



# Blaenau Gwent Families First





# Contents

What is Families First? .....	1
Families First Support .....	2
Young Carers Project .....	3
Families First Disability Team .....	4
Parenting Support .....	5
Families First Advisors .....	6
The Families First Advocacy Service .....	7
What does your family need? .....	8

1

# What is Families First

The **Families First** programme is funded by the Welsh Government to help families who are facing difficulties. The Families First team offers different types of support depending on what the needs are.

It places emphasis on early intervention, prevention and providing support for whole families, rather than individuals.

Complicated issues will need lots of support, whilst some families might need help to overcome smaller issues to stop them getting worse.



# The Families First Programme has two main goals:

1



To support young people and families to achieve their full potential...

To help improve families health and well-being and support all aspects of parenting.



2

**Families First** is all about providing support to the whole family. In Blaenau Gwent the Families First Programme is based in the Hearts of the Valleys Children's Centre in Blaina.

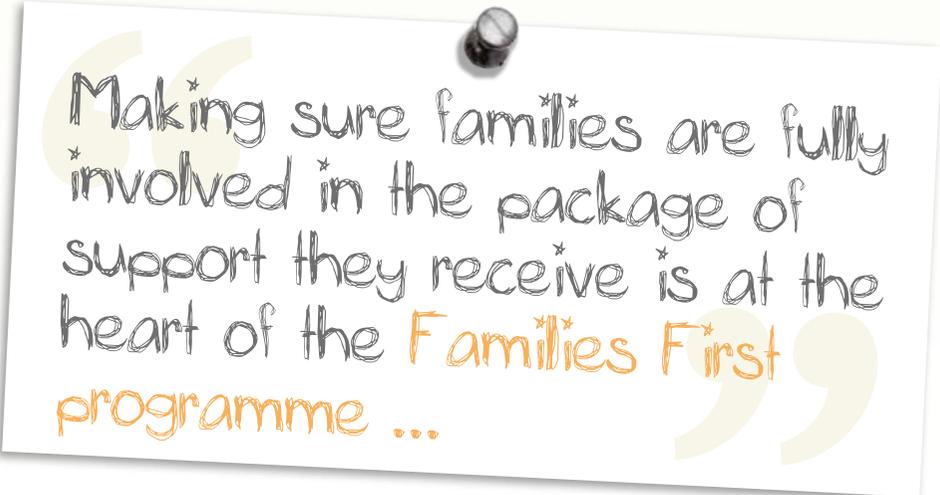
- When working with a family we can complete an assessment to look at the different issues they may be facing, this is called a **JAFF** (Joint Assessment Family Framework).
- We make sure different services work together to offer the best support for families through a **Team Around the Family**. For example, Schools, Health Visitors and Housing.
- Provide different types of support in your community, your child's school and one to one sessions. For example, managing your child's behaviour and helping to improve school attendance.



- Provides support with issues such as:
  - > domestic abuse
  - > housing
  - > poor mental health
  - > substance misuse

if these are the issues you are facing as a family, we can provide support and work jointly with specialist services to help you.

- Work alongside Health Visitors and School Nurses to provide extra health advice and support; and
- May be able to offer free childcare for children who would benefit the most in a family, through the Assisted Places Childcare Scheme.



Making sure families are fully involved in the package of support they receive is at the heart of the Families First programme ...

# Families First Support

The **Families First Support Workers** will be a dedicated worker for your family.

The Families First Support Workers will be:

- A Key Worker for families with lots of needs, that have been discussed as part of a JAFF;
- Special support for children and young people who have caring responsibilities.
- Support for children with disabilities & complex needs and their families.
- We have a clinical psychologist within Families First who provides advice & guidance to all our support workers and can work directly with families.

The long term goal for Families First is to help families to become confident & resilient to manage on their own...

# Young Carers

3

- The Young Carers project provides a safe environment to support young people who may be affected by any caring role within the family. For example: those whose parent or carer may be affected by illness, mental health or substance misuse.
- Promotes and protects the physical and emotional well being of young carers
- Fortnightly support groups help to develop improved resilience, confidence, skills and knowledge
- Young carers will be encouraged to attend the youth forum which provides a platform where young carers can have their voices heard by those who can make a difference to their lives.



4

# Families First Disability Team

Providing specific support for families of disabled children is a key part of **Families First**.

The team will work with the families to ensure they can access all their entitlements and become more aware of all opportunities open to them.



Fortnightly meetings offer parents/carers extra support from their peers.



An intergrated group is held every week and is open to children who have complex needs to attend with their families. This is an opportunity for play and for families to get together for support.

Families First will support families to find provisions for play and leisure activities for their children, ensuring the settings are confident to meet their needs. All sessions delivered by Families First across the borough are fully inclusive and ensure all families are welcome.

5

# Parenting Support

- Parenting Groups are now running regularly across Blaenau Gwent. Trained support workers facilitate and run the groups based on the Family Links parenting model.
- If a group setting is not for you, parenting support can be provided on a one to one basis within the home.
- Parenting support can help with:
  - > Praise and Rewards
  - > Managing challenging behaviour
  - > Bringing out the best in your child
  - > Motivating your children
  - > Strengthening family relationships



Parenting support can be delivered on a one to one basis within the family home, or as part of a group within a community setting.



# 6

# Families First Advisors

- Families First now has two advisors who are based within all the schools across Blaenau Gwent.
- Families can come in and meet them and discuss any issues you may be facing as a family and discuss any support Families First can provide.
- Families First provides support with various levels of need and if you are experiencing difficulties please ask for support/advice through your Families First advisors when they are in your child's school .
- Your child's teacher can give you more information about this and as they are based within the schools they can meet with families to advise on support available.

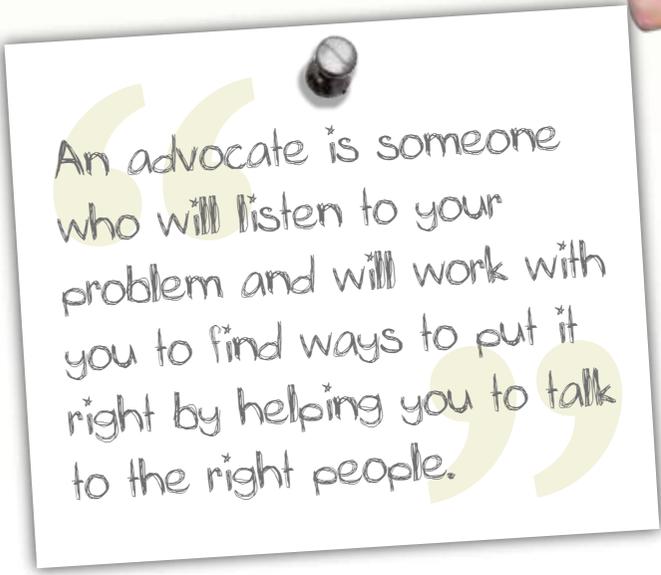




# Families First Advocacy Service



**Families First** supports the delivery of an Advocacy Service. The Advocacy Service is an independent organisation called **NYAS**. NYAS offers support to children and young people who feel unhappy about something and don't feel that services are listening to them. NYAS can help you get something stopped, started or changed.



An advocate is someone who will listen to your problem and will work with you to find ways to put it right by helping you to talk to the right people.



# NMAS can help you to get your voice heard, we can:

- Provide someone who represents you
- Get you listened to
- Support your wishes and feelings
- Help you make a complaint
- Speak up for you
- Help you understand your rights
- Get you involved in making decisions about you



# What does your

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My family are doing OK but **need support**  
in a specific area...

Or

I am concerned about my family and  
things may get worse if I don't seek help...

Contact the **Families First Team**

**E** [familiesfirstduty@blaenau-gwent.gov.uk](mailto:familiesfirstduty@blaenau-gwent.gov.uk)

**T** 01495 355584

Or

Contact the **Family Information Service**  
(FIS)

**T** 08000 32 33 39

**E** [fis@blaenau-gwent.gov.uk](mailto:fis@blaenau-gwent.gov.uk)

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# Family Need?

Alternatively you can drop into the **Integrated Children's Centre** in Blaina for more information.

*I have **serious concerns** about my family or a family I know and believe the family's safety could be at risk...*

Contact the **Social Services Duty** referral team

**T** 01495 315700

**E** [info@blaenau-gwent.gov.uk](mailto:info@blaenau-gwent.gov.uk)

