

EARLY HELP FAMILY SUPPORT PLAN

Date of Referral	04/04/16	VERSION	1
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1. Details of Author/Lead Person			
Name	Mr B. Barns	Work Address	Bury Primary School
Role	Safeguarding Lead/Head Teacher	Organisation	Education
Telephone	0161 721721	E-mail	B.Barns@buryprimary

2. Details of Main Child					
Name	D.O.B	Gender	Disability	UPN	Previous EHFSP?
Thomas Redvales	***** *	M	NO	1231234	NO
ADDRESS:					
91 The Street, Bury, BL4 123					

Are there any other siblings YES / NO, If yes please complete section below						
Child/ren's Name	R'ship	DOB	Gender	Disability	UPN	Prev EHFSP?
Phoebe Redvales	Sister	*****	F	No	N/A	NO
				Yes/No		
				Yes/No		
				Yes/No		
				Yes/No		
				Yes/No		
Ethnicity	W/B		Religion	Catholic		
First Language	English		Interpreter required	No		
Does the child, their parent(s)/carer or any sibling have any special requirements such as a disability or language/communication issues? (if so, please explain clearly)						
No						

Immigration Status					
Asylum Seeker	N/A	Refugee Status	N/A	Exceptional leave to remain	N/A

3. Details of Parents/Carers					
Name	Paula Redvales	DOB	*****	Tel No.	01234567890
Address	As above			Relationship	Mother
				Parental Responsibility	Yes
1 st Language	English	Ethnicity	W/B	Interpreter required	No

Name	Frank Redvales	DOB	*****	Tel No.	09876543211
Address	As above			Relationship	Father
				Parental Responsibility	Yes
1 st Language	English	Ethnicity	W/B	Interpreter required	No

4. Are there any other Household Members – anyone staying within the family home on
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a temp or perm basis? NO, if yes, please include below.			
Name	DOB	Relationship	Telephone No.
N/A			
First Language		Interpreter required	

5. Family and Environment

Briefly describe the family – who are the family members, where do they live, what do they do (employment/interests), what support networks do they have, what professional support do they currently receive, is there a history of significant events?

The family includes both parents, Thomas and Phoebe. They live in a private rented property in Bury and moved into the area just over a year ago. They had previously lived in Whitefield and prior to that out of the Borough.

Frank works full time and his hours are usually 12-7pm, he gets home approx 8.30pm each evening. This enables him to do the school run in a morning, Frank is hoping to have it agreed with his work that he can take a set day off each week and work each Saturday to be able to offer more support with family life.

Frank's family live close by, his mum picks the children up most Friday's and takes them for tea at her home and his brother and his wife are very supportive and help out when they can. The extended family spend time together. Frank does not like to feel he is "putting" on his family though, as he is very aware that his mum has reached an age where she should be able to enjoy her retirement and his brother has a family of his own, so he does not like to ask for their help too much, both Frank and Paula are very appreciative of the help they receive from the family though and feel that they could speak to them if needed more regular support.

Paula works as a volunteer 2 mornings a week and enjoys this very much. Frank has had to reduce his hours of work to 30 per week at the current time to help Paula and so they are claiming tax credits, but would appreciate any support in looking into any other benefits or financial support that may be available to them.

Due to only living in the area for a short while, Frank and Paula are in the process of building up a new friendship group as are the children, so at this time parents do not have an established friendship group that they can access for support.

School and nursery are both positive forms of support for all the family and parents are very confident and at ease in accessing both services to ask for support and to keep informed of home situations with regards Paula's mental health and how this may be affecting the children.

Paula has been seeing Chris from healthy minds, but has not had a scheduled appointment now since before Christmas, but she has been seeing her GP regularly and has accessed the local hospital for support when she has needed it. Paula is to arrange to see Chris following today's meeting.

Paula has been managing her mental health for the majority of her adult life and is very proactive in seeking support and keeping her medication up to date. Paula is very knowledgeable with regards her medical diagnosis, symptoms and support services. Paula describes her own childhood as being one full of trauma with her father suffering with schizophrenia and she knows the impact this had on her as a child and does not want the same for her children.

Currently Frank and Paula describe Paula's current mental health as stable in comparison to November when they first spoke with Mr Barn's in school. Paula had been very tearful then and anxious, Frank had had to come home from work to support Paula as she was having panic attacks and her anxiety levels were very high. Paula describes how things got much worse following the c-section birth of Phoebe, 4 years ago. Paula describes herself as being generally anxious most of the time, but when it is at its 'worst', she can have thoughts of self harming and thoughts to take her own life and in dire periods of very low mental health has had thoughts to harm the children. The thoughts have never been strong enough for Paula to act out and she has always worked closely with her GP to manage these periods and her mental health needs to ensure the children are safeguarded, at these times Frank also ensures he is around to support as much as possible and this is when he will ask his family for additional support.

The family's strengths	The family's challenges
<p>Paula can recognise when her mental health is declining.</p> <p>Frank and Paula confident to ask for support.</p> <p>Extended family can help with children if asked.</p> <p>Paula engaging with services that are relevant to her needs.</p> <p>School and nursery have been made aware of situation and supporting the children and family.</p> <p>Strong positive relationship between Frank and Paula</p> <p>Frank's employer appears very supportive.</p> <p>Paula very knowledgeable about her mental health.</p>	<p>Extended family can only offer limited support.</p> <p>Emergency "care" for the children not always readily available or identifiable for when Paula experiencing a difficult episode with her mental health.</p> <p>Impact on Frank's job – time off needed etc.</p> <p>Children aware of when mum's mental health dips and become anxious.</p> <p>Being able to identify available support services for the family</p>

6. Universal Agencies Involved.

Please also include all services who you have contacted to inform this plan of support or who are working with other family members that may provide support which indirectly impacts on the child/young person i.e. Adult Mental Health, Adult Services, previous Lead Persons, CAMHS, charities/voluntary agencies, children's social care, Consultants/hospital staff, Housing, etc.

Agency	Professionals Name	Contact Details
GP	Dr Chase	Bury GP, Townside Road
Health Visitor	Helen Health	Windsor House, 0161 123456
School Nurse	Tina Kay	Windsor House, 0161 123456
School	Mr Bob Barns (Head Teacher) Emma Dale (Deputy Head & SENCO)	Bury Primary School 0161 987654 (Thomas)
	Michelle Carr	Ted's Private Nursery 0161 7654321 (Phoebe)
Dentist	Smiles	
Healthy Minds	Chris Street	Fairfield Hospital 0161 678943

7. Who has helped with completing this Early Help Support plan?

(All agencies currently involved are expected to have shared what support they are providing and what future support is planned.)

Frank and Paula

Helen Health (HV)
Mr Barns
Emma Dale
Michelle Carr

8. Reason for completing the Early Help Family Support plan :

Mum phoned school and asked for Thomas's class teacher to phone her. She told her that she wanted to come in and meet the Head Teacher so that he would make a referral.

Both parents came in at 11.35am on 12th February.

They reported : Concerns over mum coping with the children at the present moment in time. Mum has said that she feels she is neglecting the children's emotional need at the moment, because of her own problems with depression and severe anxiety. This has manifested itself in Thomas via sleepless nights, tearful bedtimes, and anxiety about coming to school centred around leaving mum alone. Thomas has recently written on a school questionnaire under "I feel safe at school" **NOT TRUE**. The reason he gave for this was that he sometimes worries about his mum.

Mum and dad have requested this support plan as they feel that mum needs support as she has only just started on new anti-depressants and they have not yet kicked in. School supports this as Thomas is anxious about coming to school. The family originate from 300 miles away and thus far, have not yet built up a support network for mum.

19th March – Mum feels more stable and stronger. Dad works in Manchester and has been granted flexible working. Dad feels things are better now than in January/February, when dad had to take time of work. Mum was very tearful. Had panic attacks. Dad felt her conditions led to anxieties about what was going on, but her perception was not always the reality. Mum hasn't been stable for 4 years. The family moved from Cornwall. Dad's family live in Bolton, but give some help and their health means they are sometimes not well.

Mum reported she felt irrational – convinced she was neglecting the children and felt guilty and had thoughts that neighbours would hurt her children, which she knows is irrational, but this is based on events from her childhood. She gets flashbacks to her childhood and when she is anxious, worries this could happen to her children. She feels that her anxiety is picked up by the children. This results in Thomas not wanting to leave mum, and gets hysterical. The children have not been privy to any knowledge of what happened to mum.

Paula works on a voluntary basis two mornings a week which she really enjoys and this may possibly increase if she feels able to.

Phoebe at Nursery – She has recently started to not want to go, complaining about the lunches, but mum thinks this is just an excuse and it's because she doesn't want to leave mum. When she is there, she plays, has friends. She is quiet, but not shy. She asks for help and is developing well.

Mum was previously registered for Outreach workers, but at the time did not feel able to fully engage with the support offered.

Thomas likes school – has no issues. He has friends in school. After school and in the holidays Thomas doesn't see as many of his friends due to things being busy. He is sporty – football, climbing. Beavers club could help Thomas, but he has said he doesn't want to go.

No concerns about Thomas in school with his development or his work. He does get anxious from time to time. Attendance is very good.

Paula gave her permission for a copy of the Early Help Family Support Plan to be given to the GP, and for the GP to write to the lead person with a summary of mum's needs.

Chris Street has offered telephone support for mum when she is feeling low.

Chris offered strategies when mum is feeling like she is losing control: To combat any obsessions, to have a division of thought and action... so as not to feel that if you've had a thought, you've not had the action. Thought/Action Fusion – Mum thinks she's neglecting the children, but action hasn't followed this up.

After School clubs for Thomas were considered, with a drama one suggested. Both Bury Primary and Ted's Nursery have clubs, but due to sizes/ratio's of staff, there is a limit to what is on offer

A child-friendly package of support was suggested. When Thomas thinks mum is feeling low and then he wants to stay with mum, he should still go to school so he knows he is like anyone else – he can't be treated differently.

Health Needs: The children are healthy, and up to date with their injections, etc.

House is rented. Good relationship with landlord.

Frank has reduced hours to 30 per week to look after Paula. Receive tax credits. Not much left at the end of the month but enough to get by.

Frank wants to make sure that Paula's past doesn't impact up on the children.

Mum worries that she will have the children taken off her.

What are the main areas of concerns the child/family would initially like support with?

1.	Plan of support for the children when Paula's mental health dips.
2.	Coping and resilience strategies for the children to ensure they are not affected by Mum's mental health episodes.
3.	Referral to clinical psychologist for Paula

THE VOICE OF THE CHILD IS VITALLY IMPORTANT AND ESSENTIAL TO GAIN; THE NEXT SECTION MUST BE COMPLETED.

9. The Child/Young Person

Where age appropriates the child/young person is to complete this section themselves. Where child is aged 0-5 or has limited communication skills you must involve a professional currently working with the child in order to gain the child's voice, if no identified specialist service is currently working with the child then the Health Visitor must be consulted

**Briefly describe child/young person – is there family routine in place, i.e., meal times & bedtimes? Are there age appropriate local activities that the child/young person can use? Are they registered with a G.P? Is weight ok for height? Is physical skills age appropriate? Is the child able to communicate effectively i.e. cry when unhappy? What activities do they enjoy? How important are your friends to you? What does the child's presentation; skin tone and general appearance tell you about the child?
Author/lead person please use the "My world triangle" to help them complete this section.**

Frank and Paula advised that the children are involved in a local youth club, football activity and have friendship groups in and out of their educational settings.

Both children are registered with the family GP and school nurse reports no outstanding or known health needs.

School and nursery report that both of the children are achieving in their educational settings, there are some concerns recently about signs from both children of anxiety about being away from home, but these have been identified and discussed with parents and agreed that solutions will be worked on with the children to alleviate their anxiety. Thomas has recently written on a school questionnaire under "I feel safe at school" NOT TRUE. The reason he gave for this was that he sometimes worries about his mum. Thomas is to be encouraged to attend "Beavers" in school and Ted's nursery is working with Phoebe in the nursery setting.

Emotional and self esteem to be kept high by home and school. A 'child' communication diary: this could be from dad to school and school nurse if he feels worried about the children or Paula.

Child's strengths	Child's challenges
<p>Parents are aware that mum's health needs does impact and affect the children and are seeking support.</p> <p>Both children have voiced their anxieties to professionals.</p> <p>Extended family available for time away from the family home for the children.</p>	<p>Both children can be witness to mum's deterioration in mental health.</p> <p>Both children displaying anxiety due to home/life experiences.</p>

10. Parents and Carers

Thinking of the reason why you are completing this plan can you describe what being a parent is like for you and your partner? Think about everything you do as a parent each day, how do you feel, what do you find easy and what is more of a struggle? Describe the strengths and the challenges.

Author/Lead Person, if it is helpful for the parent, you can use the questions below as guidance and prompts to help parent describe their parenting and give examples where possible, to help the parent complete this section.

The basic care needs of the children are not under question, the children are always dressed in clean appropriate clothing and school uniform is of a good standard. Routines and boundaries are in place within the family home. Due to Paula's mental health needs the family have requested this support plan to help them ensure that the children are "protected" from the impacts of mum's mental health. Currently extended family are utilised where possible but parents want school and nursery to be aware of how things can be at home and how this can affect the children, parents also want all professionals involved with the family to be working together.

Parenting capacity is very good. When mum is feeling low, dad will let school and school nurse know. If mum is feeling low, it was suggested that there is a 'back up' person to pick up the children. Michelle

volunteered for this as she does it anyway, and the children could be picked up from Nursery. This could happen a few times so that the children aren't worried that Michelle is there to collect them instead of mum.

Parenting Strengths	Parenting Challenges
<p>Parents are aware that Mum's mental health does have an impact on the children.</p> <p>Parents confident to ask for support.</p> <p>Parents know their own limitations.</p> <p>Parents are able to prioritise the needs of the children.</p> <p>Extended family is a positive support within the family.</p>	<p>Mum's mental health.</p> <p>Support available is limited and not always available.</p> <p>Mum's mental health can restrict her from being able to prioritise the children's needs or seeing their needs.</p>

11. What needs to change?

What do the family/parent/carers think needs to change?

The impact of mum's mental health on the children's emotional well being.

What does the child/ren/young person think needs to change?

Need to help reduce the children's anxiety.

Can the family/child/young person identify who can help make the changes?

Extended family, access to groups and activities for both adults and children.

As the Author/Lead Person, what do you think needs to change?

Wellbeing of the children needs to be the main focus, if mum continues to engage with medical support for her mental wellbeing and identified support can be accessed this should help with positive outcomes for the children's anxiety issues.

12. Planning for change

What will you/your organisation do to help the family/child/young person make positive changes?

Parents have agreed for the support plan to be shared with the local children's centre and family GP. Mum has agreed to make an appointment with Chris from healthy minds for a referral to a clinical psychologist. Ted's nursery is going to provide a pickup service for Thomas from school to nursery. Paula and Michelle are going to look into out of school activities/clubs. Mum and lead to request GP to contribute to the TAF process and /or contact the lead person to provide update of Paula's mental

health needs to enable correct support/response are/is in place by all working with the family.
What other services are you going to refer to?
School to send a Children's centre referral form to accompany the support plan to request a targeted piece of work required which includes a referral to the "All about you course", to work with Paula and Frank around the impact of mental health and its' impact upon parenting capacity, look at financial situation and housing to ensure family are in receipt of all relevant benefits, support and for information on all children centre activities that may be of benefit to Paula and Frank.
What do you hope the other services will do/achieve?
The children centre worker can help to build Paula's personal confidence and reduce her anxieties via the all about you course, they can help educate her on the benefit system and sign post her to appropriate services she may be eligible to access, this will help have a positive impact on the children's emotional well being. By attending children centre activities/groups, where appropriate will also benefit Thomas and Phoebe.
If change isn't achieved what impact will this have on the family/child/young person?
The children will continue to be affected by the anxieties that arise from witnessing mum's mental health declines. School attendance and attainment will become a bigger issue for Thomas and Phoebe if their anxiety around leaving mum is not addressed and supported. Parents need additional support from extended family members and services that are available to help them improve outcomes for the children and to ensure they as parents are supported.
What protective factors have been identified that are in place whilst the changes are being worked on?
Extended family. Parents engaging with the appropriate services with regard Paula's mental health. Parents confident to ask and seek support. Parents able to identify and prioritise the children's needs. Professionals have been made aware of what triggers to look out for with regards identifying a decline in Paula's mental health (Paula will repeatedly ask for help and reassurance about parenting)

13. Looking at sections 11 & 12, work together to write up your action plan below.

GOAL	ACTION	Who is requested to undertake this action?	Timescale
Meet with Children's Centre.	To use Outreach to find if all things entitled to are being	Frank and Paula	02/05/2016

	utilised.		
Children's Centre aware of EHFSP	To send EHFSP to Children's Centre along with referral	Mr Barns	18/04/2016
Paula to see Clinical Psychology	Referral to Clinical Psychology	Chris Smart	11/04/2016
GP Summary	Head Teacher to invite/obtain summary	Mr Barns	18/04/2016
GP to have EHFSP access	Copy to GP	Mr Barns	18/04/2016
After School Provision for the children	Look into the opportunities	Paula with Michelle	16/05/2016

Considering the above action plan, please clearly indicate whether this is going to be a Single Agency Support plan or a Multi Agency Support plan.

Delete as appropriate:

Single Agency Support is identified. This will be reviewed to see if further support is required or to close in line with own agency review policy.

Date of Review: N/A

Multi Agency Support is identified (please include the date when the action plan will be reviewed on)

Date of review : 16/05/2016 Bury Primary School 2:00pm

(Reviews must be held within a minimum of every 4 weeks and no longer than 12 weeks apart, dependant on the level of support identified)

Author/ Lead Person please complete

This Early Help Family Support plan is being sent to the Early Help Family support Team for:

(PLEASE TICK RELEVANT BOX)

- Information and Storage only as a Single Agency Support Plan.
- Information and Storage only as the child is likely to require a EHC plan (special educational needs)
- Information and Storage only as the family have been recommended for a parenting programme.
- Information and Storage only as the family have been referred for Children Centre Support.
- Registration and storage as a Multi Agency support plan is in place to best meet the family's needs.

14.Consent for Information Sharing and Information Storage

If the young person (aged 13-under 16) requests that their parent/carer are not made aware of this support plan please answer the following questions with regard to the support the young person is seeking : (Please see www.nspcc.org.uk " a CHILD'S LEGAL RIGHTS" for further guidance with regards Gillick competency)

1. Do you assess that the young person will understand the advice, support or Intervention?

NO

2. Can the young person be persuaded to inform their parent(s)/carer that they are seeking advice, support or Intervention?

YES / NO

3. What are the risk implications for the young person if they do not receive advice, support, Intervention and will they continue?

4. If the young person does not receive advice, support, Intervention their physical or mental health or both is likely to suffer?

YES / NO

5. Do their best interests require you to give them advice, support or Intervention without the parental consent?

YES / NO

I am the child/young person named on this form :

I understand the information recorded on this form. I know it will be used to provide services to me and may be stored electronically. A copy will be held securely with Bury Children Young People and Culture services department and may be used for monitoring purposes, where all indentifying information will be removed.

Information supplied will be used to update our records as well as for reporting and monitoring quality purposes. So that we can understand what help you may need we may identify other sources of support not identified in the assessment or referral. As a result, from time to time we may need to share some of this information with other organisations so that they can help us to provide the services you need. We will treat your information as confidential and will only share it with those who can provide a service to you or your family and will only share the minimum of information we need to share.

The reason for information sharing has been explained to me. I understand those reasons. I agree to this referral being made and for the sharing of information between the services that will contribute to the assessment for and delivery of an agreed plan of work.

I agree to the sharing of agreed information with members of my family and services if necessary except for those listed below -

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Signed	Name	Date

I am a parent/carer of the child/ren/ Young person named on this form :

I understand the information recorded on this form. I know it will be used to provide services to me and may be stored electronically. A copy will be held securely with Bury Children Young People and Culture services department and may be used for monitoring purposes, where all indentifying information will be removed.

Information supplied will be used to update our records as well as for reporting and monitoring quality purposes. So that we can understand what help you may need we may identify other sources of support not identified in the assessment or referral. As a result, from time to time we may need to share some of this information with other organisations so that they can help us to provide the services you need. We will treat your information as confidential and will only share it with those who can provide a service to you or your family and will only share the minimum of information we need to share.

The reason for information sharing has been explained to me. I understand those reasons. I agree to this referral being made and for the sharing of information between the services that will contribute to the assessment for and delivery of an agreed plan of work.

I agree to the sharing of agreed information with members of my family and services if necessary except for those listed below -

Signed	Name Frank Redvales	Date 05/04/16
Signed	Name Paula Redvales	Date 05/04/16

Author/Lead Person's Signature

As the Author/Lead Person of this Early Help Family Support Plan, I can confirm that all the professionals who have contributed to this document are happy with this version and agree for this document to be registered and stored and shared with the identified agencies.

Signed	Name Mr Barns	Date 05/04/16
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When sending by email only

Has explicit consent been obtained from the parent/carer or where appropriate young person to undertake this Support plan?

Please tick YES NO if you have answered NO please provide details below

Do you have a signed copy of the Support plan on file?

Please tick YES NO

Exceptional circumstances: concerns about significant harm to infant, child or young person.

If at any time during the completion of this plan you are concerned that an infant, child or young person has been harmed or abused or is at risk of being harmed or abused, you must follow your Local Safeguarding Children Board (LSCB) safeguarding children procedures. Children's Social Care (CSC) Multi Agency Safeguarding Hub (MASH) can be contacted on 0161 253 5678. Visit www.bury.gov.uk/index.aspx?articleid=4969 to view the Bury Safeguarding Children Policies and Procedures Handbook. The practice guidance - what to do if you're worried a child is being abused (HM Government, 2006) sets out the processes to be followed by all practitioners.

Where to send the completed referral or assessment

The completed form should be sent via email to the Early help Family Support Team; only if using a secure email facility such as nhs.net or gcsx connection or equivalent or in the case of schools via the schools Bury council email account. If the form cannot be sent via secure email method then it can be sent by fax to 0161 253 6011

Email: Childwellbeing@bury.gcsx.gov.uk

Post to: Children's Services, Early Help Team, EAST SPOKE Children's Centre, Dorset Dr, Bury, BL9 9DN Telephone: 0161 253 5200

ALWAYS REFER FIRST TO THE MASH TEAM VIA TELEPHONE FOR CHILDREN EXPERIENCING SIGNIFICANT HARM OR WHERE THERE IS A LIKELIHOOD OF SIGNIFICANT HARM FOLLOWED BY COMPLETION OF THE INTER-AGENCY REFERRAL FORM.

Safe information exchange and data protection is important to us:

We do not accept hand written forms, and request that forms are sent to us electronically (PDF copies of hand written forms are not acceptable).