

Rotherham Family Intervention

‘Integration on a Shoestring &
Supporting Families with Multiple
Problems’

A: Family Intervention 2009

- No steering group
- Little agency buy in
- Service delivery true to model
- Defined criteria
- Unclear links to parenting services
- Cash for resources

B: Family Intervention 2011

- Multi agency steering group
- Good support from other agencies
- Criteria identify crisis families
- Service delivery true to model
- Case studies to demonstrate positive outcomes
- No funding beyond service costs
- Clear links to parenting services

The journey from A to B

- Coordination of family intervention and parenting services
- Strong strategic support
- Training for key agencies on whole family assessment and model of support
- Flexible access to resources across both family intervention and parenting teams
- Ability to escalate and reduce support as appropriate within an integrated model

Family Intervention:

- Tier 3/4 families
- Location and space
- Accredited parenting trained staff
- Negotiated access to resources
- In house parenting programmes to suit individual families
- Good networking skills across the team

Parenting Team:

- Tier 1-3 families
- Various parenting programmes
- Manage school based PSA's
- Family learning secondment
- Workforce development
- Work in partnership
- Development of community based 'Family First teams'

Family First Teams Pilot

(Integrating service provision in localities):

- **Locality based** resource for multi agency practitioners
- Aim to **identify family need** and address before the escalation to timely and costly interventions
- **Keyworker allocated** – assessment and progress monitored through the team
- **‘Invest to Save’** model

Basics of family support in Rotherham:

- Build strength & resilience in families
- Whole family activities (in-house)
- Promote whole family learning
- Access to education, training and employment
- Reduce exclusion & isolation
- Improve engagement with other agencies
- Healthy lifestyle
- Improve self esteem

Resources secured:

- Grant for sports equipment
- Kitchen for cooking
- ‘Food Aware’ partnership
- ‘Inspire Rotherham’ partnership
- Free training for staff e.g. MHFA
- Routes to access positive activities for free (internal and external providers)
- Voluntary placement opportunities

Inspire Rotherham:

- ‘To provide opportunities to raise aspirations and develop innovative, inspirational approaches to building skills and confidence in communication within our young people, families, carers and practitioners across Rotherham’.
- Resource provision – kitchen equipment, camera’s, food items

Food Aware Scheme:

'We redistribute surplus food by diverting from potential waste and into needy communities. A key objective of our project is to redistribute healthy 5-a-day produce e.g. tomatoes, peppers, cucumbers, fruit etc as this encourages healthier eating. In addition, we are in the process of distributing [Food Standards Agency \(FSA\)](#) leaflets which educate beneficiaries and equip them to make good food choices e.g. Eat Well Plate, '[Best Before](#)' vs '[Use By](#)', Traffic Lights on foods, Salt in food etc'

Our partnerships:

- NHS funded
- Food delivered once week
- Used to engage/educate

Family Intervention in house support:

- **Cookery programme**, funded through 'Inspire' delivered on site, engagement resource available to families accessing parenting support at all levels.
- **Parenting** – evidence based programme delivery, small group work and 1-1 to meet need
- **Small group family sessions** - key themes i.e. alcohol misuse, risk taking behaviours, non school attendance

Family activities:

- **Treasure hunts** (Flip cameras, Inspire)
- **Family walks & picnics** (Free)
- **Sports sessions** (Small grant funding SYP)
- **Christmas party** ('Food aware' & in house)
- **Adult learning opportunities** (through links with Family Learning Team)
- **Visits** - e.g. Fire Station, Library

Underpinning Integration:

- Workforce development
- Practice standards
- Multi-agency support for whole family working
- Named contacts
- Clear roles and responsibilities (challenge through steering group)
- Acknowledgement of value in whole family support

Working together to share costs and benefits in Rotherham:

- Creative parenting services
- Steering group support (all key agencies)
- Have committed leadership
- Case studies for joint working to demonstrate success

Parenting Leads:

- Delivery of evidence based programmes
- Specialist parenting to meet identified need.
- FAST – aimed at helping the community build protective factors around kids, delivered in schools (<http://familiesandschools.org/about/>)
- Family Learning opportunities
- Families first team pilots – invest to save
- Coordination of school based parent support advisors

Parenting: Needs based provision

- **Speakeasy** – sex and relationships
- **SPACE** – parents with children at risk or engaged in sexual exploitation
- **Carnegie** – parenting support for young people on the weight management programme
- **‘Parenting Positively’** – in house
- **Accredited staff** – ability for ongoing 1-1 support

Health links and further access to resources:

- What schemes can you support? – e.g. Healthy Start vouchers
- Healthy eating – Change 4 Life resources/ideas
- Substance misuse services ‘complimentary therapies’
- Free training for staff on issues which will enhance support to families e.g. mental health
- School nurses e.g. smoking cessation, weight management

How we keep costs down...

- Use staff to transport where possible
- Encourage families to share transport (also encourages peer engagement)
- Negotiate free rooms for training by offering places to that services parents
- Sell skills to generate income, i.e. Carnegie / training
- Link to other schemes for access to resources and ideas, Library, Children's Centres, Youth Clubs
- Use free resources as tools to engage parents (Change for Life, web resources for children, budgeting resources)

Additional resources we can access in Rotherham:

- Swinton Lock
- Bike Clubs (SYP)
- Local authority activity schemes
- School holiday events
- Ministry of Food
- Titan's
- Fire & Rescue Service
- Boxing classes

Used to reward achievement and engagement

Key Contacts:

- Public Health Lead – NHS
- Police Lead for Communities
- Parenting Leads
- Schools (Heads)
- Early Intervention and Prevention Leads

Questions