

Caerphilly Families First Newsletter

October – December 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 and Family Engagement
01443 863033

More Than Play
02920 867447

Confident Parents, Stronger Families
01633 615859/02920 852550

Wellbeing
02920 849230

Outreach SRB
01443 866601

Early Prevention
02920 760767

Little Voices
02921 321511

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.

Case Study

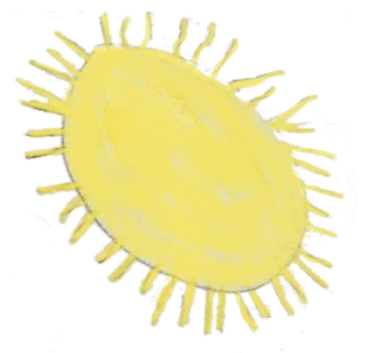
Families Learning Together – Jessica Dallas

Jessica has been participating in home sessions with the Families Learning Together programme since the end of the Summer term and has been an absolute delight to work with. Jessica is fourteen years old and suffers with a heart condition-Vasalvagal Syncopy. She has had a difficult few years due to suffering with seizures and chronic fatigue brought on from her illness and she has to take regular medication. Jessica loves animals and it is her ambition to have her own farm when she is older. She is working extremely hard at school and is determined to achieve her GCSE qualifications.

Jessica has been completing work as a volunteer at Lylac Ridge in Risca and attends the farm every Saturday where she feeds and cleans the animals and carries out general care duties for them. Despite Jessica's illness she is determined not to let it get in her way and she has recently completed the level one award in Animal Care. She has become a valuable member of the team at Lylac Ridge and has completed over 680 hours as a volunteer since the age of 11.

In October Jessica attended the GAVO Caerphilly Volunteering Awards Ceremony at Blackwood Miner's Institute and she won the young volunteer of the year award for the outstanding effort and work that she has completed at Lylac Ridge.

Jessica and her Mum have also shown great commitment to the Families Learning Together programme and it has been a lovely experience working with them both throughout the year. We wish Jessica the very best for the future and know it will be a successful one for her.



Project Page

Families Learning Together

Emma Chalk, a valuable member of the Families Learning Together Team, has been recognised for all the hard work she does for her community. Emma was nominated for the award for Volunteer of the Year, at the Sports development awards held recently at Maes Manor. On the evening, the following statement was read out:

Emma has put a great amount of work into trying to get the Women & Girls section up and running at Blackwood Town Cricket club. Her perseverance, endeavour and commitment to providing a platform for Women's Cricket to take part within Islwyn has been testament to her as an individual. She has helped the club to become more family orientated and pushed the whole club to adopt this approach. Additionally, she is also a keen supporter of Netball and is actively involved with the Back2Netball program run at Newbridge Leisure Centre. Her sheer work rate and endeavour at both clubs has allowed both the Women's section of the club and the back2Netball sessions to thrive. Well done Emma!

Hampers for those in Need

The Families Learning Together team, alongside Caerphilly Adult Education's staff, friends and family clubbed together to make up 10 food hampers for those in need this Christmas.

The request came from The Basement youth project where the team and young people decided to collect items, such as toys and clothes, for families who needed their help to make their Christmas more enjoyable.

The hampers contained a variety of essentials as well as a few Christmas goodies thrown in!

Basement contact details

Phone: 01495 235511

Email:

thebasement@caerphilly.gov.uk

Follow them on Facebook or Twitter @youth4u1



Emma Chalk



Food hampers made for those in need.



Case Study

Supporting Family Change (SFC)

Family Need

The family consist of a daughter aged 11 and a son aged 9 who both are living with mother. The children have no contact with their father.

The daughter had behavioural issues in school to an extreme level, on the verge of permanent exclusion. The mother suffered with low mood. Mother has had lots of previous parenting interventions but is unable to implement or maintain the strategies taught through these interventions. The family's home environment was on the verge of breakdown and at risk of the children potentially coming into care.

Work Carried Out

Supporting Family Change's Support Worker liaised with the daughter's school, Educational Psychologist, Behaviour support and EOTAS panel.

The Support Worker advocated for the mother in meetings with education as she was unable to express herself.

The mother engaged in one to one work with the Supported Worker who was supported by a psychologist. One to one work was key for the daughter, in order for her to talk about her feelings, emotions and how to manage them.

The support worker undertook observations of the daughter in school and at home to understand what the areas for improvement were and where interventions were needed.

Nurture work was completed with the child and mother together. Nurture work was also completed with the siblings to improve relationships.

The support worker made a referral to the Families First project 'Young Carers' for support for the son. GP appointments were arranged for the mother in regards to her low mood.

Outcomes Achieved

The family have achieved many outcomes. The daughter has not been excluded permanently from her school. Instead she has been moved to an alternative school.. Her placement in the original school broke down completely; as soon as the child moved her behaviour improved. She is now in a unit that can meet her needs.

Attachment issues were identified in the child and bonding issues were identified in mum through one to one work.

The family were supported by the SFC psychologist and strategies put in place. The relationship between the daughter and mother has improved significantly. Mother's mood has improved and she has established a parental presence in the home therefore daughter's behaviour has improved significantly. The son's mood has also improved as has his behaviour at home.

This case was a long term intervention, totalling just over 1 year. This is due to the need to establish a trusting relationship with mother which enabled us to identify the real causes of the parenting and behaviour issues. Unfortunately half way through we had to change worker due to maternity leave and this disrupted mother a little but the new worker built a very good relationship with the mother very quickly. The support of the SFC psychologist enabled good planning around the family exiting the project.





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cefnogipobl
supporting people

supporting independence
cefnogi annibyniaeth



Christmas Spectacular!

This quarter we have been fortunate enough to receive extra funding from Welsh Government to engage with parents and families in the borough. This funding is not only for Families First but for Flying Start, Supporting People and Communities First.

Families First organised four events in the final two weeks running up to Christmas. These events took place in: Graig-Y-Rhacca Community Centre, Deri Community Centre, St James ICC and Fochriw Community Centre.

Thank you to the community centres for allowing us to hold our

event at your venues and being so efficient with the opening and closing of the buildings. Thank you to all the local communities for attending the events and for your lovely compliments.

We would like to say a huge thank you to everyone that pulled together to make these events the success that they were especially The Parent Network for organising the craft activities and Jodie Thomas from the Family Information Service for becoming an extended member of the Families First team.. Without your kindness the children would not have had such a magical experience!



So Long, Fare Well!

We are very sad to say so long to two Project Managers from the Families First Programme. Both have made such a significant positive impact on Families First and improved the programme and families lives for the better. Thank you for all the support over the years. We will miss you incredibly and we wish you every success for the future.

Zarah Newman
Supporting Family
Change (TAF) Team
Manager



Andrea Bevan
Health Outreach
Project Manager and
Health Visitor Manager
ABUHB



If you have any news that you would like to be featured in the next newsletter, please send the details to dayen@caerphilly.gov.uk or contact 01443 866701. Thank you!