Cardiff Families First - Overview of Services

Lot 1 - Early Years - £797,974 in 2013/14

Cardiff & Vale University Health Board (Lead)
Action for Children
Barnardos
Connect Assist
Ely & Caerau Integrated Children’s Centre
Homestart BRG
Homestart Cardiff East
Menter Caerdydd
Mudiad Meithrin
Place2Be
SafeAs
SaferWales
Save the Children Wales
St Mellons Community Crèche
Tros Gynnal Plant
Viv Mumby Training

Purpose of the package: This package is intended to provide support for pregnant women and families with children aged under 8, to ensure that children have the best start in life.

The Early Year Services which form this package have been designed to help and support babies, children, mums and partners in Cardiff, to give children the best start in life. The services provided will include:

- **Family support and post-natal depression service** - Help for new families, especially those where the mum has post-natal depression
- **Enhanced support for maternal mental health** - Health professional with additional expertise in maternal mental health
- **Targeted weight management for pregnant women** - Weight management courses
- **Enhanced HV developmental assessment training** - SOGS training for Health Visitors
- **Support service for young parents and families** - Service specifically to support young parents, aged under 21
- **'Right Now' digital technology project** - Social media to encourage uptake and engagement with Barnardos Early Years Service
- **Parenting classes** - including Incredible Years and Bumps to Babes
- **Adult Child Interaction** - Training parents and staff in how to help children communicate
- **Child parent relationship therapy (CPRT)** - Small group and 1-1 support for improving relationships between parents and their children
- **Welsh language support for parents and families in Cardiff** - Stimulating physical and positive activities for children and families through the medium of Welsh
- **Food and nutrition skills training** for childcare and other frontline staff
- **Motivational interviewing training** for frontline staff - to help staff support families in changing behaviours
- **1-1 support and group work** - Early years family support including for children with emerging disability
- **1-1 support work** - volunteer-led, home-based family support
- **1-1 support work** - support to access hospital and medical appointments
- **1-1 support work** - Nursery Nurse behaviour support
- **Child care** - high quality, affordable day care to enable parents to access work / learning
- **Letting families learn** - affordable sessional childcare to enable parents with pre-school children to access local learning; Time for You - Parents Only Group providing engagement activities and a first step to learning; informal drop in.
- **'Stay and play' and childminding** / Play groups and drop-ins
- **Domestic violence** - Specialist children's independent domestic violence adviser
- **Domestic violence** - health visitor liaison and pregnant women's independent domestic and sexual violence adviser
- **Place2be and Place2talk** - 1-1 counselling, group work and drop-in sessions for children of primary school age, and parent counselling
- **Families and schools together (FAST)** - An evidence-based early intervention programme delivered in schools that empowers parents and strengthens the links between parents/children /schools and communities
- **Learning Language and Loving It training** - Teacher education, with an emphasis on promoting children's social, language and literacy skills from a developmental perspective

### Lot 2 - Child & Youth Engagement - £1,494,712 in 2013/14

Cardiff Council Education Service (Lead)
Action for Children
Barnardos
Cardiff Council EMTAS (Ethnic Minority and Traveller Achievement Service)
Cardiff Council ESOL (English for Speakers of Other Languages)
Cardiff Council Outdoor Activity Team
Cardiff Council Youth Service
Cardiff & Vale College
Careers Wales
Llamau
Princes Trust
Tros Gwynnal Plant

**Purpose of the package:** This package is intended to work with children and young people aged from 8 to up to 25 and their families, where they need additional support to participate effectively in education and training and take advantage of opportunities for employment; It is also intended to ensure that they are active citizens, who participate effectively and responsibly in the life of their communities and take part in positive activities

**Connect 8 to 25**

Connect 8 to 25 brings together 8 local services and different skills in areas such as education, employment, parenting, youth justice and mentoring to find ways to help and support children, young people and their families so that they can overcome problems and barriers to achieve their potential. The services being provided will be:

- **EU Roma - Bilingual Support (Primary and Secondary)** - providing support for families and schools and ensuring effective links between services and
the EU Roma community.

- **Families Learning Together** - supporting parents to engage in their children's education; focusing on improving literacy, numeracy and language skills of parents and children; and fostering stronger links between home and school.

- **Parenting 825 - Cardiff East and Cardiff West** - providing one to one parenting support, peer mentoring training and support and evidence based parenting programmes.

- **Bespoke Education Provision via Cardiff & Vale College** - pre-entry taster programmes to engage groups and support progression into mainstream provision or employment; 14-16 summer and homework clubs; For learners age 16-18, 19+ - employability, literacy, numeracy, ESOL and vocational accredited and non-accredited qualifications.

- **Volunteer mentoring training** - volunteer mentor training and placing and supporting volunteer mentors with learners.

- **Youth Mentoring Programme** - intensive support for vulnerable young people who are at risk of disengaging with education, training or employment; linking and signposting to relevant service providers; identifying and addressing barriers to learning and increasing engagement.

- **Basement @33** - a young person friendly and accessible service for housing advice and assessment to 16 & 17 year olds in Cardiff in partnership with Housing and Children’s Services; providing family mediation and welfare rights advice and generally seeking to prevent homelessness where possible; linking with other supporting agencies such Youth Gateway and the Learning Coach provision.

- **Family Group Meetings and Restorative Approaches Interventions** - intensive interventions for those families where there are barriers to successful engagement with services; conflict resolution, mediation and planning with families.

- **Community Focused Schools** - targeted activities to improve educational outcomes and wellbeing including helping families to support their children’s attainment at school; supporting schools in working successfully with vulnerable families.

- **Bespoke adventurous activities** - providing accredited outdoor adventure activities for young people and their families; progressive courses tailored to the needs of individuals; and focusing on positive engagement and enhancement of wellbeing.

- **Post 16 Learning Coaches** - engaging young people to access sustainable education, training or employment; working with young people to reduce barriers to progression; and working with other agencies to ensure young people have access to appropriate support /provision.

- **Get Into Programme** - delivering a Princes Trust two week short sharp intervention programme delivered with a growth jobs sector in mind; supporting young people into low-entry level jobs, back into education or training; and offering volunteer opportunities to young people engaged with the service.

- **Fairbridge** - providing intensive one-to-one and teamwork support working with the hardest to reach young people; enabling them to overcome their often multiple and complex barriers to them engaging with employment, education, training; offering volunteer opportunities to young people engaged with the service.

- **Fast Track** - providing a bespoke family focused intervention to work with
families at risk to address complex underlying family issues; working in partnership with families and schools to maintain placement and active engagement.

- **Support Service for Young Families** - developing links with support services including learning providers and health; providing weekly group sessions to address a range of education and wellbeing needs and delivering an evidence based parenting programme.

### Lot 3 - Sustainable Employment - £398,987 in 2013/14

**SOVA (Lead)**  
CBSA for Business and Social Action (Wales)  
Groundwork Merthyr Rhondda Cynon Taff  
Vale Citizens Advice Bureau  
Wales Pre-School Providers Association  

**Purpose of the package:** This package aims to ensure that low income and economically inactive families with dependent children are supported to maximise their family incomes and to develop the necessary skills and confidence to access learning, employment or volunteering opportunities or to progress in employment. This package is focused on parents/carers with dependent children although it is recognised that in some cases parents/carers may also be aged under 25.

The Sustainable Employment Service comprises 5 partners with a diverse range of skills and experience who will deliver:

- **Intensive Mentoring** - providing one to one support for the participant to identify issues and needs and provide structured support to address these and build resilience in relation to their place within the family and society. This will include referrals internally, to other Families First providers and externally to the partnership. The mentor will act as the lead professional externally and within the Team around the Family.

- **New Leaf Training** - providing up to 3 month vocational training and support package for those who need greater support due to their personal circumstances. New Leaf rebuilds confidence, skills and motivation whilst developing interpersonal, transferable and vocational skills. Participants gain vocational experience and qualifications including horticulture, carpentry and rural skills as well as gaining skills to set up a Social Enterprise, creating their own jobs and wealth as well as sustaining the programme for future clients.

- **Regain Training** - providing up to 3 month training and support package aimed at improving confidence and motivation skills, life/transferable skills, Open College Network (OCN) Vocational accreditation, volunteer opportunities and practical hands on experience including joinery, horticulture, land management, marketing, retail and customer care, project development and planning, administration, health and safety as well as basic social skills.

- **Essential Skills** - providing literacy, numeracy and ICT training both in the classroom and through practical assessment alongside the Regain, New Leaf, Self Employment and Employability training provision. The majority of delivery will be embedded but due to the flexible nature of delivery some aspects can be bespoke, delivered on a one to one basis or small groups.

- **Self Employment** - providing support, guidance and training to make an informed decision about self-employment and how to put their plans into action. Support will include practical experience on running your own business, qualifications and business mentoring to support test trading and
set up as well as facilitating access to mainstream provision once the individual is ready. This will run alongside the vocational training programmes above.

- **Work Placements and Employment** - an Employer Relations Co-ordinator will secure and manage suitable, quality work placements. Pre-work experience preparation training and support will be provided to maximise the benefits of placements. Support will be available to employers to develop structured programmes for placements to ensure they have the skills and capacity to support and meet the development needs of economically inactive/unemployed parents/carers.

- **Debt and Welfare Benefits Advice** - providing intensive one to one debt management support for individuals whose debt needs need specialist support. The service will also provide monthly money management sessions to increase awareness of debt, credit and money management issues; and undertake benefits checks for those attending money management to ensure they are claiming their entitlements.

- **Childcare Support** - This service will provide sessions to make parents aware of the types of childcare available and how best to select the one that is most suitable for their needs. Funding will also be available for childcare provision when accessing the above services and which will be run as a voucher scheme to allow parents to arrange their own childcare and gain the skills and confidence to do it themselves prior to having to do so for an employment opportunity.

### Lot 4 - Healthy Lifestyles - £571,683 in 2013/14

Cardiff & Vale University Health Board (Lead)
Cardiff Council Alcohol & Drug Team
Cardiff Council Play & Leisure Services
Cardiff & Vale University Health Board Dietetics Team
Cardiff YMCA
Public Health Wales (Cardiff & Vale Public Health Team)
Public Health Wales (Health Improvement Team)
Ty Gwyn Special School Summer Play & Respite Scheme

**Purpose of the package:** This package aims to provide targeted primary prevention to prevent illnesses and diseases from occurring and to reduce health inequalities for children, young people and their families through encouraging healthy lifestyles.

A healthy lifestyle means that people will feel good about themselves; they eat well, exercise, sleep well, feel that they can cope with their lives and know where to get help if they need it. As part of the Healthy Lifestyles programme there will be 8 projects:

- **MEND** is a community-based, family-focused project currently being delivered in a limited capacity in Cardiff. Through Families First funding the project will be extended to enable delivery in all areas of Cardiff for families with children aged 7-13 years who are above their ideal weight.

- **Healthy Lifestyles Project for 8-13 years** - HLP 8-13 is a play, physical activity and food project for children, young people and parents/carers delivered after school as a 10 week course and as a play scheme in the school holidays.

- **Healthy Lifestyles Programme for 13-25 year olds** - HLP 13-25 is a package that includes a weight management project for young people that aren’t eligible for MEND; ‘Get Cooking’ courses for young people and
parents/carers; accredited nutrition training and ongoing professional support for parents/carers.

- **Ty Gwyn Special School Summer Play and respite scheme** - TGSS will provide a two-week play and respite scheme for children, young people with multiple and profound learning and physical disabilities.

- **Sexual Health Outreach / C-Card Co-ordination** - The sexual health outreach project includes the provision of Sex and Relationships Education (SRE) and sexual health advice/support for vulnerable young people. Including the use of one-to-one support, peer to peer support and group issue based workshops SRE/sexual health training will be delivered to professionals working with vulnerable young people. The project will also include the delivery of the C-Card Scheme, a condom distribution scheme, which includes sexual health information and advice and access to free condoms for young people, aged 13-25.

- **Sex & Relationships Education (SRE) Delivery** - The SRE Project includes support to ensure the delivery of quality, appropriate SRE in primary/secondary schools, colleges and training provider. Providing training for teachers and other professionals that work with school aged children and young people.

- **ASSIST** - aims to reduce adolescent smoking prevalence by encouraging new norms of smoking behaviour by training influential Year 8 students to work as ‘peer supporters’. Peer supporters are trained and supported to have informal conversations with other Year 8 students about the risks of smoking and the benefits of being smoke-free.

- **Strengthening Families Programme** - is a universal, very well evidenced, highly structured DVD and manual based project delivered over a 7 week curriculum for parents and youth aged 10-14 to attend together. The project is delivered within parent, youth and family sessions using narrated DVDs and other learning materials and portrays typical youth and parent situations.

### Lot 5 - Emotional & Mental Health and Wellbeing - £1,149,321 in 2013/14

**Barnardos (Lead)**  
Action for Children  
Cardiff Council Education Department - Behaviour Support & Pupil Referral Unit Services  
Cardiff Council Education Department - Fast Track  
Cardiff Council Education Department - SEAL (Social & Emotional Aspects of Learning)  
Cardiff & Vale University Health Board  
Cwm Taf Health Board - Child & Adolescent Mental Health Services (CAMHs)  
Ely & Careau Integrated Children’s Centre  
SNAP Cymru  
Winston’s Wish

**Purpose of the package:** This package will provide targeted support to children, young people and their families to improve the emotional and mental health of children and young people.

The “Cadarn” Service is an emotional and mental health project for children, young people and families across Cardiff. The range of service provided will include:

- **Transitions 16-25** - providing a ‘one stop shop’ for young people and their families needing emotional, psychological and practical support in managing
the transition from CAMHs to Adult Mental Health services.

- **Bounce Back** - providing structured, time limited psycho social/emotional intervention for year 10 and 11 pupils at risk of becoming NEET. The programme aims to promote resilience and ongoing engagement in education, training and employment.

- **BME Service** - providing family intervention for children, young people and their parents/carers from Black Minority Ethnic communities where emotional and mental health issues are impacting on family life.

- **2Talk2** - providing individual face to face counselling to young people accessing Careers Wales services to support them into education, training or employment.

- **Gofal I Chi** - providing individual and group support to young carers to enable them to better understand and manage their caring role both in practical and emotional terms.

- **School Exclusion Family Support Project** - providing accurate and neutral information to families with excluded CYP or those at risk of exclusion; and supporting families’ emotional wellbeing and promoting engagement with the local authority, schools and relevant agencies.

- **Family loss, bereavement and trauma** - providing a therapeutic service for families and communities who have experienced significant trauma, loss and bereavement.

- **Next Steps** - delivering a family lead intervention to enhance the resilience of families leaving Integrated Family Support Services. This will be delivered through individual and family focused work to support engagement with appropriate others.

- **Family SEAL** - providing a family focused programme to enhance the families achievement and engagement with education and learning through a family course and support into the social and emotional aspects of learning.

- **Ely and Caerau Integrated Children's Centre** - improving the emotional and mental health and well being of children and their families supported by the provision of high quality, family responsive, flexible packages of day care. A full programme of free groups will be offered to parents/carers and their children including Parent Nurturing Programmes.

- **Transition Support** - providing Primary to Secondary school transition intervention for vulnerable young people and their families.

- **I Can Do It** - delivering a programme to promote resilience and build positive relationships between young people, peers and their family.

- **Pyramid** - delivering Pyramid clubs improve the learning and wellbeing of quiet, withdrawn, less confident children aged 7-14, as well as reducing the risk of developing poor mental health in the future.

- **Cardiff Against Bullying** - delivering preventative, reparative and reactive anti-bullying programmes and implementing the Cardiff Strategy.

### Lot 6 - Disability Focus - £396,808 in 2013/14

**Action for Children (Lead)**

ABCD Cymru (*Access for Black & Minority Ethnic Children and Young People with Disabilities and/or Chronic Illnesses*)

Barnardos

Cardiff Educational Psychology Service

Cathays Inclusive Youth Provision

Diverse Cymru

Parents Federation
Purpose of the package: The package aims to provide additional targeted support to disabled children and young people aged 0-25 and their families to ensure they are able to maximise their life chances.

Cardiff Disability Team around the Family (CDTAF)
The Team Around the Family is a family-led approach - it will provide a comprehensive family focussed assessment and plan that is joined up, and avoids people having to repeat their story to different providers. Through the assessment needs will be identified and services co-ordinated to support the individual or family.

The CDTAF will include the following services:

- **A Key Worker Service of family case workers** which undertakes assessments and plans with families; and co-ordinates CDTAF meetings and outcomes for young people.
- **Building skills for young people** - providing direct 1:1 support or group work for young people who require support - safe access to community resources, independent living skills, learning about self-care. This will be delivered in a safe environment, tailored to each young person’s needs.
- **Building skills for parents** - providing parents with direct 1:1 support or group work to support them with any areas they are struggling with, including parenting skills, letting go, being informed and being involved.
- **A welfare and benefits advice service** - including information, advice, support and advocacy to support families with a child with additional needs to maximise their income and sources of support.
- **A central information and advice service** - including a database of families wanting to receive information, an updated website, signposting services and support to families to access the services they are sign posted to.
- **A siblings support network** - groups will be facilitated for siblings of those young people accessing the services of the CDTAF.
- **Drop in, individual and group services for BME families requiring support** - drop ins may become groups and can be visited by agencies, other parent groups and information services and as a forum for peer support.
- **A support service for young people to make choices in moving on from school** - providing support to young people who are 16+ by giving information and support to make choices and decisions about future education in addition to supporting this to happen.
- **An information and support service for parents** to enable them to make choices for their children starting school for the first time and supporting families through this process.