

early help



a helping hand for the whole family

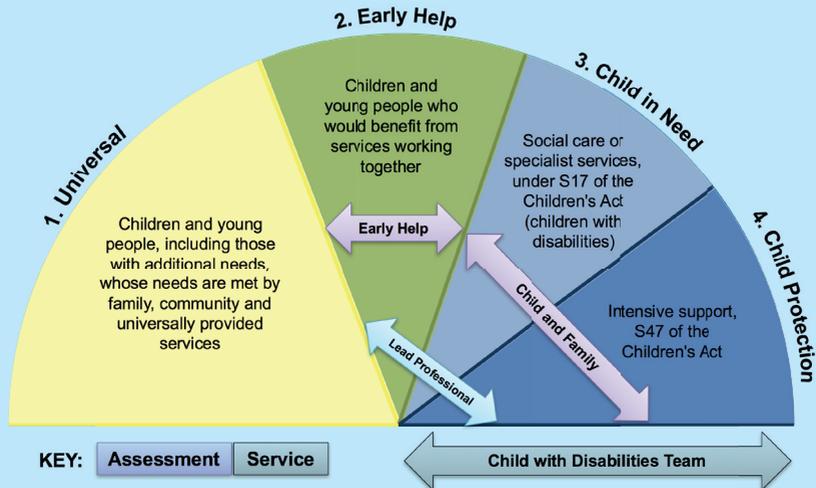
Services working together to
support the family when it's needed

what is early help?

Early Help is:

Services working together for children, young people and their families, who would benefit from extra support:

- Keeping children, young people and their families safe from harm
- Helping children, young people and their families to overcome difficulties
- Supporting children, young people and their families to and be happy
- Making sure families can support themselves



The diagram above shows the four levels of need. As you can see, Early Help is the second level where families can get extra support. Early Help doesn't usually involve children's social care.

why would i ask for early help?

You may ask for Early Help as you are worried about your child's health, development or behaviour. You may be caring for a child with a disability and need extra support. Or if you are a young person, you can ask for help to manage situations that affect your life such as having caring responsibilities, concerns for either your own or someone else's drug or alcohol use, emotional wellbeing or any other health or social difficulty. Whatever the concern, it's **ok** to ask for help.

what sort of help can we get?

Support for children with disabilities

Concerns for drug and/or alcohol use

Teenage pregnancy

Health care

Help with relationships

Support for parents and carers

Domestic abuse support

Employment and training

Sexual health

Mental health

Child care

Education

Housing

Child development

Support for Young Carers

Victim support

Benefits

Debt

Gender and sexual orientation



vision for early help

In St Helens we will **STEP UP** and work together to provide Early Help; so that children, young people and families are safe, healthy and are supported to grow and be happy.

S – Stopping **S**tigma and building strengths

T – Working **T**ogether

E – Assessing **E**arly and supporting the journey

P – Developing **P**rofessionals

U – Valuing **U**niqueness

P – Promote **P**ositive outcomes

activity: what's your step up?

We want to know what you think your **STEP UP** stands for:

S – _____

T – _____

E – _____

P – _____

U – _____

P – _____

what happens when i ask or when i am offered early help?

Somebody you are already working with, for example a health visitor, school nurse, youth worker, teacher or GP, will sit with you to gather information about your family and any other services that might already be supporting you.

With your consent (permission), they will contact the other services to find out what support they are already offering you. The person working with you may suggest having a meeting together with the services who are already supporting you. Together, you will agree what is needed to help you and your child/children to get back on your feet and on with your life together. You will also agree who will take the role of Lead Professional. The Lead Professional is usually somebody who is already working with you and knows the type of support that would benefit you and your family. They will make sure everyone is doing what is needed to support you. You can also talk to them about any issues or concerns you may have.

do i have to accept early help?

You do not have to accept Early Help, but if you do not this may raise concerns. The services are there to support you and your family and to prevent things from getting worse.

**“early help is like a cup of tea...
we can make it if you want
it or you can decline it
if you don't want it.”**



what have other families and young people said who have been supported through early help?

"It's been invaluable really, I do believe I wouldn't have made it through the process and have become such a success with my child returning home if I hadn't had the support from the Early Help Team." **Parent**

"Struggled with routines and boundaries not in place. Mine and my daughter's relationship was developing in a negative way. The Early Help Team were there whenever I needed them for advice or I was having a meltdown or something with the kids didn't work well. They were there to pick me back up and point me in the right direction, they gave us trust and understanding and that fixed us all in a way." **Parent**

"Early Help is extremely important because it can stop massive damage later on and doesn't come crashing down on an individual." **Young carer**

"Early Help is so important in helping young people realise that there is a rainbow at the end, a golden pot at the end of the rainbow, that you are going to achieve your goals and do something and be happy one day. Everything is going to be ok." **Young person who received support from teachers and youth workers**

"It helped the services to work together, and whilst they were doing different things they were next to each other." **Young person who had moved to St Helens from another borough**

"After finding out my girlfriend was pregnant, I didn't know how I was going to take care of her or what to do when the baby arrived. I went with her to the maternity appointment and the midwife told me about the support we could get at the Children's Centre as we were young parents. I feel the support we've had has helped me to have a better relationship with my son and how I can help him develop." **Young dad**



a family's early help journey

The family were experiencing a number of difficulties, including housing issues, domestic abuse and possible drug use



Mum became pregnant and initially midwifery and the GP were concerned for mum and her unborn child



The services worked together to support the family including Mindsmatter, the children's centre and 0-19 service



The case was assessed at level 3 (Child in Need) by social care and a plan was put in place



The family was also assigned a family nurse as part of the Family Nurse Partnership



Joint working improved things for the family and the case was stepped down to level 2 (Early Help)



They also received wider support on healthy eating, benefit advice and accessing services in the community



Parents were helped with their relationship to reduce domestic abuse happening in the future and to keep the family safe



Mum has gone on to access higher education and has her own house tenancy



Mum is on long acting reversible contraception and through emotional support, her wellbeing has improved



Mum's two year old said, "My mummy loves me and wants to do her best so I can be the best!"



Mum regularly attends the Hope Centre and baby group. Dad is actively involved in the infant's care



how can i find out more?

Talk to someone that is already working with you and your family. This could be your child's school, nursery, health visitor or any other worker that you are in contact with. If you are a young person this could be your teacher, youth worker, school nurse or a trusted adult.

Ask the person who is working with you for the contact details of where you can get help. The space below can be used to capture their details:

Name: _____

Telephone number: _____



**we hope we can support you
on your journey**