

## **Shropshire Early Help Services**

**Children's Centres** are a statutory service regulated by Ofsted and are intended to be a 'one-stop-shop' for all children under 5 and their families, however this has extended to a 0-19 service in Shropshire. They offer a wide range of both universal and targeted services within the community through the delivery of groups and activities and targeted home visiting. Children's Centres promote the Strengthening Families approach and provide support to children who are on Early Help plans, Child in Need plans, Child Protection plans and Looked after Children plans and who have a range of vulnerabilities and needs. Referrals to the service are made via Compass (FPOC), via ECINS or through the Social Care 'Step-down' process. <https://new.shropshire.gov.uk/childrens-centres/>

**Family Information Service** provide information, advice and support on all aspects of family life for parents and carers of children and young people aged 0-19, and those practitioners supporting them. This is predominantly through the provision of an on line directory and web based information packs. <http://new.shropshire.gov.uk/early-years-and-childcare/parents-and-carers/shropshire-family-information-service-0-19-years/>

**Schools** play a key role in not only recognising and identifying children and families who are vulnerable and who have a variety of additional needs, but they also deliver support services. This includes universal delivery e.g. UYC workshops; TaMHS whole school approach; PSHE; targeted delivery e.g. Targeted TaMHS interventions (anger management), Learning Mentor, Family Learning, specific PSHE (Empower Child Sexual Exploitation programme) and through partnership working with outside agencies e.g. targeted Early Help services, Employment Advisors, Education Access Service, 0-25 Emotional Health & Wellbeing Services, Young Carers Support.

**Pre-schools and nurseries** provide parent and toddler groups, transition support, 3 & 4 year old funded places, Understanding Your Child Solihull Approach to Parenting and targeted 24U places for the most vulnerable 2 year olds (including SEND).

**Health Visitors** offer universal services to all children under 5 including antenatal contact to all parents to be. Universal Plus and Partnership Plus levels of intervention occur when there are additional needs of the child or family, and specifically existing and underpinning health concerns. The Integrated 2 year old development checks carried out by Health Visitors can identify particular health and developmental challenges.

**School Nurses** offer universal services to all children over 5 following the Healthy Child Programme at reception and year 6. Universal Plus and Partnership Plus levels of intervention occur when there are additional needs of the child or family, and specifically existing and underpinning health concerns.

**All-in Short Breaks** offers a range of activities for children with disabilities to support the development of social, communication and independence skills and to help increase confidence, concentration and improve relationships. Some short breaks are open to siblings, the whole family and can offer a break for the parent cares while their child enjoys activities with others and is cared for by the activity leaders. <http://new.shropshire.gov.uk/the-send-local-offer>

**The Local Offer** aims to help families, children and young people, and professionals to support those with SEN or Disabilities to find accurate and appropriate information and helps families to make positive decisions about their lives. <http://new.shropshire.gov.uk/the-send-local-offer>

**Understanding Your Child/Teen** parenting workshops and groups are based on the Solihull Approach. It is an early intervention model which can be used at universal, targeted (Including specific SEND groups) and on a 1:1 basis. It is also available on-line. In Shropshire a wide range of practitioners deliver the intervention which promotes the understanding of children's behaviour within the context of developmental issues; promotes parent/child relationships; increases confidence and self-esteem in both parents and children; and promotes reflective, sensitive and effective parenting.

<https://new.shropshire.gov.uk/early-help/practitioners/the-early-help-offer-provision-of-early-help-services/parenting-programmes/>

**TaMHS (Targeted Mental Health Support)** offer a programme to support professionals to develop their knowledge and skills to support children and young people to develop emotional wellbeing and resilience and targeted interventions to those experiencing emotional and mental health difficulties. Programme of interventions and strategies e.g. 'No Worries' which was developed by Educational Psychologists.

<https://new.shropshire.gov.uk/early-help/practitioners/the-early-help-offer-provision-of-early-help-services/targeted-mental-health-support-tamhs/>

**Parenting Practitioners** offer a targeted early intervention service, offering direct 1:1 support to parents in understanding and managing their children's behaviour. Referrals to parenting practitioners are made via Compass or ECINS. <https://new.shropshire.gov.uk/early-help/practitioners/the-early-help-offer-provision-of-early-help-services/parenting-programmes/>

**Targeted Youth Support (TYS)** is a specialist early intervention and prevention service for vulnerable young people aged 11 – 19 years. It provides a range of support to build resilience and skills needed to progress into adulthood. TYS work directly with young people and their parents/carers to improve young people's life chances. TYS also deliver group programmes including Empower which promotes young women's understanding of healthy relationships, having been referred through the CSE panel, and Understanding Your Teen workshops and courses. <https://new.shropshire.gov.uk/early-help/practitioners/the-early-help-offer-provision-of-early-help-services/targeted-youth-support-tys/>

**Lifelines** is a service that provides therapeutic support to children and young people aged 5-16 who are suffering from unresolved grief. The service is county-wide and facilitated on a one to one basis within the school environment. <https://new.shropshire.gov.uk/early-help/parentscarers/information-and-resources/bereavement/>

**0-25 Emotional Health & Wellbeing Services** - Formerly known as CAMHS. From 1 May, 2017 a new mental health and wellbeing service for young people has been introduced across Telford and Wrekin and Shropshire. The aim of the service is to provide a much wider choice of care options for those aged 0-25 and their families and carers, and to help them engage with local services and transform their emotional health and well-being. The model will be delivered in partnership with The Children's Society, Kooth (an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use. <https://kooth.com/> ) and Healias (the UK's leading

digital healthcare company, bringing the whole family together to maximise long-term outcomes and well-being. We reimagine the way children, young people, and adults access and receive mental health services by blending the best of technology with specialised clinical expertise and a personal human connection) and developed together with young people in order that the model continues to modernise and shape emotional well-being services into the future.

**Autism West Midlands Shropshire** service empowers families who have children on the autism spectrum. The service is free and accessible to anyone with concerns about their child. Information and support is offered at the earliest opportunity and a diagnosis is not required. The outcomes include improved parenting skills and subsequent increased confidence and greater self-awareness, both for children and young people and their families. Autism West Midlands also provide information and advice for professionals supporting this group of service users to equip them in achieve better outcomes with the family. Autism West Midlands work closely with the 0-25 Emotional Health and Well Being Service and the support offered in schools, to ensure that a coordinated approach is available to children and families.  
[www.autismwestmidlands.org.uk](http://www.autismwestmidlands.org.uk)

**EnHance** is an early help provision commissioned by Shropshire Council to provide early help interventions for children, young people and their families when their needs cannot be met by routine universal services, but they do not meet the threshold for a specialist e.g. Children's Social Care. EnHance work across the 0 – 19 age range with both children and their families, providing a range of interventions including group work and 1:1 support via home visiting. The work is carried out by keyworkers supported by trained volunteers.  
<https://new.shropshire.gov.uk/early-help/practitioners/the-early-help-offer-provision-of-early-help-services/enhance/>

**Carers Trust 4All** are the provider commissioned by Shropshire Council to support young carers i.e. children or young people 18 and under, whose life is in some way restricted or limited because of the need to take responsibility for the care of a person who is ill, has a disability, is experiencing mental distress or is effected by substance abuse. Young carers' responsibilities may include organising life, help with medication, domestic chores, organising household, shopping, personal care, lifting, helping young members of the family, emotional support for the rest of the family and much more. The desired outcomes are that participating young carers should be able to enjoy "normal" social activities away from their caring responsibilities, and learn coping strategies for dealing with their family circumstances, making life better for them. [www.carerstrust4all.org.uk](http://www.carerstrust4all.org.uk)

**Compass** - Shropshire's Multi-Agency Safeguarding Hub. Compass is the single point of contact for receiving NEW enquiries regarding concerns for the welfare or protection of Children and Young People in Shropshire. Compass promotes the offer of early help to children and families in the first instance, where it is safe to do so. Having one clear single entry point and simple pathways to access support reduces bureaucracy and ensures that responses are timely and efficient in obtaining an appropriate level of support for the child young person and their family. <https://new.shropshire.gov.uk/early-help/practitioners/compass/>