

STRENGTHENING FAMILIES SPRING OFFER 2021

Strengthening Families has been organised by Newham's early help teams. It is about recognising that all families need a helping hand at times such as these and this helping hand should be as varied and as diverse as our families. Strengthening Families is steeped in our values of keeping people at the heart of what we do.

Our offer includes:

Your Time

This is a safe and friendly one-to-one space to chat about the things that matter to them most with a trusted professional for children or young people aged 10-18 (up to 25 for SEND and Care Leavers).

Family Money Matters

Providing information, guidance and support for Families who are worrying about money, housing and employment.

Parenting Befriending

A bespoke parenting befriending service for parents / carers of children and young people aged 0-16 years who need a space to talk and think through the ways that they are coping in the circumstances and practical suggestions to manage challenges such as their young person's behaviour, anxiety and worries, family relationship challenges and a young person's screen time.

To request a service for your family, please speak to your child's school, local childrens centre or health professional who will complete a referral form and send it to strengthening.families@newham.gov.uk

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Family Money Matters (family finance, housing and returning to work/training)

One-to-one advice and guidance to all via phone or on-line in partnership with Newham WorkPlace, MoneyWorks and voluntary sector Organisations including Community Links.

1. **Advice and assistance** on housing, homelessness, evictions, welfare benefits, tax credits and universal credit, immigration and employment law
2. **Financial support** to access affordable credit, money and debt management and emergency support including access to food bank vouchers, supermarket and energy vouchers
3. **Employment/training** support includes
 - Improving your CV
 - Identifying job/career options
 - Advising on jobs to best suit your skills
 - Good quality apprenticeships for all ages
 - Bespoke training to enhance your existing skills including accredited qualifications
 - Preparing you for attending assessment centres and interviews
 - Advice on childcare options

Specialist teams such as Young People's Team (16 – 24 years old), Apprenticeships Team (all ages), Supported Employment Team (disabilities or long-term health conditions) and construction team, to support the requirements of our residents.



All services are delivered following up to date government Covid-19 guidance.

Your Time

HeadStart and Youth Empowerment Service are working collaboratively to deliver Your Time for young people who are being adversely affected by the uncertainty the coronavirus pandemic brings to their daily lives.

- **Befrienders** are trained youth practitioners
- **30-60 mins** session per week
- **8 – 12 weeks** with a clear transition process and ongoing support, if needed
- **Group sessions** will be developed where this would be helpful and supportive
- **Welcome pack** with an All About Me wellbeing journal to help you keep healthy and mentally well
- **Collaboration** working together with everyone to help you achieve your goals

Parenting Befriending Service

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- **Befrienders** are either trained children centre staff or Newham Parent Peer Facilitators
- **30-60 mins** session per week
- **1-8 weeks** with a clear transition process put in place for when the contact ends.
- **Group sessions** – will be developed where this would be helpful and appropriate.
- **Virtual Coffee Mornings** - Early Years / Primary and Secondary.
- **Signposting and referrals** to other support and services as and when appropriate.

If you would like to access parent befriending offer or family support worker in Children Centres, please make contact via email BSILFamilySupport@newham.gov.uk

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