service. The launch was 11 March and will fund extended Health Visiting and staff training in parenting programmes and delivery and counselling and domestic abuse and relationship support.</p> <p><b>Supporting Parents of Adolescents</b> funded through Families First offers a service of early intervention and prevention to parents and an education programmes for services to work with parents of adolescents.</p>
1.14	<p>The <b>Quest Project</b> works with parents who are not active within the labour market to provide intensive support in order to improve confidence, self-esteem, skills, qualifications and aspirations so that they can overcome the barriers that are preventing them from achieving paid employment. It is funded through Families First. They are currently working on a regional European bid, Opus.</p> <p>The <b>Y Teulu Cyfan (The Whole Family)</b> project is funded through Families First. They support families who have been referred to Team Around the Family, and other prevention and early intervention services. They use a 'whole family' approach for parents and carers with children up to 18 years of age. They are working with families of varying ages and relationships including grandparents, siblings, separated parents and the numbers of individuals they have worked with compared to the number of families reflect this. Some of the sessions are more intensive than others.</p> <p><b>Social Care Accolades Award:</b> In April 2015 Flintshire Early Years and Family Support service, were winners of the 2015 Accolades in the Better outcomes through working together category.</p>
1.15	<p><b>Knowledge is power</b></p> <p>There have been a considerable number of new roles emerging as</p>

	<p>parenting and family services develop. These roles require workers to have a range of knowledge, skills and characteristics alongside a qualification framework that provide for competency, reflective practice and progression thereby enhancing the quality of services to children, young people and their families.</p> <p>Our aim is to make better use of data to aid practice, policy making and monitoring or educational outcomes. Flying Start and Families First funded projects are continuing to use outcome-based accountability tools.</p>
1.16	<p>The <b>Family Information Service</b> Flintshire is a statutory function of the Local Authority, acting as a central information point supporting parents, prospective parents and carers of 0 - 20 year olds looking for information and advice about childcare, children's activities and family support and how to access these resources and services. It is also an initial point of contact for Services supporting families. The service relocated to Flint Offices in January 2016 from the Westwood Centre, Tabernacle Street, Buckley. The Service operates via numerous outreach events and locations to ensure whole county coverage. The team also includes staff at the Gronant Family Centre and shared roles with Wrexham for support for young parents and parents of children with a disability.</p>

<b>2.00</b>	<b>RESOURCE IMPLICATIONS</b>
2.01	None.

<b>3.00</b>	<b>CONSULTATIONS REQUIRED / CARRIED OUT</b>
3.01	None.

<b>4.00</b>	<b>RISK MANAGEMENT</b>
4.01	None.

<b>5.00</b>	<b>APPENDICES</b>
5.01	None

<b>6.00</b>	<b>LIST OF ACCESSIBLE BACKGROUND DOCUMENTS</b>
6.01	<p>None.</p> <p><b>Contact Officer:</b> Gail Bennett, Early Years and Family Support Manager  <b>Telephone:</b> 01244 551140  <b>E-mail:</b> <a href="mailto:gail.bennett@flintshire.gov.uk">gail.bennett@flintshire.gov.uk</a></p>

7.00	GLOSSARY OF TERMS
7.01	<p><b>Wellbeing:</b> related to those who need care and support as well as carers who need support in relation to a person, it can mean any of the following – physical and mental health and emotional well-being; protection from abuse and neglect; education, training and recreation; domestic, family and personal relationships; contribution made to society; securing rights and entitlements; social and economic wellbeing; suitability of living accommodation. In relation to a child it also includes: physical, intellectual, emotional, social and behavioural development; welfare.</p>
7.02	<p><b>Flying Start:</b> working with families in the most deprived areas of Wales supporting those with children between 0 and 4 years old. A prescriptive approach to improve the development of children ensuring they are ready for the Foundation Phase of school and in the long term to improve their life chances through achievement in education.</p>
7.03	<p><b>Families First:</b> provides an integrated whole family approach to supporting families out of poverty. Provision of support sits within the prevention and protection elements identifying families early to support them and divert them from statutory intervention, or to provide a step-down service following statutory service intervention.</p>
7.04	<p><b>Communities First:</b> support to communities in the most deprived areas to narrow the inequality gap encouraging communities to develop their own solutions in partnership with key providers. The programme works with all members of the community to engage them in activities and services that will improve their circumstances and move them away from deprivation.</p>
7.05	<p><b>Welsh Government Child Poverty Strategy:</b> poverty eradication is embedded in the Children and Family (Wales) Measure 2010 (Measure) and has a number of broad aims around increasing income, not materially deprived, paid employment, skills base and addressing inequalities in educational attainment.</p>
7.06	<p><b>FAST (Families and Schools Together) programme:</b> <i>FAST is an eight week, family programme designed to build protective factors to increase child well-being and enhance children’s resilience. Its aims are to enhance family functioning; prevent children from experiencing school failure; and reduce the stress that families experience from daily life.</i></p>