

# EARLY HELP NEWSLETTER



**Autumn 2020**

As we continue to manage Covid and make plans for living with Covid, we are conscious that now, more than ever, our children and families are needing support. We know that lockdown has likely caused exacerbated tensions in families and that issues may well have gone unreported due to the lack of contact with professionals.

The collaborative response from the early help system in supporting children, young people and families during the pandemic has been remarkable and is a real testament to the strong partnership working that exists in Salford. The Early Help Neighbourhood Operational Group Recovery Plan identifies our joint key priority areas for supporting recovery and will ensure that we continue to deliver integrated services to improve outcomes for children, young people and families.

Regards  
Becky



**Update from  
Becky Bibby -  
Assistant Director,  
Early Help and  
School Readiness  
Chair of the Early  
Help Neighbourhood  
Operational Group  
(EHNOG)**

# Early Help and the Youth Justice Service

Whilst every family within Salford is unique with their own different support needs it has been identified that Early Help and the Youth Justice Service, particularly within their Pre-Court offer are often working with families of similar need. On occasion, requests for family/young person support has been sent to and opened at both services simultaneously without any communication between the two. For families this is frustrating as multiple professionals make contact at the same time or the family experience being passed from one service to another where their experiences have to be retold.

It has been acknowledged that a more holistic and tailored package of support for families could be offered via a collaboration between the two services. There is a wealth of knowledge and resources which can be shared between the two services which can be used to support a family's requirements within one plan. This collaboration also provides staff with excellent opportunities for continued professional development and increased awareness of other services within Salford which families who they work with could be supported by. It is hoped this improved knowledge and awareness will make for improved exit strategies from services, increasing the ability of families to sustain positive changes on closure.

For further information please contact Nicola Campbell, Early Help Team Manager [nicola.campbell@salford.gov.uk](mailto:nicola.campbell@salford.gov.uk) or Kay Davidson, Head of Youth Justice Service [kay.davidson@salford.gov.uk](mailto:kay.davidson@salford.gov.uk).

## Salford Family Partnership Webpages

Over the summer, a piece of work was undertaken to develop a series of webpages for the [Salford Family Partnership](#). The pages have been updated to reflect our move to becoming known as Family Hubs to ensure families know we are providing support, advice and guidance for 0-25 year olds and their families as a partnership. Our partners in health have created the health visiting section which contains a wealth of information and links with our integrated approach for families.

The webpages also contain links to lots of useful information for families and links to book onto our online sessions. Please share with colleagues and families you are working with to help us raise awareness.

<https://www.salford.gov.uk/children-and-families/early-help-for-families/>

The webpages will be added to over the coming months as we further develop our partnership. We are also developing an identity for the Salford Family Partnership and this will be shared with you all soon.

If you have any comments or further suggestions to help improve the webpages then please contact Kate Berry [kate.berry@salford.gov.uk](mailto:kate.berry@salford.gov.uk) or Kim Scanlan [Kim.Scanlon@srft.nhs.uk](mailto:Kim.Scanlon@srft.nhs.uk).

# Early Help Service Antenatal and Postnatal Pathway

In response to Covid-19 the Early Help Service and the 0-19 Health Service have devised an antenatal and postnatal pathway which can be delivered virtually and through face to face contact when needed. This is to ensure families receive key information and are supported to focus on bonding and forming strong attachments with their baby from pregnancy onwards.

The offer includes an evidence-based Solihull Antenatal course 'Understanding pregnancy, labour, birth and your baby' to all families virtually across Salford. The Solihull antenatal online course has been developed by registered midwives and gives parents practical information about pregnancy and birth, whilst at the same time introducing parents to their baby. It explains how and why those around the baby are so important, whether they are the mother, father, partner, grandparent or birth partner. It integrates the traditional information given on an antenatal course with a new approach to starting a relationship with their baby before baby even makes an appearance!

In addition to the universal pathway we have identified Early Help Practitioners who have the relevant skills, experience and training to become Baby Leads to support families who have been identified by partners as requiring additional support in addition to the universal offer. These practitioners will develop a partnership with the family using the Family Partnership Model approach to ensure all the family's needs have been explored and a plan to support them is coordinated and sustained throughout pregnancy and when baby arrives.

In order to ensure targeted families are supported to access the full offer we are reliant on receiving referrals at the earliest opportunity from all partners.

**If you have any further queries or questions, please contact Kate Berry, Early Help Locality Manager [kate.berry@salford.gov.uk](mailto:kate.berry@salford.gov.uk) or call the Salford Early Help Team on 0161 686 7235**

## Flu Vaccinations for Children

### Who should have the nasal flu vaccine?

The nasal spray flu vaccine is free of charge on the NHS for:

- Children aged 2 or 3 years on 20 August 2020 – born between 1 September 2016 and 31 August 2018 (this will be done by the GP)
- All primary school children (reception to year 6 done in school)
- All year 7 (done in secondary school)
- Children aged 2 – 17 years with long term health conditions

If a child is aged between 6 months and 2 years and is in a high-risk group for flu, they'll be offered a flu vaccine injection instead of a nasal spray. This is because the nasal spray is not licensed for children under 2 years old.

Children aged 2 to 17 years may also have the flu vaccine injection if the nasal spray is not suitable for them.

For further information please visit the [NHS Child Flu Vaccine web pages](#).



# Supporting School Attendance

## Supporting school attendance at school this term (Autumn 2020)

Children returning to school is a key priority this term to ensure our young people achieve their full potential. The council is seeking support from all agencies to promote school attendance with children, young people and their families and reassure families as much as possible that all agencies, including schools, want to work in partnership to support all children's safe return to school. Fining for non-attendance will only be used as an absolute last resort. Further information can be found [here](#).

We know that many children and young people are happy to return to school to see their friends, but we completely understand that others will be anxious about going back and being away from their families after spending so long at home. Take a look at our [top tips page](#) or [watch a short film](#) to help your child prepare for their return to school. If your child is starting school for the first this September, see our [tips for starting school page](#).

The GM Mental Health & Wellbeing partnership have collated a range of information leaflets, short films, advice and guidance to support children and young people in returning to educational settings.

To access please use the following links:

- [Primary School](#)
- [Secondary School](#)
- [Further Education](#)
- [Government Guidance](#)

### EBSA (Emotionally based school avoidance)Thrive Support Pathway



As part of Thrive in Education and the Inclusion Strategy there will be a new way to co-ordinate multiagency support around children and young people who are anxious about returning to school in September 2020, either as a result of pre-existing concerns about attending school (Emotionally Based School Avoidance; EBSA) or more specific COVID-19 related anxieties. This will include a single referral point (via the Education Welfare Service) and a graduated response to meeting need using the Thrive Framework. <https://www.salford.gov.uk/ebsa>.

Staff training is available from the Educational Psychology Service and a number of resources have been developed for parents/carers and young people which are available to download: <https://www.partnersinsalford.org/salford-0-25-advisory-board/salford-thrive-ehwb/ehwb-school-resources/emotionally-based-school-avoidance-ebsa/>

If you have any questions please contact [EPS@Salford.gov.uk](mailto:EPS@Salford.gov.uk) or [EWS@salford.gov.uk](mailto:EWS@salford.gov.uk).

# Find my Future

On the Find my Future [webpage](#) there is information provided for different ages: 14-16/16-18/19-24, on a range of different topics to support young people into the next steps into education, employment or training.

Each page has a section for:

- Education
  - College and University details
- Employment
  - Job help / Job searches / Work experience
- Information Advice & Guidance
  - I.A.G to help support your next steps
- Financial support
  - Information and help to get you back on track financially. Benefit information, debt advice and funding to increase employment opportunities
- Emotional Health
  - Support, help and advice for anyone struggling with their emotional health
- Apprenticeships & Training
  - Learning opportunities, training programmes, refresher courses and support to gain an apprenticeship
- Careers information and Employability skills
  - Gain confidence and learn new skills to improve your prospects when seeking employment
  -

Each section has lots of information, but if you struggle to find what you are looking for and need further support, you can email the Skills and Work team at [skillsandwork@salford.gov.uk](mailto:skillsandwork@salford.gov.uk) or call the Spirit of Salford helpline on 0800 952 1000.



**Skills and Work  
support for  
Young People**

# Career Connect

Support is available to:

- Young people aged 16-24 who are not in Education Employment or Training or are concerned about becoming unemployed
- Year 11 young people who are at risk of becoming unemployed, or who are worried about their future
- Care Leavers
- Young Offenders
- 16-25-year olds with an Education Health Care Plan

They can help you with:

- Careers information advice and guidance
- Job search and interview preparation
- Confidence building
- Labour market information
- Referrals and placing into employment, education or training opportunities
- Support to overcome barriers to finding education, employment or training
- Support with making decisions about your future

Contact Salford Connexions on 0161 393 4500 - Calls will be answered from Monday to Friday between 9am and 4.30pm (you may be called back by a member of staff using their mobile). Or email:

[Salford@careerconnect.org.uk](mailto:Salford@careerconnect.org.uk).



**Skills and Work  
support for  
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# YMCA Manchester

We believe all young people should be given the chance to reach their full potential and as such we see our role as assisting in the exploration of their abilities. We take a holistic view of each young person, in context, and work in ways that are flexible and responsive to their needs.

## Education Department

We work with young people aged 13-24 that may be at risk of exclusion, struggling in a school setting (or in some cases other alternative education provisions), experiencing trauma, have SEND, face SEMH challenges, are a young carer or are Looked after Child. We offer a range of accredited education and skills-based training programmes in Sports, Fitness, Employability, Personal Development and Functional Skills.

Alongside the academic programme, our Education Team offers:

- One to one coaching and personal development sessions.
- An enrichment programme to equip our students for adult life.

## Mental Health Champions

We co-produce and co-deliver mental health campaigns to raise mental health awareness, break stigma and promote mental well-being strategies. Our approach involves coaching and training young people in leadership and mental health thus promoting and encouraging early mental health initiatives. In response to the COVID-19 we set up online and remote solutions to continue to engage young people in activities and support their mental health and wellbeing. At present (due to current restrictions) this includes virtual volunteering opportunities so that young people can contribute their skills and expertise in social media and technology.



**For more information regarding the services YMCA Manchester offer please contact:**

**Nicole Joseph (Head of Services): [nicole@ymcamanchester.org.uk](mailto:nicole@ymcamanchester.org.uk)**

**Info account: [info@ymcamanchester.org.uk](mailto:info@ymcamanchester.org.uk)**



**@ymcamanchester**

**[www.ymcamanchester.org.uk](http://www.ymcamanchester.org.uk)**

# Help and support for money worries

We know that navigating the benefits system without specialist help can be difficult. Since the 23rd March 2020 the City Council's [Welfare Rights and Debt Advice Service](#) has continued to provide specialist welfare rights and debt advice with rising numbers contacting the service for help as a result of the impact of Covid 19. Enquiries into the debt advice team alone have increased by 71% compared to the same period last year.

The service is key to the [City's efforts to tackle poverty](#) and can demonstrate a real impact achieving nearly £2.5 million in direct financial gains to households who have received advice over the past 6 months.

In order to strengthen the Council's response to the predicted rise in citizens experiencing financial hardship, the service is appointing an additional temporary Debt Adviser to support families referred into Children's Services via The Bridge. Public Health colleagues have also enabled us to provide a part time temporary Welfare Rights Officer to provide specialist benefit advice and representation as part of Test and Trace to support people who have financial concerns about self-isolating.

Salford mum Jenny (not her real name) contacted the welfare rights and debt advice service and explained that she was struggling to pay her priority bills including rent and council tax. The debt adviser was able to stop the eviction and set up affordable payments for rent and council tax arrears. Jenny was also missing out on extra benefits, which he helped her to claim to boost her income. "I now feel more in control and know that help is out there if I need it" said Jenny.

## Welfare Rights and Debt Advice Contact Details

**Welfare Rights advice (benefits):** Phone 0800 345 7375  
Monday to Friday between 10am and 12pm

**Debt advice:** Phone 0800 345 7323  
Mondays and Wednesdays between 1pm to 4pm.

You can also refer yourself or someone else via the [Welfare Rights and Debt Advice Service online referral form](#).



# The Salford Way: Working with/regulating Trauma (Webinar)

## The webinar will cover:

- **The neurobiology of threat:** why people do not usually react in 'logical' or 'active' ways when faced with intimate interpersonal threat; the impact of the lack of understanding of why the person did not behave 'logically and actively', on the individual him or herself (often resulting in guilt, shame and feelings of responsibility); how, and why, people become vulnerable to repeated victimisation.
- **Working with guilt and shame:** the psychological underpinnings of guilt; the importance of recognising that reassurance rarely reassures; knowing that if you cannot believe something as fundamentally true (from the survivors perspective) as "it was my fault" you won't be able to hear the other stuff the survivor wants/needs to tell you. how to hear the guilt and also challenge it.

**The webinar will be delivered by Zoe Lodrick:** Zoe is a Trainer, Consultant and Psychotherapist, and a specialist in the field of trauma informed practice, with expertise in sexualised trauma, domestic abuse, victim behaviour, sex offending and the interviewing of victims of sexual crimes is nationally recognised.

## The webinar will be delivered in 2 parts, as follows:

	Date	Time
Part 1	Friday 23 <sup>rd</sup> October 2020	9.00am – 12.00pm <b>OR</b> 1.00pm – 4.00pm
Part 2	Tuesday 3 <sup>rd</sup> November 2020	9.00am – 12.00pm <b>OR</b> 1.00pm – 4.00pm

**The training will be delivered via Microsoft Teams and you will receive an email with a link to the online session.**

**Who should attend:** the course is aimed at anyone directly working with children and young people in Salford, such as professionals from health, children's social care, housing, hospital staff, police, schools and education (FE/HE).

**How to request a place:** please email [Debbie.hulme@salford.gov.uk](mailto:Debbie.hulme@salford.gov.uk) with the following information:

- Name & Job title / role
- Manager name
- Agency / Team based with
- Email address
- Please provide your choice of session for both Part 1 and Part 2 (AM or PM)

# Home Safety Launch

The 0-19 Health and Early Help Teams are working in partnership with the Royal Society for the Prevention of Accidents (RoSPA) to take action alongside parents/carers to protect children from the risks of household cleaning products.

The latest phase of the Take Action Today campaign, supported by Fairy, is being launched on **Monday 2nd November 2020**.

This follows the scheme's success in Birmingham, Liverpool, and other areas across the UK, where over 400,000 families have been helped to prevent poisoning and eye injuries. Over the next few months, the campaign will be delivered across the North West.

In Salford, accidental poisonings accounted for 105 emergency admissions for 0 – 4-year olds between 2016/17-2018/19. This is significantly above the average for the North West and England for the period.

As part of the campaign, a handy magnetic notepad featuring key safety advice will be handed out to families at their child's development check at 9-12 months, 18 months and 2 years.

Take action today, put them away advice to parents includes:

- Store household cleaning products out of reach of children, preferably in a locked cupboard
- Always store chemicals in their original containers
- Never pierce or break laundry capsules or tablets
- Always close the lid of any product
- In the event of an incident, follow advice on the product pack and seek medical attention

Please use the following link for further information on the [Take Action Today Campaign](#) or contact Kate Berry [kate.berry@salford.gov.uk](mailto:kate.berry@salford.gov.uk) or Claire Beswick [claire.beswick@srft.nhs.uk](mailto:claire.beswick@srft.nhs.uk).

**The Early Help Newsletter will be collated and circulated on a quarterly basis through the Early Help Neighbourhood Operational Group (EHNOG).**

**We would welcome any feedback or suggestions to help us to improve the content of the newsletter or if you would like to submit an article then please contact**

**Clare Hopton, 0-25 Advisory Board Business Manager [clare.hopton@salford.gov.uk](mailto:clare.hopton@salford.gov.uk)**