



**Blaenau Gwent Families First**

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## What is Families First?

The Families First programme is funded by the Welsh Government to help families who are facing difficulties. The Families First team offers different types of support depending on what the needs are.

It places emphasis on early intervention, prevention and providing support for whole families, rather than individuals.

### The Families First Programme has two main goals:

- To support young people and families to achieve their full potential..
- To help improve families health and well-being and support all aspects of parenting



Families First is all about providing support to the whole family. In Blaenau Gwent the Families First Programme is based in the Heart of the Valleys Children's Centre in Blaina.

- When working with families we complete an assessment to look at the different challenges they may be facing. This is called JAFF (Joint Assessment Family Framework).
- We make sure different services work together to offer the best support for families through a Team Around A Family. For example, Schools, Health Visitors and Housing.
- Provide different types of support with your community, your child's school and one to one sessions. For example, managing your child's behaviour and helping to improve school attendance.
- Provide support with issues such as:
  - ▶ domestic abuse
  - ▶ housing
  - ▶ poor mental health
  - ▶ substance misuse

If these are the issues you are facing as a family, we can provide support and work jointly with specialist services to help you.

- Work alongside Health Visitors and School Nurses to provide extra health advice and support.

## Families First Support

Families First is all about providing support to the whole family. In Blaenau Gwent the Families First Programme is based in the Heart of the Valleys Children's Centre in Blaina.

- ▶ Key Worker for families with outcomes that have been discussed as part of a JAFF.
- ▶ Special support for children and young people who have caring responsibilities.
- ▶ Support for children with disabilities & complex needs and their families.
- ▶ Families First hosts the SPACE Wellbeing (Single Point of Access for Children's Emotional Wellbeing) panel for Blaenau Gwent.

***The long-term goal for Families First is to help families to become confident & resilient to manage on their own...***

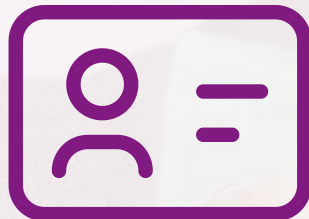


## Young Carers Support

**Email: [FamiliesFirstYoungCarers@blaenau-gwent.gov.uk](mailto:FamiliesFirstYoungCarers@blaenau-gwent.gov.uk)**

**Facebook: Families First Young Carers**

- The Young Carers project provides a safe environment to support young people who may be affected by any caring role. For example: those whose parent or carer may be affected by illness, mental health or substance misuse. Caring responsibilities may go beyond a parent or carer, this may be a sibling, grandparent or neighbour.
- Promotes and protects the physical and emotional well-being of young carers
- Weekly youth club to help develop improved resilience, confidence, skills and knowledge and to provide respite
- Young carers will be encouraged to attend the youth forum which provides a platform where young carers can have their voices heard by those who can make a difference to their lives
- Access to the Welsh Governments Young Carers ID Card Scheme.



## Disability Support

Providing specific support for families of disabled children is a key part of Families First. The team will work with the families to ensure they can access all their entitlements and become more aware of all opportunities open to them.

### **A weekly Art Club for 16 – 25 years olds:**

This group aims to promote and support social skills, independence & life skills.

An integrated group is held every week and is open to children who have complex needs to attend with their families. This is an opportunity for play and for families to get together for support.

Families First will support families to find provisions for play and leisure activities for their children, ensuring the settings are confident to meet their needs. All sessions delivered by Families First across the borough are inclusive and welcomes all families.



## Parenting Support

- Small steps is now running regularly in Blaenau Gwent. Support workers facilitate and run the groups.
- If a group setting is not for you, parenting support can sometimes be provided on a one-to-one basis within the home or virtually.
- Parenting support can help with
  - ▶ Building and improving your relationship with your child
  - ▶ Managing challenging behaviour
  - ▶ Bringing out the best in your child
  - ▶ Motivating your children
  - ▶ Strengthening family relationships
- We offer a Mediation service within the team – this is accessible to any families open to Families First, Flying Start or Children's services. For more details, please find our contact information under Helpful Information

Parenting support can sometimes be delivered on a one-to-one basis within the family home, or as part of a group within a community setting or virtually.



## Families First Advisors

- Families First has advisors who are based within all schools across Blaenau Gwent
- Families can come in and meet the advisors and discuss any issues you may be facing as a family and discuss any support Families First can provide.
- Families First provides support with various levels of need and if you are experiencing difficulties please ask for support/advice through your Families First advisors when they are in your child's school.
- Your child's teacher can give you more information about this and as they are based within the schools, they can be met with families to advise on support available.



## The Families First Advocacy Service

Families First supports the delivery of an Advocacy Service. The Advocacy Service is an independent organisation called NYAS. NYAS offers support to children and young people who feel unhappy about something and don't feel that services are listening to them. NYAS can help you get something stopped, started or changed.

***An advocate is someone who will listen to your problem and will work with you to find ways to put it right by helping you to talk to the right people.***

NYAS can help you to get your voice heard, we can:

- ▶ Provide someone who represents you
- ▶ Get you listened to
- ▶ Support your wishes and feelings
- ▶ Help you make a complaint
- ▶ Speak up for you
- ▶ Help you understand your rights
- ▶ Get you involved in making decisions about you



## Helpful Information

- **Contact the Families First Team**  
Email: [familiesfirstduty@blaenau-gwent.gov.uk](mailto:familiesfirstduty@blaenau-gwent.gov.uk)  
Telephone: 01495 369621  
Facebook: Families First – Blaenau Gwent
  
- **Contact the Family Information Service**  
Email: [fis@blaenau-gwent.gov.uk](mailto:fis@blaenau-gwent.gov.uk)  
Telephone: 01495 369610  
Facebook: Blaenau Gwent Family Information Service
  
- **Contact the Information, Advice and Assistance Team**  
Email: [duty.team@blaenau-gwent.gov.uk](mailto:duty.team@blaenau-gwent.gov.uk)  
Telephone: 01495 315700

