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**Update on the work of Children 1<sup>st</sup> in Helensburgh and Lomond**

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**1. Purpose**

- 1.1 This report provides the Area Community Planning Group with an update on the work of Children 1<sup>st</sup> in the Helensburgh and Lomond area.

**2. Recommendations**

- 2.1 The Area CPG is asked to note the contents of the report.

**3. Background**

Aims and Objectives

- 3.1 CHILDREN 1ST is working with Argyll and Bute Council, NHS Highland and Argyll Voluntary Action in the Helensburgh and Lomond area to support families with children aged 0 to 8, including unborn children. This service has been operational since February 2014 and is funded through Scottish Government, Early Years Family Support PSP as well as Argyll and Bute Council. In 2016-17, as Scottish Government funding ends, CHILDREN 1<sup>ST</sup> will be accessing funds to ensure the service continues.
- 3.2 We focus particularly on engaging hard to reach families, and provide support at home for individual family members and in groups. The aim is to build families' skills and confidence, so they are better able to deal with issues impacting on the wellbeing of their children.
- 3.3 Activities might include play sessions, establishing routines, teaching practical skills like cooking and safety, and encouraging attendance at appointments. We support families to cope better, build stronger relationships, feel less marginalised and more included, make better use of local services, help their children have fun, enjoy the opportunity of new experiences and have happier safer homes with happier safer children.

## 4. Detail

### Referrals and work

- 4.1 Since the service began there have been 27 families worked with and 80 children included in these families. There are currently 20 families allocated to staff. The service has a waiting list of 9; this reflects the high demand for service. Most of the referrals continue to come from health.
- 4.2 Most of the families the service works with have complex needs. This can include mental health issues, children on the Child Protection register, housing, a high level of poverty and social isolation. This has resulted in the work often being long term as families need a high level of support in many areas of their lives.
- 4.3 The report below indicates the number and age of the service users we have supported since the service began in March 2014. We have supported 27 families with 80 service users in this period.

<b><i>Age Report Start</i></b>	<b>Existing</b>	<b>New</b>	<b>Closed</b>	<b>Total SUs worked with</b>
<b><i>0 Unborn</i></b>	<b>0</b>	<b>35</b>	<b>20</b>	<b>35</b>
<b><i>1 Children (0-11)</i></b>	<b>0</b>	<b>11</b>	<b>7</b>	<b>11</b>
<b><i>2 Young People (12-17)</i></b>	<b>0</b>	<b>6</b>	<b>2</b>	<b>6</b>
<b><i>3 Young Adults (18-24)</i></b>	<b>0</b>	<b>21</b>	<b>11</b>	<b>21</b>
<b><i>5 Adults(25+)</i></b>	<b>0</b>	<b>7</b>	<b>3</b>	<b>7</b>
<b><i>Total</i></b>	<b>0</b>	<b>80</b>	<b>43</b>	<b>80</b>

## Staffing

- 4.4 The service has two full time Family Support Workers who are managed by a Service Manager, all employed by CHILDREN 1<sup>ST</sup>.
- 4.5 The service has also recruited and fully trained four volunteers. Two have actively supported families and enabled parents to feel valued as members of their own community, supported by other community members. Family support workers are currently identifying other families who would benefit from support of volunteers.

## Parenting Programmes

- 4.6 The service has one family support worker trained in the Incredible Years Parenting programme. This has been delivered in September 2014, February 2015 and another planned for September 2015. There are also plans within Argyll & Bute to develop Psychology of Parenting (POP) programme, which the service hopes to be involved in developing and delivering.

## Evaluation/Participation of Parents

- 4.6 Agreement of the work plan and outcomes is established with families at the outset of the work and reviewed on a 6 weekly basis. A formal review and evaluation of the service takes place with families at the end of the service involvement.
- 4.7 A focus group with parents took place with our independent evaluators earlier this year. Feedback on the service recently sought from parents and partners has been excellent. If you wish to see the independent evaluation of all 5 CHILDREN 1<sup>ST</sup> PSP Services, including Argyll and Bute PSP, carried out by Stirling University, it is available on request.

## **5. Conclusions**

This report outlines the work of Children 1<sup>st</sup> in the local area.

## **6. SOA Outcomes**

The work of Children 1<sup>st</sup> clearly fits in with SOA Outcome 4: Children and young people have the best possible start.

Person to contact:-  
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