

North Localities Early Help Offer January 2021

Locality Meetings

The Locality meetings are held quarterly and are open to all professionals. The meetings are constructed around locality-based needs including updates from services, children's services and local teams.

All professionals are welcome to attend or present at the meeting. The meetings are held over Microsoft Teams.

Feedback from past attendees includes:

'Great opportunities for networking'

'I understand what is available in the community'

'It is helpful to have a variety of professionals and services in attendance'

'Community coercion'

West Mid Beds – Tuesday 12th January 10am [Join Microsoft Teams Meeting](#)

Ivel Valley - Thursday 11th February 9.30am [Join Microsoft Teams Meeting](#)

BRIF - Building Resilience in Families:

BRIF is held weekly Thursday – West Mid Beds and Tuesday – Ivel Valley. The panel is a multi-agency team working effectively to offer very early intervention to children and their families, to prevent and reduce the escalation of incidents or issues.

The BRIF Panel consists of a core group including Housing, 0-19 Service, Police, Adult Mental Health, Children Centres and other key partners/agencies relevant to families or to the issues prevalent in the locality.

The only 'criteria' for families brought to the BRIF panel is that they are not open to Early Help or statutory Children Services. Professionals may see an emerging need within a family and feel that they would benefit from other services or feel that the input of ideas and suggestions from the panel. There are no set referral criteria as this takes away the purpose of the panel.

All referrals are made using the attached referral form and are sent to the relevant Community Partner. Verbal consent must be received from parents prior to being discussed at panel.

With effect from January 2021, we would like to invite you to present your referral at the BRIF panel. This will in some instances expediate support for the family as the referrer will be there to answer any questions the BRIF panel has.

This will avert a delay in support for the family, as will we not have to contact you to ask any questions.

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Once a referral is sent to either Kerry or Natalie, they will contact the referrer with the Microsoft Teams link to join that week's BRIF panel, you do not need to be there for the full hour just for the time it takes to present your case.

The recommended actions will still be sent to you after the meeting.

We would also welcome your input at BRIF for local intelligence purposes, should you know of any local information that has an input on families and the community please share it with us by coming along to BRIF or emailing Kerry or Natalie

Examples of cases brought to BRIF panel

- o Concerns around a family not engaging with health.
- o Professional notices mother is struggling with child/children.
- o Development milestones not being met.
- o Antisocial behaviour.
- o Poor school attendance.

A Virtual Introduction to EHA's and TAC's

- Gain an understanding of why and when we use Community Early Help Assessments
- Be more confident with the Early Help process and completing an Early Help Assessment
- To know what a good Early Help Assessment should look like
- Gain an understanding of the Team around the Child (TAC) process
- Understand your role and responsibilities as Lead Professional
- Knowing who to contact if you need help
- Greater understanding of the Access and Referral Hub and a BIC 100.

To sign up to the training you will need to book a place using the link below.

<https://centralbed.plateau.com/learning/user/portal.do?siteID=SITE%2d001&landingPage=login>

Wednesday 20th January 2021 9.30 – 11.30am

Monday 15th March 2021 - 13.30pm

Thursday 13th May 2021 – 9.30am

Wednesday 30th June 2021 – 13.30pm

The day before the training takes place you will be sent an email with information on how to access it on the day – the training will be delivered via Microsoft Teams.

We also offer virtual group sessions in your setting, or with cluster schools in addition to one-on-one training – contact Natalie Good or Kerry Nielow to set something up.

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Protective Behaviour Practice discussions

CBC Early Help Team will be running a monthly virtual practice discussion to support all practitioners who are delivering protective behaviours sessions across CBC. The sessions are for practitioners looking to start up sessions and those already running sessions. There will be resources and session plan's available to support all those that attend the discussion.

As well as resource sharing there will be an opportunity to discuss work with individual children or groups (the child/ children will be anonymised). This can be for cases where you feel you need further support either because you are stuck or because you are unsure how to start and plan the sessions. If you have cases to discuss, please fill in the attached referral form and send it over to chloe.lovell@centralbedfordshire.gov.uk or Rebecca.gooch@centralbedfordshire.gov.uk

Future Dates:

Monday January 11th 11-12

Monday Feb 1st 11-12

Monday March 1st 11-12

Monday April 5th 11-12

Sessions will run using Microsoft Teams. Please click the link below to join.

[Click here to join the meeting](#)

All parenting groups are taking place virtually using Microsoft Teams, and parents must book on using the Eventbrite link.

Please contact Kerry or Natalie if you have a family that would benefit from attending any of these groups. They will then send the Eventbrite link to the family via email for them to register.

Triple P 3 – 10 years:

Tuesday 19th January 2021 for 8 weeks 6 – 7pm

Thursday 4th February 2021 for 8 weeks 1.30-2.30pm

Monday 10th May 2021 for 8 weeks 10-11am

Parenting programmes enable parents to build on what they already know and to do the best for their children. They do this by providing opportunities for parents to gain new knowledge, skills, and confidence to support their children and strengthen relationships within the family. The programme supports parents to improve relationships with their children, set boundaries and develop effective responses to misbehaviour. The programme is recognised by NICE (National Institute for Clinical Excellence) and is recommended within the local ADHD Care Pathway.

Strengthening Families 10 - 14:

28th January – 18th March for 8 weeks first 7 weeks (parents only) 1 – 2pm week 7 & 8 additional group 6-7pm (family session)

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This is an 8-week family programme, consisting of separate group-based sessions with young people and parents, followed by joint activity sessions. It is designed to strengthen families, improve communication within families and enables families to work together to support their young people to achieve their goals, make positive choices and resist peer pressure especially in relation to drugs and alcohol.

Supporting and Progressing Families:

Wednesday 6th January 10am-12pm
Monday 18th January 2021 17.30 -19.30pm
Tuesday 2nd Feb 2021 12.30 – 14.30pm
Wednesday 17th February 2021 10am-12pm
Wednesday 3rd March 2021 12.30 – 14.30pm
Tuesday 16th March 2021 6-8pm
Tuesday 30th March 2021 10 -12pm
Thursday 15th April 2021 17 - 19pm
Thursday 29th April 2021 12.30-14.30pm
Thursday 13th May 2021 10 – 12pm

This is an 8-week programme with each session lasting 2 hours. It is aimed at parents of children 10 and upwards.

SPF is based on the philosophy of non-violent resistance (NVR) and it has been applied in many ways. It is an approach that can be used when parents are faced with challenging behaviour and helps to look at building stronger relationships within the family. It will give you the opportunity to explore and learn new ways of responding to your child, help you to think about the presence you have with your child and look at your approach with you child, rather than focussing on rewards and consequences as with other programmes.

Young Carer Group:

The Young Carers group is run every 3rd Thursday of the month 4.30 -5.30pm. It is a chance for Young Carers to come and spend time with others who have a similar caring role and to join in with some fun activities away from the everyday stresses of caring for parents/ siblings.

The group runs virtually via Microsoft Teams, parents will need to register for each session using the Eventbrite link. A MS teams link to enable them to join the YC session will then be sent to every parent that has registered the day before.

If you would like more information about the group, please contact your Community Partner.

Kidstime:

The Kidstime group is for families affected by Mental Health, one of the parents/carers in the family needs to be having or have had in the last 6 months support from the Mental Health Team.

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This is a monthly group held on the 2nd Thursday of the month 4.30 – 6 pm.

What we offer is:

- A safe space for families to be able to talk about mental illness.
- The opportunity to learn about mental health from supportive professionals.
- Parent groups - To help parents to access or rediscover their confidence and competencies as parents.
- Games for children and young people.
- To address the children's various fears and confusion around mental health and its treatment.

The first 30 minutes is for the parents and the last hour is for children and parents.

The group runs virtually via Microsoft Teams, parents will need to register for each session using the Eventbrite link. A MS teams link to enable them to join the YC session will then be sent to every parent that has registered the day before.

If you would like more information about the group, please contact your Community Partner.

Early Help Parent/Professional themed support Drop ins

Following on from the successful Promoting Positive Emotional wellbeing drop ins that we held last year at Flitwick Children's Centre and various schools across Ivel Valley and West Mid Beds we are holding similar events virtually.

We will be holding two drop ins on each theme monthly, one for professionals and one for parents each lasting an hour.

It will be an opportunity to gain advice and information on a range of topics.

January theme is Drugs and Alcohol

Parent session Thursday 21st Jan 4.30-5.30pm

<https://www.eventbrite.co.uk/e/early-help-support-for-parents-drop-in-drugs-and-alcohol-tickets-133856435201>

Professionals session Monday 18th January 4 – 5pm

[Click here to join the meeting](#)

February theme is Child Exploitation

Parent session Thursday 25th February 4.30-5.30pm

<https://www.eventbrite.co.uk/e/early-help-support-for-parents-drop-in-child-exploitation-tickets-133855901605>

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Professionals session Monday 22nd February 4 -5pm

[Click here to join the meeting](#)

March theme is Internet safety and online relationships

Parent session Thursday 18th March 4.30-5.30pm

<https://www.eventbrite.co.uk/e/early-help-support-for-parents-drop-in-online-relationships-tickets-133856659873>

Professional session Monday 15th March 4 – 5pm

[Click here to join the meeting](#)

April theme is Moving Forward from Lockdown

Parent session Thursday 22nd April 4.30-5.30pm

<https://www.eventbrite.co.uk/e/early-help-support-for-parents-drop-in-moving-forward-from-lockdown-tickets-133856904605>

Professional session Monday 19th April – 4 – 5pm

[Click here to join the meeting](#)

Early Help Group Information Sessions

These sessions are for professionals working with families in Central Bedfordshire.

Want to know more about group support available to families?

Unsure which parenting programme to refer to?

Want to find out more about support for young carers?

Our information sessions will give you the chance to find out more about specific groups available to families, understand referral criteria and ask us any questions.

Each information session will run for 1 hour, over Microsoft Teams and will include an overview of the groups as well as a question-and-answer session.

Please book yourself a place on the session using the Eventbrite links below.

Strengthening Families 10-14

Thursday 14th January 2021, 2-3pm

<https://www.eventbrite.co.uk/e/128110665449>

Young Carers

Wednesday 20th January 2021, 1.30-2.30pm

<https://www.eventbrite.co.uk/e/127127885929>

Kidstime (a group for parents with a mental health diagnosis and their children)

Thursday 18th February 2021, 3.30 - 4.30pm

<https://www.eventbrite.co.uk/e/126813922857>

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Family Information Directory

The Central Bedfordshire's Family Information Directory contains lots of information about childcare settings, local and national organisations that offer support and advice, children's centres and local activities in Central Bedfordshire.

www.centralbedfordshire.gov.uk/familyinfodirectory

For more details please contact:

West Mid Beds - Natalie Good natalie.good@centralbedfordshire.gov.uk

Ivel Valley - Kerry Nielow kerry.nielow@centralbedfordshire.gov.uk