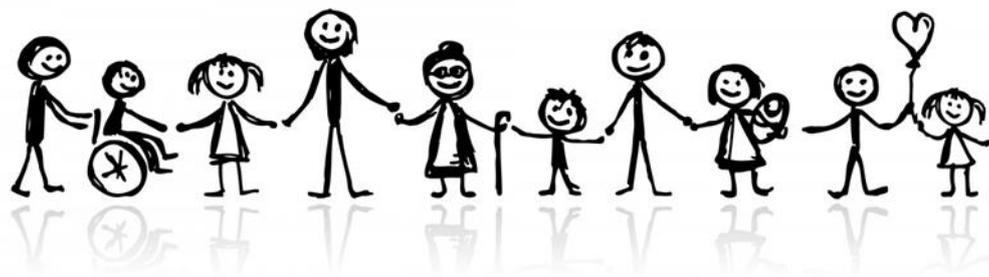


# Early Help for Families



## A Guide for Parents and Carers



## What is Early Help for Families?

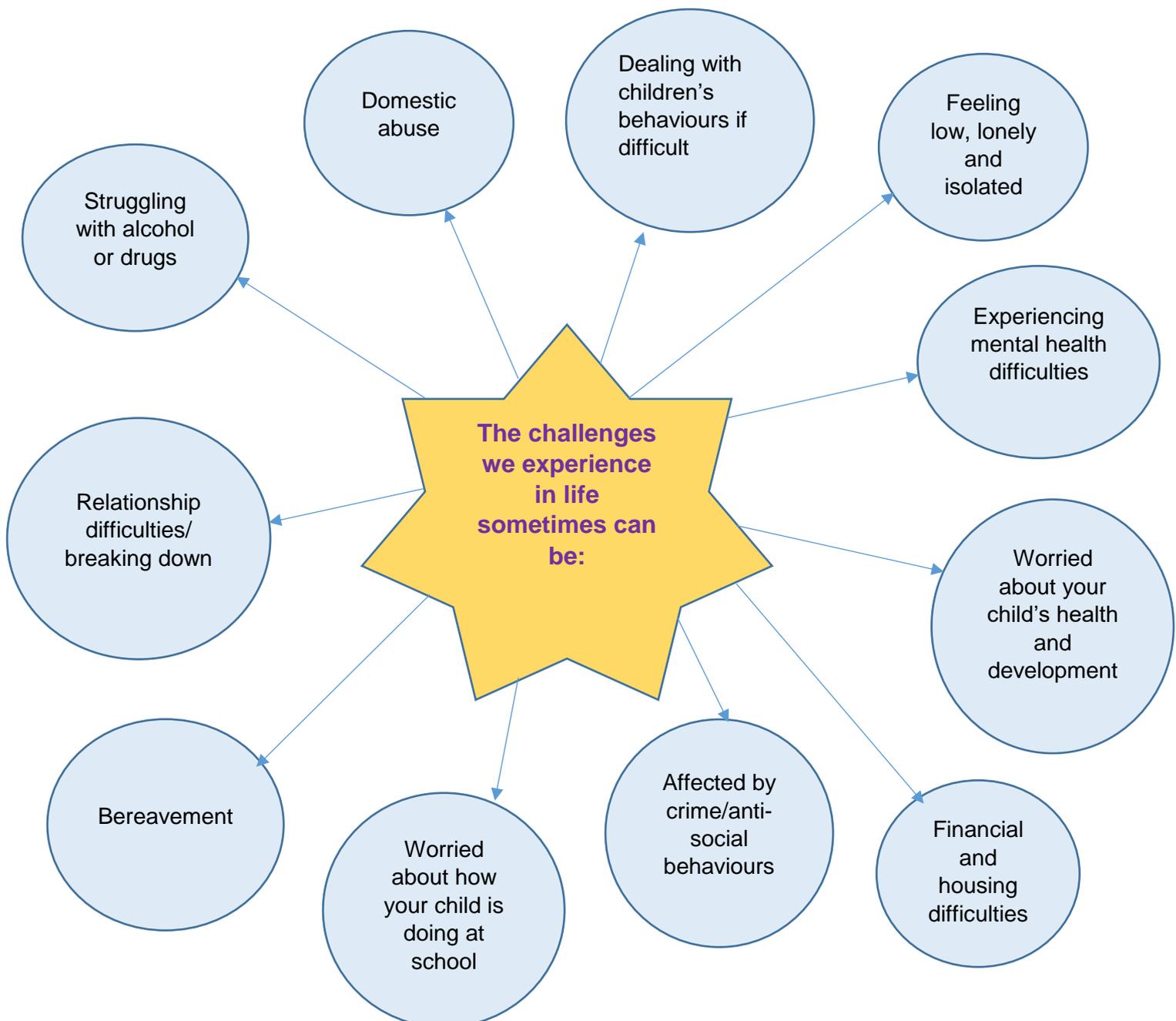
Sometimes a person in the family can experience challenging times which may affect other people in the family. Early Help means working with you and your family so that small challenges don't become big challenges.

Middlesbrough's aim for early help is to work with families to help them get the most out of family life, to be healthier, to achieve, be safe and enjoy their lives together.

We can be worried about asking for help when we have children. However in Middlesbrough all services work together to offer early help to families.

## Why would I want early help?

Children and families are entitled to early help if and when they need it to prevent challenges becoming worse.



## Where can I get early help?

The Early Help Team on 01642 726004. Alternatively you can email on [earlyhelp@middlesbrough.gcsx.gov.uk](mailto:earlyhelp@middlesbrough.gcsx.gov.uk)

Or you can speak to the following:

- A teacher at your child's school
- Your health visitor
- Your GP
- Nursery Practitioner
- Or any services you might already be working with.

## What will happen when I ask for early help?

If you decide to take up early help then the worker you approach will spend time with you and listen to what worries you have and explore what help you think is needed. Part of this involves completing the **My Family Plan**.

The Family Plan is nothing to be worried about. It is just a conversation to work out how to help you stop small challenges becoming big challenges. The worker will also talk to your child or children in your family to make sure they understand how they are feeling and anything they think they might want some help with.

The worker will help you put a plan together and will set up a Team Around the Family (TAF) meeting, bringing other services together who are or might be able to help you.

If you decided you would like some help, the worker you have talked to will ask if they can share the details of your conversation. You will need to be happy with this and give your permission.

## What we expect from you?

- To actively contribute ideas and make changes as agreed.
- To take part in all meetings.
- To be available for any visits and inform us of any changes of time or date if you cannot be available.
- Tell us what you thought of our service at the end of our work together.

## Sharing information

There may be times when the person you talked to has to share information. This includes:

- If they think a child is at risk of harm
- If they think an adult is at risk of harm
- If they think the information could help prevent or detect a serious crime

Social care won't get involved unless one of these things happens, or unless the circumstances in your family change and become more serious.

Remember, it's your choice to have early help. And early help is just to help you and your family stop small challenges turning into big challenges – and hopefully into no problems at all.