

Children and Family
Wellbeing
Service

GROUP WORK PROSPECTUS

DELIVERING EARLY HELP
RIGHT SERVICE, RIGHT SUPPORT,
RIGHT FOR FAMILIES

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Introduction

INTRODUCTION TO THE CHILDREN AND FAMILY WELLBEING SERVICE CURRICULUM GROUP OFFER

Context and Overview

From pre-pregnancy and throughout childhood and adolescence, things can happen that affect a child's outcomes and which can, in turn, have an impact on their later life. Effective early intervention and services which provide help and support are essential to improve the life chances of Lancashire's children, young people and their families. The case for effective services delivering prevention and early help is well documented and is important in enabling children and families to reach their full potential.

The Children and Family Wellbeing Service (CFW) is part of Lancashire County Council's Education and Children's Services. It offers early help and support to children, young people aged 0-19yrs+ (25yrs for young people with special educational needs and disabilities) and their families across Lancashire. The service is committed to minimising the impact of any disadvantage for Lancashire children by working with them, their families and communities as early as possible, enabling them to get the right support, in the right way, at the right time.

The service responds as early as possible when a child, young person, or family needs support and this helps to prevent concerns escalating. By working together with the child and family we can provide an enhanced level of practical support to address needs directly and as early as possible. Sometimes our workers meet with individuals or families on a one-to-one basis, and sometimes they bring children, young people, and families together in groups. We focus on strengths and protective

factors and build a positive relationship with children and family members where their voice is heard, and they feel listened to.

“

Early Help is intervening early, and as soon as possible, to tackle problems emerging for children, young people, and their families, or with a population most at risk of developing problems. Effective intervention may occur at any point in a child or young person's life. ”

(Definition used by the Northwest Children's Improvement Integrated Early Help Strategy, approved by the Association of Directors of Children's Services in 2014)

The Children and Family Wellbeing Service (CFW), responds to a great variety of identified needs, to support children, young people and families, to make the sustained changes they need to improve their wellbeing and quality of life. The service is committed to securing the engagement and the full participation of those it works with. This is to make sure that the 'Family's Plan' or their ambitions for learning and development through participation in groups and learning programmes are achieved. CFW are committed in making sure each family receive the right support at the right time and in the right place. CFW works to a curriculum of 'priority themes' on which we support children, young people and families to grow and develop.

As part of our Neighbourhood and Community offer the Children and Family Wellbeing Service recognises the value of group work and in particular evidenced based programmes in providing information, education and support for children, young people and their parents and carers. Groups and group work programmes are open to all families across Lancashire who would welcome additional support around a range of different topics. Our network of 56 Neighbourhood Centres within the heart of communities across Lancashire provide a welcoming, inclusive environment where you will be encouraged to participate and get involved in activities whilst feeling safe and supported.

Who's involved and where do these groups run?

Neighbourhood Group Workers and youth workers will run a whole series of drop-in sessions, groups, courses and activities in our Neighbourhood Centres and will work directly with you and your children and teenagers.

Delivery Centre Support Workers will greet you when you visit our Neighbourhood Centres, provide you with information and make sure you get the best from using our service. Depending on the circumstances some of our groups may be offered in other venues such as community centres, libraries and in schools. In addition, groups and support may be delivered through partnership working eg Health and Midwifery Services.

Alternatively, there may be groups that are best run virtually online, tailor made to meeting your needs.

How do I access groups?

There are a number of ways children, young people and their families can access groups. First and foremost through ringing their local Neighbourhood Centre and booking on. Alternatively, another professional may complete and submit a request for support or make a booking on a family's behalf. In addition, a school may have arranged the delivery of a programme and therefore may approach a family directly that they know would value the support.

Drop in to see us at one of our neighbourhood centres for information about our groups or pick up one of our What's On guides to find out more.

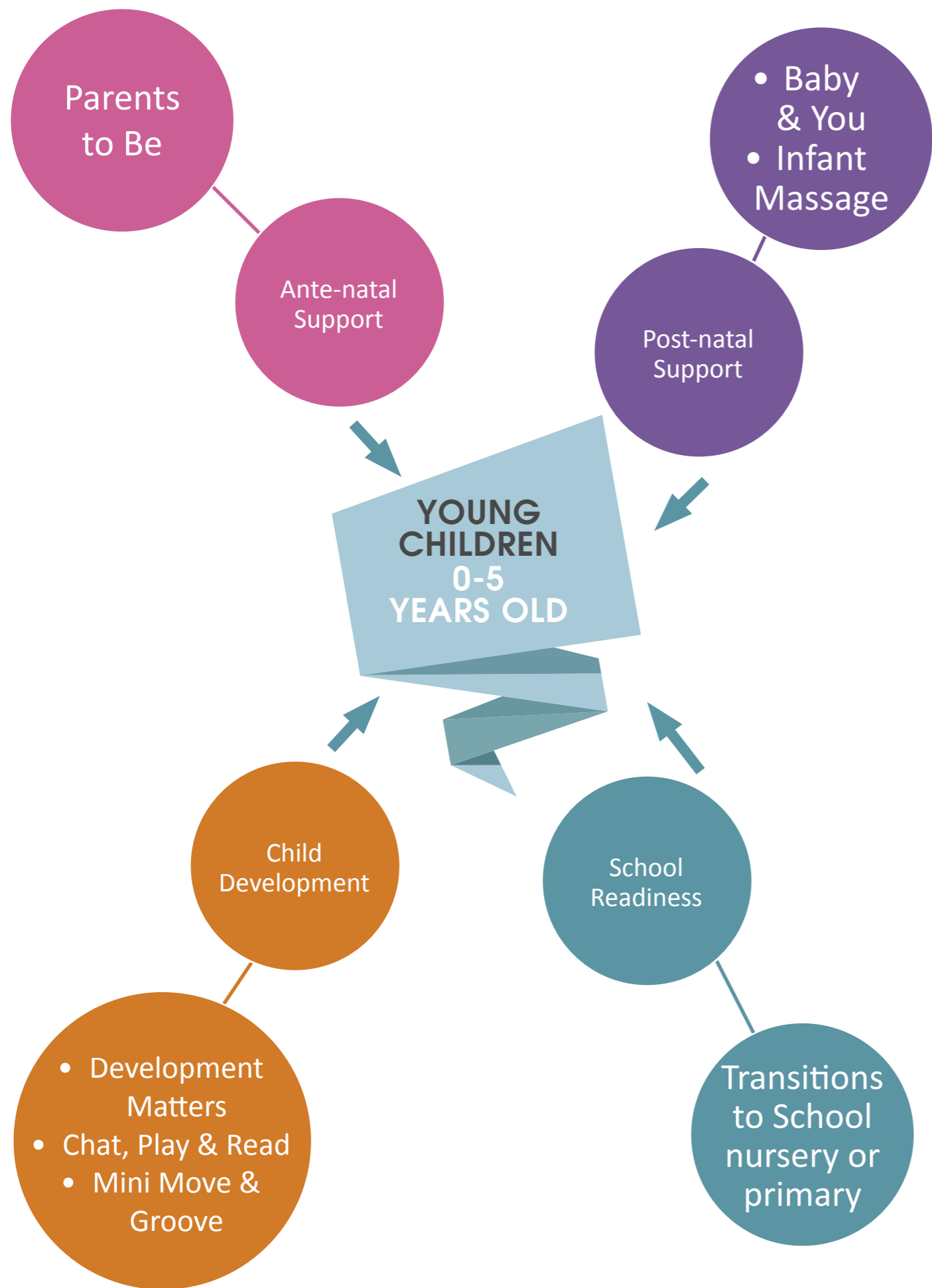
Our TalkZone Service

This service provides a confidential telephone helpline, text message, email enquiry and online webchat service where young people and their families can obtain a range of information, advice and support on anything that concerns them.

This includes information on our group work programme in each district. The service is available from 2 – 10pm, 365 days a year.

Talk Zone: 0800 511111 Text: 07786 5111 11
lancashire.gov.uk/youthzone/get-in-touch







**Theme 1:
EARLY
CHILDHOOD
SERVICES
0-5 YEARS OLD**

“
The first 1,000 days are a window of opportunity to enable all children to reach their potential.

Building a Fair Start - 1,000 Days
(thousandddays.org)

”

- Support with how to care for your newborn's needs, including practical demonstrations on bathing and changing nappies
- The importance of communication and talking to your baby and how this supports the developing brain
- Strategies for coping with a crying baby
Baby's cry, you can cope (ICON)
- Early Play
- Me you and Baby Too digital app, how a new baby may impact your relationship with strategies for healthy communication
- Smoking and 'Smoke Free Homes'

Ante and Post Natal Support

1. Parents to Be

The sessions will:

- help you to prepare for parenthood
- Safer sleep for your baby
- Support on feeding your baby
- How to ensure your home is safe and ready for your baby

2: Infant Massage – 6 weeks to crawling

The sessions will:

- Help you to feel the relaxing effect of giving your baby a massage
- Strengthen the bonding process
- Build your confidence in handling your baby
- Supporting your baby's development in helping their physical needs if there is any tummy trouble, problems with bowel movement or trapped wind
- Provide opportunities to meet other parent/carers, develop networks and peer support
- Provide information about brain development, digestion, and nurturing relationships

“
Baby massage is a blissful way for you and your baby to bond.”

3. Baby and You

Meet and network with other new parents to share your experiences of caring for your baby together

The sessions will:

- Provide information about your child's ages and stages of development, particularly the growing brain and your crucial role in supporting this
- Provide you with opportunities to play together and encourage positive play and interaction between you and your baby
- Help you with any issues around bonding, connection & communication between you and your baby

- Bring you together with other parents to prevent you from feeling socially isolated which is often a reality for new parents

“
It's a great group for babies because everything is age appropriate. The group helped us meet other mums and get advice. It's welcoming and friendly... we love coming each week.

”

Learning and Development Through Play

4. Development Matters

We will provide groups in our centres where you can bring your child along to socialise and play alongside other children and parents.

The sessions will:

- High quality, well planned, stimulating and challenging activities across all ages from 0-5yrs based on child-initiated play both indoors and outdoors (where possible). This is guided by the Early Years Foundation Stage Development Matters
- Information about how to nurture your child's growing brain that supports their learning and development
- Opportunities for physical play in a safe environment
Support for you to play and enjoy some time together

- A chance to get involved in your child's learning and development by actively observing and interacting with them whilst they play and as they reach important milestones
- A safe and secure environment for your child to develop their confidence, social and emotional skills and make friends
- Ideas, activities and opportunities to continue, develop and expand play at home
- Support for your child's creativity and imagination and learning through role-play
- Support for you and your child if they have Special Educational Needs or Disabilities (SEND)
- Support with your parenting if you need it.
- Information relevant to you as a family with young children including employment, training, childcare, health and wellbeing, healthy lifestyles, healthy relationships, early education and childcare
- The chance to meet with other families and make new relationships
- Opportunities to participate and share your thoughts including your cultural and community values

“
Play underpins learning and all aspects of children's development. Through play, children develop language skills, their emotions and creativity, social and intellectual skills.”

Early Years Matters

5. Chat, Play and Read

There may be special groups held in a centre to support your child's speech and language, which is a crucial skill that supports all other areas of their learning and development. This includes the ability to listen, understand and communicate verbally and non-verbally, supporting language development:

The sessions will:

- Provide a strong foundation for school (e.g. children with proficient speech and language skills are likely to find it easier to learn to read)
- Help build confidence
- Enable children to communicate their needs better (and therefore reduces frustration)
- Facilitate the development of friendships
- Provide children the opportunity to build a love for words, books and stories
- Help children make sense of the world around them
- The sessions will provide opportunities to read and share books together, exploring the fun, rhythms and excitement of words and stories
- Support your child's listening skills by reading aloud to them and support you to do the same
- Encourage children to participate in song and rhyme, learning new words in a fun and friendly way
- Encourage children to use language in their play, describing, predicating, sharing ideas and explaining
- Play and socialise together
- Support you as a parent with ideas of how you can support your child's speech and language development
- Recognise when there may be a delay in your child's speech and language and signpost to specialist support if it is needed



“

This was a great group for John as he has delayed speech. He really enjoyed it and loved the interaction and activities. We were awaiting a 'Speech and Language Therapist' referral so this group really helped us gain knowledge on our use of language and how we engage with John while we waited, thank you.”

should go smoothly if they are encouraged to develop a set of skills that will help them along the way and ensure that they are ready for learning.

The sessions will:

- Be looking forward to starting school/nursery
- Be happy to be away from their parents or carers
- Have some independent self-care, knowing when to wash their hands, wipe their nose, and when they start school they can go to the toilet by themselves
- Enjoy interacting with other children
- Enjoy learning about and exploring new things
- Enjoy listening to and reading stories and looking at picture books
- Have a good bedtime routine so they are not tired in the morning
- Can or are starting to be able to share toys and take turns
- Be able to sit still and listen for a short period
- Be happy to tidy up after themselves and can look after their things
- Build a child's emotional confidence
- Encourage physical activity
- Support children's imagination and creativity

“

The transition of children from Preschool to Primary School is considered as one of the most critical periods of childhood and it is a dynamic and evolving process, which lays the foundations of the subsequent school years.”

www.researchgate.net>transition to primary school.

7. Mini Move and Groove

High levels of good health and wellbeing are vital for children to be able to fully engage in play to learn. Our physical health and wellbeing activities for early years children are a brilliant resource to help guide them on their first steps to living well and boost your child's physical and motor development.

The sessions will:

- Build confidence
- Develop gross motor and fine motor skills
- Improve speech and language skills
- Build social skills, have fun together and make new friends
- Introduction to the benefits of adopting healthy lifestyles

“

My two children loved the group and they didn't want to leave. There were masses of great resources especially the books. We all loved the singing, looking forward to next week!”

6. Transitions - Being ready for nursery or school

In order to support children to be ready to make the most of learning at nursery and school we should support them in developing individual characteristics for learning, these are:

- **Playing and Exploring** – children investigate and experience things, and 'have a go'
- **Active Learning** – children concentrate and keep on trying if they encounter difficulties and enjoy achievements
- **Creating and Thinking Critically** – children have and develop their own ideas, make links between ideas, and develop strategies for doing things

All the support we offer to parents in our group-based provision is focused on supporting the development of these characteristic in children. We want to ensure children are at the best possible levels of ability, confidence and independence when they start childcare or schools. This transition to a new environment



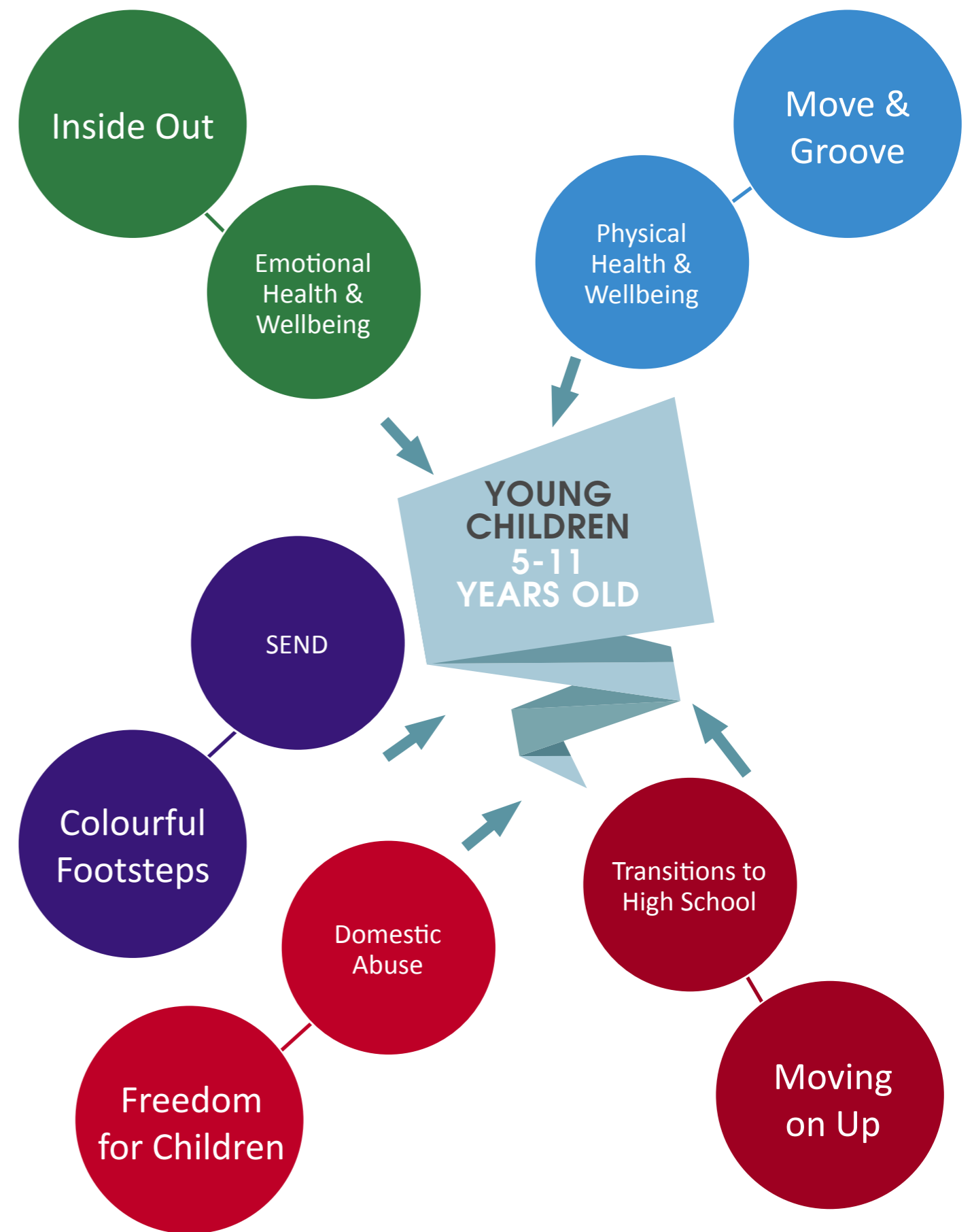


**Theme 2:
THE DEVELOPING
CHILD
5 TO 11
YEARS OLD**

“

The best possible health underpins a child’s or young person’s ability to flourish, stay safe and achieve as they grow up. Health is crucially linked with education – for example, a child who does not master the basics of reading and numeracy may experience not only education but health problems in the future. On the other hand, good health and emotional wellbeing are associated with improved attendance and attainment at school, which in turn lead to improved employment opportunities. In addition, children who thrive at school are better placed to act on information about good health. ”

Quote from the Healthy Child Programme for 5-19 yr olds



1. Inside Out

We provide targeted support for children of primary school age. Your child may be:

- Struggling to express and manage their emotions
- Have low self confidence and self-esteem
- Presenting with anxious behaviours

By creating a safe space, your child will have the opportunity to take part in evidence-based activities including scenarios and role play, breathing and stretching exercises, TV and video clips, arts and craft, fun and games

The sessions will help children to:

- Explore wishes and feelings and understand worries
- Look at a range of strategies to help manage strong emotions
- Take part in a range of creative and physical activities to encourage positive play and interaction between children and their peers
- Build confidence and social skills
- Meet new people and make new friends
- Explore and understand the impact of their behaviour on others

Think about, understand and appreciate that we are all unique and different

“ Really enjoyed everything like the food the football and the teachers. Have made new friends and feel more confident in asking for help. ”

2. Move and Groove

If you have any concerns about your child's overall health and wellbeing that is not connected to any diagnosed condition, we have sessions that support you and your child adopting healthy

lifestyles. Many children can be put off by PE at school and can feel excluded from participating. It may be too competitive or slightly threatening particularly if there are large groups with mixed abilities and they feel shy or have lower self-esteem. We will provide a safe, sensitive and nurturing space for children to meet and have fun together, promoting physical play and activity. We will provide information on their growing body and how to adopt healthy lifestyles including healthy eating.

The sessions will help children to:

Build their confidence to take part in physical play and exercise.

- Get information to understand how diet and exercise effect their growing bodies
- Build their social skills, have fun together and make new friends
- Think about adopting healthy lifestyles, balancing activity time with screen time

3. Colourful Footsteps

We also provide sessions in our centres for children with physical, learning, behavioural or emotional difficulties. We offer an inclusive environment, with opportunities for learning, development and support. This is also where parents and carers have the opportunity to meet and make new friends and share experiences with those going through similar joys and challenges. There will also be information to hand about professional support so you can be signposted to other agencies, groups and services.

The sessions will help children to:

- Be confident in expressing themselves
- Experience positive social opportunities and interactions
- Access learning and development opportunities
- Receive peer support as well as signposting to specialist services for their parents and carers

Find a safe, inclusive place to be themselves.

“ This was my first week. I was referred by my Family Support Worker. I really enjoyed the session and will definately come back. I love that our son has made friends already and has gone off to play on his own and not stayed with us. It will definately build his confidence. ”

4. Moving On Up (years 6-7)

You may be worried that your child may struggle with the transition to secondary school? We know this can be the case for many children for a variety of reasons. We want to help make this a smoother and happier time for them so that they look forward with confidence and have a better understanding of what to expect when they enter the next step of their schooling journey. Concerns may be a result of their development, social and communication skills, behaviour and or emotional health and wellbeing issues.

Through providing activities and games, discussions, scenarios, role play, arts and craft activities, travel to school and homework planning

The sessions will help children to:

- Explore feelings and emotions around transition
- Prepare practically for starting high school, subject planning and homework
- Look at issues/scenarios that might come up at high school
- Build children's self-esteem and confidence
- Inform children about places to access for further support
- Be more confident with their journey to and from school

“ I now feel ready to move to secondary school because I have learnt what I need to know. It's scary but exciting. I just hope I don't get lost! ”

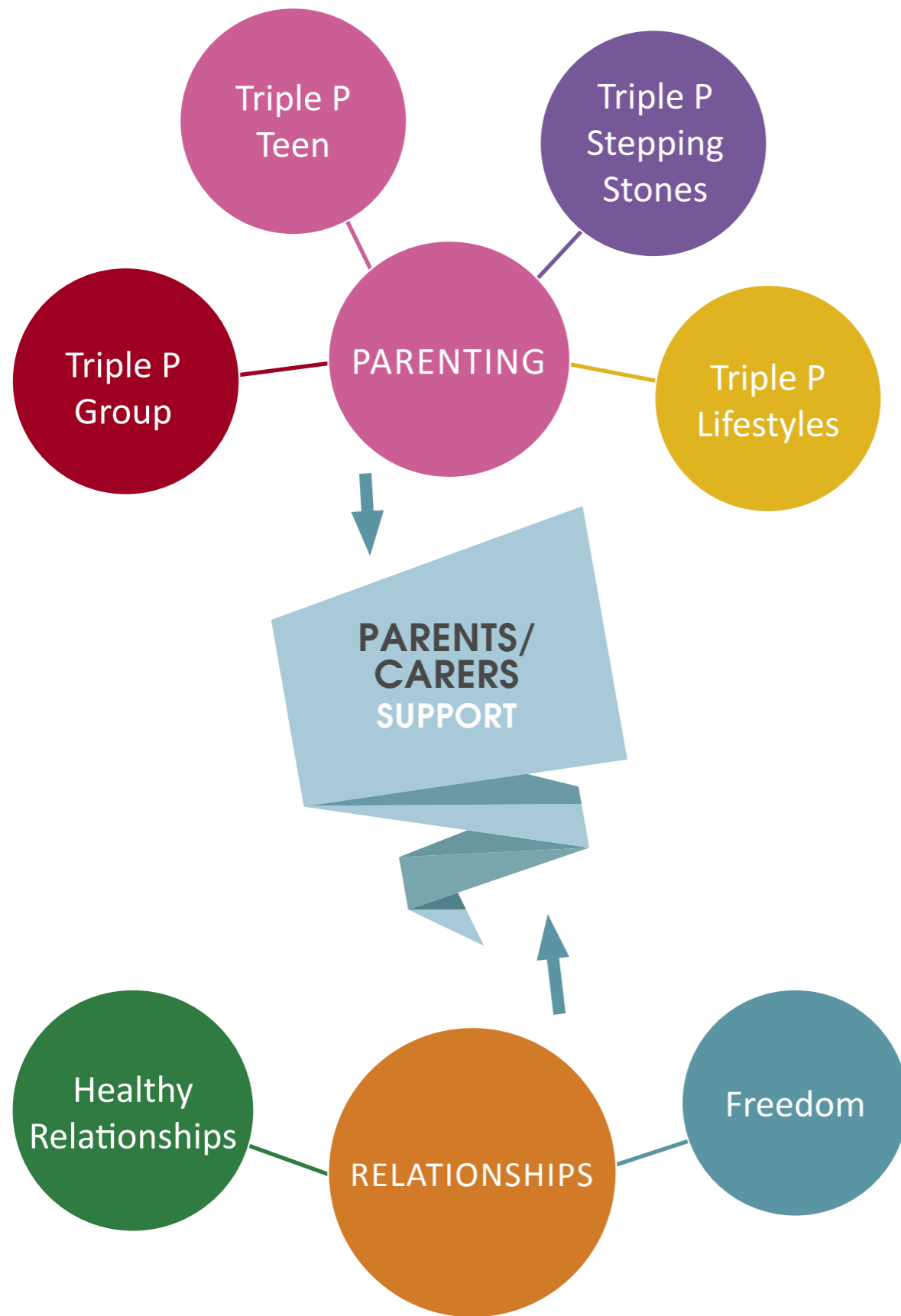
Support for children who have experienced/witnessed domestic abuse or violence

5. Freedom Programme for children

The Children and Family Wellbeing Service has a strong commitment to support both adults and children who have suffered from domestic abuse to heal effectively from their trauma and to help break the cycle of abuse. Our trained staff will help your child's voice be heard and believed. The programme offers activities that are child led, age appropriate and sensitively delivered. They help children to work through their fears, anxieties and emotions, providing them with coping strategies, resilience building their self-esteem and confidence.

The sessions will help children to:

- Explore abusive behaviours within relationships and recognise them
- Explore non-abusive behaviours within relationships and recognise them
- Reassure children that they are not to blame if violence has been received or witnessed
- Build the confidence of children
- Provide a safe and great place to meet new people
- Help build social skills



Theme 3: PARENTING AND FAMILY SUPPORT

1. Triple P Parenting Programmes

Children do not come supplied with a handbook, most of the time we feel our way along the parenting journey hoping that we are getting it right, crossing our fingers, that our children will grow up happy, healthy and fulfilled. It is not an easy job and many of us can feel out of depth and overwhelmed, finding that our children's behaviour is not what we expected, challenging and difficult to manage. If you are struggling with being a parent, the evidence based, structured Triple P parenting course could be the answer for you.

1a. Triple P Group

For parents of children aged 2-11 years old, this involves 8 sessions (4 weekly, 3 weeks of telephone support then a final week). It is delivered through group discussions, parent workbooks and homework. The course will assist if you have specific concerns about your child's development or behaviour. You are most likely to benefit if your family is not complicated by significant behaviour problems or stress.

The course covers:

- Positive Parenting – using assertive discipline, having reasonable expectations and looking after yourself as a parent

- Raising confident, competent children -showing respect for others, being considerate, having good communication and social skills, having healthy self-esteem, being a good problem solver and becoming independent
- Raising resilient children- recognising and accepting feelings, expressing things appropriately, building a positive outlook, developing coping skills, dealing with negative feelings, dealing with stressful life events

1b. Triple P Teen

For Parents with teenagers up to 16 years, this involves 8 sessions (4 weekly, 3 weeks of telephone support then a final week). It is delivered through group discussions, parent workbooks and homework. The course will assist if you have specific concerns about your teen's behaviour. You are most likely to benefit if your family is not complicated by significant behaviour problems or stress.

The course covers:

- Raising responsible teenagers – taking part in family decision making, being respectful and considerate, getting involved in family activities, developing a healthy lifestyle, being reliable, being assertive

- Raising competent teenagers- developing self-discipline, establishing good routines, getting involved in school activities, being a good problem solver following school rules, having supportive friends

1c. Triple P Stepping Stones

For parents who have children with a disability or other additional needs up to 12 years old, this involves, 9 sessions (5 weekly sessions, 3 weeks of telephone support then a final week). This course will assist you if you have specific concerns about your child's behaviour or development. You are most likely to benefit if your family is not complicated by significant behaviour problems or stress.

The course covers:

- Positive parenting for children with a disability – creating a positive learning environment, using assertive discipline, having reasonable expectations, looking after yourself as a parent, adapting to having a child with a disability, being part of your community
- Helping your child reach their potential - promoting your child's development by teaching them new skills and behaviours; this explores, choosing a skill to teach, breaking skills into steps, choosing rewards, deciding on strategies and keeping track and reviewing

1d. Triple P Lifestyle

Group Triple P Lifestyle is a targeted programme for parents or caregivers of children aged between 5 and 10 years, who are concerned about their child's weight and activity level. The course helps to develop effective strategies for managing children's weight by introducing gradual permanent changes in their family's lifestyle. Group Triple P Lifestyle consists of ten 90-minute group sessions and four telephone support calls.

- The course covers:
- Improving children's dietary intake, understanding what overweight

means, changing eating behaviours, encouraging healthy behaviour and understanding physical activity, increasing self-esteem, understanding nutrition, learning how to manage hunger and overeating, preparing healthy food, the importance of physical activity, improving parents' communication about health and nutrition, reducing parenting stress associated with raising healthy children.

2. Healthy Relationships - strengthening families

All families have arguments, it is part of how we negotiate, make decisions, understand each other and live together. This is constructive and children learn from seeing how arguments are resolved. However, when arguments become frequent, intense and poorly resolved it is destructive conflict and children suffer from being exposed to it. There is support on hand and we would encourage you to come along and give this course a go if you find yourself entrenched in ongoing destructive conflict with your partner. This is a course of 6 weekly sessions, couples are encouraged to attend together. The course aims to work in a solution focused way, enabling and empowering you as a couple to understand your conflict and see how to resolve the issues yourselves, rather than relying on a practitioner for solutions.

The sessions will::

- The effects of conflict on parents and children, and the causes of conflict
- The stages of relationship development, how our existing vulnerabilities can make us more susceptible to conflict and the different perspective we bring to our relationships
- Constructive and destructive communication
- Thoughts, feelings and behaviours
- The feelings wheel, problems and issues
- Better communication – expectations and reality, goal setting

3. Freedom - Domestic Abuse for Adults

The Freedom Programme is a relaxed, informal group for women who have experienced domestic abuse, from a partner or family members and would like to be able to recognise abusive behaviours and understand what makes a healthy relationship.

Freedom is primarily designed for women as victims of domestic abuse, as research shows that the majority of domestic abuse cases are male on female.

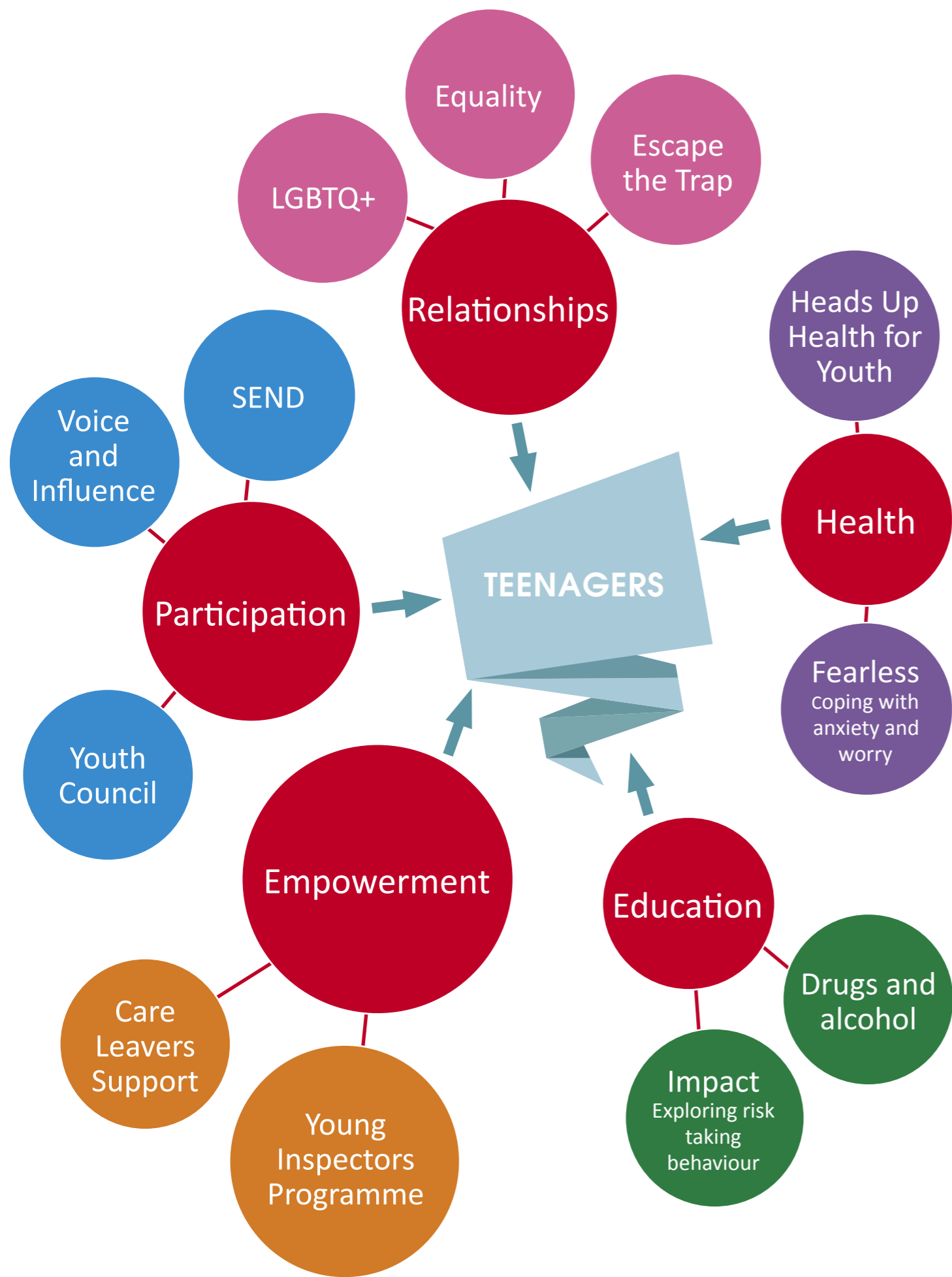
The sessions will:

- Examine the roles played by attitudes and beliefs on the actions of abusive men and the responses of victims and survivors
- Help victims and survivors make sense of and understand what has happened to

- them, instead of the whole experience just feeling like a horrible mess
- Describe how children are affected by being exposed to this kind of abuse and very importantly how their lives are improved when the abuse is removed

“ Anyone can be a victim of domestic abuse, regardless of gender, age, ethnicity, socio-economic status, sexuality or background. Every case of domestic abuse should be taken seriously, and each individual given access to the support they need. ”





Theme 4: TARGETED YOUTH SUPPORT

Teenagers

This is delivered through key neighbourhood centres and youth zones, out and about in the community or on the streets (Detached Work) where young people gather across Lancashire – Offering a variety of group-based programmes of support. These are targeted towards those who are most vulnerable and delivered both in person and on line mostly during the evenings or in schools and other settings during the day.

Youth Workers deliver a diverse programme of groups and activities for young people aged 12-19+yrs and up to 25yrs for those young people with special educational needs or disabilities.

Targeted Youth Support can be split into five areas: EDUCATION, EMPOWERMENT, EQUALITY and PARTICIPATION, HEALTH and RELATIONSHIPS

Youth Work

Youth work can support you with your personal, educational and social development. It is a space where you will have choice, be treated with respect and have the opportunity to grow, socialise and learn

It can help you:

- Explore your values, beliefs, ideas and work on the issues that affect you

- Enable you to develop your voice, influence and place in your community and the wider society
- Gain practical or technical skills and help you to realise your potential
- Experience decision-making and working as a team member
- Challenge yourself, meet new people and have new positive experiences

“ Thank you for believing in me, when no-one else did. Thank you for all the sessions you have done and helping me to understand things more. I enjoyed the way you made things fun and didn't judge me. You were easy to talk to even when I was nervous. I don't want to get in to fights anymore and know how else to deal with things. I feel able to say no if I don't want to do something now ”

Group Work/Neighbourhood Safe Spaces

Providing safe spaces in local neighbourhoods, open during the evening, for local young people to meet and access services. By opening the doors of a suitable building in a local neighbourhood and welcoming in those local young people who are in need of support and want to access positive activities.

These will:

- Provide a safe space to meet with friends, make new friends and connect
- Offer lots of fun activities
- Provide support from Youth Workers who are there to support and listen to you
- Give opportunities to share your ideas for projects
- Offer holiday activities, trips and visits for you to access

Evidenced Based group work programmes

A number of evidence based programmes are delivered by our youth workers in a variety of settings:

1. Heads Up Health for Youth – 5 ways to wellbeing

Heads Up Health for Youth is a seven-week programme to support young people to explore some common challenges which they experience on the journey from adolescence to adulthood. The programme explores the five ways to wellbeing areas which are: Connect, Take Notice, Be Active, Keep Learning and Give to help young people understand how they can achieve a healthy balance to their social and emotional wellbeing.

2. Fearless – Coping strategies around anxiety and worry

- Fearless is a six-week programme developed to support young people who are experiencing challenges with managing their worries and experiencing anxious feelings. It is designed to help individuals understand how worries affect them and limits their life chances and supports the participant to develop strategies to help to reduce the impact that worry has on their day-to-day life. Fearless is a psychoeducational, primary CBT programme which is a form of education that is specifically offered to individuals who are struggling with any one of several distinct mental health conditions impairing their ability to lead their lives.

3. Escape the trap – Teenage abusive relationships

- Escape the trap is a six-week programme specifically designed to help young people, to recognise abusive behaviours, and identify the impact of such behaviours on their mental health and emotional wellbeing. The programme supports them to consider their expectations of relationships and what kind of partner they would like, as well as the kind of partner they would like to be

4. Impact – Exploring risk taking behaviour

- Impact is an eight-week programme where young people will be able to understand risk, exploitation style behaviours, Young People can explore consequences and actions, how psychoactive substances affect people, identity, discrimination, and consent

Child Criminal Exploitation (CCE) sessions in school:

“
The sessions ran really smoothly. The youth workers both clearly have some great skills working with disengaged students. Thanks so much to both of you. I really hope we get to work together again very soon.”

Assistant Headteacher

5. Residential experiences

Time space and intensity of the residential experience is key to developing relationships and learning opportunities Taking young people away from home for an extended period of time away from their usual routines and distractions, this provides, opportunities

for young people to be immersed in learning and develop relationships

Specialist Support Special Educational Needs or Disabilities Groups

Fun, informative sessions, exploring key topics and issues affecting SEND young people. Providing an opportunity to take part in peer led education, building confidence and skills.

These will:

- Provide a safe space to meet with friends, make new friends and connect
- Offer lots of fun activities
- Provide support from Youth Workers who are there to support and listen to you
- Give opportunities to share your ideas for projects
- Offer holiday activities and trips and visits for you to access



LGBTQ+

This is a group for young people who are LGBT or questioning their sexuality or identity and want a safe environment so they can be themselves in a non-judgmental and supported environment. Fun, informative sessions, exploring key topics and issues affecting young people who identify as LGBTQ+. Providing an opportunity to meet other young people, make friends, socialise and support each other.

These will:

- Provide a safe space to meet with friends, make new friends and connect
- Offer lots of fun activities
- Provide support from Youth Workers who are there to support and listen to you
- Give opportunities to share your ideas for projects
- Offer holiday activities and trips and visits for you to access

Things I have learnt from the group:

“ You can be gay if you want. How to deal with homophobia. Love is Love. I can express myself.

Things I have enjoyed: Meeting everyone, Meeting staff. Everything ”

Participation, Voice and Influence Local Area Youth Council

This group is for young people who want to be heard, and want to influence change locally, regionally and nationally. The group will discuss issues that affect young people and work on campaigns such as environment, gangs, education and homelessness. Young people will build an understanding of politics and have opportunities to impact on their community.

This group will enable young people to:

- Make decisions
- Gain confidence
- Learn a range of skills and information
- Have a voice and influence

Care Leavers Forum

The Care Leavers Forum is a participation group of young people who are care experienced, aged 18-25yrs. Its about having your voice heard and having the opportunity to influence decision making and bring about change

This group will enable young people to:

- Make decisions
- Gain confidence
- Learn a range of skills and information
- Have a voice and influence

Lancashire Youth Council

The Lancashire Youth Council is made up of representation from young people in the 12 District Youth Councils, Linx and Powar. There are 12 Members of Youth Parliament who meet with Lancashire County Council's cabinet and also represent Lancashire at the regional and national events. The Lancashire Youth Council group aims to support young people from different backgrounds and various levels of need to build up their own confidence within a group by setting tasks and challenges for them to complete.

The activities involve promoting the voice and influence process for young people enabling them to gain new skills and develop as they achieve

This group will enable young people to:

- Make decisions
- Gain confidence
- Learn a range of skills and information
- Have a voice and influence

“ The Lancashire Youth Council has provided us a place to discuss and debate social issues that directly impact young people. We have been provided with opportunities to voice our opinions and create campaigns, such as attending education scrutiny meetings, implementing knife bins, tackling child poverty and promoting mental health awareness. It brings us valuable skills and attributes such as improving confidence, awareness on social issues, making change within the community and learning how to represent other people and not just our own views. ”

Children in Care Council LINX (listen, inform, negotiate, and express)

This aims to improve the services received by children in care. LINK stands for Listening Involve Negotiate and Xpress LINK are a group of young people who are working hard to give young people a voice and to

influence the way services are run.

This group will enable young people to:

- Make decisions
- Gain confidence
- Learn a range of skills and information
- Have a voice and influence

POWAR SEND Forum

POWAR stands for Participate, Opportunity, Win, Achieve, Respect. POWAR is a forum for children and young people with SEND or additional needs aged 12 to 25 years, where young people can get to have their voice heard about the things that are affecting them and give their views about how services can be better improved for young people with SEND.

This group will enable young people to:

- Make decisions
- Gain confidence
- Learn a range of skills and information
- Have a voice and influence

Young Inspectors Programme

Young people undertake training to become an Inspector. Working in small teams' young people from a range of lived experiences visit specific services such as health clinics national funders museums, youth provision to look at how the services are for young people

They have also contributed to the National inspection framework. which contains guidance on the delivery of youth led inspections

This group will enable young people to:

- Make decisions
- Gain confidence
- Learn a range of skills and information
- Have a voice and influence



Theme 5: YOUNG PEOPLE & ADULTS SEEKING EMPLOYMENT

The Children and Family Wellbeing Service have four Supporting Families Employment Advisers (SFEA's) who work across the county to support families with a variety of employment issues to help enable them to move closer to or into work.

1. Supporting Families Programme

If you are claiming benefits and are ready to start the journey into work, we have someone ready to help you. We know there are lots of barriers that may stop you from working, but the Employment Adviser will do their best to discuss these with you and help you solve them. We can offer you a tailor-made flexible service by either talking with you on the telephone or meeting up with you at one of our Neighbourhood Centres or other venue by arrangement. We work with lots of agencies who can offer a range of different support such as help with childcare, confidence building, budgeting support, job searching, identifying courses, voluntary work etc. We can also show you how working will affect your benefits and what impact this will make if any.

The Supporting Families Employment Adviser can help to make things better for your family's future by:

- Checking household income and benefit to support family plans
- Looking at steps to access work e.g. training, volunteering, work experience, apprenticeships and qualifications
- Referring you to other specialist agencies for 1-2-1 support such as Welfare Rights Service/Citizen's Advice Bureau
- Signpost to a 'better off' calculation to show how work pays!
- Support with CV preparation and interview skills
- Support with an on-line job search and employer engagement
- Assist with access to funding through the Jobcentre to remove barriers to work e.g. Childcare costs/clothes for work
- Encouraging and assisting families into work
- Financial support and guidance, budgeting and debt resolution
- Helping to manage the change to 'in work' benefits
- Linking you into available help if you have recently lost your Job and need support

To access this service drop in to one of our Neighbourhood Centres to find out more.

FINDING A NEIGHBOURHOOD CENTRE:

To find your nearest neighbourhood centre go to:

lancashire.gov.uk/children-education-families/early-years-childcare-and-family-support/family-support/children-and-family-wellbeing-service

Alternatively, contact our Talk Zone Service **between 2 – 10pm** on

0800 511111 or Text: **07786 5111 11**

to find out more. Otherwise visit:

lancashire.gov.uk/youthzone/get-in-touch

A young boy with short dark hair, wearing a light blue polo shirt and blue jeans, is sitting in a wheelchair. He is laughing heartily with his eyes closed and mouth wide open, showing his teeth. The wheelchair has purple handles and a yellow wheel. The background is a blurred outdoor setting with green foliage.

DELIVERING EARLY HELP
RIGHT SERVICE, RIGHT SUPPORT,
RIGHT FOR FAMILIES