## Organisation

**North East Lincolnshire Council, Locality Family Hubs**  
**Early Years 0-5 years**

### Our Prevention and Early Help Offer

Provides Sure Start Children’s Centre services to meet the needs of each community in North East Lincolnshire, including:

- Early education and childcare links within the local community;
- Children’s Public health services for young children, parents and prospective parents;
- Training and employment support and signposting to assist parents or prospective parents, with links to Job Centre Plus;
- Information and advice services for parents and prospective parents;
- Activities for young children and their parents/carers;
- Support for families that have children with additional needs.

For families that need it, Family Hubs can also provide extra help and support to work through issues that may arise in the early years.

The offer includes:

- Supporting the delivery of the Health Visiting, Healthy Child Programme
- Antenatal parenting programme – ‘Bump to Baby’. This 4 session programme supports parents-to-be from their first scan through to the birth of the baby. It covers information on the growing baby, relationships, hopes, fears and expectations around labour and post-natal health and wellbeing of baby and parents. The programme is delivered by midwives and early years family hub practitioners
- Baby massage - sessions promote parental sensitivity and early attachment and bonding. Massage aids soothing effects on babies and builds on affectionate non-verbal communication. The massage techniques are taught in a way to enable parent/carers to continue within the home. The feel good hormone oxytocin is released through this stimulation and this further increases reassurance and loving feelings between baby and parent/carer (NCT, 2017). Baby massage is offered to parents and their babies who are referred through a contact form (link below)
- Baby yoga - incorporates songs and physical movement to further a child’s development. Baby yoga increases early attachment and bonding for both the parent/carer and child, this active interaction gives a secure foundation for positive social relations throughout the early years and in later years (Birthlight, 2017). Baby yoga is offered to parents and their babies who are referred through a contact form (link below) or as a progression from baby massage.
• Mini rhyme time (incorporating NSPCC Look, Say, Sing, Play campaign) - a weekly session encouraging parental sensitivity and attunement. Provides an environment that fosters good peer group support where parents/carers can discuss their fears and concerns. Promotes early language skills and healthy lifestyles. Can be accessed by all families with children under 5 years.

• Midi rhyme time – a weekly session promoting the relationship between parent/carer and child. Encourages parental interaction and provides opportunity for parents/carers to learn a variety of songs and rhymes to repeat at home, promoting further learning and development. Provides parents/carers with a deeper understanding of age/stage development and the need to develop communication skills and other prime areas. Can be accessed by all families with children under 5 years.

• Active play sessions – a weekly session promoting exercise, health and well-being for children and parents. The sessions provide opportunities for children to be active and to develop their coordination, control and movement. It promotes the importance of keeping children active and making healthy choices. Promoting an awareness of the healthy start scheme which provides free vouchers to families on low incomes that can be exchanged for fresh or frozen fruit or vegetables, milk and infant formula and vitamins for Mother and baby. This can be accessed by all families with children from mobile to under 5 years.

• Ready for nursery stay and play – a structured set of sessions using the Early Years Foundation Stage framework, designed to allow children to explore and play freely, developing skills for when the child starts school. Children can choose activities including craft, painting, sticking and colouring, outside activities, heuristic play, messy play, singing, reading and stories etc. Children are targeted for this group following the Healthy Child Programme ASQ’s (Ages and Stages Questionnaire) that take place when a child turns 2 years. There is a range of criteria applied for a family to be invited such as; outcome of speech and language measure; eligibility to access 2 year funding for early years settings; social isolation etc. Relevant information is given to families around toilet training, healthy eating, safe sleep guidelines, dentist advice and speech and language support. Sessions are by invitation to children 2 years plus and their parent/carers.

• Language through listening – communication is fundamental to children’s development; children need to be able to understand and be understood. These sessions support children who have been identified (through a completed speech and language measure) as requiring additional support to aid their speech development, supported by parental involvement. Sessions are by invite to targeted children and their parents.

• Parenting ad-hoc drop-ins - low level information, advice and support such as weaning, diet, sleep, behaviour management and parenting is offered across the family hubs on a daily basis. This can be accessed by all families with children under 5 years.

• Parenting puzzle (4 weeks duration) group or 1:1 (where capacity allows) - aims to improve family relationships and children’s social, emotional and
cognitive development by introducing positive, constructive relationships and calm, confident and responsive parenting. Develops parent’s understanding of empathy and the importance of listening and verbal and non-verbal communication. Promotes praise, play and stimulation, boundary setting and being emotionally healthy and available to your child. Promotes attachment and maternal/paternal sensitivity. The programme is offered to parents who request support or are referred through a Contact Form (link below)

- Building blocks (up to 20 weeks duration) home based programme for parents and carers co-worked with NSPCC. Building blocks provide a flexible and practical early help offer for children pre-birth to 7 years who live with adverse experiences, by improving the parent and child relationship and teaching parents the skills to be able to meet the needs of their child/children. The programme is offered to parents who request support or are referred through a contact form (link below)

Three main focused areas for Early Years Pathway;

1. To promote attunement and parental sensitivity
2. To promote communication and language skills
3. To promote social and emotional skills and positive behaviour

Focussed areas have direct links with the Early Years Foundation Stage Prime Areas and promote school readiness.

How can you access this offer?

Some activities are available to all parents and carers of children under 5 years, with a small number either targeted or invitation only.

Families can visit a locality family hub in their community; they can be supported by a professional or family member/friend to seek support by calling or visiting a family hub. Alternatively, they can be referred by a professional through the standard Contact Form or can be recommended as part of the suggested outcomes on an Early Help Assessment Plan.

When and where is the offer available?

A variety of activities are delivered each week throughout the whole year

Activities are delivered across a number of locality family hubs within North East Lincolnshire; from community settings and/or directly in family homes.

Where can I get further information?
You can receive further information about the Early Years offer by contacting either:

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<tr>
<th><strong>Telephone:</strong></th>
<th>01472 326292 option 1</th>
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<tr>
<td><strong>E-mail:</strong></td>
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<td><strong>Safer North East Lincolnshire Safeguarding children, adults and the community:</strong></td>
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<tr>
<td><strong>Address:</strong></td>
<td>Appendix 1 provides details of each family hub</td>
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North East Lincolnshire Council Children and Family Services
Prevention and Early Help

Organisation
North East Lincolnshire Council, Locality Family Hubs
Parents of a child/ren with a special educational need or disability

Our Prevention and Early Help Offer
To offer parents/carers access to sensory rooms, activities and support & guidance. In providing parent/carers with access to resources, support, guidance, information and friendship, our aim is to build and strengthen confidence and independence, feel more included within the community and feel empowered to address any worries or concerns that arise. The activities include;

- Sensory rooms (pre-booking required) - environments created for the purpose of helping children of all ages who suffer from various sensory disabilities. They can also provide therapeutic benefits such as relaxation, depending on the specific sensory products used in the room. The equipment is varied and set up to enable users of the room to decide which pieces of equipment best meet their individual needs. Benefits include;
  - Individual pieces of equipment designed to stimulate the users’ senses through the use of various scents, sounds, textures and colours.
  - Calming rooms introduce a quiet, relaxing environment to their users where they can feel safe and at ease. Sensory products such as bubble tubes can create a peaceful effect with their soothing vibrations and floating bubbles.
  - Equipment promotes interaction in their own unique way to encourage users to watch, touch, smell and listen, which in turn teaches them other skills such as colour and shape recognition as well as cause and effect.
  - If an individual suffers from a visual impairment, a dark room combined with the use of bright fluorescent colours will help to stimulate their vision. If on the other hand an individual has an impediment with their hearing, equipment that vibrates or makes different sounds will be more effective.

Sensory rooms aim to give users the confidence to move around safely and easily interact with their surroundings whilst boosting their self-esteem and allowing them to feel more in control of their surroundings. Sensory rooms can be booked by calling or dropping into a family hub, details on appendix 1.
• Parents supporting parents groups (two groups; 0-5 years and open to all ages) – delivered year round, offering support and guidance to parents/carers of a child with an additional need. The group offers parents/carers across all localities knowledge, guidance, information and friendship. The aims of the group are to enable parents/carers to feel that they can tackle any worries without going into crisis. Having speakers such as staff from the SEN team, Carers Advice Service and Barnardo’s (Sendiass) provide much needed advice to those who require it. The groups are open to any parent/carer to simply drop-in and they can be found on timetables using the website link below.

• NELincs Downs Syndrome Communication Group, affiliated to the Down’s Syndrome Association (term time only) – aims to support children with Down’s Syndrome and their families, providing a place to make new friends, sharing information and tips for an easier life, celebrate children’s achievements, share the most up to date resources, enjoy fun and games together. Monthly visits from a Speech and Language Therapist.

• ‘Stepping Stones’ (4 and 9 week programmes) - delivered in term time, Stepping Stones Triple P was developed to support parents of children with suggestions and ideas to help them enjoy being a parent and help their child develop well. The programme is offered to parents/carers of children age 0-12 years with a suspected or diagnosed additional need or disability. ‘Developmental disability’ is a term that covers a range of conditions, all of which have an impact on development, learning and behaviour. Some children experience difficulty learning to walk, talk, play with toys or feed themselves. The shorter 4 week 1:1 programme covers up to two or three different topics (from the list below), and is delivered to families who are not in need of the full group programme. The 9 week group programme covers a broader range of topics such as;
  - Positive parenting – what is positive parenting, what is developmental disability, causes of behavioural problems, getting started on making a change, promoting children’s development, managing misbehaviour, family survival tips.
  - Early learning skills – making eye contact, imitation following simple instructions, teaching play skills.
  - Language and communication – communication without words, developing vocabulary.
  - Self-care skills – grooming and personal hygiene, dressing, brushing teeth, morning routine, bedtime problems.
  - Toileting – toilet training, bedwetting, smearing.
  - Social skills – play, sharing, having friends over to visit, repetitive behaviour.
  - Disruptive behaviour – whining and tantrums, disobedience, hurting and aggression, interrupting, swearing.
  - Being part of the community – shopping, wandering, and travelling in the car, haircuts.
- Fear and anxiety – fears, separation problems, medical procedures, tactile defensiveness, nightmares and night terrors, self-injurious behaviour.
- Family adaptation – adapting to having a child with a disability, coping with stress, supporting your partner, helping siblings to adjust, working with health professionals.

The programmes are offered to parents who request support or are referred through a contact form (link below)

- Day trips and one off events are organised through the Parents supporting Parents groups, who contribute and decide where to visit (places such as William’s Den have been a favourite)

**How can you access this offer?**

Families can call or visit a locality family hub in their community, they can be supported by a professional or family member/friend to seek support by visiting a family hub. See appendix 1 for address and telephone details.

Alternatively, they can be referred by a professional through the standard contact form.

**When and where is the offer available?**

Activities are delivered on weekdays, across a number of locality family hubs within North East Lincolnshire, within community settings and directly in family homes.

**Where can I get further information?**

You can receive further information about the family hub offer by contacting either;

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</tr>
<tr>
<td>Down’s Syndrome</td>
<td>Email – <a href="mailto:info@nelincs-downs-syndrome.co.uk">info@nelincs-downs-syndrome.co.uk</a></td>
</tr>
<tr>
<td>Communication Group</td>
<td>Phone 07549 214 111</td>
</tr>
<tr>
<td>Lincolnshire</td>
<td>Contact form can be accessed in the above link</td>
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<tr>
<td>Safeguarding children, adults and the community:</td>
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<tr>
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North East Lincolnshire Council Children and Family Services
Prevention and Early Help

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<td>North East Lincolnshire Council, Locality Family Hubs</td>
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<td>Diversion from crime and anti-social behaviour</td>
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## Our Prevention and Early Help Offer

The diversion offer seeks to prevent children and young people from offending or re-offending and diverts them from coming into the criminal justice system by assessing and delivering targeted interventions at an early stage. The diversion offer allows intervention to be delivered prior to age of criminal responsibility when the behaviour displayed is that which would give you concern of future offending if the child was age 10 or above.

Where a young person has carried out at least one incident of ASB or crime or behaviour that would be considered anti-social or criminal if they were 10 years or above.

The aims of the diversion programme are;
- To protect the public from harm
- To promote healthier and safer lives for young people
- To promote young people reaching their potential

## How can you access this offer?

- Referral either by Humberside Police or Youth Offending Service
- Referred by a professional through an Early Help Assessment plan.

## When and where is the offer available?

Diversion is delivered each week day throughout the whole year in;

- Group work for young people identified as being anti-social in a public place.
- One to one casework
- Family work sessions
- Signposting and support for parents/carers
• Parenting groups
• Young people use their own workbooks, identifying strengths and risks and have a plan for each core driver of crime and apply them to a ‘good Life’ model using signs of safety.

Case work is delivered weekly and in line with national standards set out by the Youth Justice Board.

Activities are delivered across a number of locality family hubs within North East Lincolnshire, within community settings and directly in family homes.

Where can I get further information?

You can receive further information about the Diversion offer by contacting either;

| Telephone: | 01472 325737 |
| E-mail:   | fis@nelincs.gov.uk |
| Mobile:   | N/A |
| Website:  | N/A |
| Social Media: | N/A |
|           | Early Help Assessment Plan can be accessed in the above link |
| Address:  | Appendix 1 provides details of each family hub |
North East Lincolnshire Council Children and Family Services
Prevention and Early Help

**Organisation**
North East Lincolnshire Council, Locality Family Hubs
Parenting Programmes

**Our Prevention and Early Help Offer**
Research by the Social Mobility Commission (Feb 2017) finds that an authoritative parenting style which combines warmth with firmness in setting boundaries, secure attachment between children and parents and the provision of a supportive home learning environment can improve children’s outcomes.

Our varied parenting programmes are delivered to help parents/carers get the most out of their role, providing useful techniques to help with children 0-19 years, drawing from own experiences of being parented and being parents, research and evidence based interventions on effective parenting methods.

There are a range of Parenting Support Programmes offered; (All evidenced based)

- Parenting puzzle (under 4 yrs)
- Family links nurturing programme (5-11 yrs)
- Building blocks (0-7 years) co-facilitated with NSPCC
- Triple P (standard birth-12)
- Triple P (Teen 13+)
- VIG (Video Interactive Guidance)
- DART (Domestic Abuse Recovery Together)
- PAMS (Parenting Assessment Manual (PAMS))
- FedUp (co-facilitated with Addaction and NSPCC)

**Parenting puzzle (0-5 years)**
5 week programme – group or 1:1 (capacity dependent)

Parenting puzzle aims to improve family relationships and children’s social, emotional and cognitive development by introducing positive, constructive relationships and calm, confident and responsive parenting. Develops parent’s understanding of empathy and the importance of listening and verbal and non-
verbal communication. Promotes praise, play and stimulation, boundary setting and being emotionally healthy and available to your child. Promotes attachment and maternal/paternal sensitivity.

**Family links nurture programme (3-11 years)**
10 week programme – group or 1:1 (capacity dependent)

The family links nurture programme aims to enable parents to get the best out of family life. The programme works through how experiences of parent’s own childhood affects their current parenting styles and values, and offers varied strategies for positive parenting and managing children’s behaviour. Topics covered work on emotion and affection, play and enjoyment, empathy and understanding, control, discipline and boundary setting, pressures of parenting, self-acceptance and learning and knowledge.

**Building blocks – (0-7 years) – delivered in partnership with NSPCC**
Length varies dependent upon individual need - 1:1 in the family home

Building blocks is a multi-component parent training programme grounded in theory around building parent-child relationships and the research evidence on effective approaches to parent training. Building blocks aims are to offer a flexible and practical early help programme for children pre-birth to 7 years who live with adverse experiences by improving the parent and child relationship and teaching parents the skills to be able to meet the needs of their child/children.

**Standard Triple P Programme (0-12 years) Group or 1:1 (capacity dependent)**
The programme runs over approximately 10 weeks and includes:-
- 2 sessions of assessment
- 2 sessions on positive parenting skills
- 3 practice sessions
- 2 sessions of planned activities
- Closure session

The aims of the Triple P programme are to:-
- Increase parental confidence and competence in managing common, daily behaviour problems and developmental issues.
- Reducing parents need to make threats or implement harsh methods of discipline.
- Improving parents communication regarding parenting issues
- To help reduce parenting stress associated with raising children

**Teen Triple P Programme (12+ years)**
Teen Triple P is the same as standard Triple P, however it is aimed at teenagers. It can also be delivered on a one to one basis within the home or as a group programme.
The aims and objectives are the same, however the teen Triple P hopes to teach parents how to encourage emotional self-regulation and to help their teenager develop the social skills they need to get along with others at home, in school and in the wider community.

**VIG - Video Interaction guidance** 1:1 family work
The practice is an intervention through which a practitioner aims to enhance and improve communication within family relationships. It works by engaging parents, carers and young people actively in a process of making positive changes in their relationships with the people that are important to them. VIG also helps families where there are concerns around neglect, especially emotional neglect and behaviour. VIG is based on the belief that even in difficult situations everyone has the power and capacity to change. Parents decide what they want to change and set specific goals.

VIG practitioners then use video to show positive moments during parent–child activities and help parents build on these moments to make a stronger bond with their child.

Filming is generally done over a minimum of 3 cycles and then analysed by the practitioner. Filming sessions are very short, no longer than 10 minutes. These clips of film are then analysed and condensed to a few seconds of positive interaction which are then shared with the family during a review.

Referral process - Currently, all VIG referrals go through the NSPCC and are discussed in collaboration between NSPCC and the hubs. This approach enables there to be a consistent triage response to ensure requests for VIG are appropriate.

**DART 10 week programme – Group (aged 7-14 yrs)**
Domestic Abuse Recovering Together (DART) aims to help children aged 7–14 years recover from the adverse effects of domestic abuse by working with the mother and child together to strengthen their relationship and help both talk about and recover from the impact of domestic abuse.

DART provides a service for mothers who have been an historical victim of domestic abuse but have successfully managed to separate from their abusive partner.

DART is a 10 week group work programme for children and their mothers. During the sessions the mothers and children participate in a range of activities designed to strengthen their relationships, promote communication about the abuse and support one another throughout recovery.

DART aims to address the immediate and long term negative effects that children are likely to experience if they have been exposed to domestic abuse and, thus, improve educational attainment and reduce service involvement by;
- Reducing the difficulties experienced by the child such as behavioural concerns, emotional distress and issues with peer relationships.
- Increasing self-esteem for both mothers and children.
- Increasing the mother’s confidence in their parenting.

PAMS - Parenting Assessment Manual (PAMS) - 1:1 intervention

Background:
Dr Sue McGaw, is a chartered consultant clinical psychologist; she founded the UK based NHS Special Parenting Service in 1988. Since then she has continuously dedicated her time to the development of parenting assessments, interventions, advocacy, professional training, research, publications and resources for use with parents with learning disabilities and have additional and/or complex learning needs.

Locality teams in Prevention and Early Help adopted this assessment model when working with parents who have an identified learning disability and the referrer has concerns about their parenting capacity, this is considered on an individual basis at resource allocation.

The purpose of the assessment model is to assess parents’ capacity to meet children’s needs, not to assess whether a parent has learning needs themselves. The PAMs assessment takes into account parents’ knowledge, skills and practice and is completed through discussion and observations.

Process:
- A structured programme is worked through with the parent/parents using the assessment manual.
- The PAM’s tool is multi-agency and information is gathered from other professionals involved, as well as observations made by the main assessor.
- All the information is gathered, but no teaching is completed at this stage.
- The information is then fed into PAMS software, which then produces a report to highlight a teaching programme.
- The teaching programme identifies a priority rating: the need for immediate learning, teaching to commence within 4 to 8 weeks, or the area will need teaching at some point in the future.
- The identified programme is then taught to the parents using appropriate resources this may include visual aids, DVD’s etc.
- Once the teaching programme is complete the parent’s parenting capacity would be re assessed and a post assessment report would be produced to highlight any progress or changes made.
- If the report identifies no change or deterioration, the child’s Social Worker/key worker would need to make a decision as to the child’s future.

FedUp - 10 week group or 1:1 programme aimed at helping families build stronger relationships where their lived experience has been negatively impacted by one or both parents use of substances. Children can be referred from ages 5-12 years. Parents can be current or former users of substances, however they must be willing to engage and should be able to evidence they are already making steps to
address the issues caused by their substance use. Users of any substance can be referred, including alcohol. Consent must be obtained prior to making a referral.

**The children:** learn about the effects and impacts of substances in an age appropriate and non-judgemental way, through fun activities in a relaxed and safe environment. They will learn coping skills and safety strategies to help with such events as may occur in the future. Most importantly they will be supported in raising their self-esteem and aspirations, to help them make positive and healthy choices in their own lives.

**The parents:** will be supported in finding parenting strategies that help them communicate with their children and address any difficulties in their relationships that stem from their use of substances. They will also learn about safety planning and ways in which they can minimise future impact on their children, whether they are in recovery, relapse or maintenance.

**Where can you access this offer?**

Families can visit a locality family hub in their community; they can be supported by a professional or family member/friend to seek support.

Alternatively, they can be referred by a professional through the standard Contact Form or can be recommended as part of the suggested outcomes on an Early Help Assessment Plan.

**When and where is the offer available?**

Programmes are delivered throughout the whole year

Programmes are delivered across a number of locality family hubs within North East Lincolnshire, within community settings or (where appropriate) directly in family homes.

**Where can I get further information?**

You can receive further information about the parenting programme offer by contacting either;

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Contact form can be accessed in the above link

Address: Appendix 1 provides details of each family hub
North East Lincolnshire Council Children and Family Services
Prevention and Early Help

**Organisation**

<table>
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<tr>
<td>Child Exploitation - Vulnerabilities in Young People (Missing, Exploited and Trafficked)</td>
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**Our Prevention and Early Help Offer**

Our early help response to child exploitation (missing, trafficked and exploited) has been incorporated into the locality family hub offer to provide a targeted response within each locality.

- **Missing, Exploited and Trafficked - 1:1 support.** The referral mechanism follows the Contact Form process and regular allocation meetings are held in partnership with children’s social care and the wider system. For concerns regarding Child Criminal and Child Sexual Exploitation a Contact Form should be completed (follow the link below). North East Lincs Council have become part of a pilot for a new NWG (National Working Group) assessment tool for Child Sexual Exploitation which incorporates CCE and Missing and this should be completed alongside the contact form.

- **Boys group (10-14 years) (prevention of criminal exploitation)** - The group support home educated young people who struggle with the transition to secondary school. The aim of this group is on prevention of criminal exploitation but incorporate all elements of vulnerability including exploitation and trafficking, modern day slavery, grooming and those for whom social isolation presents a risk of extremism and or exploitation. Referrals through the contact form (see link below).

- **Girls group (12-16 years)** – weekly group sessions include work on; life skills, peer support, self-esteem, body image / confidence, puberty / anatomy, personal presentation, healthy relationships, self-harm, child sexual exploitation, child criminal exploitation, e-safety, risk taking.
Where can you access this offer?
Families/young people can visit a locality family hub in their community; they can be supported by a professional or family member/friend to seek support by visiting a family hub.

Alternatively, they can be referred by a professional through the standard contact form or can be recommended as part of the suggested outcomes on an Early Help Assessment Plan.

When and where is the offer available?
Sessions are delivered throughout the whole year

Sessions are delivered across a number of locality family hubs within North East Lincolnshire, within community settings and directly in family homes.

Where can I get further information?
You can receive further information about the child exploitation (vulnerabilities in young people) offer by contacting either:

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Locality Contact Details - January 2019