

Whole Family Support: The Power of Prevention

*Keeping the Promise for Children
and Families Across Scotland*

Workshops Outline

Monday
15 May
COSLA,
Edinburgh

1. Lessons from the Glasgow Family Support Partnership

The Glasgow Family Support Partnership (GFSP) was a consortium/partnership approach between Glasgow City Health and Social Care Partnership (HSCP) and a consortium of six third sector organisations (Barnardo's, Quarriers, Home-Start Glasgow North, Rosemount Lifelong Learning, GeezaBreak) co-located within the local authority social work department. The partnership focused on early intervention with families to prevent issues escalating to statutory social work support. It was part-funded by the National Lottery Community Fund.

The partnership began in 2019 and was disrupted by the on-set of the Covid-19 pandemic but despite this, interim evaluation reports and feedback from families were overwhelmingly positive - 91% of families rated the service as 10/10.

Presented by partners from the project:

- Eddie Kane and Raymond Hope, Barnardo's
- Doreen Patterson, Geezabreak
- Debbie Hamilton, Quarriers

And drawing on some of the challenges and achievements, this workshop will explore learning from the model of the Glasgow Family Support Partnership and how similar approaches could be developed in future for Glasgow and other areas, including:

- how the partnership was developed/designed
- challenges in delivery
- positive outcomes/evaluation

2. Whole Family Support as an alternative to CAMHS for children and young people in distress.

The number of children and young people in Scotland waiting for mental health treatment far outstretches the resources of specialised services like CAMHS. Children spend years on waiting lists, experiencing real emotional distress throughout. Children 1st and East Renfrewshire's Health and Social Care Partnership have worked together since 2017 to build a radical new approach, diverting children from health services and pointing them towards a whole family support service that can offer the type of support they really need.

Experience shows that when this type of support offer is available, pressures on mainstream services like GPs and CAMHS can be drastically reduced. After running for more than five years, the East Renfrewshire Family Wellbeing Service now has the evidence to back this up.

Led by Leeann Hart, Service Manager East Renfrewshire Family Wellbeing Service Children 1st and Fiona McBride Assistant Director Children 1st, in partnership with Karyn Shields, East Renfrewshire Health and Social Care Partnership, this workshop will discuss the learning on offer, with an eye to the future of whole family support across Scotland.

3. The Clackmannanshire story: Family Support empowering families and communities

This session will explore how family support can be seen as a community asset, providing a vital service for the local community. Action for Children and Barnardo's have worked in partnership to deliver bespoke family support service across Clackmannanshire.

This service includes after-school clubs, tea 'n' natter sessions, play together, and involves statutory partnership engagement with health visitors and others.

Find out how to:

- Include everyone and the tools we use to encourage parents to participate.
- Develop relationships with the community.
- Ensure a pool of resources, knowledge, and experience to provide the best places to help families flourish.

Discover the positive impact of family support in the community, such as:

- Increased resilience within families.
- Reduced risk factors for children and young people and preventing crisis and family breakdown.
- Breaking intergenerational cycles of parenting challenges and neglect.

Join:

- Jean Brodie, Children's Services Manager and Claire McCullie: Service Coordinator, Action for Children, alongside
- Gillian Scott: Senior Manager, Clackmannanshire Social Work

to hear family testimonials and how the service works.

Jean and Claire will lead workshop participants through an exploration of the Clackmannanshire family support service. Illustrating the history and partnership of both the third and statutory sector in uniting collaboratively to deliver a bespoke family support service across the Clackmannanshire community.

Gillian will provide an overview of how a key partner recognises the contribution the 'Blue Hoose' makes in supporting Clackmannanshire Families. Offering an insight in how partnership works in practice.

Participants will be introduced to a family through a case study story, which marks the family's journey from crisis to sustained change. Encapsulating contributions from the family themselves and a range of partners which supported them. It will showcase the lasting impact and positive difference family support has provided. Participants will be invited to consider questions about your own local area achievements regarding family support provision and the barriers that remain.

4. Family Matters – Supporting Roots and Strengthening Futures in South Ayrshire

In this session Aberlour and partners will share experiences from their Family Matters Service in South Ayrshire, which supports mums and dads who have previously had a child(ren) permanently removed - who may not have children in their care, who may be expecting or planning a new baby, or who may have children in their care and had children permanently removed in the past. Many of the mums and dads supported by the service have learning disabilities or learning needs. The session will explore how families are supported through the provision of strengths focused, relationship based, community connecting support for mums and dads and whole families to support recovery, improve overall wellbeing and build foundations for a positive future by working in partnership with local partners. This support includes:

- Group based or 1 to 1 emotional support for trauma recovery, grief, and loss.
- Confidence, self-esteem, and skills building at home and in the community.
- Peer support.
- Life Story Work – helping mums and dads reflect on their experiences and build memories.
- Whole Family Support.
- Connections to local services including; housing, recovery, learning and social networks.
- System Change - sharing experiences to help others and improve support for families in the future.

You will hear from the Aberlour Family Matters Team, local partners from social work and health and from parents themselves about how whole family support has helped and supported with the challenges families face in their lives and how relationship based collaborative working helps families to look forwards and plan for a positive future.

5. Engagement with children, young people and families in strategic planning and co-design of family support services in Highland and Stirling

This session will be chaired by Katherine Anderson, Project Manager for the Supporting the Third Sector Project (STTS), based within Children in Scotland, where it supports third sector partners to become more demonstrably involved and influential in local and national planning and decision making relating to improving outcomes for children, young people and families.

Participants will have the opportunity to hear from two projects:

- Children and Young People's Strategy Participation for Highland
- Brave Stirling, run by Includem

Highlighting good practice examples of the key role collaboration plays in enabling children, young people and families to participate in Children's Services Planning in two very different parts of Scotland.

Part one will focus on:

The development of a Children and Young People's Strategy Participation for Highland – the first step NOT the last

Presenters:

Sandra Brown, Inspiring Young Voices and Carrie McLaughlan, Promise Lead, Highland Council

Overview

In December 2022, the Highland Integrated Children's Services Board made the decision to develop a Children and Young People's Strategy for Highland. A key driver for this was the imminent drafting of the next children's services plan and the realisation that we have no systemic mechanisms in place which put the voices of children and young people at the heart of this process. Developing a strategy is the first step in creating the deep-rooted culture shift needed to ensure that these mechanisms exist in every service, team and organisation within Highland and that every child and young person has a safe, accessible and meaningful way of being involved in the planning of services in our region.

We have learned much on our journey so far about how to recognise and avoid the pitfalls inherent in the process of developing a participation strategy and we will share those in our contribution to this workshop. We will discuss the steps we are taking to make sure that our strategy:

- is a solid first step in this process and does genuinely pave the way for a permanent change in the way we make decisions around children's services.
- is not the last step and does not end up sitting beautifully on a shelf, ignored and ultimately forgotten.

Participants will have the opportunity to reflect on the mechanisms (or lack thereof) for children and young people's participation in service planning in their area and share their own concerns and learning in this important and challenging process.

Part Two will focus on:

Lessons in establishing a young person's 'steering group' to inform strategic service design, delivery and evaluation – BRAVE Stirling

Presenters:

Meg Thomas, Head of Research, Policy & Participation, Includem and Gary Cushway, member of the BRAVE Stirling team

Overview

In March 2022 Includem were awarded CORRA Drugs Mission funding to start a new service in Stirling for young people affected by drug and alcohol misuse. We involved those we were already supporting in Stirling in the service design for the funding application. We asked CORRA to provide us with the flexibility needed to develop and deliver the service with those who would use it, recognising that the service we started with may be very different to the service that is being delivered at the end of the 5-year funding period.

This workshop will take participants through the process we have used to establish a 'steering group' of young people, the mechanisms we have in place to support communication between them and the steering group of strategic partners and the things we have learnt along the way to support genuine young people's participation in strategic planning, service design and evaluation.

Participants will have the opportunity to reflect on what is required to develop genuine partnership with young people with significant vulnerabilities and share their own concerns and learning in this important and challenging process.