



# A FRAMEWORK FOR PARENTING AND FAMILY SUPPORT IN EAST AYRSHIRE

**The best start in life**

in East Ayrshire

Pre Birth to Eight  
Our Priorities  
2014 - 2019



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# A FRAMEWORK FOR PARENTING AND FAMILY SUPPORT IN EAST AYRSHIRE

*The Early Years Framework advocates both supporting parents to provide a stimulating and supportive home environment (particularly in the early years) and ensuring access to high quality early learning and childcare and school education in order to maximise participation and productivity within the Scottish economy (Scottish Government, 2009).*

*At age 3, children at higher risk of poor outcomes can be identified on the basis of their chaotic home circumstances, their emotional behaviour, their negativity and poor development. By the time such children reach adulthood, these children are more likely to have poor health outcomes, be unemployed, have criminal convictions, have substance misuse problems and have experienced teenage pregnancy (Scottish Government 2008).*

*Many of our young people do not begin their school education ready to learn. Therefore, improving the early years experiences of these children is a central element of our strategy for regenerating communities, reducing crime, tackling substance misuse and improving employability (Scottish Government 2008).*

## 1. BUILDING THE STRENGTH AND CAPACITY OF PARENTS AND FAMILIES

Building the strengths and capacities of parents and families is a key action in the Wellbeing theme of East Ayrshire's Community Plan.

- National Outcome 5: *Children have the best start in life and are ready to succeed*
- Local Outcome: *Children and young people, including those in early years and their carers, assisted to be active, healthy, nurtured and included.*

The integrated Children and Young Peoples Services Plan and the associated Best Start in Life: Pre-Birth to Eight Our Priorities 2014-2018 recognises that this is required to secure the best outcomes for children and young people.

Many of our parents have not had consistent role modelling of positive parenting themselves and have little experience of young children and how to provide effective support for them.

As a result, many of our parents lack the resilience to ensure they themselves are emotionally and cognitively able to support themselves in order to better support their families.

Most services seek to support the child or the parent. Family based interventions are often not available until situations reach a crisis point, resulting in referral to social services or child and adolescent mental health services, at which point services have reacted to a situation.

Recognising the significant needs of families in East Ayrshire, we want to further strengthen and develop our approach. Earlier intervention will support a move away from reactive to early intervention and prevention. In addition, consideration requires to be given as to *how* to work with families not just *what to do* for them.

*Evidence suggests that processes and approaches most likely to be successful must:*

- *be theory based*
- *have clear aims and goals*
- *be family-centred*
- *ensure partnership with parents*
- *be community based*
- *have a developmental focus*
- *address multiple needs directly*
- *coordinate with all appropriate services*
- *use evidence based strategies*
- *involve early intervention*
- *have effective monitoring and evaluation*
- *have appropriately selected staff who are well trained and who work consistently with families*
- *have staff who are supported by skilled and enthusiastic managers*

*(Moore et al, 2001)*

## **2. THE CASE FOR EARLY INTERVENTION**

There is compelling research evidence that early intervention works. The financial benefits of early intervention far outweigh the costs. The earlier this intervention takes place, the more effective (and therefore cost-effective) it is.

The Wave Trust (2005) promotes a shift to higher priority for *very early* (onset of pregnancy to 3 years) intervention to save money from the public purse.

In 2005 Wave Trust identified three key strands of interventions in developing the skills in:

- tomorrow's parents while they are still in school
- current parents
- parents-to-be

The research literature confirms the importance of a secure infant-parent attachment (relationship) to promote children's neuro-development. This relationship with their primary caregiver promotes the connection between neurons in the brain and acts as the blue print for how we develop our understanding of relationships.

A review by MacLeod and Nelson (2000) identified that most interventions to promote family wellness and prevent child maltreatment are successful:

- The earlier the intervention the better.
- Proactive interventions had greater effect sizes at follow-up (i.e. they are sustained and even grow in effect).
- Reactive interventions tend to fade in effect, and relapse is a common problem

## **3. HOW TO BEST ACHIEVE THIS IN EAST AYRSHIRE?**

In East Ayrshire, we advocate evidence based and an attachment based approach to parenting and family support.

We continue our commitment to early intervention through our universal approach to supporting parents, targeted interventions which are preventative and reactive to support children and young people experiencing or at risk of developing social, emotional and behavioural difficulties and specialist interventions to promote positive parenting and assist parents in managing children's challenging behaviour.

#### 4. PARENTING AND FAMILY SUPPORT FRAMEWORK

The undernoted sets out the three strands of the Framework. Some services overlap in more than one strand.

<b><u>Universal</u></b>	<b><u>Targeted within a universal service</u></b>	<b><u>Specialist Interventions</u></b>
<b>Nurture Framework</b>	<b>Speech and language therapy</b>	
<b>Maternity Services</b>	<b>Nurture Framework</b>	<b>High risk pregnancy protocol</b>
<b>Health Visitors</b>	<b>0-3 early learning and childcare places</b>	<b>Pre- birth assessment and support</b>
<b>School Nurses</b>	<b>Parent: child places</b>	<b>Addiction Workers</b>
<b>Solihull Approach</b>	<b>Early Learning &amp; Childcare Practitioners (Community)</b>	<b>Family Nurse Partnership</b>
<b>CARIS</b>	<b>Assistant Nurse Practitioners</b>	<b>Incredible Years</b>
<b>Roots of Empathy</b>	<b>Children &amp; Families Locality Teams</b>	<b>Intensive Support Team EAST</b>
<b>Peer Parenting</b>	<b>Family Support Team</b>	<b>Specialist Paediatric Services</b>
<b>Play @ Home</b>	<b>EAST</b>	
<b>Speech and language therapy</b>	<b>Positive Play</b>	
	<b>MEND</b>	

## **UNIVERSAL**

### **5. HEALTH SERVICES**

The health of children and young people is determined by a number of factors that include lifestyle, life circumstances and access to services. Within East Ayrshire children and young people come from a variety of diverse backgrounds. Their health needs vary greatly, ranging from those who can be supported by universal services, to those with additional and intensive support needs.

The majority of children and young people experience good health and wellbeing and are most likely to have their needs addressed within universal services. All children and young people have a named nurse who has the relevant knowledge and skills to support their age and stage of development. Within universal service provision midwives provide support until day ten, health visitors until primary school entry and school nurses during the school years.

Every school in Ayrshire and Arran has access to a school nurse. This school nurse takes a special interest in the health and wellbeing of every child attending the school.

Working in partnership with education and supported by the clinical team leader, the school nurse will address the identified health needs of the school community.

Maternity Services offer a comprehensive, integrated service within the hospital and community settings. Women are supported to make informed choices on all aspects of care including the place of birth. The provision of evidence based care aims to meet the individual needs of women and their families.

Community nursing teams are the cornerstones of primary care; they are the teams who provide health care and advice in nurseries, schools, GP practices and in families' homes.

Every child has a 27-30 Month Child Health Review. The check is underpinned by the Getting it Right for Every Child principles to ensure a holistic approach to support the child and their family

It aims to promote early child development (particularly social/emotional and language/ cognitive development) within a context of helpful parenting and wider family wellbeing, and the promotion of child healthy weight. It assesses a child in relation to his/her developmental milestones.

The guidance provides the core issues that should be considered for all children attending 27-30 month reviews and can be accessed by the following hyperlink:

<http://www.gov.scot/Resource/0041/00410922.pdf>

### **6. SOLIHULL APPROACH**

The Solihull Approach is a highly practical way of working with families. It is an integrated psychodynamic and behavioural approach for professionals working with children and families who are affected by behavioural and emotional difficulties.

There is a wealth of evidence, underpinning the Solihull Approach that a parent must be emotionally contained i.e. they must be able to cope with their own anxieties and worries and not allow their 'feeling full' to interfere with their relationship with and parenting of their child.

The theoretical model has been developed from the three concepts of *containment*, *reciprocity* and *behaviour management*. Teamwork and collaborative working between professionals using these principles will help to support parents in a creative and consistent way within East Ayrshire.

Development of this 'shared' approach and language can be effective in a multitude of settings from individual practice through to group settings.

One of the key principles underpinning the Solihull Approach is that the concepts of containment and reciprocity can promote change in the quality of attachment – to help a more secure attachment to develop between babies and their carers. Secure attachment underpins all other relationships for the rest of the child's life.

The Solihull Approach is our universal approach to parenting support which is being rolled out on a multi-agency basis across early years, educational psychological services, health and social work services.

Health Visitors, School Nurses and Community Midwives in East Ayrshire are trained in the Solihull Approach and all midwives based at Ayrshire Maternity Unit have accessed awareness raising sessions.

## **7. NURTURE**

Nurture groups were developed by Marjorie Boxall (1976) to meet the needs of vulnerable children with social, emotional and behavioural difficulties. Nurture provides both a preventative and reactive strategy for supporting children and young people experiencing, or at risk of developing, social, emotional and behavioural difficulties

The East Ayrshire Nurture Framework provides both a preventative and pro-active approach for supporting children and young people experiencing, or at risk of developing social, emotional and behavioural difficulties. The framework supports practitioners to embed attachment theory and a relational approach in their practice.

All Early Childhood Centres have been on nurture training and have taken a whole establishment nurture approach. Nurture networks have been established to ensure sustainability.

## **8. ROOTS OF EMPATHY**

Roots of Empathy (ROE) is an evidence based classroom programme that has shown dramatic effect in reducing levels of aggression among school children while raising social/emotional competence and increasing empathy.

Action for Children holds the Licence in Scotland to deliver ROE.

*Empathy is the single greatest inhibitor of the development of propensity to violence. Empathy fails to develop when parents or prime carers fail to attune with their infants. Absence of such parental attunement combined with harsh discipline is a recipe for violent, antisocial offspring. (Wave Trust, 2005).*

Roots of Empathy aims to build caring, peaceful and civil societies through the development of empathy in children.

The goals are to:

- foster the development of empathy
- develop emotional literacy
- reduce levels of bullying, aggression and violence and promote children's pro-social behaviours
- increase knowledge of human development, learning and infant safety
- prepare young people for responsible citizenship and responsive parenting

5 trained Instructors deliver ROE to 7 primary 3 classes in 6 schools in East Ayrshire.

At the heart of the programme is a local infant and parent who visit the class throughout the year. The Instructor coaches the class to observe the baby's development and name the baby's feelings and then to identify and reflect on their own feelings and those of others.

Research on the ROE programme has shown that children who participate in the programme know more about emotions and feelings, are kinder to their friends, are less aggressive and bully other children less than those who do not have ROE.

## 9. CHILDCARE AND RECREATION INFORMATION SERVICE (CARIS)

CARIS, the Childcare and Recreation Information Service is the Ayrshire section of the national Scottish Families Information Service funded by Scottish Government.

CARIS provides reliable and accurate information on local childcare, early education and leisure time activities. Links are also available to an extensive range of both local and national level information on Additional Support Needs, Parenting, Health and Wellbeing, Child Protection and Family Support Services.

Further services and links can be added which will extend the information resource.

Accessible via the website [www.scottishfamilies.gov.uk](http://www.scottishfamilies.gov.uk), e-mail on [caris@north-ayrshire.gov.uk](mailto:caris@north-ayrshire.gov.uk) through the East Ayrshire Council Intranet Quick Links, or call the CARIS staff on the dedicated local rate helpline **0845 351 3000**.

### **HOW DO WE CONNECT SERVICES TOGETHER LOCALLY?**

## 10. EARLY CHILDHOOD NETWORKS

Early Childhood Networks have been developed to support children and their families across East Ayrshire.

Using the strength of universal services, our vision is one where there will be:

- *models of early learning and care which are flexible to meet the needs of children and parents;*
- *outreach support provided by Community Practitioners that meets the needs of parents and families to support their child's early learning;*
- *helping children, families and communities secure outcomes for themselves;*
- *family support in the home; parenting programmes; health visitor drop in sessions and clinics; relationship support; community learning and development; money and welfare advice; volunteering, training and employability support; play, crèche, toddler groups; support groups; and combinations of support; contact arrangements for children looked after;*
- *community hubs of children and family information with links to CARIS (Childcare and Recreation Information service).*

Each Network has a lead establishment and the Head Teacher/Manager in that establishment has the responsibility for supporting and connecting services and agencies to be part of the Network to achieve the above aims.

There are 7 Early Childhood Networks:

- Cumnock, Mauchline, Auchinleck (lead: Netherthird early childhood centre)
- Doon Valley and Drongan (lead: Bellsbank early childhood centre)
- Kilmarnock Central and South (joint lead: Flowerbank and Shortlees early childhood centres)
- Kilmarnock North (joint leads: Cairns and Hillbank early childhood centres)
- Irvine Valley (lead: Darvel early childhood centre)
- New Cumnock, Muirkirk and Catrine (lead: New Cumnock early childhood centre)
- Kilmaurs Stewarton, Dunlop (lead: Kilmaurs early childhood centre)

Our Networks will be the vehicle for greater collaboration between public, private and voluntary sectors to give parents and families the support and services they need and help children, families and communities secure outcomes for themselves.

Each Network will have a set of core services that will be available within the area that the Network covers. In addition other services will be supported or developed according to the needs of the Network area.

Core Services	Other Services
pre- birth to 3 support	ante-natal groups
parent: child placements	Health Visitor clinics/drop in sessions
focus of support for looked after and vulnerable 2 years olds 2 year olds whose parents are in receipt of certain out of work benefits	money & welfare advice
models of flexible early learning and childcare	training & employability support
outreach support	play, crèche, parent & toddler groups
parenting support approaches and programmes	community childminder support groups
contact arrangements for children who are looked after	Family Buddies
home visits from Health Visitors	Mum, Bumps and Babies
Speech and language therapy available in early childhood centres	
family learning	
opportunities for volunteering	
childcare and family information linked to CARIS	

## **TARGETED**

### **11. NURTURE FRAMEWORK**

In addition to a whole establishment approach, specific and targeted nurture support has also been developed.

A bespoke training programme which marries Nurture principles alongside the Solihull approach was designed and delivered to all staff working in the early childhood centres (0-5 Years) and those early childhood centres (3-5 years) providing wraparound care, located in communities of greatest need.

Schools with greatest need which have links to these establishments have also developed the approach. This will support a seamless nurturing approach for children living in communities with greatest need, pre-birth to 8, in line with the Best Start in Life: Pre-Birth to Eight.

This will also allow for enhanced family support provision in these communities with a view to both facilitating positive parent child relationships and building community parenting capacity.

Work has also been progressed to ensure that the most vulnerable children and families in East Ayrshire experience this approach from social work services staff, particularly in East Ayrshire's children's houses and foster care settings. Through nurturing and supporting vulnerable children, we have the opportunity to help them to achieve in life and be actively included within their community.

### **12. EARLY LEARNING AND CHILDCARE FOR CHILDREN UNDER 3 YEARS**

The procedures for accessing early learning and childcare for children under 3 years of age are set within the context of increasing demand for services for vulnerable children under 3 years and their families and the need to ensure that resources are allocated appropriately, proportionately and timeously.

The wider context of the *Early Years Framework* and *Getting it Right for Every Child* recognise that the universal services of education and health can support children age 3-5 years and their families. However, resources for children aged 0-3 years are not universal, apart from health care and therefore services require to be targeted at those children and families in greatest need and allocated based on an integrated holistic and comprehensive needs assessment.

A Resource Allocation Group (Early Years) allocates the undernoted services for children under three years of age:

- early childhood centre place
- parent and child placement in an early childhood centre
- community childcare support service
- home visiting teacher
- plan at home service
- assistant nurse practitioner

Part 6 of the Children and Young People (Scotland) Act places a duty on local authorities to provide 600 hours of early learning and childcare for eligible 3 and 4 year old children and those 2 year olds who are looked after, or who are subject to a kinship care order.

A local authority need not provide the mandatory amount of early learning and childcare for a 2 year old child where it considers this would not promote, support and safeguard the child's wellbeing. An integrated multi-agency assessment may identify that alternative provision and alternative hours would better promote, support and safeguard the child's wellbeing. Examples of this may be a placement with a Community Childminder. This must be recorded on the child's plan.

### **13. COMMUNITY CHILDCARE SUPPORT SERVICE**

The service co-ordinator arranges the placement of children aged 0-3 years with the parents and community childminders. Community childminders provide care to children in a home based setting. They are registered childminders who have had a further assessment undertaken by Social Work Services.

### **14. PARENT: CHILD PLACEMENTS**

Responsive care, respect and relationships are promoted using *Pre- Birth to 3, Positive Outcomes for Scotland's Children and Families*. The Framework sets out 9 key features to support the effective delivery of services to children in terms of their care, learning and emotional and social development.

Fit Ayrshire Babies, Rhymetime, baby massage and Bonding Bags are examples of activities and resources used to strengthen parent and child interactions.

Parent: child placements are available in all of East Ayrshire's Early Childhood Centres (0-5 years).

### **15. HOME VISITING TEACHER**

The Home Visiting Service provides direct teaching support to pre-school children with identified significant additional support needs. The support is usually delivered at home alongside their parents/carers, and is designed to help children achieve their full potential through a programme of enjoyable play-based activities.

Teachers will assess existing skills, and identify current strengths and development needs through working with the child and their parents/carers, and coordinating with other professionals involved. Progress is reviewed on an ongoing basis and informs next steps planning.

The service offers support and guidance to parents/carers on the development of their child, on activities and experiences that may be helpful in supporting their progress, and can advise and support on accessing other support services, and in making the transition to school.

The service works collaboratively with NHS Ayrshire and Arran colleagues to provide Pre-Three groups for parents and children in East Ayrshire. The group currently runs on a weekly basis and provides an opportunity for parents to meet together whilst learning and playing with their child. Parents are supported in this by the Home Visiting Teacher, and health colleagues such as Speech and Language Therapy and Physiotherapy. Feedback from the groups indicate they are highly valued by parents.

The service liaises with other service providers around a child's needs and support plan, i.e. Early Childhood Centres, Schools, Speech and Language Therapists, Physiotherapists, Occupational Therapists, health visitors, etc. This allows for effective co-ordination of information, target setting and review in relation to individual plans for the children.

### **16. EARLY LEARNING AND CHILDCARE PRACTITIONERS (COMMUNITY)**

Community Practitioners can provide home based support to vulnerable families with children aged 0-8 years. The emphasis is on early intervention and preventative work with families. They are based in Bellsbank, New Cumnock, Netherthird, Darvel, Shortlees, Flowerbank, Hillbank, Kilmaurs and Cairns early childhood centre.

The key objectives are to:

- Provide early learning and childcare support for children who are 2 years of age and who are looked after or who are under a kinship care order.
- support vulnerable families in raising their children in their own homes and communities

- enable parents to better understand and address their own and children's needs
- feel more confident and competent in their parenting
- support families to take up opportunities in their communities.
- Encourage positive attitude towards the value of play with children in relation to the child's overall development, offering advice/guidance to parents and carers and providing play sessions where children require additional play stimulation.
- Work with children, parents, children's carers and other family members on an individual basis or in a group setting in their home, in a community setting or in early childhood centres

All Community Practitioners have been trained the Solihull Approach.

## **17. ASSISTANT NURSE PRACTITIONERS**

Assistant Nurse Practitioners (AsstNPs) are part of NHS Ayrshire and Arran's Early Years Children and Families Community Nursing Team. They support families with children in the 0-3 age group including the antenatal period and are aligned to specific communities within Ayrshire.

The purpose of the AsstNPs role is to strengthen and support universal services through early intervention and preventative work which support parents to improve their parenting capacity and improve outcomes for children.

AsstNPs support the care that the named Midwife and named Health Visitor provide and will support families in areas such as play, attachment, routines and nutrition. They will also work with local early years staff, Day Carers and other services involved with children.

This group of staff have undertaken intensive learning in Children's and Young People's Health and Wellbeing (level 7/8 SCQF), have undertaken intensive induction (supported by partners) and are supported by mentors from within the Early Years Children and Families Community Nursing Team.

There are 3 AsstNPs working in East Ayrshire in the communities of Auchinleck, Darvel and Shortlees.

## **18. POSITIVE PLAY**

The East Ayrshire Positive Playteam is dedicated to providing high quality play provision in East Ayrshire by providing a range of services to statutory and community organisations. It aims to increase physical activity levels, encourage creativity and use play to build confidence and self-esteem.

Positive Play aims to influence the attitudes of children, parents and carers by promoting the benefits and importance of play by providing the following services:

- Early Years Motivation Initiative within community groups
- Parent Play Training
- Grounds 4 Play (seasonal activity) see bE Active link on menu
- Play-Times (seasonal activity) see bE Active link on menu
- Playday
- MEND for 2-4, 5 - 7 and 7 - 13 year olds
- Play in Prison Initiative
- Play@home support for Children and Vulnerable Families
- One to one Therapeutic Play sessions
- Fun4hire equipment hire service and event support
- Support for looked after and accommodated Young People within EA Children's Houses

## **19. PLAY & ACTIVITY MOTIVATION IN THE COMMUNITY**

Support to parent and toddler groups across East Ayrshire providing play based activities, parent play workshops and parent play packs for use at home

## **20. MEND**

MEND (Mind, Exercise and Nutrition....Do it!) is a community, family-based programme for children aged 7 – 13, who are above their ideal healthy weight, and their families. The multi-component programme places emphasis on healthy eating, behaviour change, physical activity and healthy family lifestyles.

The multi-disciplinary programme places equal emphasis on **Mind, Exercise and Nutrition....Do it!** It combines all the elements known to be vital in treating and preventing obesity in children, such as family involvement, practical education in nutrition, increased physical activity and behavioural change.

With an emphasis on learning that is practical and enjoyable, the programme is designed to deliver sustained improvements in family diets, fitness levels and health. MEND is not a diet and expressly does not encourage rapid weight loss. Rather, it is about empowerment: putting the child at the centre of a range of ways to make life changes in terms of physical activity, food, self-confidence and personal development. By following MEND principles, participants will lose weight naturally and build a foundation for healthy living – for life.

## **21. PLAY IN PRISONS**

- Delivery of themed Play and bonding sessions within HMP Bowhouse, Kilmarnock for children in their early years, primary aged children and their families
- Provision of after school clubs and workshops for school aged children and their families
- Provision of seasonal family events to encourage family interaction and bonding

## **22. SUPPORTING CHILDREN AND VULNERABLE FAMILIES**

- Provide direct support to children and young people accommodated within residential units enabling them to attend community based activities.
- Provision of specific training and volunteering opportunities for accommodated children and young people to encourage active citizenship and effective learning
- Provision of specific Play@home support for Children and Vulnerable Families within their own home and integration into the community
- Training and support to vulnerable families to encourage positive relationship building, positive play and bonding and healthy lifestyle choices.

## **23. EAST AYRSHIRE SUPPORT TEAM (EAST)**

East Ayrshire Support Team (EAST) offer services to enhance the health and wellbeing of children / young people with additional support needs. This support can be extended, where appropriate, to working with their families and communities. In line with GIRFEC, the team offers services from education and social work colleagues to promote positive outcomes through collaborative working.

One aspect of this service is the locus on supporting parents and carers. EAST has a parent support worker along with a team of early intervention workers who can offer the following services:

- Parenting capacity assessment
- Solihull Approach
- Incredible Years
- Support / Advocacy / Mediation
- Practical skills and modelling / coaching
- Group work with new and expectant mums
- Nurture Group Support
- Sign posting appropriate services after assessment e.g. maximising benefits, college applications, pathways to work etc

## **HEALTH AND SOCIAL CARE PARTNERSHIP**

### **24. SOCIAL WORK CHILDREN AND FAMILIES - Locality Teams**

The locality teams based in the North (Kilmarnock) and South (Cumnock) provide a service to children and families through their Social Workers, Family Support Practitioners and Addiction Workers. In carrying out their statutory role they are seeking to promote the welfare and protection of children from 0-18years. The thrust of their work is to engage with children, young people and families to prevent escalation of difficulties and to whenever possible keep children with their families and in their own communities.

Locality teams investigate child protection concerns and with partners lead on integrated assessments to better inform the care packages and decision making for children and families. Social Workers and the Family Support Practitioners and Addictions Workers are committed to provide high quality assessments and creative care plans with families and partners that have focused outcomes so that real progress can be made when the potential is there or can be developed.

Locality teams work with the Family Support Team, Intensive Team and Corporate Parenting teams to find solutions for families to enable them to receive tailored support to safer parenting if possible. In those situations, when despite the best efforts of all involved the required safety is not there for children, the locality teams will work with Children's Hearing system to provide settlement for children to enable them to meet their full potential.

### **25. FAMILY SUPPORT TEAM**

The Family Support Team is located in the South and the North localities. The Family Support Team will resource care plans by providing time limited and focused support to children and families. The Family Support Workers and Assistants will build relationships with families and work on specific areas on a partnership basis with families to support real changes, making things better for children and families. The team will work creatively with individuals, groups and will endeavour to be responsive and flexible in its approach. The emphasis of the team will be to use the integrated assessment to inform the key areas of change required and provide clear steps to reaching desired outcomes. The team will review their work plans very timeously so that best use of resources is ensured and families are receiving effective assistance in time scales that best meet their needs.

#### **Aims**

- The Family Support Team will improve the capacity of families and communities to meet the total needs of their children.

#### **Objectives**

- Provide relationships with children and families that can build on their strengths and support positive change;
- Provide emotional and practical support to build skills in parenting and managing children and themselves;
- To work with families and partners to provide contribute to assessments that inform care planning and decision making;
- To provide quality experiences of contact for children separated from their families;
- To work alongside families, volunteers, partners and communities to build capacity and skills in meeting children's needs.

### **26. PUBLIC SOCIAL PARTNERSHIP (PSP) FAMILY BUDDIES**

Family Buddies is a service bringing together a number of local agencies to provide support for families in Dalmellington and the Shortlees area of Kilmarnock. We offer needs-led practical support to families with the aim of achieving positive self-management.

Family Buddies offer support in the form of home visits and practical group workshops. A personal mentor will be assigned to enable families to lead a self-sufficient, healthier lifestyle.

Our Family Buddies are fully trained to offer varied and needs-specific support.

In order to receive support from the Family Buddies service, the following must apply:

- No current statutory involvement
- At least 1 child under the age of 8 years in the household
- Reside in either Dalmellington or the Shortlees area of Kilmarnock

All referrals must be agreed by the family being referred. The family buddy and family will work together on a family plan, issuing 3 areas of support needs.

Examples of support we have offered so far include:

- One on one sessions
- Group activities (cooking classes, coffee mornings, craft groups etc.)
- Household budgeting advice
- Household financial budgets
- Benefit advice
- Help with benefit paperwork (community care grants/sanctioning)
- Debt advice
- Child routine work
- After school care/activities
- Confidence building
- CV building
- Job/college applications
- Job searches
- Food banks
- Tidying gardens to allow kids out to play
- Accompanying clients to appointments e.g. Doctor, dentist, job centre, pip assessments etc.
- Accompanying clients on grocery shopping
- Linking families with other agencies

From the project start until the 7/11/14 we have had 22 referrals, 15 engaged families. So far we have completed 201 home visits (where most of our support work takes place), 39 centre visits (CV's, job searches, benefit checks etc.), 72 group attendances by the parents (cooking class, coffee morning etc.).

## **SPECIALIST**

### **27. HIGH RISK PREGNANCY PROTOCOL, PRE- BIRTH ASSESSMENT AND SUPPORT**

Maternity Services play a key role in assessment and support of health and wellbeing during pregnancy and the early postnatal period, which is aimed at improving the health and wellbeing of the mother and her baby. This is particularly important where there are adversities in the woman's life current or past, which may impact on her and /or her partner's capacity to provide what the baby needs.

The GIRFEC approach is primarily aimed at the early identification of risks and needs. Appropriate intervention at the earliest possible stage should offset the development and escalation of more complex needs and risks where the response is co-ordinated, appropriate and timely from all services.

A pregnancy may be considered high risk if one or more of the following circumstances exist within the household:

- substance misuse,
- alcohol misuse,
- learning disability,

- serious mental health issues,
- previous history of child abuse or neglect
- any other adversity which may impact negatively on the parent's capacity to care and prepare for a newborn baby.

East Ayrshire Child Protection Committee has approved and issued guidance entitled *The Management of High Risk Pregnancies*.

## 28. FAMILY NURSE PARTNERSHIP

Family Nurse Partnership (FNP) is a preventive programme for vulnerable young first time mothers. It offers intensive and structured home visiting, delivered by specially trained nurses, from early pregnancy until the child is 2.

FNP has 3 aims:

- to improve pregnancy outcomes;
- to improve child health and development; and
- to improve parents' economic self-sufficiency.

The methods are based on theories of human ecology, self-efficacy and attachment, with much of the work focused on building strong relationships between the client and Family Nurse to facilitate behaviour change and tackle the emotional problems that prevent some mothers and fathers caring well for their child.

FNP has brought a different way of working with the neediest families. It is strength based and focuses on an expectant mother's intrinsic motivation to do the best for their child. It consists of structured home visits using materials and activities that build self-efficacy, change health behaviour, improve care giving and increase economic self-sufficiency. At the heart of the model is the relationship between the client and the nurse. A therapeutic alliance is built by specially trained nurses, which enables the most at risk families to make changes to their health behaviour and emotional development and form a positive relationship with their baby.

NHS Ayrshire and Arran have recruited a Family Nurse Supervisor and 7 Family Nurses. Each Family Nurse has a maximum of 25 clients and the Family Nurse Supervisor has 5. Clients are eligible for the programme if they are 19 years or under and live within Ayrshire and Arran.

FNP in Ayrshire and Arran started recruiting clients on 4<sup>th</sup> February 2013.

## 29. INCREDIBLE YEARS

The Incredible Years parent training intervention is a series of research-based, proven effective programmes focused on strengthening parenting competencies (monitoring, positive discipline, confidence) and fostering parents' involvement in children's school experiences in order to promote children's academic, social and emotional competencies and reduce conduct problems.

The Incredible Years Parents, Teachers, and Children Training Series has two long-range goals. The first goal is to develop comprehensive treatment programmes for young children with early onset conduct problems. The second goal is the development of cost-effective, community-based, universal prevention programmes that all families and teachers of young children can use to promote social competence and to prevent children from developing conduct problems in the first place.

NHS Ayrshire and Arran were offered 25 training places in the parenting programme Ayrshire on a multi-agency pan Ayrshire basis in March 2011. A group of 5 staff accessed the training: a health visitor, social worker, support assistant, teacher and an educational psychologist.

The Incredible Years programme is delivered in New Cumnock Early Childhood Centre which is designed to promote positive parenting strategies and to assist parents in managing children's behaviour problems.

Goals of the parent training series are to:

- Promote parent competencies and strengthen families:
- Increase positive and nurturing parenting.
- Reduce critical and violent discipline approaches by replacing with positive strategies
- Improve parents' problem-solving skills, anger management and communication skills.
- Increase family support networks and school involvement/bonding.
- Help parents and teachers work collaboratively to ensure consistency across settings.
- Increase parents' involvement in children's academic-related activities at home

### **30. SOCIAL WORK CHILDREN AND FAMILIES INTENSIVE SUPPORT TEAMS**

The two Intensive Support Teams are based in the Johnnie Walker Bond and cover the whole of the East Ayrshire Area. They are a responsive service working flexible hours to support children young people and families when they need help. They provide time-limited focussed interventions across a whole range of issues affecting families: e.g., parenting interventions, anger/behavioural management, reducing offending/aggressive behaviour, life coaching etc.

The teams work to support young people and their families and carers to improve relationships, increase parenting capacity and build resilience. Their focus will be on improving outcomes for children. Workers work closely with young people to enable them to live independently and assist them to become active participants within their communities. The teams work in collaboration with a host of partners, building community links and capacity and ensuring families are linked into community supports/activities. The age range for service provision is 0-21 years, with a focus on young people most at risk of becoming accommodated and those moving on to living independently within their community. The team, in partnership will provide interventions that will offer intensive support and monitoring to young people as an alternative to secure accommodation.

#### **Aims**

- The intensive support team will work closely with the lead professional to promote positive outcomes for children and young people by working with them, their families/carers assisting them to continue to live in their family homes and community, when it is safe to do so. They also focus on supporting children and young people who are looked after away from home to return to their families.

#### **Objectives**

- To work from a strength-based model, building on the strengths within children/families and helping them to achieve their potential;
- To offer a flexible and responsive service this can vary from regular contact to intensive support;
- To enable young people to stay at home/return home;
- To avoid the need for young people to be looked after away from home, in residential school/secure accommodation;
- To maximise family support and kinship arrangements by supporting families caring for children.
- To support young people towards leaving care and helping them sustain successful independent living in the community after they have left care.

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