

Stronger Families Key Working



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Our Vision

“Hillingdon families are empowered to be and feel strong, safe and healthy through the provision of early and targeted support to reach their full potential.



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Consent Based Service

- We need parents/carers consent for us to be able to contact you and offer our support
- Consent can be withdrawn at any time during the support
- If any safeguarding concerns are identified and the child is at risk of harm, we all have a duty of care to refer to children's social care for further support



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What is the Role of a Stronger Families Key Worker

- Key workers work with families in their own home and in the community with their consent
- Create a stronger families plan of support in partnership with whole family and appropriate professionals to achieve positive change
- Conduct weekly face to face support
- Complete 1:1 support with children/young people where appropriate
- Support family to access appropriate services



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What is Stronger Families Key Working

The Key working model has two component parts:

- Delivering practical bespoke parenting interventions with parents and their dependent children using methodologies such as coaching, modelling, problem solving and solution focussed interventions.
- Supporting families to access universal and targeted services which will support them in the longer term or negotiate with those that they may already be involved with for different services/support or interventions.

We are part of Hillingdon's early help offer, we are consent based and we do not currently work with families who are open to children's social care.



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What can a Stronger Families Key Worker help with

- Review and model of parenting
- House rules, morning/bedtime routines and boundaries
- Supporting parents to engage and liaise with education, health and other partners
- Healthy eating/cooking
- How to play, read and interact
- Community based work to model behaviour management for parents with their children
- Clear objectives embedded by regular challenge and encouragement, consistently applied over an agreed period of time
- Work on understanding safe and healthy relationships (to reduce domestic abuse, child sexual exploitation)



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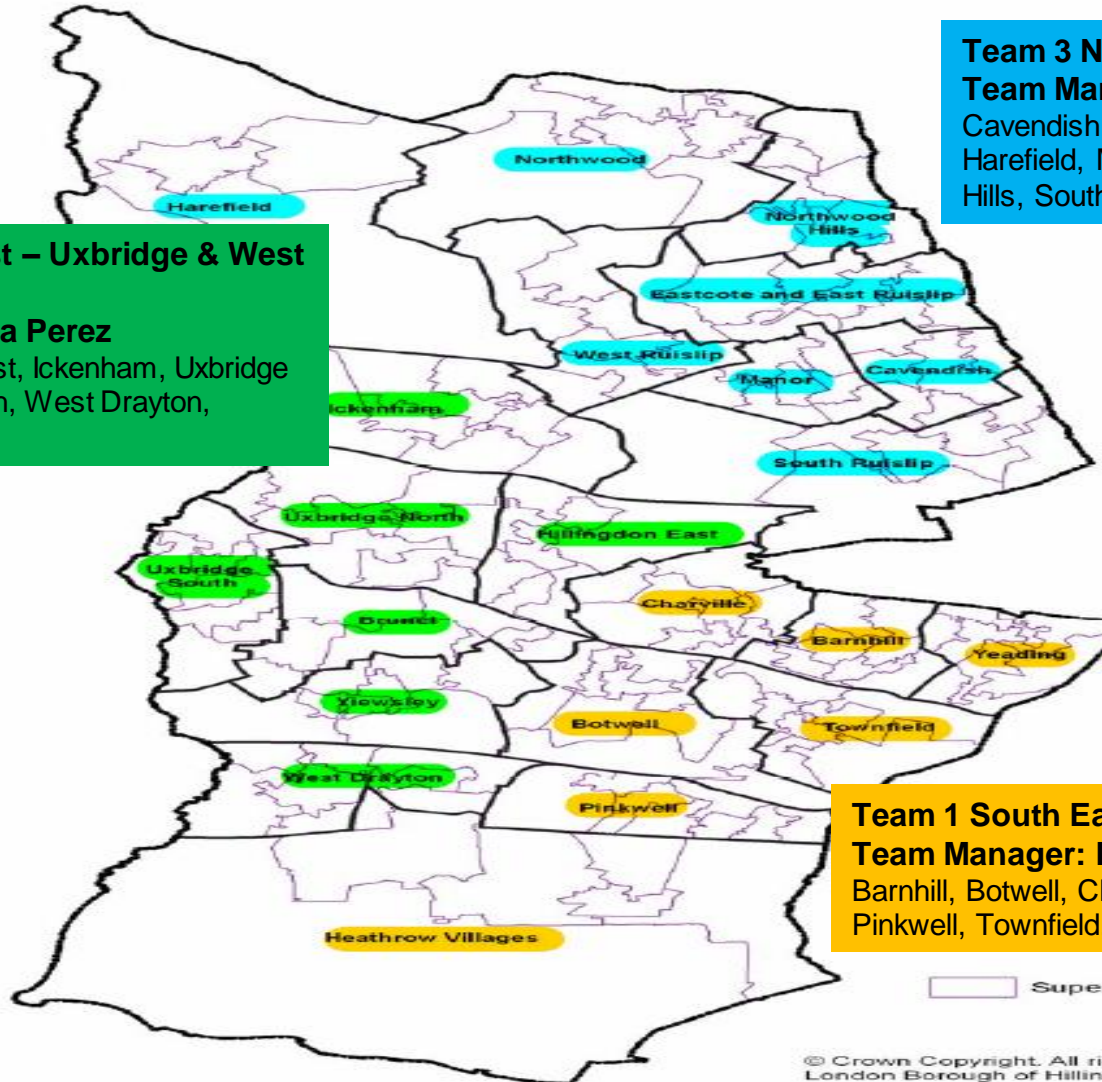
Some areas that Stronger Families Key Workers have experience in

- Poor lifestyle eg: unhealthy diets
- Missed developmental milestones
- Poor hygiene – self care
- Poor home conditions
- Poor school attendance
- Lack of parental warmth and encouragement
- Use of physical chastisement
- Families who have experienced domestic abuse which is no longer present
- Parents needing support to understand and manage the risks of child sexual exploitation
- Families with limited social interaction and community involvement
- Families at risk of eviction
- Families in rent arrears
- Families at risk of financial exclusion
- Parent or child/young person drug or alcohol misuse
- Parent or child/young person suffering loss or bereavement
- Teenage parents
- Child/young person low self-esteem, low motivation, well-being concerns
- Family being reunified after a child in care episode
- Children with caring responsibilities for adults or siblings
- Parents needing support to understand and manage the effects of sexual abuse suffered by their children



Localities and Contacts

London Borough of Hillingdon



Team 2 South West – Uxbridge & West Drayton

Team Manager: Lea Perez

Brunel, Hillingdon East, Ickenham, Uxbridge North, Uxbridge South, West Drayton, Yiewsley

Team 3 North – Ruislip & Northwood
Team Manager: Linda Harrison

Cavendish, Eastcote & East Ruislip, Harefield, Manor, Northwood, Northwood Hills, South Ruislip, West Ruislip

Team 1 South East – Hayes & Harlington

Team Manager: Debbie Beeken

Barnhill, Botwell, Charville, Heathrow Villages, Pinkwell, Townfield, Yeadon

How to access support

- Parents & Professionals can access the Stronger Families Hub through www.hillingdon.gov.uk
- Professionals are asked to answer 8 questions (preferably with parent) on an Early Help Assessment form (EHA) to enable us to link you in with the most appropriate support.



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Range of support services also available

- Health Visitors - 0 - 5 years
- Children's Centres under 5's but offer a range of partner services
- School Nurses - health & well-being
- Brilliant Parents - courses for parents
- Participation Team - attendance & exclusion
- Targeted Programmes - 8 - 25 years - various groups
- HACS - support for autistic children & their parents
- ARCH - substance misuse
- Homeless Prevention Team
- P3 - housing and finance advice
- Hestia - domestic abuse support
- Hillingdon Law Centre - legal advice



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Stronger Families Key Working - Recap

- Consent based
- Parent focussed
- Co-produce a Stronger Families plan
- Weekly face to face contacts
- 6 weekly progress reviews
- All contacts are recorded on our system



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Our Strengths

Feedback from parents:

- "She made us feel very comfortable, was non-judgemental and accepting of us and understanding/sensitive to our circumstances. Never once intrusive! So very respectful! She just knew how to strike the perfect balance. I could go on and on singing her praises. The service has now come to an end and we will miss her dearly. We would like to let you know she had such a significant and positive impact on our lives and helping us get back to normality after so much adversity. This will never be forgotten."
- "I really benefited from going on the Domestic Abuse and Parenting programmes and feel more empowered and confident in parenting, which has also reduced stress."
- "My total appreciation and gratitude for the services and support provided."

Feedback from young people:

- "I felt like I could say anything. I felt quite comfortable. She gave us ideas on how to bring ourselves closer in the family. I have started having a closer relationship with my Mum and I am attempting to build one with my dad. My Key Worker was very understanding, and we connected fast."
- "I just feel that you've helped me since you've been here – I feel like I can manage my bills and my relationship with the school more confidently. My mum has noticed that I'm calmer with the whole situation. In the first few weeks being able to call you, it was a relief to be able to speak to someone about it. I feel like we've come miles from there – we're not even near there anymore."



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Finally

- Any questions?



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