

# **Supporting Families Toolkit**

### **Redcar and Cleveland Borough Council**

Thriving children, fulfilling their dreams.

# **Practice Toolkit**

### Objectives

This toolkit is an interactive PDF document with hyperlinks to provide practitioners with a central point where they can access practice guidance, service contacts and tools to support them in delivering positive and sustainable outcomes for children and families.

### Who is it for?

The Supporting Families Toolkit is structured to support Local Authority practitioners and staff in our multi-agency partner organisations to identify and respond to significant issues within families. The issues within the Supporting Families Outcome Framework are known to have a negative impact on a child's wellbeing and life chances, and here we have provided some of the information and tools that practitioners will need to support these needs.

### Why are we doing this?

The toolkit is grouped under the Supporting Families Headlines so that when practitioners are working with children and families, they can consider all of these issues in their assessments and have resources to draw on to help them in their work with families.

It is hoped that this toolkit will become a well-used 'desk-top' resource that provides all practitioners with quick links to local and national support services and tools; whether at an early help level, or for social workers when supporting children through statutory assessments and plans.



If you would like to add more resources to this toolkit, or to report a broken link please email <u>supportingfamiliestoolkit@redcar-cleveland.gov.uk</u>

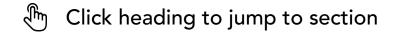
### Thriving children, fulfilling their dreams.



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# Theme 1 General Information Sources

Children & Family Services	Children & Family Service Procedure Manual (tri.x)	Families Information Services	Redcar and Cleveland Information Directory
Tees Safeguarding Children Procedures Website	Redcar & Cleveland Local Offer for Care Leavers		



(In the boxes to visit relevant website

**General Information** 

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# Theme 1General Information Tools

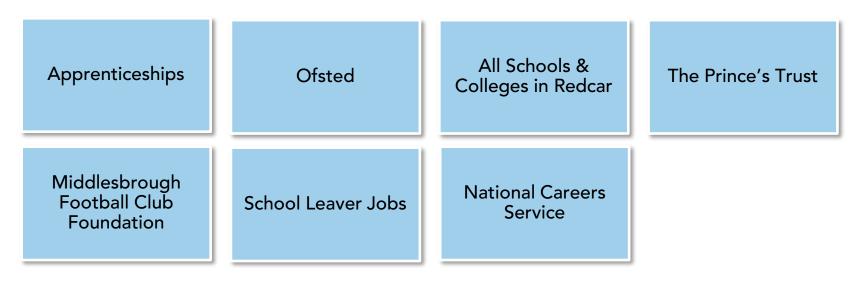
Working Together to Safeguard Children	Direct Work Toolbox	Appreciative Inquiry Turning Questions to Conversations	Safer Referral Form
Threshold Document - Continuum of Help and Support	Family Hubs Request for Service Form	Early Help Referral Form	Rough Guides for Practitioners (TSCPP)
Youth Service	Making a Referral Guide	Social Workers Digital Library	Good Language Guide
Elsa Support – Free Resources	elevant website General Info	rmation Table of Content	ts

# Theme 2 Getting a Good Education

Supporting Families sets out to tackle school absence and improve the life outcomes of children by requiring sustained good attendance for all children in the family, across two consecutive school terms.

#### **Information Sources**

### **Education & Training Providers**





Click in the boxes to visit relevant website

**General Information** 

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# Theme 2 Getting a Good Education

#### Wider Support Services

Anti-Bullying Alliance	Routes to Employment	The School Choice Adviser	School Admissions
ICAN (helps children communicate)	Junction Youth Employment, Education and Skills Services	Elective Home Education and Home Schooling	Education, Health and Care Plan Pathway
Redcar & Cleveland College NEET Support	Step Forward Tees Valley	North East Autism Society	Daisy Chain Family Support Service
SENDIASS Barnardos	Careers & NEET Advisors	Free School Meals	Mental Health Lead Resource Hub
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# Theme 2 Getting a Good Education

### Tools

EHCP Pathway and Forms	Anger Management Tools	Regulating Emotions Tools	Junction Referral Form	
Children Missing Education (Statutory Guidance)	Primary to Secondary Transition Strategies Checklist	"Ideal Classroom" with Personal Construct Psychology and Lego (Direct work to capture children and young people's views about school).	Molehill Mountain App (An app to help autistic people understand and self- manage anxiety).	
Positive Penguins App (An educational app to help children and young people understand and challenge negative feelings)	Brain in Hand App (An app for people who need help remembering things, making decisions, planning, or managing anxiety).	Autism Progression Framework	Anxiety Management Strategies for Teaching Staff	
West Sussex Emotionally Based School Avoidance Toolkit	Usborne Unworry Pack			
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# Theme 3 Good Early Years Development

Good early years development improves children's life chances. Support for families may begin before a child is born and expectant or new parents who require additional support may be eligible for the programme. Providing guidance for parents and developmental support for babies and young children is essential for delivering strong health and educational outcomes for children, ensuring they have a positive start in their early years.

Universal 15 hours Free Early Years Places for 3 & 4 Year Olds	Funded Childcare 9 – 23 months	Healthy Start	Family Hubs
Essential guide for new dad, dad pad.	Health Visiting and School Nursing	Free Childcare for 2 Year Old	Right support to meet a Child's need
Free Early Years Provision for 3 & 4 years old	Free Childcare search / Brokerage	Baby and Toddler Safety Advice (NHS)	HENRY
Click in the boxes to visit relevant website General Information Table of Contents			

# Theme 3 Good Early Years Development

#### Tools

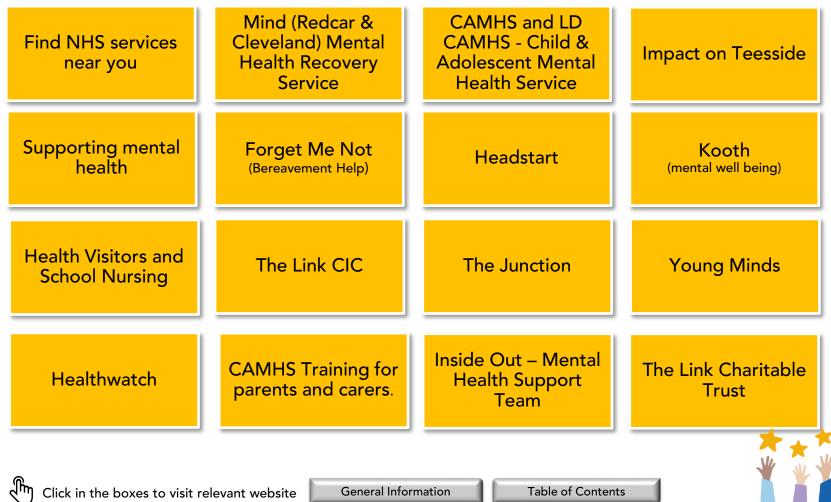
Ages & Stages	Direct Work Toolbox	Bruising of Non-	Early Years
	(early years)	mobile Children	Integrated Pathway
Support to Talk	Home Conditions Assessment (DoH)	Good Egg Home Safety Resources	Home Safety Assessment (Hazards in the Home)



(In the boxes to visit relevant website

# Theme 4 Improved Mental and Physical Health

Complex families have disproportionately high levels of health problems compared with the general population. Poor mental health is particularly pertinent, with over two fifths of families offered support having a family member with a mental health problem. Health needs have a significant impact on the whole family and may require specialist support.



### Theme 4 Improved Mental and Physical Health

### **Information Sources (continued)**

Health Screening	Teesside Samaritans (Providing emotional support to those in distress)	Mental Health Crisis	Time 4 You Psychological Services C.I.C.
The Bungalow Partnership	North East and Cumbria Suicide Prevention Network	Tees-wide Mental Health Training Hub (free training)	Suicide Prevention e-Learning (Zero Suicide Alliance free 20 minute training)
Listening Ear (Emotional support for parents)	Psychological First Aid Free Digital Training (Public Health England)	Youth & Community Centres	Suicide Prevention Resources and Guidance (Gov.uk)
<b>Qwell</b> (Anonymous mental health support)	Daisy Chain Family Support Service	Young Minds (Resources to support refugee and asylum seeking children)	Mental Health Lead Resource Hub
			* + 1

Click in the boxes to visit relevant website

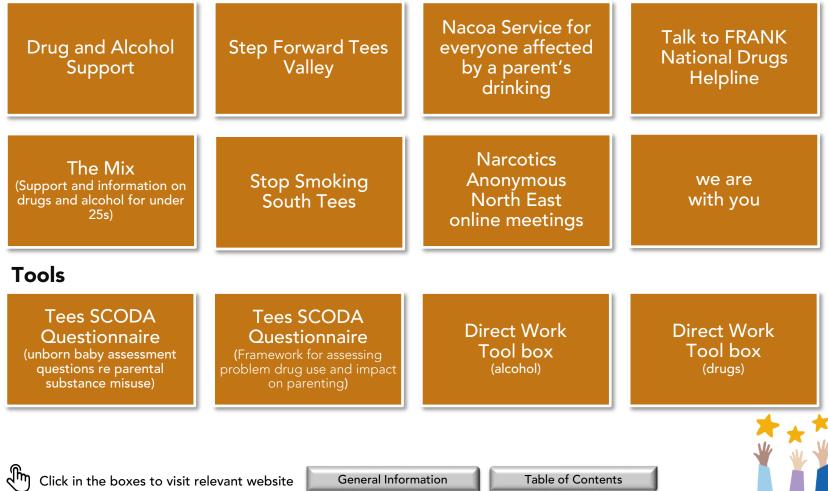
# Theme 4 Improved Mental and Physical Health

### Tools

Make Every Contact Count (search a directory of services in the local area)	Chat Health (confidential Health and Advice from a health care professional)	Sexual Health Teesside	Family Pack of Questionnaires and Scales	
Inside Out Tools	Smiling Mind (Mindfulness App endorsed by Mind)	Positive Penguins App (An educational app to help children and young people understand and challenge negative feelings)	Molehill Mountain App (An app to help autistic people understand and self-manage anxiety).	
Brain in Hand App (An app for people who need help remembering things, making decisions, planning, or managing anxiety).	Anxiety Management Strategies for Teaching Staff	Childline – Calm Zone	HealthWatch	
Usborne Unworry Pack	Britain Get Talking			
Click in the boxes to visit relevant website General Information Table of Contents				

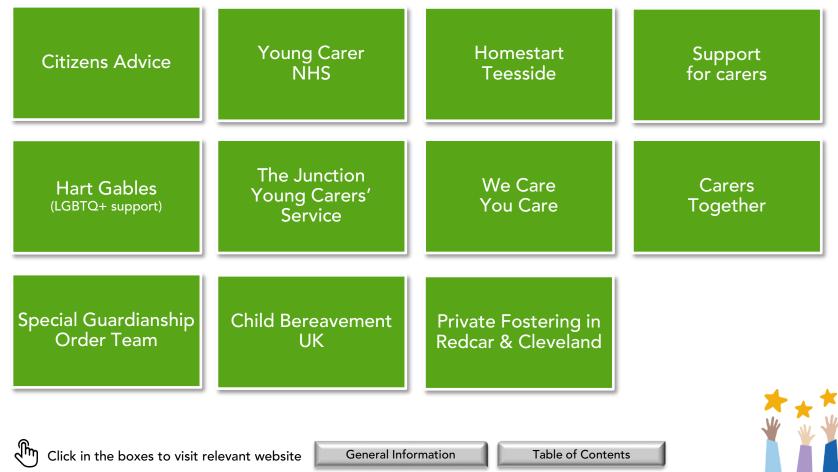
# Theme 5 Promoting Recovery & Reducing Harm from Substance Misuse

Substance misuse is a long term and complex problem that may have a significant impact on vulnerable families. Recovering from addiction and substance misuse is complex and, in many cases, recovery is not a linear process. There is clear evidence that growing up in a family affected by parental (or significant other adult's) substance misuse can cause significant harm to a child's wellbeing and to their long-term outcomes.



# Theme 6 Improved Family Relationships

Families who face multiple and complex needs may require support to develop positive and supportive relationships within the family. Conflict in relationships is expressed through many different behaviours which can have an impact on families' lives. When conflict is between parents, it can have negative effects on their children's mental health and wider development. The impact of violence or abuse inflicted by children towards other members of the family, and the impact of unmet needs for young carers should also be recognised.



# Theme 6 Improved Family Relationships

#### Tools

Family Pack of Questionnares and scale (TSCPP)	Family Safety Circles	Genogram	Ecomap
DigiDad – By dads for dads	Getting on Better Cards	Child Bereavement (Films to help children understand funerals)	Child Bereavement (Short Guidance Films)
One Plus One Practitioner Guide	One Plus One Parent Resources		



(h) Click in the boxes to visit relevant website

### Theme 7 Children Safe from Abuse and Exploitation

Children who experience, or who are risk of, abuse and exploitation are amongst the most vulnerable in society. Children could be at risk from harms within or outside the home or both. Some children are at additional risk from harm such as going missing and radicalisation. Effective multi-agency working that operates across geographical boundaries can prevent the needs of these children and their families from escalating to more intensive statutory services.



### Theme 7 Children Safe from Abuse and Exploitation

#### Information Sources (continued)

The Lucy Faithful Foundation	Youth & Community Centres	Redcar & Cleveland Neglect Strategy	Radicalisation/ PREVENT Referral Process
Tools			
Family pack of questionnaire s and scale (TSCPP)	National Counter trafficking Service (NRM)	Three Houses / Wizards & Fairies	Teeswide Referral Pathways
Direct work toolbox for Domestic Abuse	The Hideout – Domestic Abuse Resource for Young People	The Safety House Guide	Child Exploitation Screening Tool



Click in the boxes to visit relevant website

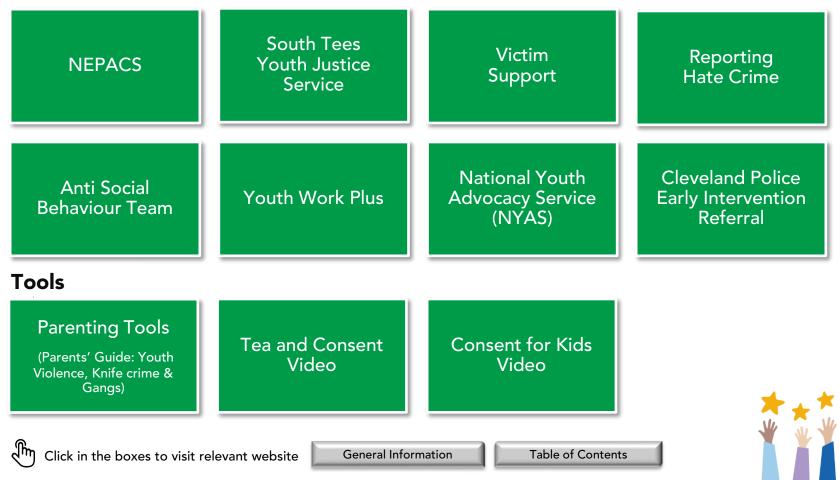
### Theme 7 Children Safe from Abuse and Exploitation

### Tools (continued)

Direct Work Toolbox for Sexual Abuse	Child Criminal Exploitation Toolkit	TSCPP Online Child Abuse	TSCPP Wrong Hands Toolkit
Ecomap	Button Tree	Cleveland Police Early Intervention Programme	<b>Coram BAAF</b> (Supporting agencies and professionals who work with children and young people)
Social Workers' Digital Library	NSPCC Activities for Children (to learn how to be safe and speak out)	Tea and Consent Video	Consent for Kids Video
Home Conditions Assessment	PREVENT Referral Form	Childline – Report Remove	
Click in the boxes to visit relevant website General Information Table of Contents			

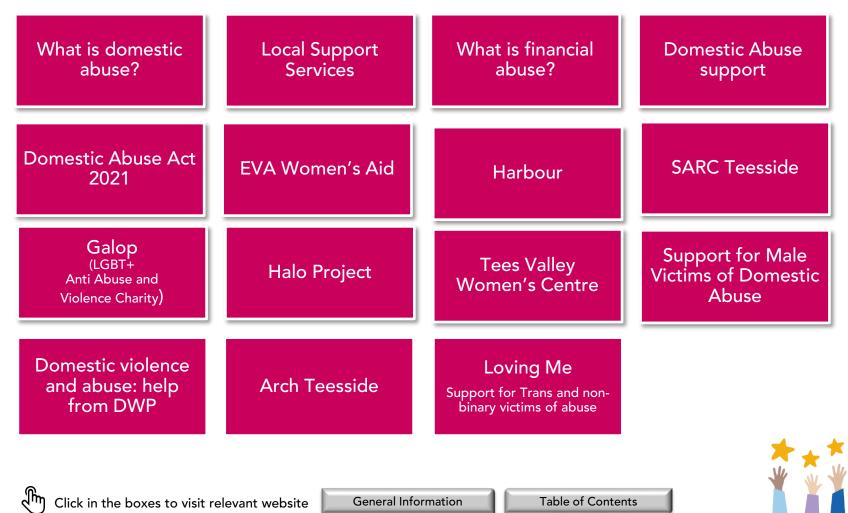
# Theme 8 Crime Prevention & Tackling Crime

Crime and anti-social behaviour have a significant negative impact on individuals and communities as well as having a significant financial cost on society. This theme covers young people who are involved or at risk of becoming involved in crime and anti-social behaviour as well as adults who are involved in crime and anti-social behaviour. This reflects the evidence that parental anti-social or criminal behaviour is a significant factor in youth offending. The children of offenders are also more likely to be excluded from school and twice as likely to suffer from behavioural and mental health problems.



# Theme 9 Safe from Domestic Abuse

All forms of domestic abuse can have a significant impact on children and young people, including coercive and controlling behaviour. Children and young people may experience domestic abuse directly, including in their own intimate relationships, or indirectly due to the impact the abuse has on others such as the non-abusive parent.



# Theme 9 Safe from Domestic Abuse

### Tools

Safer Referral	CHERISH Guidance	The Direct Work toolbox for domestic abuse	The Severity of Abuse Grid
The Mix Is My Relationship Healthy? Quiz (aimed at under 25s)	Recognising and Responding (quick guide for social workers)	Signs of Safety Harm Analysis Matrix	Assessing and Responding to Domestic Abuse
DASH Risk Assessment	Clare's Law	The Duluth Model	Getting it Right First Time



(h) Click in the boxes to visit relevant website

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# Theme 10 Secure Housing

Secure and suitable housing provides stability for families. It is linked to positive health and wellbeing outcomes, provides a base for children to attend school, for parents to sustain employment and for the family to contribute to their communities. A multi-agency and early intervention approach will help to identify vulnerable families and young people with housing issues or at risk of homelessness. It will also support them to resolve these issues by maintaining existing housing or, if necessary, helping them to secure suitable settled accommodation.



# Theme 10 Secure Housing

### Tools

Duty to refer (homelessness)	Housing Benefit	Home Truths (interactive website to teach young people what they need to know before living independently)	Home Conditions Assessment
Good Egg Home Safety Resources	Baby and Toddler Safety Advice (NHS)		



Click in the boxes to visit relevant website

# Theme 11 Financial Stability

Employment and financial stability within families are key factors in building families' resilience. Financial instability has a negative impact on several areas of a family's life, including relationships, physical and mental health and security of housing.

Citizens Advice	Welfare Rights Service (Referral Form)	Contact Job Centre Plus - GOV.UK	PIN employment services
South Tees Community Bank	Stop Loan Sharks	Redcar Area Foodbank	Next Step Shops (subsidised food to people who are struggling financially).
MECC (Finance Advice Page)	RCVDA	Family Fund (for families of disable or seriously ill children)	TEES Community
Glasspool Charity Trust	The Salvation Army	Greggs Foundation	Money Advice Services
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### Information Sources (continued)





# Theme 11 Financial Stability

### Tools

Budget Planning Tool	Check benefits and the financial support you can get	Money Advice Services (Redcar & Cleveland)	Benefits Calculator
Welfare Benefits A – Z Guide	Personal Independence Payment (PIP)	Jobseeker's Allowance (JSA)	National Debtline
Child Tax Credit	Benefits and Support	Free School Meals	Universal Credit
South Tees Affordable Warmth Partnership			× *
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# Theme 12 Signs of Safety

Whilst originally developed for Child Protection work Signs of Safety can be used in all levels of work with children and families. SOS is about building on the strengths and safety already present with families to build reliance and encourage families to find their own solutions to what's happening in their lives. Safety and wellbeing is not created in services but within family's homes. Practitioners work with the child or young person, their family and their support network to build safety for the child or young person.



# Theme 12 Signs of Safety

### Tools

My Three Houses / Wizards & Fairies	My Safety House	Signs of Safety Harm Analysis Matrix	Safety Circles
Genogram	Ecomap	Appreciative Inquiry Turning Questions to Conversations	My Three Houses with PECS (Children with Learning Disabilities)
Solution Focused Questions Guide	Words and Pictures Guide for Families (Social Work)	Words and Pictures Guide for Families (Early Help)	Good Language Guide



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### Theme 13 **SEND**

Redcar and Cleveland Borough Council provides a 'Local Offer', which is way of giving children and young people with Special Educational Needs and/or Disabilities (SEND) and their parents or carers information about what activities and support is available in the area where you live.

#### **Information Sources**

Special Educational Needs Service	Early Years SEND Team	Education, Health and Care Plans	SEND-Local Offer
Information Advice & Support Service (SENDIASS)	Daisy Chain - Independent Living Housing Advice for residents with Autism/Neurodiverse	Tees Valley Sleep Service Helping the Tees Valley get to better sleep	Zoe's Place Baby Hospice
MAIN	AFASIC Voice for life (speech and language support)	The Family Fund Grants for families with a disabled child	Daisy Chain Family Support Service
Children's Occupational Therapy	North East Autism Society	SCOPE - Emotional Support for Parents	Short Breaks For Carers

Click in the boxes to visit relevant website

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### **Information Sources (continued)**





Click in the boxes to visit relevant website



### Tools

SEND Parents Guide	Preparation for adulthood life skills checklist	Education, Health and Care Plan Pathway	Signs of Safety My Three Houses with PECS
Redcar & Cleveland Transitions guidance (Preparation For Adulthood)	Neurodevelopmental Pathway Triage Panel Referral pathway	SENDCO Handbook	

