

Help and Support

Early Help

Early Help in Warwickshire



Early Help is the term used in Warwickshire to describe all the support offered to children, young people and their families.

The purpose of Early Help is to put in the right support at the right time so that problems are less likely to escalate to a point where the child becomes vulnerable or in need.

All children, young people and families in Warwickshire are entitled to receive Early Help. This includes any signposting, guidance, support or service offered as soon as a concern emerges or is likely to emerge.

In Warwickshire, Early Help for families is supported through universal access to services, for example:

- Midwives
- Health Visitors
- Nursery and early years workers
- School staff & colleges
- School health and wellbeing
- Family support work drop ins
- Family Information Services
- Helplines
- Online resources
- Parenting programmes
- GPs and pharmacies

There is also support through more targeted intervention, for example:

- Family Information Service brokerage
- 1 to 1 work
- Targeted Help Officers
- RISE
- Early Help assessment: Pathway to change planning tool

Family Information Service (FIS)



Warwickshire FIS provide information, advice and one-to-one support for families with children and young people aged 0 to 25 across Warwickshire on issues including:

- family relationships
- finance
- housing
- parenting support
- special educational needs and disabilities (SEND)
- childcare
- health and wellbeing

<https://www.warwickshire.gov.uk/children-families>

Support for Parents and Carers:

Parenting support will be available through a variety of mediums, including outreach:

- **Online parenting support information** (via Family Information Website)
- **Duty Family Support Worker** in each district all week (9-4pm). This will enable a family or practitioner to have a same day telephone consultation regarding parenting or behaviour concerns
- **Short courses** - the ability to book onto short 2 hour courses in a range of subjects such as sleep, routines and boundaries, challenging behaviour and home conditions
- **Parenting group:** A variety of parenting groups available to meet a variety of needs
- **121 work:** available via an Early Help Pathway to Change plan, targeted support to meet short term needs

Parents can approach anyone working with them who will respond with help.

They will do so by starting a conversation with a practitioner who should then be able to help identify what help should be provided.

Other emotional well-being and mental health support for parents:

- Speak to your **midwife, health visitor** or **GP**. They can suggest support and treatments. Find your local GP
- **Perinatal Positivity** – “it can happen to dads and it can happen to mums” – a video using the real voices and experiences of women and men who have experienced mental health difficulties around

the time of pregnancy, childbirth and beyond. The website also offers support and advice to parents, carers and professionals.

- **Parents in Mind** – individual and group peer support for mums experiencing emotional mental health difficulties in pregnancy and the first year after birth. Note this operates in Kenilworth, Leamington Spa, Warwick and surrounding villages only.
- **Improving Access to Psychological Therapy (IAPT)** offers talking therapies for people experiencing depression or anxiety. Parents can self-refer.
- **Wellbeing for Warwickshire** support services for aged 16 years and older.
- **Big White Wall** – free online support for all Warwickshire residents.
- **Mental Health Matters** – Telephone helpline providing emotional guidance and information.

<https://www.warwickshire.gov.uk/parentguides>