



South West Herts Partnership ISSUE 183 - MARCH 2021

YOUR FAMILY SUPPORT SERVICE Covid-19 Update Statement Current working plans



Our Executive Board met on Weds, 17th March, 2021 to discuss our current working plans.

In line with Government advice, we will be able to resume outside parent/carer(s) visits as from the 29th March, 2021 where social distancing can be maintained. Private and confidential conversations will continue via phone or video link.

It is expected, that school visits will resume after the Easter break dependant on the latest Government advice. We will advise you when this will start from.

In line with our current operational risk assessment, all staff have been offered lateral flow tests which they will carry out twice weekly prior to going into their allocated schools and follow the NHS and lead school reporting process. All staff have also been provided with PPE and will be guided by your individual schools policies and procedures when onsite.

We will be discussing and looking at a date home visits can resume at our next meeting. All policies and procedures are ready and in place for when this can go ahead. In the meantime, scheduled weekly sessions with families are continuing to happen via phone or video link.



Calendar of events can now be found as a separate document with your newsletter email so that you can send out to families and is also detailed on our website



Winter Grants



SWHP are proud to be part of the Covid Winter Grant Scheme in Hertfordshire. We have been issued with a quantity of low income household vouchers to be awarded to households identified by our team of family workers as being vulnerable and facing financial hardship.

These supermarket vouchers are valued at £60 and are intended to support families with their food bills and the costs of other essentials (e.g. sanitary products, warm clothing, nappies, soap, blankets, bed linen and white goods).

I am pleased to say that we have so far awarded a total of 69 vouchers at a value of £4,140 to families in need.



SWHP WEBSITE

We are delighted to announce that our new website is up and running.

When making referrals, you can also direct your families to our website which explains more about the service we provide and can support them with. You may also wish to include on your school website.

You will find a list of parenting courses as detailed in our newsletter, a signposting page and a directory of other agencies we work alongside which will take you directly to their websites.

We will be looking to add further useful content over the next couple of months so if you have any suggested feedback do let us know.

<https://www.southwesthertspartnership.org.uk>

FAMILY SUPPORT TRAINING

Gangs and Youth Violence

I recently accessed some online training through HSPC (Hertfordshire Safeguarding Children's Partnership) MeLearning called Gangs and Youth Violence. This training was very informative and the key elements I took away are risk factors and warning signs in children/young people who we may work with.

There are many risk factors that lead children/young people into gang/youth violence these can be separate into 5 categories:

INDIVIDUAL	COMMUNITY	FAMILY	SCHOOL	PEER GROUP
Hyperactivity	Neighbourhood Disorganisation	Family Poverty	Academic underperformance	Peer Rejection
Aggression/ impulsivity	Availability of drugs	Family violence and abuse	Low commitment to school	Delinquent peers
Lack of guilt and Empathy		Broken Home	Frequent truancy	
Positive attitude towards delinquency		Antisocial parents		

Young people/children who have been exposed to the above risk factors are between 5 and 20 times more likely to become violent and serious offenders compared to those who have not.

Warning Signs that a young person/child **maybe** involved in a gang:

- **Personality changes** – aggression or acting withdrawn are common symptoms of someone who's doing something they know they shouldn't; it doesn't mean they are involved in a gang but it doesn't rule it out.
- **Behaviour** – a change in how a person speaks/acts can indicate a change in lifestyle such as joining a gang. Specially, use of language for example slang or gang signs are a good indicator. Other actions such as fighting/carrying arms can also suggest gang involvement.
- **Change in lifestyle** – its suspicious if a person had a drastic change in social circles/hobbies and stays out late with new unknown people. Also if the person has an unknown source of income it should be noted.

Rebecca Lathwell, School Family Worker

Science of Happiness

The course 'Science of Happiness' by Adrian Bethune was about 'Happiness & Wellbeing'. Research by top universities found how we as humans find happiness. Key factors were Mindfulness, Perspective, Gratitude & Laughter. The results show that there are physical and mental health benefits to utilising those factors. I found the course very interesting not only from a personal perspective but from how we can encourage happiness in others.

This could be useful in my job role to encourage change of attitude and positive mindset in others as well as myself and potentially resulting in positive outcomes for families. It was a good reminder that we all need to pay attention to what nourishes us and try and avoid negativity (or at least change our attitude to it). Overall, a good positive experience!

Sam Ward, School Family Worker

De-escalation Training

I recently did a short one hour online CDP training course provided by Creative Education entitled "De-escalation: What is it and how do I do it?".

It was very informative and will help me to establish calm and productive meetings with my families. It will also enable me to better advise parents on how to have more calm and positive interactions with their children. In a nutshell, when people are cross, angry, anxious or emotional, they are generally not in the right frame of mind to interact or make well reasoned responses. If you encounter people in this situation you must give them time and space to calm down before you can have a meaningful and positive interaction.

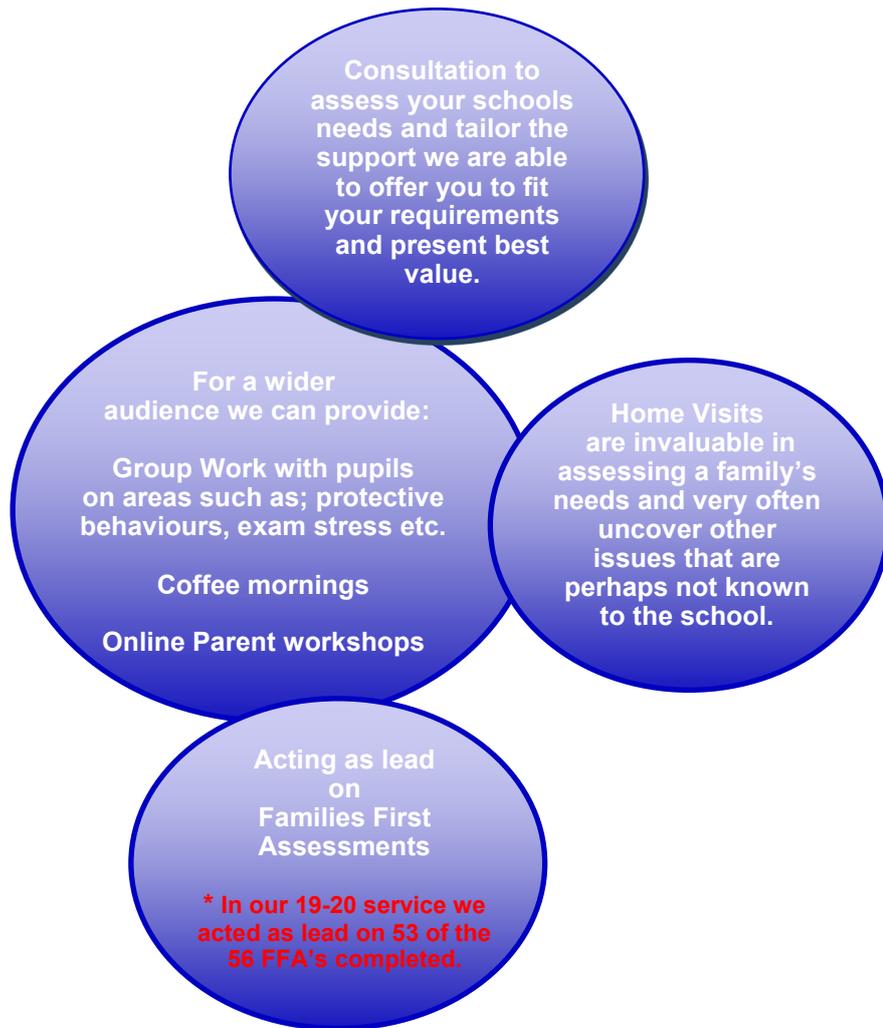
Here are 10 steps to de-escalation:-

- Respect personal space while maintaining a safe position
- Be empathetic not provocative, use non threatening, non verbals
- Establish verbal contact
- Be concise; keep your message clear and simple
- Identify wants and feelings
- Listen closely to what the person is saying but ignore challenging questions
- Agree or agree to disagree
- Lay down the law and set clear limits
- Offer choices and optimism but choose wisely what you insist upon
- Allow silence for reflection and time for decisions

Dave Bell, School Family Worker

Why should you use our service

- ◆ **80%** of schools have seen improved relationship between parent and school.
 - ◆ **67%** of schools have seen an improved attitude to learning.
 - ◆ **96%** of families have increased networks with community organisations and other supports.
 - ◆ **77%** of families have increased family involvement, including help with homework.
 - ◆ **77%** of parents feel they are now able to put in and follow through good routines & Boundaries.
 - ◆ **83%** of parent/carer(s) have a strengthened belief in ones capabilities.
- * **Results from our evaluation forms completed in 2019-2020.**



SCHOOLS BROCHURE & INVOICE

We have now received budget information from HCC on schools within our partnership area so we can finalise charges for our 21/22 family support service.

We aim to have our brochures and invoices sent out to you straight after the Easter break.

In the meantime if you have any queries, please do not hesitate to contact either;

Kathy Buchanan
Family Support Manager
Kathy.b@swhp.org.uk

or

Carly Maddison
Business Manager
Carly.Maddison@swhp.org.uk

Our early intervention service has helped to prevent many cases escalating to Children's Services. If schools require, we are able to take step-downs from IFST as well as CP/CIN and support families to maintain the strategies put in place and access other services to continue on their journey.

"You always go above and beyond, especially since lockdown. Your support has been invaluable and I want you to know how much I appreciate everything you do to support the children, families and myself".

School

Create your own Easter Hunt



<https://www.familiesonline.co.uk/blog/the-great-families-easter-egg-hunt-at-home>



SOUTH WEST HERTS
PARTNERSHIP

EASTER HOLIDAY ACTIVITIES



HAPPY BAKING



Get the whole family baking with these easy Easter cookies and cake recipes.

<https://www.bbcgoodfood.com/recipes/easter-egg-cookies>

<https://www.bbcgoodfood.com/recipes/collection/easter-cupcake-recipes>

Woodland Wander Checklist

spot the different trees using this handy checklist

<https://nt.global.ssl.fastly.net/documents/woodland-spotter-sheet-frugi.pdf>

nationaltrust.org.uk/50-things-to-do

The 10 Best Bunny Movies to watch over Easter



http://www.eparenting.co.uk/easter/bunny_movies_for_easter

Window Decorations

Make stained glass Easter-themed window decorations using black paper, tissue paper and glue.

Cut out the shape you would like to display. Your children could make eggs, rabbits, chicks, flowers or anything that takes their fancy.

Easter Arts & Craft

Try one of these creative ways to dye Easter Eggs

<https://www.bhg.com/holidays/easter/eggs/quick-and-easy-easter-egg-decorations/>



Make an Egg carton spring chick

<https://www.countryliving.com/diy-crafts/how-to/g1111/easter-crafts/?slide=24>