

North East Lincolnshire

Our Children, Our Future

A Prevention and Early Help Partnership
Strategy for Children and Families

2023-2025



North East Lincolnshire

Our Children, Our Future

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Our Children, Our Future

An Introduction to Early Help in North East Lincolnshire

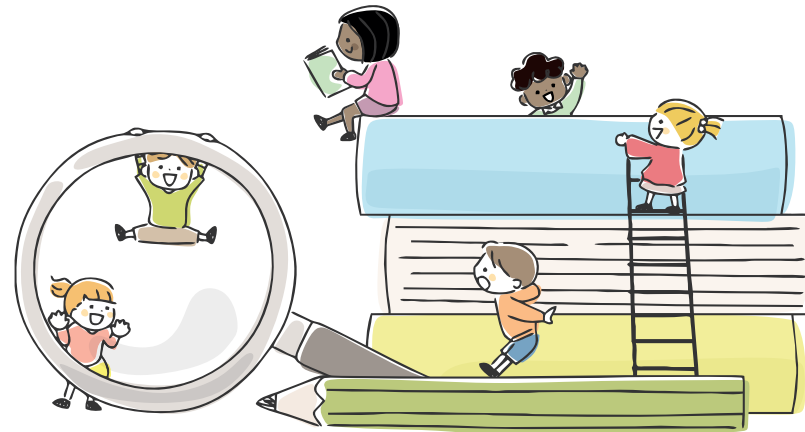
On behalf of the North East Lincolnshire Safeguarding Children Partnership, we are pleased to introduce the refreshed Early Help Strategy for North East Lincolnshire.

This strategy has been developed through collaboration and engagement with a variety of partner agencies. It reflects our collective commitment as partners to working together and ensuring that children, young people, and their families receive the appropriate support at the right time.

The Covid-19 pandemic and cost of living crisis has placed unprecedented strain across the system, meaning it is more important than ever that we work as a partnership to provide well-coordinated and effective services. We have reshaped the way we operate to deliver comprehensive and effective support to children and families, drawing on the varied skills from across the partnership to deliver a multidisciplinary offer fit for the challenges we face today.

We believe that the robustness of our Early Help offer lies in the strength of our partnerships and multi-agency approach, where all stakeholders work collectively to address the diverse needs of children and families. By adopting a collaborative mindset and committing to shared objectives, we can leverage the expertise and resources of different professionals, resulting in a comprehensive and integrated approach to Early Help. This collaborative model enhances the quality and effectiveness of services, ensuring that children and families receive timely and appropriate support tailored to their specific circumstances.

This strategy is an exciting opportunity for our partnership to continue evolving to meet the needs of the children, young people and families of North East Lincolnshire. However, ensuring its success will require sustained effort and commitment from all. We take immense pride in the achievements of our Early Help system, which continuously drives to deliver excellent outcomes for children and families.





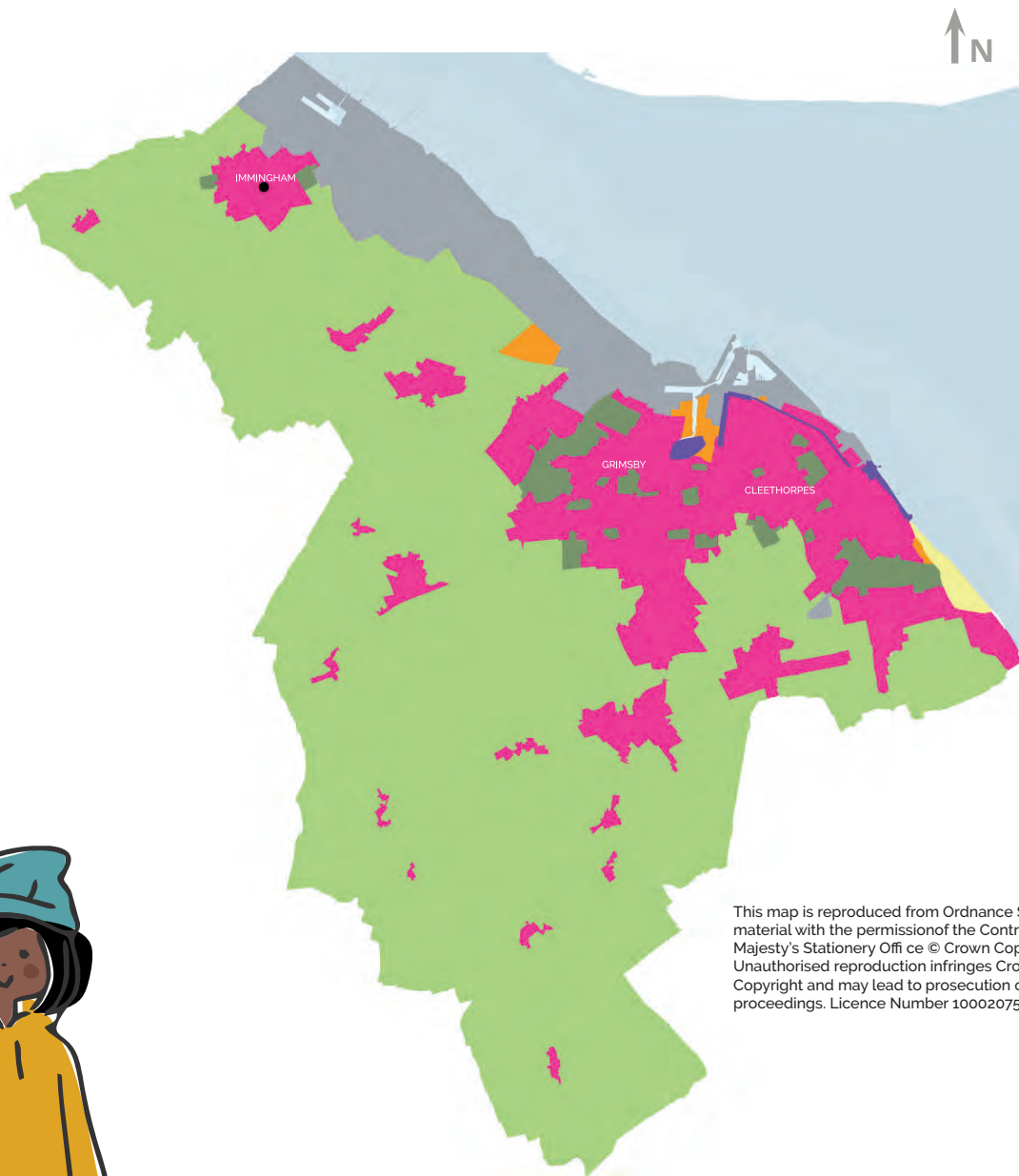
Local Context

North East Lincolnshire sits within the Yorkshire and Humber region and the Humber sub region. Over **80%** of North East Lincolnshire is rural , however, **80%** of the population reside within more urban areas. Home to the Coastal town of Cleethorpes and historic fishing town of Grimsby, North East Lincolnshire is a popular choice for families to visit during the warmer months. The main residing areas are Grimsby, Cleethorpes, and Immingham, all with differing demographics and needs.

North East Lincolnshire currently has a population of approximately **156,966**, which over a ten year period has declined **1.7%**. The overall population consists of **35,944** children and young people aged 0-19, with **22%** of children aged 0-16 residing in households that have absolute low income which is **6.9%** higher than the national average. **26.2%** of children 0-16 also live within households with relative low income , which is **7.7%** higher than the national average, highlighting a significant proportion of families that may currently be living in deprivation.

Although there are areas of notable deprivation, the suburbs of North East Lincolnshire have grown in parallel with the industrial development of Grimsby and Cleethorpes, expanding around the western edges. This has in turn created pockets of affluent areas of residence, that correlate with better health outcomes and standard of living.

North East Lincolnshire council and partners are committed to addressing inequality within the community and improving the lives of our children, young people and their families.



Key

-  Rural areas
-  Residential areas
-  Town centres/retail areas
-  Industrial/Port
-  Office & retail parks
-  Open spaces
-  Leisure/tourist areas

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There are a total of 142 Care and educational providers in North East Lincolnshire



What is Early Support?

Working Together to Safeguard Children (2018 p.13) states that **“Providing Early Help is more effective in promoting the welfare of children than reacting later”**.

At times a Child, young person and their family may need additional support. Early Help aims to provide our families with the right service, at the right time, by the right people. This approach means that if we provide support as soon as a problem emerges, we could prevent further problems arising.

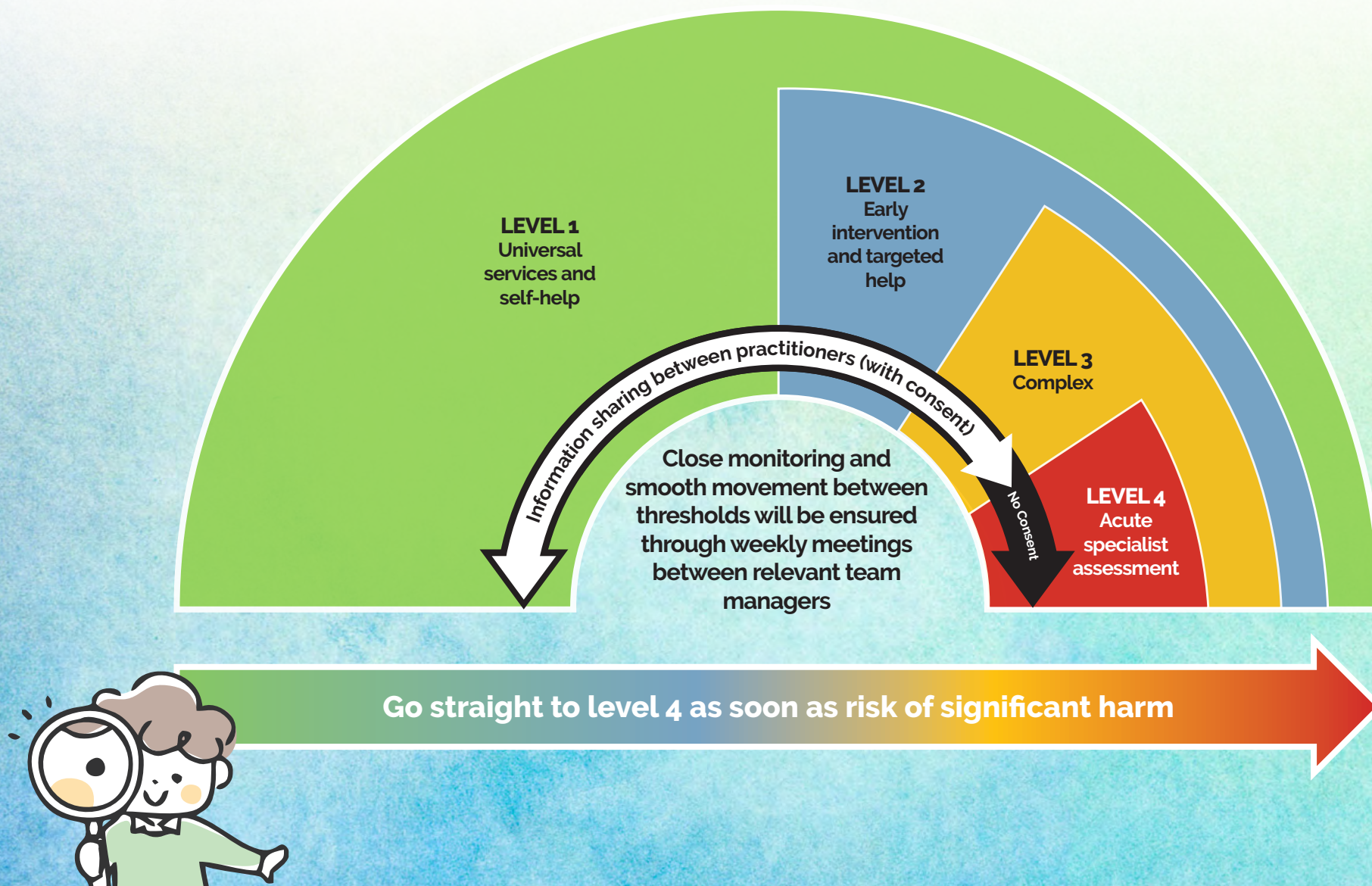
Working together openly and honestly with our community we hope to support our families at the earliest opportunity to prevent the need for statutory intervention.

North East Lincolnshire's Early Help providers are committed to working together to empower our families to build on their own strengths, promote resilience and provide an inclusive working climate that aims to address inequality and improve outcomes.



Both our Universal Services (that are available to everyone) and our Targeted Services (available to those assessed as needing them) are part of our Early Help Offer.

Section 1 - Introduction (safernel.co.uk)



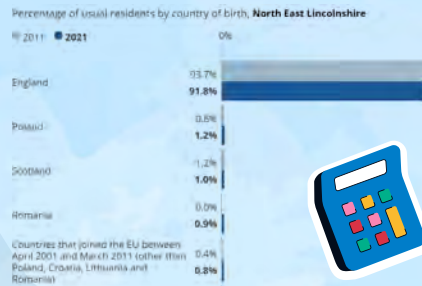
Why do we need Early Help in North East Lincolnshire?

North East Lincolnshire is within the top **20%** most deprived authorities in England which subsequently has witnessed growing challenges that directly impact upon our Children, young People and Families (PHE, 2020). Increasing demand and need due to high levels of deprivation and poverty, high unemployment rates and inequality caused by austerity measures, in addition to the rising cost of living has exemplified more than ever the need to work collectively, inclusively with compassion and understanding with our community.



Increasing Diversity

As of 2021, North East Lincolnshire is the eighth most densely populated of Yorkshire and The Humber's 21 local authority areas, with around six people living on each football pitch-sized area of land (ONS, 2021).



Source: Office for National Statistics - 2011 Census and Census 2021

Percentage of disadvantaged children reaching their age-related expectation in 2022 (aged 7-11) in NEL schools is **50%**, compared to **41%** in the Yorkshire and Humber and **43%** in England.



In 2021, **9.0%** of North East Lincolnshire residents were identified as being disabled. It is estimated that there are over **700** young carers in NEL.



Impact of Demographic change

The number of residents in North East Lincolnshire is **156,966**.

Within that there are **35,944.00** children aged 0-19 years.

Over the last 3 years **2244** families in North East Lincolnshire have had an Early Help Assessment and Plan. These families have been offered 1-1 support, group programmes or referred to our partner services.

By working closely together with our Early Help providers, families are able to build upon their own strengths and receive help that is timely and effective.



Our families will be supported by the Right People, at the Right Time, at the Right Place.

Our Children, Our Future

The number of children (0-19) living in absolute low poverty households (2020/2021) in North East Lincolnshire was 8219. Early Help providers aim to reduce the negative impact of poverty upon our families by providing support at the earliest opportunity.

Summary

North East Lincolnshire's Early Help Providers are committed to delivering high quality support to our children, young people and families at the earliest opportunity. We understand that we need to acknowledge the lived experiences of our families and work together to address the impact of inequality. Working together we will promote an inclusive working climate that not only shapes services within the local area but will provide opportunities that will enable our community to grow and be a part of positive change for future families.

Educational Settings and Early Help In North East Lincolnshire we have;

- 41** day nurseries and pre school settings
- 46** Primary Schools
- 9** Secondary schools
- 28** Nurseries attached to school
- 3** Further education providers
- 5** SEN FE provision
- 1** Higher Education setting
- 4** Alternate provision
- 5** SEND provision

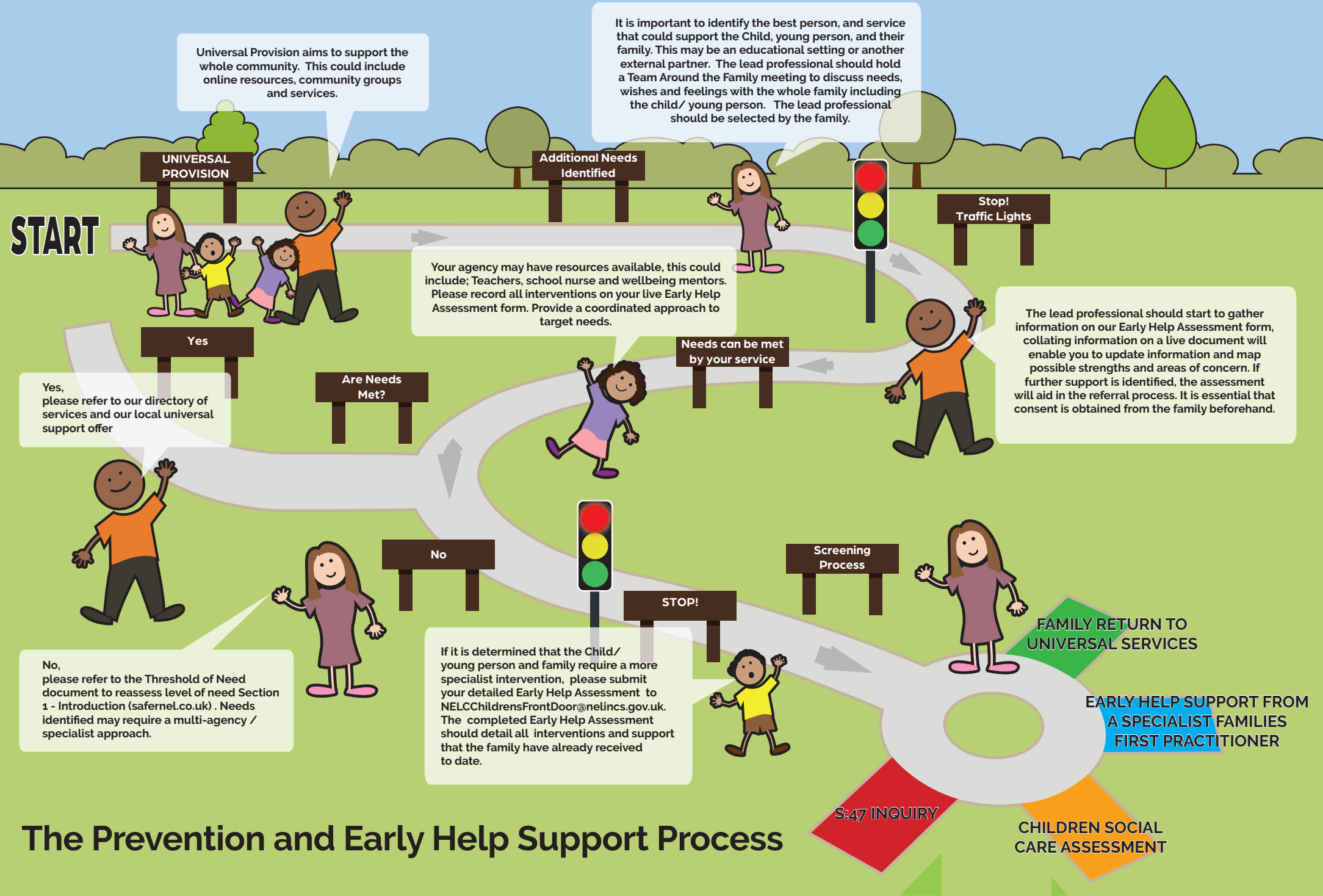


Working in collaboration with Educational settings, Early Help providers are able to support families as soon as difficulties or concerns are raised. This ensures that our families are receiving the right support, at the right time by the right person.

Unemployment and promoting opportunities.

The impact of low income upon individuals living in stress and deprivation are linked to poor health behaviours such as smoking, lack of exercise, poor diet, drug misuse, and alcohol consumption, which has notably seen an increase in Mental Health support referrals, accessing Income support services and a rise in complex cases within Early Help. To address inequality amongst our community, our Early Help and learning providers are committed to offer a range of support for individuals to re-engage with learning and work. This may be upskilling in digital skills or gaining qualifications both academic or Occupational and Vocational. Our community partners are also passionate about promoting healthy behaviours with our families, providing Mental health support, and working inclusively to support families holistically.





The Prevention and Early Help Support Process

Right Support, Right Place, Right Time.

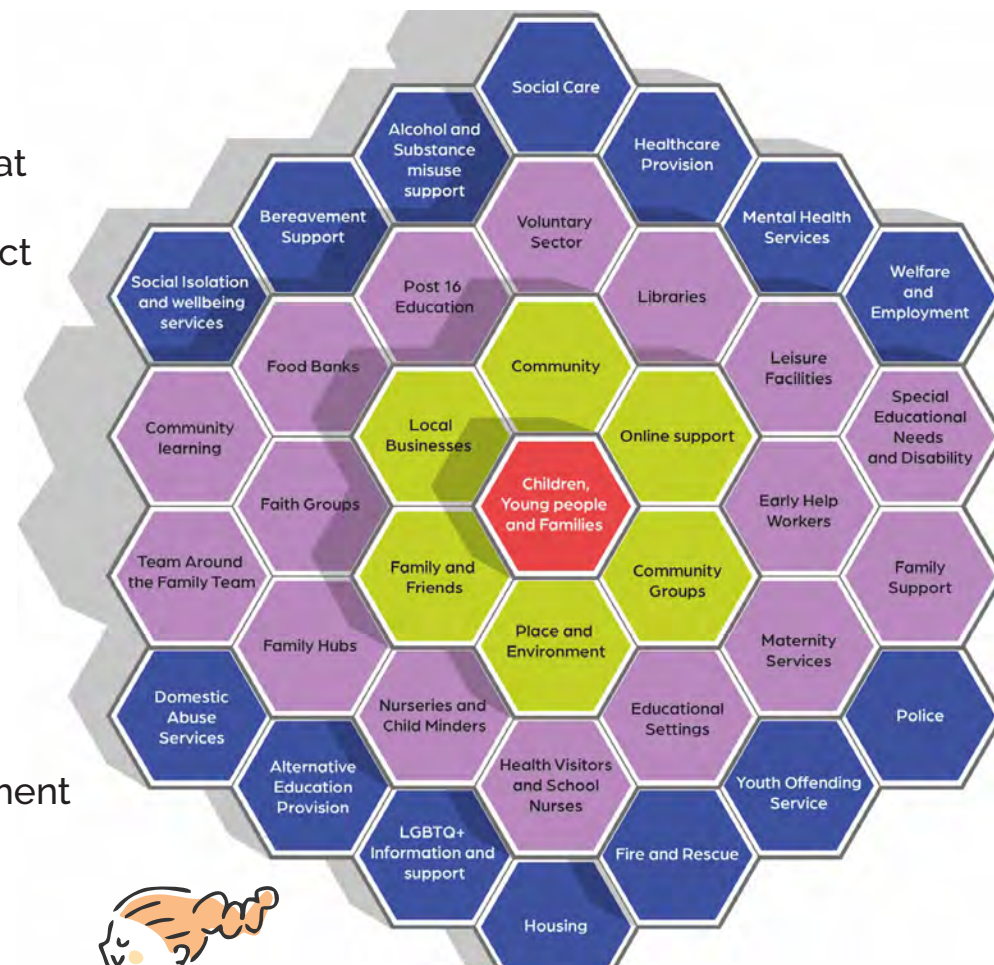
North East Lincolnshire has a wide range of services that work with, and for children, young people and families. We acknowledge environmental factors that may impact upon our community and children, in addition to appreciating that the greatest and most sustainable outcomes are provided by the children, young people, their families and their friends.

We understand the importance of building positive relationships and value a family's lived experience.

We will work in an open and honest way to enable our families to feel empowered and in control.

We will use the Early Help assessment to gather, share and screen information so that we can make informed decisions regarding support together, free from judgement and bias.

The Local Authority and external partners may use the Early Help Assessment to support conversations between families and professionals.



We have 5 Key Priority Areas for our Early Help provision:

1. **Improved Child Health and wellbeing and Community Wellbeing** – These services and support will have a strong focus on developing good physical health and child and adult mental health, using a trauma aware workforce to help families have good local accessible support when they need help.
2. **Early Years** – We recognise that the first 1001 days of a baby's life are the most crucial to their lifelong development. From conception to 2 years old, babies develop at an amazing pace; and we want to support them and their parents/care givers to ensure everyone gets the best start for life. We are therefore developing a comprehensive Start for Life Offer, that will include advice, guidance, support and services
3. **Supporting children through Education to meet their full potential** – These services will focus on working with schools and educational partners, reducing school exclusions and providing support advice and intervention to increase attendance and attainment and offer children support through the transition years. Young people will be supported to take up training and employment opportunities and families will be supported to increase the take up of free childcare to allow them to have paid work. Services will work with children who have special educational needs and disabilities to increase inclusion and reduce vulnerabilities. In line with the Education Strategy preventative work will support a reduction in the number of children who require an Education, Health Care Plan through early engagement with schools around difficulties experienced by children.
4. **Building Family strengths** – These services will focus on intervention with families that build capacity and strength and be informed by Evidence Based Practice and partner innovation. A central element of this is the development of the work force so that everyone is clear about which service is needed for each individual family and at what level is best to intervene. Families need services which are community based and meet the needs of the whole family, including parental relationships, their extended family, and their parent-child relationships. Building close working relationships with families and the community will be a core objective of the Early Help Partnership. Intervention will focus on helping families to stay together, and reducing the need for statutory child protection services. Innovative partner working will support families to feel safe within their communities and reduce the risks of children being exploited or neglected.

5. Reducing the harm caused by poverty – We know that poverty negatively impacts families and causes unnecessary stress, which makes it harder to keep children safe. Support services will consider all influential factors that may impact families in all assessments, plans and support. By ensuring families are able to meet their basic needs, they will be better able to focus on providing safe, nurturing homes for their children. By supporting families, in practical, meaningful ways they will be more likely to engage in help seeking behaviours.

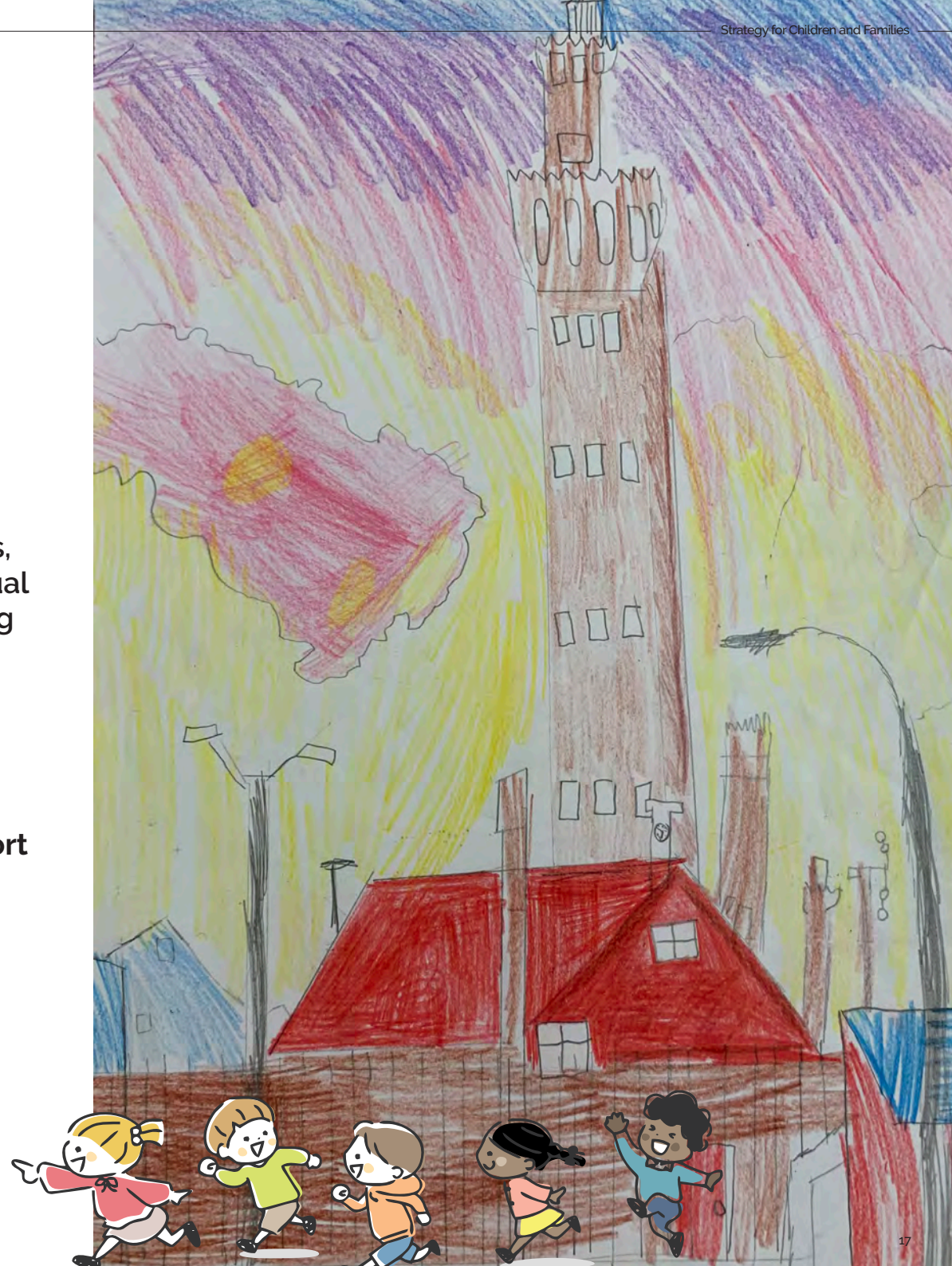


Our Partnership Pledge



North East Lincolnshire Children Services Early Help Offer

- Early Help requires the consent from our families, which enables them to feel in control and an equal partner in all decision making processes. Working restoratively aims to share services, implement targeted support, draw on strengths of our community based services and be family led in design and delivery.
- The following pages include information on the Local Authorities; **Team Around the Family** support service, **Family Hubs**, **Start for Life** programme, **Adolescent services** and **SEND**



Team Around the Family (TAF)

- All Children need a strong support network of people that care about them, to feel safe, secure, and valued. At times families may need additional support from professionals, which will create a **'Team Around the Family'** or 'TAF. A TAF meeting can take place when there are two or more professionals/ services involved, for example, Education and a health visitor or a voluntary organisation within the community and Police.
- The Team Around the Family (TAF) aims to support children, young people and families at the earliest opportunity and bring together all support and services in the local area to promote a whole family approach to working. This will ensure that all members of the family are supported appropriately based on individual need and that the lived experiences of the family are considered.
- The North East Lincolnshire TAF Team can support our local partners to work with children and families as equal partners to address worries and concerns before they escalate.

The North East Lincolnshire TAF Process





Early Help and Family Hubs

In North East Lincolnshire we want all families to be able to access the advice, guidance and support they need locally, in a way that feels accessible to them.

Our Family Hubs provide welcoming spaces where all families can come to access a range of services such as:

- Health services
- Stay and Play sessions
- Early learning activities
- Parenting support
- Training and family learning

We aim to be friendly and open to any family who wants to drop in; and will listen to family's voices to adapt what we offer as much as possible.

The Hubs staff can also connect families to any additional support they need, such as:

- One to one discussions when children and families need support
- Parenting support programmes
- Debt advice and support
- Special Educational Needs support
- Couples relationship advice and support





Start For Life

In North East Lincolnshire we recognise that the first 1001 days of a baby's life are the most crucial to their lifelong development. From conception to 2 years old, babies develop at an amazing pace; and we want to support them and their parents/care givers to ensure everyone gets the best start for life. We are therefore developing a comprehensive Start for Life Offer, that will include advice, guidance, support and services so that:

Our babies and toddlers will:

- Be given the best possible start from conception through families who know what the best start looks and feels like
- Feel loved and have secure attachment to their parents or carers
- Be given the best opportunities to grow, develop and be healthy
- Be given the attention and interaction they need
- Play, have fun, and have a wide range of learning experiences

Our expectant and new parents will:

- Be supported to be happy and healthy so that they can be the best parents they can be
- Feel informed in order to make the best choices for their babies and children
- Be empowered as the biggest influencers of their child's future
- Know how to get the help they need, and be able to get it at the earliest opportunity



Our communities will:

- Value the first 1001 days of life and understand what babies and toddlers need
- Be ready to support expectant and new families, not just mothers, at the earliest opportunity
- Create spaces that are welcoming and nurturing for babies, toddlers and their families
- Influence and co-deliver services
- Give families a voice and opportunity to say what matters to them

Our services will:

- Have well trained and equipped staff
- Be respectful and work with families, not do to them
- Be evidence-based and focus on what matters for babies and children
- Join up and work together for the benefit of babies, children and families





Supporting our Young People

Working with children and young people from ages 8 – 24 in North East Lincolnshire

Adolescence:

In North East Lincolnshire we have a collective commitment to supporting young people, diverting away from anti-social behaviour and crime, to reduce risks of being exploited or missing from home, prevent substance use and recognise early intervention to support a young person's emotional wellbeing. We want to make sure that young people in North East Lincolnshire receive the support they need to succeed in life. We know relationships create positive change for our young people and need adults to believe in them and to see their potential; this helps them to be able to see it too.

As a partnership we know our young people have huge potential and we want to harness this by providing opportunities, activities, spaces, diversion routes, support and role modelling so they can flourish and succeed. The pandemic, increased poor mental health in young people. The cost of living crisis and isolation has all had an impact on young people's day to day lives and together we can work to reduce those vulnerabilities, inequalities so young people grow up healthier, happier and more aspirational.

Collaboration is at the heart of what we do, and we will work with our partners across the system and beyond to push for positive change. We all have a role to play in improving the outcomes for our young people and in doing so creating safer communities that give young people in North East Lincolnshire the opportunities they so rightly deserve.





The SEND partnership reflects all of the teams and services across education, health, early help and social care who work with children who have emerging or identify SEND. There are currently around 16% of our school population who are either receiving help at SEN support or through an EHCP. This is just under 4,000 children. Our ambition is that all children access the right help and support at the right time, at the earliest opportunity.

Our SEND specific teams include:

- SENART who gather information to assess, write and amend EHCPs
- Early Years Area SENCOs who provide, information, advice and guidance to support Early Years settings with their SEND provision.
- Children with Disability Service who support families that are in receipt of additional support to help them better care for their child with a disability.
- Complex Children's Health team who support children and families with complex health conditions.

Working Together with children and young people and their families

The SEND communications and local offer team work collectively with children and young people with SEND, their parents, carers, and families. Feedback from everyone involved with SEND and by working together, enables co production to make changes to services and the way things are done in North East Lincolnshire. Our aim is to continually improve what is offered for children, and young people with SEND and their families. Take a look at our NEL Parent Carer Forum website for more information and the SEND Young People's Advisory Group (YPAG) on our local SEND offer. Our service also meets regular with SENDIASS who provide independent, impartial, free and confidential support and information for parents and carers.



This is what our families say

Oasis Hub

"I have two children aged 10 and 6.

We moved to the UK at the start of last year to escape from domestic violence and found ourselves homeless from March 2022.

We were staying in caravans in winter lets, hotels and even spent two nights in a car until we got put into a safehouse by social services who became involved in helping us.

In May 2022 I found a private rental home for myself and two children in Grimsby, I had nothing but the clothing I had brought with me. Social Services were still involved as I had to do an assessment to prove I could keep myself and my children safe.

Oasis Hub helped me by getting me a fridge freezer for my house. I am so grateful to them for everything they do. I also attend a group called family links at the Oasis hub where we learn about how to cope with our Childrens behaviour and emotions as well as my own.

The Oasis Hub is what I call my safe space. All the staff are fantastic and have become like friends. I know if I ever have a problem I can go there and there will always be someone to listen to me and help me if they can. I like going to the hub and helping them with things when I have spare time"



Family Hubs and working with Families First Practitioner (FFP) - Age 14

"I felt nervous and worried, and I thought "who is this freak" when I first met my FFP, but over time I felt better and wanted her to come round more. My life has flipped from bad to good. I don't do any risk behaviours anymore, I keep safe, and my mental health hasn't been bad for ages.

I have finished work with my FFP now and attend the Girls Group, I have completed peer mentor training and I got a certificate.

The group has made me realise the consequences of everything like sex, drugs, online safety, healthy relationships, grooming and exploitation. It helps, they are amazing.

You will be scared going at first, but it will help keep you safe and they will sort out problems with your family and your relationships will be better. I feel I can trust my FFP, she is fun, makes me laugh and is understanding.

I am nervous but excited about my future and working hard. Everyone tells me how proud they are of me, but I am actually proud of myself."

Grimsby Dads Collective

How did you feel when you first attended?

"A bit nervous"

"As a male, a bit lost"

"Quiet and shy at first"

"Nervous and unsure"

How do you feel the group has supported you and benefitted your family?

"I'm becoming a better person".

"Very much having some time to myself is amazing and looking forward to the family day out".

"Helped me be more confident".

"Gave me an opportunity to get out with my son and helping with social awkwardness".

"I'm learning to be a better father and be more active with my time with the kids".



What would you say to dads that might be thinking about attending but haven't yet?

"100% get involved and encourage others to join."

"100% need to come and see how they feel after one session, and they will be glad they came."

"Just come - it's not hard work, it's just informal and light and you can take what you need from it, no stress."

"Come along - it's great."

"Don't hesitate, it's the best decision I ever made."

"It's definitely worth it and you get to meet other dads and supportive people that are always happy to help."

"Go for it!"

**Find out more by visiting: ymca-humber.com/what-we-do/family-support/grimsby-dads-collective
or contact info@ymca-humber.com**



Early Help Team – Local Authority support Families First Practitioner

In December 2022 a few days before Christmas I had a knock at the door and it was D and another member of the Early Help team. At the time I didn't want to admit I was struggling in a domestic abusive relationship and was struggling with my own mental health. Throughout the last 6 months D has been an amazing support who both myself and my children will sincerely miss.

Over the course of the last 6 months, with help from D, I have managed to leave the relationship completely. Not only have I left, but I also managed to regain control of my own life and I am so much happier for that and so are my 4 children. I can't thank D enough for the support and for pushing me to realise not only my self-worth but the worth of my children.

I had been struggling with keeping my home clean for my children and having the equipment to make my children settled which early help assisted with. They helped with getting new beds for all my children and a fridge, as at the time we didn't have a fully working fridge.

From the bottom of my heart, I can't thank the team for listening when I was having a bad day. There isn't anything that D or the team could do better because you are all amazing - thank you for supporting us for the last 6 months.

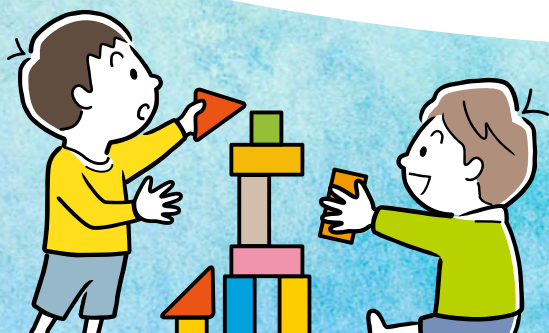
Climb4 Boogie Babies and Adventure Play at the Family Hubs

"My baby and I have been coming to Boogie Babies since he was around two months old. It has helped him with his physical, emotional, and social development, whilst building my confidence in exposing him to age-appropriate activities that assist in these areas. Boogie babies is the highlight of our week. My child has made friends and we have seen other babies and parents outside of the group. The group also offers opportunity to seek and share advice as needs arise".

"We enjoy coming to our baby groups as it is nice to have an hour together without distractions at home (like siblings needing attention too). Just us two, bonding and learning together".

"I always feel very welcome and included. I love the vast array of toys and sensory items; it gives me ideas for things to do at home. Julia is fantastic with the babies; I love how there is a different theme every week".

"It has helped me get out and meet mums with similar aged children and get tips and advice. Come with someone and try it out, then try on your own, it's a good place".



Climb4 Boogie Babies and Adventure Play at the Family Hubs

"Me and my daughter really love coming to the Family Hub groups. My daughter is 9 weeks old and benefits from being around other babies and the sensory toys. The groups benefit me by getting me out of the house and talking to other mums. I would recommend all new mums to come, it really helps, it's such a lovely environment."

"Boogie babies is our favourite group. It's nice for me to socialise with other mums and for my baby to see other babies. It's the perfect mix of structured song/dance time and free play. All the mums are so lovely and welcoming and it's easy to fit in at all the groups, even if it's not your regular one".

"I've made friends with other mums at this group and now feel confident enough to attend the groups on my own and meet parents with similar aged kids. It's free, which helps especially when on maternity and low pay".

"I was really nervous joining a mum and baby group. Boogie babies were so welcoming and made me feel confident in socialising with others. My child has developed so much in the few weeks we have been attending. I would recommend Boogie Babies to anyone who was looking for a mum and baby group as they have more than one session per week in various places".



"I came from my son being 8-weeks-old. I have met new mums, gained confidence and a support unit for advice, and sharing achievements. My son meets new people and recognises regular faces, he enjoys the interaction with other babies of the same age. I would encourage mums to join local groups, even if they are asleep at first, it builds routine and is good for mums to socialise."

"These groups really help with anxiety and loneliness for parents. Getting out the house and seeing other parents is amazing. On some days it's just nice to change the setting, being somewhere different".

"We LOVE Adventure play; we started off at Boogie Babies and moved up. My daughter has made her first friends who we meet on a Tuesday. The leader is lovely, approachable, chatty, and very friendly".

"My daughter loves the Adventure Play Sessions, activities and set ups are always lovely. Usually with current themes teaching children what's going on, for example, The Kings Coronation and Father's Day".

"The song time is always engaging, an exciting time. My daughter's favourite".

"The children learn new skills, like sharing with others. There are singalongs, and you get to talk with other mums and get tips about child development. It is a very warm, friendly place to take children".

"The group is very friendly; staff are helpful, and it is good to talk with other parents. Nice to have children of similar ages to help encourage the children. Venue very nice and suitable, very kiddie friendly. Sessions are well run and structured".

Triple P – Positive Parenting Program

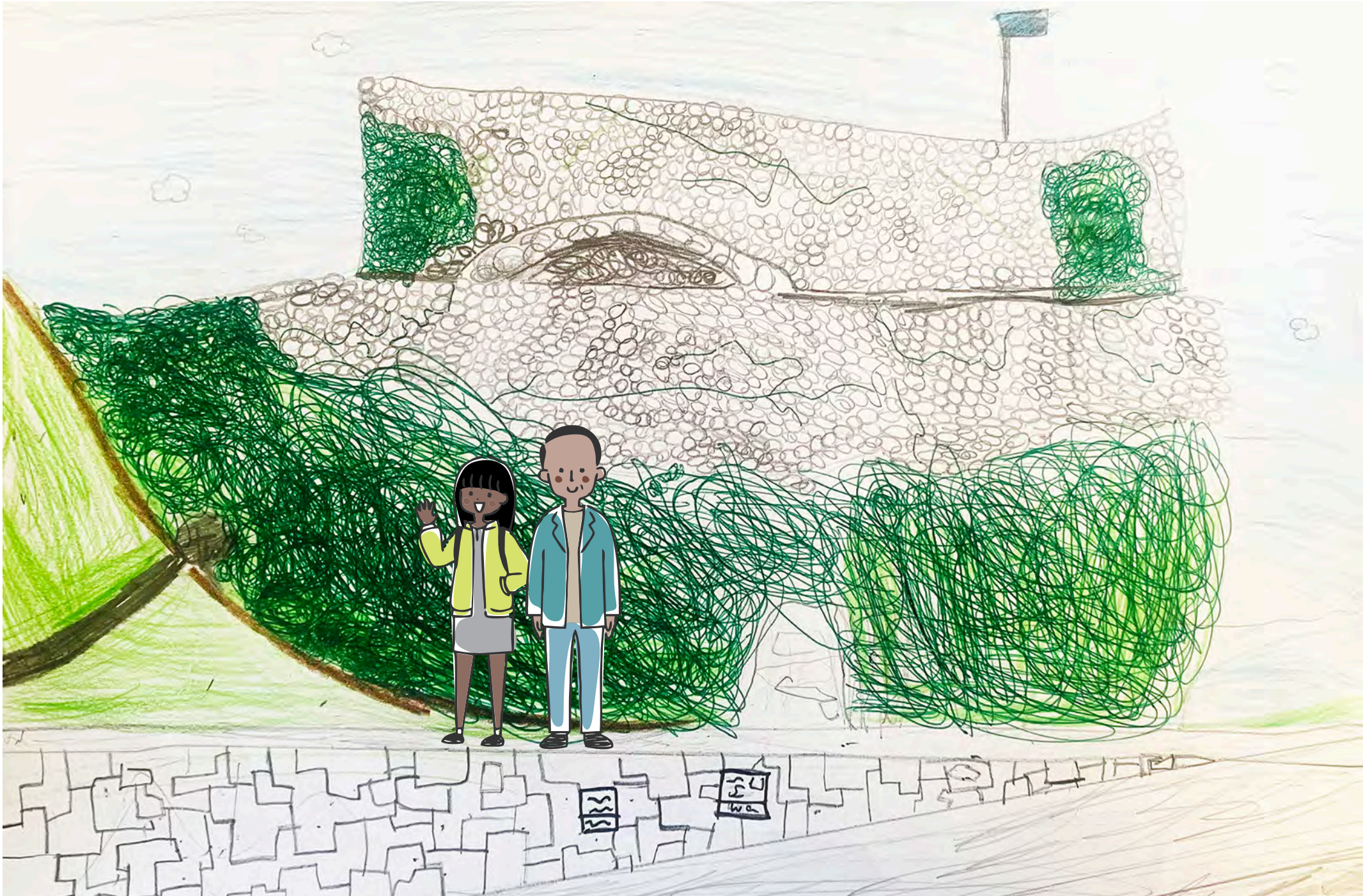
Before I started the Triple P Parenting course, I was nervous. I didn't think anyone would understand or relate to how I was feeling. I was very wrong, as just after the first session I felt relieved and happy I had gone. The ladies delivering the course made us feel very welcome, they were friendly but most importantly made us feel understood. I honestly didn't think I would get much out of this course, but it has made me much more confident, I have learnt new tips and tricks from other parents in the group and I have made friends.

I also attended a parent group at the Family Hub, it was so welcoming, and all the parents chat together and share experiences. The people running it are lovely and so understanding about my struggles as a mum/carer. I have been supported with referrals and told about help and support I didn't even know was available. It has honestly all changed my life for the better, both the Triple P and the Parenting group. I now feel in control, happier and supported.

For me and my boys the Triple P course has been incredible and would recommend to all parents. The facilitators made me realise I was being too hard on myself and doing better than I realised, but we all need a little help.

Thank you.





How will we know if we are making a Difference?

- Families will report feeling safer in their communities
- Reduction in Children being cared for by the Local Authority
- An increase in families accessing support at a universal level
- An increase in families that do not escalate into statutory Services following Early Help Support
- Families will feel empowered and in control of their Early Help Plans
- An increase in families that are satisfied with the support they have received
- More Families and their networks are able to produce solutions themselves
- Families know where they can access support at the earliest opportunity





With Special Thanks to;

Catzero
CPO Media
Compass GO
Oasis Hub
NSPCC
Northern Lincolnshire and Goole NHS Foundation Trust
Integrated Care Board
Humberside Police
North East Lincolnshire Council
Climb4
YMCA Grimsby Dads Collective
Humberside Police
Children, Young People and Families for feedback to aid development and accessibility
Queen Mary Avenue Infant and Nursery School
Grange Primary School
Scartho Infant and Nursery School
Oasis Academy Wintringham
Stallingborough C of E Primary School
Havelock Academy
Thruscoe Primary and Nursery Academy

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North East Lincolnshire

Our Children, Our Future

A Prevention and Early Help Partnership
Strategy for Children and Families

2023

