

Lancaster District Parenting Forum

Child and Parenting Support Services, Sefton Drive, Lancaster
LA1 2QD

Tuesday 6th September 2011 @ 9.30am

Minutes of Meeting

Present:

Sue Earnshaw, Chair of Forum & District Parent Support Adviser, Lancaster
Rose Roberts, NHS Public Health
Sue Faulkner, SafeNorthwest Ltd
Sarah Haddington, Gypsy, Roma, Traveller Achievement Service
Joy Holmes, Lancashire Care Foundation Trust (CAMHS)
Barbara Worrall, ADHD N.West
Donna Whittaker, Child & Parent Support Service (CAPSS)
Jessica Rodwell, Child & Parent Support Service (CAPSS)
Moyna Hargest, NCMA Bay Childminding Network
Linda Chapman, YMCA TRUCE Project
Lynn Haggan, YMCA TRUCE Project
Emma Blair, YMCA TRUCE Project
Lizzie Halliwell, Addaction
Simon Rothwell, Addaction
Helen Gould, Ludus Dance
Joanne Knowles, Homestart
Simon Denerley, Help Direct
Debbie Dewhirst, Vulnerable Household Project, Lancaster City Council.
Alison Hetherington, Health Trainers

1. Sue Earnshaw welcomed everyone to the meeting. Introductions followed.

2. Apologies:

Wendy Hart, Lancashire Care Foundation Trust (CAMHS)
Debbie Dawson, Early Intervention Development Officer
Joyce Stanforth, Lancashire Library Service
Jo Stretch, Health Visitor
Lorna Banks, Balmoral C/C
Wendy Jackson, Youth Offending Team
Claire Wareing, JobCentre Plus
Julie McTominay, JobCentre Plus
Sharon Parkinson, Lancaster City Council
Caroline Costello, Unique Kidz & Co.

3. Minutes of the last meeting were read and agreed

4. Matters arising – No matters arising

5. Update from Sue Earnshaw: Forum Chair and District Parent Support Adviser – Lancaster.

- Update & Briefing paper from Debbie Dawson, EIDO (Early Intervention Development Officer) – Unfortunately Debbie had to send apologies to the meeting; she had prepared a briefing paper for the forum, but hadn't managed to send it through in time. Sue(Chair) explained that she would go through the Early Intervention Spot Commissioning process today and pass on any questions to Debbie that she couldn't answer/or members of the forum could contact Debbie direct on Debbie.dawson@lancashire.gov.uk Mobile No: 07557030645 *Briefing paper now circulated to Forum members (15.9.11)*

Sue also mentioned that there is now a date for the first **CAF drop-in** on the **14th October 2011 from 9.30am – 11.30am at Old Man's Rest, Lune Pk Children's Centre, Lancaster LA1 2LN**. This is for practitioners to come together informally and discuss the CAF procedure with others who may be able to support and assist, and promote best practice. All welcome. Please come along.

- Sue briefly explained the EI spot commissioning process and how to apply. Papers had been circulated but these were asked for again. (circulated 15.9.11) The funding is to be used for sourcing additional services (Level 2 + on the Lancashire Continuum of need) It was emphasised that the child should be the focus of the application for funding and should therefore have a Unique Reference Number (URN) –this is obtained when the CAF process has been initiated. There is a maximum limit to the amount of funding per child (£2.5K) and the EI sub group will meet to discuss applications received on a monthly basis (ie: end of the month) Group applications are also acceptable.

Additional services could include the 'Total Family' approach, providing that the outcome for the child will be positively affected –Eg: If a practitioner believes that a 'Parenting Programme' will improve the parenting skills of the parent - then this in turn will benefit the child and the whole family, and can be applied for. (Application form and details re- circulated to members 15.9.11)

The new EI Resource Panel will look at creative and innovative ways of sourcing services and resources to meet need and will support the EI Sub group.

LDATT money – There is 20K available for delivering alcohol and drug work with young people and families in Lancaster District. This is a small grant opportunity; if you are interested please contact either lee.girvan@centrallancashire.nhs.uk or Debbie.dawson@lancashire.gov.uk for application forms. This money will be commissioned through the early intervention sub group. Closing date for 1st round applications is 23rd September '11. (LDATT application forms re-circulated to members 15.9.11)

- Work Programme – DPSA (District Parent Support Adviser) Sue Earnshaw. Sue explained that she now has a new work programme in place to cover the period from April'11 to March'12. Part of this work programme will be to revise and refresh the Lancaster District Parenting Strategy (2008)
- DPSA Monitoring & Reporting: Commissioners have been working with Debbie Dawson to agree appropriate monitoring & targets for Sue's role over the 12 month period. Sue does not deliver directly to Children & families, so she is looking for help and support from Forum members on a monthly basis to collect data that will feed into her monitoring.

**If you can help with collecting any of the data required (see below) on a monthly basis - please send directly to Sue by the end of the 1st week of the following month ie: September's data – to Sue by end of 1st week of October and so on. Many thanks.

- **Number of parents on eligibility criteria being supported by Forum Agencies?**
 - Eligibility Criteria includes:
 - Level of need of families on continuum of need?
 - How many families have experienced a **reduction** in their level of need during this quarter?
 - How many families have experienced an **increase** in their level of need during this quarter?
 - Level of need of families on exit from service?
 - What are the family's main issues on referral? (Pls *name/count all that apply from list below.....*)
 - Worklessness
 - Housing

- Lack of qualifications
- Mental Health issues
- Disability/Long term illness
- Low income/debt
- Poor parenting skills
- Child behaviour
- Child's health issues
- Drug/alcohol misuse
- Domestic Violence
- Risk of child protection issues eg: neglect
- Offending/anti social behaviour
- Immigration issues
- Other?
- No. of CAF's being **completed** by organisations in the forum?
- No. of CAF's **closed** by organisations in the forum
- No of organisations involved in training delivered through the parenting forum?

Your help with this would be much appreciated – please send figures through to sue.earnshaw@signposts.org.uk (circulated 15.9.11)

- The Lancaster District Parenting Strategy (September 2008) is to be revised and updated.

The availability of and access to, 'Evidence based Parenting Programmes' and the practitioners who are delivering them, informed the original Strategy; we feel it is time to update this information and include it again in the revised version.

I am aware that many services have now left the district, and priorities and funding have changed the frequency and accessibility of many Parenting Programmes; however there are still quite a number of programmes being delivered via Children's Centres; Health practitioners; and the Voluntary,

Community & Faith sector and I wish to ensure that these are recognised and included in the Strategy. The information received will also inform the Early Intervention Resource Panel, as referrals for the E.I. spot commissioning funding are received and discussed; especially if a specific Parenting Programme might provide additional support services to the family.

You may have taken part in the Signposts County wide Parenting Audit in 2008/9.

The questionnaire has recently been adapted by Preston Children's Trust and is being shared across districts as a fine example of 'integrated working'.

Signposts MARC Ltd will once again receive and collate the information.

Could I ask that you return completed forms to june.killeen@signposts.org.uk by **Friday 23rd September 2011**.

Please feel free to pass on this email to any contact you have who may deliver parenting programmes across Lancaster District. Apologies to anyone I might have missed.

(Questionnaire re - circulated 15.9.11)

Many Thanks in anticipation of your return

Sue

- **Revised – Forum Terms of Reference July 2011.** The revised and agreed TOR will be sent to the Parenting website. www.parenting.signposts.org.uk
- **Parent's Week – October 17th – 23rd 2011:** This nationally recognised week to celebrate the family this year looks at **'Family Friendly.....What's the story?'** aimed at stimulating debate around what family friendly is: what constitutes a family friendly public service? What changes do families want to see? What's on offer? What is it that decision makers should know? – *The Parenting Forum agreed to the Forum Chair collating the local information from a previous LCC consultation that took place 09/10 across Lancaster District, where Parent Groups were asked a selection of questions, similar to those above, and the answers were collected on 'post-it's';*

the findings could then be shared with the Parenting Forum and the Lancaster Children's Trust EI Sub group.

- **INFORMATION:**

LANCASHIRE CHILDREN & YOUNG PEOPLE'S PLAN 2011-2014

The new Children & Young People's Plan 2011-2014 has now been agreed. Copies of the full plan, a summary version and diagram are available to download from the new Lancashire Children's trust website:

www.lancashirechildrenstrust.org.uk

TRUST TALK

This is the termly newsletter for Lancashire Children's Trust. Please find Spring 2011 Edition 1 on the Parenting website –

www.parenting.signposts.org.uk

- **West End Impact:** 12 – 14 Heysham Rd, Morecambe.

Expectation Café open at 10.30am every Tuesday (**during term-time**) – come and join us for Coffee, cake and company – soft play area and toys – All welcome

Impact Youth Group – 6.30pm every Wednesday. For more info: contact the Youth Pastor at: zofia@mcc.uk.com

Also find us on Facebook or Check out our website: www.mcc.uk.com

- **Childminder Vacancy List** – contact Jo Dodd at Lune Park Children's Centre, Lancaster on 01524 382818.

Small Network Brochure – shows contact details for Network Childminders (available to download from the Parenting Website)

www.parenting.signposts.org.uk

Bay Childminding Network Brochure – explains what they do (available to download from the Parenting Website) www.parenting.signposts.org.uk

- **Start4Life** – Start4Life is here to help you give your baby the foundations for a better start in life. www.nhs.uk/start4life
- **'No Health without mental health'** – A cross Government mental health outcomes strategy for people of all ages – see the complete Strategy at www.dh.gov.uk/mentalhealthstrategy
- **Ben Powell – Phoenix Project** – Ben now has an office base with Health Trainers & Advocacy at St. Leonards House, Lancaster. Contact Ben on: 01253 362140 (Please

find brochure for the Phoenix Project on the Parenting website –
www.parenting.signposts.org.uk)

- **‘Gardening Matters’ – For all your gardening needs – A furniture Matters Project** – contact 01524 426622 for more information/to arrange a no obligation quote or e-mail: gardening@furniturematters.org.uk
- **One Parent Families Group – Lancaster area** - Group of one parent families who meet regularly to have fun together. Our activities include days out; walking; cinema; watersports; camping and much more! We also have a facebook page to keep in touch with each other. If you would like to find out more about this friendly group – please leave a message on 01524 423973 (Debbie)
- **‘Positive Steps into Work’** – Project funded through the Lancaster District Local Strategic Partnership – for People who are Homeless; People with learning/physical disabilities; Young people aged 16yrs and over including school leavers; People with mental health/Health issues; Lone Parent families; Anyone living in the Poulton; West end; Westgate; Heysham North; Ryelands or Vale areas within Lancaster & Morecambe district. For further details on referrals or to make an appointment or to get more information; contact Debbie Dewhirst (Project Manager) on 01524 582677 or Mob: 07920766796 or e-mail: ddewhirst@lancaster.gov.uk

(Please see Parenting website for brochure www.parenting.signposts.org.uk)

- **Action** – a Drugs and Alcohol Handbook for Early Years Workers.
www.lancashire.gov.uk/education/childcare
- **Netmums:** a completely parent driven service.; unique free online support for Mums, providing 24 hour peer support (parent supporters) and support from a team of professionals. www.netmums.com
- **Useful link for Parents/Carers** – see ‘Parents Link’ on the Parenting website
www.parenting.signposts.org.uk
- **Working Together to Safeguard Children (2010)** – sets out how individuals and organisations should work together to safeguard and promote the welfare of children. Download from www.ecm.gov.uk/workingtogether
- **Lancashire Prevention & Early Intervention Strategy** on Parenting Website
www.parenting.signposts.org.uk
- **Guidance on implementation of the Equality Act:**
www.equalities.gov.uk/equality_act_2010/equality_act_2010_what_do_i_n.aspx
- **North Lancashire HIV Support Group:** Meets in Lancaster on the 2nd Thursday in the month. This group is open to anyone living with HIV, regardless of gender, sexuality, race or nationality.
We can offer help with travel expenses.

If you want to know more or need to discuss anything before coming along please call Peter for more information: Please contact Peter: 07855342732.

- **Balmoral Children's Centre website** – Balmoral Children's Centre now have a website: Go to: www.balmoral.childrecentre.org
- **Computerised Cognitive Behavioural Therapy** – CCBT is a new method for delivering CBT via a computer. Research has shown that CCBT improves anxious/depressed patients about as much as face to face therapy, but it is also more cost and time efficient without any side effects. It provides a solution for many sufferers who often prefer its convenience, confidentiality and reduction of stigma. Drop in and see us – Fridays at Signposts.

Come and have a chat – see if we can help you.

Appointments can be made for a private chat.

Please ask for Emma or Sean at Signposts on Friday or call 01524 387857 Monday – Thursday

CCBT is run by Social Prescribing

- **Look out for Signposts range of Social Enterprise Services** – see details listed on Parenting website and Signposts website www.signposts.org.uk
- **Parenting Workshops @ UCLAN – New for 2011** – details on Parenting website www.parenting.signposts.org.uk
- **Operation Breakthrough – Lancashire Constabulary & Lancaster District Community Safety Partnership** – Operation Breakthrough is a specialist team dedicated to stopping sexual exploitation in the Lancaster & Morecambe area. 'Giving young girls cash, drugs or presents so they will have sex with you or your mates is sexual exploitation – and its against the law'

If you have information call: 01524 63333 or call Crimestoppers anonymously on 0800555111

- **Chill Out Zone – a free Parents Support Group with childcare for children with Autistic Spectrum Conditions.**
A series of 6 support groups across Lancashire providing practical support to parents and carers of children & young people of up to 18yrs of age with Autistic Spectrum conditions.

Monthly groups taking place at:

- Rossendale – Bacup Monday evenings 6 – 8pm
- Ribble Valley – Whalley Tuesday evenings 5 – 7pm
- Hyndburn – Clayton-le-Moors Thursday evenings 6 - 8pm
- Pendle – Nelson Monday evenings 6 – 8pm
- **Lancaster – Lune Pk Children's Centre – Thursday evenings 6 – 8 pm**
- West Lancashire – Skelmersdale Thursday evenings 6 – 8pm

Relax whilst your children are supported by trained staff in activities including:
Games and messy play; Arts and Crafts; Wii console.

For further details and to book a place contact Julia Butcher at The National Autistic Society (NAS) on 0161 9453341 or Mobile: 07717577596 or e-mail:

Julia.butcher@nas.org.uk

- **Downs Syndrome Parents & Carers Group Newsletter No.14** – circulated to forum members 15.9.11
- **Your Guide to Grants for the Disabled – New website** www.disability-grants.org
- **Ludus Dance – New Classes**
Book Online: www.ludusdance.org for orders over £8 or call: 01524 35936
- **TO ALL HELP DIRECT CONTACTS AND PARTNER AGENCIES:**

Please find details for the L.E.S.S. Utility Bills clinics being held at Morecambe, Heysham and Lancaster libraries over the coming months.

Flyer available on Parenting website: www.parenting.signposts.org.uk

L.E.S.S. is a local not-for-profit organization, one of whose aims is to help people save money by saving energy, and the Utility Bills Clinics may be able to help them find a cheaper tariff for gas or electricity. The service is free and no appointment is necessary, though you would need to bring along your recent utility bill statements.

For more information, phone L.E.S.S. on 01524 66100, or visit their website www.lessuk.org

Simon Denerley

Area Co-Ordinator

Help Direct Lancaster District

7 - 11 Chapel Street

Lancaster LA1 1NZ

Email: simond@loc.helpdirectlancls.org.uk

Website: www.helpdirect.org.uk

01524 387853 07896 600186

Training:

- **‘Speakeasy’** An 8 week course for Parents (with Open College Network Accreditation (OCN) = to GCSE Level A-C & D – F) on:
‘How to answer the questions children ask about growing up, sex and relationships without feeling embarrassed!’
The course also covers puberty, media and peer influence, school sex ed. policies, types of contraception & information about sexually transmitted infections – Plus lots of chat and a bit of a laugh!
Courses are regularly running throughout the district.
For more information & to secure a place please call:

Hazel Collier on 07970848393 or Rosie France on 07919497402.

See Parenting Website for downloadable poster:

www.parenting.signposts.org.uk

- **FREE!! ‘Financial Capability Training’** - Learn about maximising income; budgeting; saving; borrowing debt; scams; tax codes – organise a group or 1:1 training can be given – content and time can be negotiated – contact Elaine Wilson on: elainew@northlancashirecab.org.uk
- **FREE!! ‘Energy Best Training’** – This training looks at searching for better deals on gas and electric. The training can be presented to groups and last about an hour. In addition Elaine can offer some ‘Frontline Training’ Contact Elaine on: elainew@northlancashirecab.org.uk to arrange dates and times convenient to your group.

Poster available on Parenting website; www.parenting.signposts.org.uk

- **Gary Humphreys Free Leadership Coaching**

Gary Humphreys, a qualified children's Social Worker, is currently undertaking his MA ILM Level 7 Leadership coaching award and in order to broaden his portfolio - is offering people in the voluntary sector a free short course of three leadership and management coaching sessions.

This could include strategic planning, restructuring, responding to change or professional development. He uses a mixture of solution focused and Goal Centred approaches that are creative and determined by the coachees agenda. The sessions, of 1 hour, can be based at the workplace in a suitable room or at his location in Lancaster.

For more information, call Gary on 07710 750 663.

- **See all Training Course information on Parenting Website**

www.parenting.signposts.org.uk

8. Round the Room Updates (A 'brief' update on service information from forum members)

- **Sarah Haddington – Gypsy Roma Traveller Achievement Service** On the **21st September**, all practitioners across Lancaster District are invited to a multi-agency meeting at Skerton Learning Centre from 10am – 12pm. The meeting is intended to link local agencies together. The 'Travellers Times' magazine is no longer funded by the Lottery Funding. **Contact Sarah on:** sarah.haddington@lancashire.gov.uk
- **Barbara Worrall – ADHD N.West** Barbara explained to the forum the difficulty she has had in responding to the National Parenting Academy's 'Annual review'; this is a review of parenting programmes that have been accepted onto the 'toolkit'. It has been a particularly difficult process and she is now waiting for the results. ADHD N.West had 2 trips in the summer for families and they make a regular monthly visit to 'Cheeky Monkeys' in Whittle le woods, Chorley. **Contact Barbara on:** reception@adhdnorthwest.org.uk
- **Joy Holmes – Lancashire Care Foundation Trust** Based at the Ross Centre, the restructuring process should be completed by the end of September'11. The TAMHS project came to an end and now the 'Preventative Early Intervention Service' is up and running; it is being offered to schools and so far 12 schools have bought in the service. This has allowed for 2.5 full time workers to join the team. 'Promoting Positive Mental Health' is the next training course on offer – information on the Parenting website www.parenting.signposts.org.uk **Contact Joy on:** joy.holmes@lancashirecare.nhs.uk
- **Sue Faulkner – Safenorthwest Ltd.** Sue's company offers a wide range of Parenting Programme delivery and can be commissioned to deliver across Lancaster District; She has experienced, knowledgeable, family support workers who can deliver all types of group work. **Contact Sue on:** sue.safenorthwest@hotmail.co.uk
- **Alison Hetherington – Health Trainers.** Health Trainers can offer 1:1 support over a 3 month period; they work with families and adults and are looking for referrals across Lancaster District. They are also recruiting volunteers. Health Trainers are also involved in service user forums. Anyone 18yrs+ that lives in Lancaster District can get involved. Health Trainers can also be invited to speak at group sessions and meetings. **Contact Alison on:** ahetherington@ncompass1.org
- **Simon Denerly – Help Direct** Help Direct was originally a 3 year project and has received a further 2 years ongoing funding. A review by LCC of the service has been completed. Help Direct have advisers in Lancaster and Carnforth. They have a volunteering bureau. They have a Social Prescribing

project funded by the PCT, supporting people with low level mental health issues. Help Direct have delivered the Small Sparks Grants which have been around for 2 and a half years. LCC have now decided the grants are too broad and have reallocated the funding. Small Sparks will no longer exist. Help Direct has a 'contacts list' of partners and can circulate information; Events and Activities can be promoted; as to can any 'Gaps in Services'. Help Direct have Social Enterprises such as; Safe Trader Scheme; Gardening Matters (where anyone living in Lancaster District can request gardening services); They also have a 'Well being Directory' and services are encouraged to send in their details. **Contact Simon on:**

simond@loc.helpdirectlancs.org.uk

- **Helen Gould – Ludus Dance** Helen is a Lancaster dance officer; they work across the district, delivering lots of playschemes. They work in partnership on creative projects and can offer a range of 'taster sessions. EG: Zumba on a Tuesday 6pm - 7pm at More Music in Morecambe. Ludus Dance has some Early Years research happening at the moment to try to develop a 'flexible model'. They need to work in partnership to be able to do this and are looking for parents and families to work with Ludus. New leaflets coming out – New term starts in 2 weeks. **Contact Helen on:**
lancasterdance@ludusdance.org ,
- **Moyna Hargest – NCMA Bay Childminding Network** The Bay Childminding Network is a 'Quality' Network producing 'Accredited Community Childminders' – funding paid for by Social Care to care for children with additional needs. Lancashire has a limited pot of money to support these parents. In the 1st of several briefing sessions Moyna has heard that a number of 2yr olds (looked after children; children in need or at risk) are to receive up to 15 hours of childcare per week;outcomes of recent pilots are favourable. The children have to be referred into the scheme by Social Workers. They can only access Nurseries or Childminders who have received 'Good' or 'Outstanding' for their OFSTED Inspection; they are looking to raise standards across the whole of childminding – it isn't exclusive and they will be looking at monitoring. **Contact Moyna on:**
Moyna.hargest@lancashire.gov.uk
- **Linda Chapman – YMCA TRUCE Project** Re. Lancaster YMCA – Fylde YMCA are now involved. Re. TRUCE – they are meeting contracts they already have and are continuing until March '12. Don't know what's happening after that – some could be losing jobs. TRUCE offers counselling services for over 14yrs and family mediation. **Contact Linda on:**
lindac_ymca@btconnect.com
- **Simon Rothwell – Addaction** This is a young people's service working with issues with drugs and alcohol; they have a Tier 3 service which is a treatment

service working 1:1; they have a Tier 2 service, delivered by Lizzie, which is based on education and awareness, working in schools, on a low level 1:1 across Lancaster, Fylde and Wyre. They also have an additional project 'Aspire' run by an Early Intervention Co-ordinator and a Social Work student; they look to work with any project with young people – there is funding available. The annual event for young people in Williamson Park is an Aspire project. Addaction help facilitate and fund work with young people; their numbers of referrals have been dropping a bit lately. 'Skills for Change' is a project funded by Dept. Further Education – part of the Hidden Harm agenda. It has 9 pilot sites across the locality; 3 in Lancaster – schools are on board with this project and Heysham High School have expressed interest to take part. A new project coming up is for Young People at risk due to Parental substance misuse identified by Schools and Social Services. Young Addaction work with young people up to their 21st Birthday. Between 18yrs and 21years they could go over to Addaction. **Contact Simon on s.roth@addaction.org.uk** .

- **Debbie Dewhirst – Vulnerable Households Project, Lancaster City Council.** Funding now confirmed to March 2012; Sharon Parkinson is the Manager and is looking to continue the funding via City Council or Supporting People. Families have a multitude of issues; Debbie has to explain to families what is expected of them; Re. Total Families – Debbie has spoken with EIDO. The Police are running a new TF project taking the x5 most problematic families across Lancaster and 5 in Wyre and delivering a TF approach. 'Positive Steps into Work' is another project from City Council – Debbie is temporarily looking after this project until 31st March 2012. Targeting specific areas across the district the project aims to support people who have been on long term benefits (young people as well) to get back into work. **Contact Debbie on: ddewhirst@lancaster.gov.uk**
- **Joanne Knowles – HomeStart** Homestart are receiving lots of referrals (has to be an under 5yrs in the family) Volunteers are required – New course of training starting. 2 – 3 hours a week expected of a Homestart Volunteer. Trustees also required for the Homestart Board. Referrals are usually from Lancaster and Morecambe but they can come from further afield such as Carnforth – always ask. **Contact Joanne on: mail@homestartml.co.uk**

7. **A.O.B.** – No Other Business

8. **Next Meeting**

Tuesday 1st November 2011 at CAPSS at 9.30 am.

All welcome. Anyone who would like to present pls contact Sue. 07825207025

All welcome, bring your colleagues; become members of the Lancaster District Parenting Forum. Join us as we move our work to align with the Prevention & Early Intervention Agenda.

Keep up to date with Integrated Working & Total Families as the Lancaster Children's Trust begins to address new priorities for young people, children and families.