

Caerphilly Families First Newsletter

April – June 2017

Making sure that families' needs come first.



OUR PROJECTS

Supporting Family Change
01495 233232

Families Learning Together
01633 613551

Youth Respect
01495 235623

Targeted Youth Engagement
01443 863033

More Than Play
02920 867447

Confident Parents, Stronger Families
01633 615859/02920 852550

Wellbeing
02920 849230

Outreach SRB
01443 866601

Supported and Assisted Places
02920 760767

Little Voices
01633 247671

Health Outreach
029 20 886860

Confident with Cash
01443 864547

Domestic Abuse Children and Young People Outreach
Support
02920 860255

Domestic Abuse Services Family Safety Scheme
02920 860255

Parent Advocacy
07990 804472

Children and Young People's Advocacy
07768 583807

Parent Forum
01443 875444

Young Carers
01633 615859 / 02920 852550

The Families First Programme

Everyone faces challenges at some time in their lives, so knowing how and where to get help when you need it can make all the difference. Families First aims to support and work with families to help them overcome these challenges. The Families First Programme makes sure the families' needs come first. If you and your family need support, advice or guidance, the Families First Programme can help.

The Families First Programme works together with Flying Start, Communities First, and Supporting People. By doing this the Families First Programme is able to support families before their need reaches crisis point. Our family focused projects make sure that the families' needs come first, and we have a number of projects that can help you through those difficult times. Families are empowered to make positive changes and become more resilient, as well as supported in developing positive ways to cope with and manage circumstances to achieve better outcomes.

Projects tailor support to individual families' needs and provide intensive, pro-active and integrated assistance locally.

If you feel that a project can help you, you may contact the project direct via the contact information provided. If you are unsure as to what project may be best to suit your needs or you want more information about, please call the Caerphilly Information, Advice, and Assistance Service (IAA) on: 0808 100 1727.

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Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government

Mae'r ddogfen hon ar gael yn Gymraeg, ac mewn ieithoedd a fformatau eraill ar gais.
This document is available in Welsh, and in other languages and formats on request.

Joint Assessment Family Framework

JAFF Information for Practitioners

The JAFF is an improved referral system into Families First Projects, which can also be used for Flying Start and Supporting People. It identifies whether need/s can be met through signposting to preventative or statutory services. The Joint Assessment Family Framework was rolled out on the 13th March and has proven to be very successful to this date. Many practitioners have been trained across the borough in the use of the JAFF and others have been trained to deliver training. We are continuing to train practitioners to ensure that everyone has a

sound understanding of the JAFF and its importance. For more information regarding training, please contact Zarah Newman

Supporting Family Change Team Manager and Lead Trainer for JAFF on newmaz@caerphilly.gov.uk or 01495 233244.



*Families
Learning
Together
project worker
engaging
children.*

Self-Evaluation Recognition Award

What is the SERA?

helping all organisations and projects to assess, review, and evaluate their provision.

It provides an opportunity for honest reflection and recognises achievements and good practice. The Families First Board will make a decision in May as

to when the next SERA applications will be available for completion. If you would like to know more information about the SERA, please contact Laura Madden, Children and Young People's Services Support Officer, on maddel@caerphilly.gov.uk or 01443 864809.



The Self Evaluation and Recognition Award (SERA) has been revised for 2017, inviting all organisations that work with children, young people and families to submit an application. The special award is a way of



Award Winning Organisations

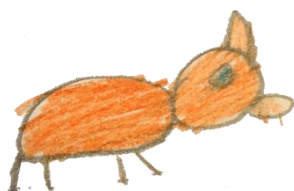
Youth Respect Project (YRP)

Congratulations to the Youth Respect Project who have been awarded a SERA certificate for their work providing complementary, specialist targeted prevention, intervention and support services to young perpetrators of domestic abuse; where a young person is showing early indications of, or are already exhibiting abusive, aggressive and controlling behaviours in family or intimate relationships. YRP have worked with over 100 individuals last financial year, and 100% of individuals worked with showed sustained learning three months after exiting the programme. Partnership working has proved to be a strong success in the YRP, working strongly with Supporting Family Change, along with other specialist services including youth workers, speech and language therapists, and education training and employment workers. YRP have made some fantastic achievements throughout 2016-2017. We wish them continuing success in 2017-2018.



Parent Network

Congratulations to the Parent Network who have been awarded a SERA certificate for their work coordinating approximately twenty five forum groups across Caerphilly, giving parents the opportunity to learn new skills, gain volunteering experience and meet other parents. The groups also get involved in the development and delivery of the Families First Programme helping to shape the projects through workshops, discussions and consultations. Parent Network is the umbrella supporting Petra Publishing. This enables parents to experience developing their own children's picture books, which is generally issue based encouraging training on that chosen topic. The Parent Network has worked with around 200 individuals last financial year, and 98% of parents have a better understanding of their need for participation in the development and delivery of services. The Parent Network has worked hard to make great achievements throughout 2016-2017. We wish them every success in 2017-2018.



What's on in Caerphilly?

Friday 7th April – 7:30pm

"Moana" is being shown as an open air cinema experience in Bargoed. This event is free and does not require a ticket. The experience includes chocolate, crisps and drinks kindly donated by Bargoed Town Council. An adult must accompany children under 16 years of age. For further information on the event please contact The Visit Caerphilly Centre on 029 2088 0011 or email events@caerphilly.gov.uk.

Sunday 16th April – 10:00am-4:00pm

The cheeky Easter bunny has jumbled all the children's names up in the Forest. Can you help find your name to save Easter? Based on the story of The Boy Who Lost His Name, the trail follows clues around the valley, and on your return to the centre you can claim your eggs-citing prize. Please be aware that some steps and muddy paths will be involved. This activity is suitable for children aged 4+ and costs £4.50 per child, booking is essential. Contact Cwmcaern Forest Visitor Centre on 01495 272001 for more details.

Thursday 27th April – 7:15pm

Blackwood Musical Theatre Society and special guests Caerphilly Youth Theatre bring together a selection of the finest songs from the most successful West End musicals of all time! Tickets: £9.50/£8.50 and prices include a booking fee of 50p per ticket. Tickets can be booked online via Blackwood Miners Institute website, or call 01495 227206.

Saturday 6th May – 10:00am-5:00pm

Caerphilly town centre will once again play host to Caerphilly Food Festival. Over 100 stall holders will tempt visitor's taste buds with samples of their delicious goods to try and buy – along with a wide range of unique crafts. This year the event will also feature exciting demonstrations from Broil King BBQ Theatre and some top class cake decorating workshops. There'll be plenty on offer for the little ones too. For more information the Event Hotline on 029 2088 0011 or events@caerphilly.gov.uk.

Sunday 18th June – 10:00am

The Caerphilly 10K is set to return for the fifth consecutive year along with the Team Challenge and the Caerphilly 2k. To sign up, simply visit <http://your.caerphilly.gov.uk/10k> to book a place on the run. For further information on the Caerphilly 10k including the route email 10k@caerphilly.gov.uk or call the event hotline on 029 2088 0011.

Project Page

Families Learning Together

Families Learning Together have shared a lovely team photo with us of their office based staff. The project will combine elements of Family Learning and Language and Play and will be coordinated by Jennifer May and Nicola Gallagher. Families Learning Together will support families to develop their literacy and numeracy and promote early language. The project will work in the home to provide individual family support as well as delivering group sessions in community settings such as schools and nurseries. The project will work with families with children from 0-15. For more information please contact: 01633 613551. Nicola Gallagher, Jennifer May (Coordinators), Vicki Hamer (FLT Team Leader).



Families Learning Together office based team.

Confident with Cash

This financial year, we are excited to announce some changes to the Confident with Cash project. This project will continue to be run by Citizens Advice Service, and will offer work with families on a 1:1 basis through home visits and gives them the knowledge, skills, and confidence to improve their circumstances. A Welfare Benefits Advisor will assist with discovering financial entitlements for the family. In order to be referred for this project through Families First, the family must be affected by a disability, or be working with Supporting Family Change. Other referrals can be made through Supporting People, if there is a housing related issue. For more information, please contact: Shelly Jones on 01443 864547.

Parent Network Book Release

Book 2 in the Petra the Penguin series, where the little penguin sets out to highlight the plight of penguins across the globe. The book was launched as part of a packed fun filled event at the top of Parc Penallta, where families gathered to celebrate Earth Hour.

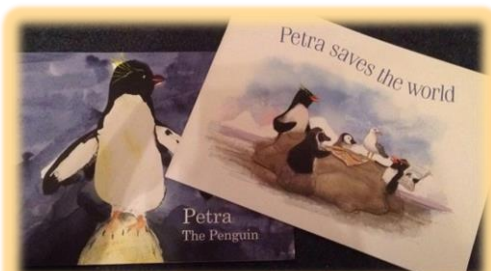
As a run up to the event workshops were held in the parent network and local primary schools, making lanterns and penguin sculptures.

These sessions were supported by Head4Arts and the artistic talents of Ben Sands CCBC Countryside Rangers.

At the event there was Story Telling from Mike Church, Soup to warm your hands courtesy of Communities First, Earth Hour Pledges, and a fire sculpture finale. Each family who attended received a copy of Petra Saves the World.

A massive thank you must go out to all those organisations who helped make the event happen: Head4Arts, Caerphilly Communities First, CCBC Countryside Department, Parent Network, PETRA Publishing

But most importantly thank you to all the families who attended and helped make it a really memorable experience for everyone!





Tim from Mindful Families running a taster session - there will be 5 more taster sessions running across Caerphilly Borough, and one 8 week course for more information on dates and venues, contact 01443 875444 and ask for Ruth Bridge.



Emma from NYAS launching the exciting new partnership project between themselves and the Parent Network called Parent Advocacy. The project will recruit and fully train peer advocates to support parents from across the borough who need, "something started, something stopped or something changed", funded under Caerphilly Families First.

Recent Events

Interact

On 2nd March, Families First organised another Interact event at Llanciach Fawr. 82 practitioners attended the event to take part in three different learning sets. First, we welcomed Sian Wolf-Williams and Tracy Evans from CCBC to discuss the Well-being of Future Generations Act (2015). Secondly, we received a talk from Michelle Fitton, Assistant Head Teacher of Trinity Fields School and teacher in charge of CASS (Caerphilly Autistic Spectrum Service), regarding autism awareness. Our third and final learning set was based on the Social Services and Well-being Act (2014), presented by Deborah White. It was a well-received event, with practitioners commenting,



"Well arranged event. I found it interesting to link and network with other agencies." There will be another Interact planned for the summer; details will be shared closer to the time.

Parent Network PlaNet

The Parent Network and Abertysswg Parent Forum worked together to create last quarter's PlaNet Event on Friday 10th March. It was a new idea to include one of our forums to help plan and put together the PlaNet Event.

With all credit to the Abertysswg Forum, the Event was a great success! Planning was completed by all participants of Abertysswg, with each participant having a job role and taking responsibility for this. This ranged from hiring the hall to preparing all catering for the event.

After the previous PlaNet took place, the Abertysswg Forum pitched to Michelle Jones and Anne-Marie Lory that they would like to organise the next PlaNet Event. Michelle and Anne-Marie arranged a meeting at Abertysswg for a team briefing.

Following this meeting, Abertysswg took the lead.

On the day of the PlaNet, other forums expressed an interest in doing a PlaNet takeover. This is an excellent idea and one that we are more than willing to progress.

The PlaNet last quarter was an excellent achievement for all involved in Abertysswg. It was well run and organised. The catering was to a high standard with plenty of refreshments on arrival. The room space was well laid out with plenty of seating and space for speakers. There was ample food of a good variety. Overall, it was a very good first attempt for a PlaNet Take Over, so watch this space for the next one!

(Photographs on the left).

Case Studies from Families Learning Together



Group Profile

A referral was made to Family Learning by the school link officer. A group of children were identified as underachieving in literacy and the school were keen to involve their parents in strategies to improve this.

We were overwhelmed by the response from parents following our invitation to attend a literacy workshop at the school. From the workshop we decided to set up two groups so that all parents could attend.

Initially the parents were reluctant to work on their own

skills so the sessions concentrated on ways the parents could support their children in literacy. The parents did have big skills gaps which made this challenging on occasions, so the tutors gradually introduced activities on specific areas of literacy that the parents needed support with.

The parents were very open about their previous experiences and many had negative learning experiences. They wanted to find out how their children learned in school and worked well to achieve this. As a result, the parents feel more able to support their children and this has made

a positive impact on their children's literacy skills.

As a result of our intervention, one group developed into an adult only class and the second group continues to run for families. Both groups have also completed accredited certificates in literacy and numeracy.



Home Session Profile

Mum was desperate for support for herself and her three children. Mum didn't feel confident enough to attend an adult group and was keen for whole family support.

We decided home support would benefit the family most, as mum would be refreshing her own skills as well as building her confidence in working and supporting the children.

As two of the children were under 4, the family were assigned an adult tutor and a Language and Play Assistant. This enabled the project to carry out work with the whole family.

The tutor helped mum to improve her essential skills, helping her to feel more confident about supporting the boys at home. The tutor supported the family to make lots of positive changes which impacted on many areas of family life.

The tutor worked with the children to help them to improve their literacy skills which helped them to improve in school. Language and Play provided activities for the younger children to encourage language development and improve parent and child interaction. The activities were fun and inclusive of the whole family.

Mum made significant progress and was more positive about moving forward with her skills. The family have made small but significant steps and these have amounted to very positive changes within the house. They are only at the start of their journey but are keen to move forward.



Baby Cai Wallace, born on 4th December 2016. Congratulations to Iwona Lee, Dietitian at Health Outreach.



Baby James Walter Edmunds, born on 29th September 2016 weighing 10lb 10z. Congratulations Delyth Williams, Family Support Practitioner at More Than Play.



Over the last financial year, the Families First team have heard such joyous news that our project staff have welcomed many beautiful new daughters and sons into the world. What better way to celebrate the good news than to share some gorgeous pictures of these precious babies!

Congratulations to Ceri Johnstone, Community Nursery Nurse at Health Outreach who welcomed Baby Rosa Josephine in January 2017.

Congratulations to Advocate Steve Jones who became a Dad on Wednesday 15th March 2017.

Here at Families First Central Support Team, we would like to send our congratulations to all new and expecting mothers and fathers in Families First projects! We wish you heaps of health and happiness now and for the future.

