

SPACE-Wellbeing

Single point of access for children's emotional wellbeing



Bwrdd Partneriaeth
Rhanbarthol Gwent
Gwent Regional
Partnership Board



Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board



HOW WE CAN SUPPORT CHILDREN'S EMOTIONAL WELLBEING

SPACE-Wellbeing (single point of access for children's emotional wellbeing) is a process through which professionals and families can seek early help and support with issues that affect families including housing, finance, parenting, children's mental health, and behavioural difficulties.

Caerphilly's SPACE-Wellbeing panel meets every week. It aims to make sure that services work together to ensure that children and their families get the right help, first time, at the right time.

Requests for support may be allocated to a service who will provide help to children and their families. Sometimes, specialist staff will talk to childcare professionals who are already working with the family to offer them support and guidance.

WHO IS PART OF CAERPHILLY SPACE-WELLBEING PANEL?

The panel brings together a wide range of services provided by Caerphilly County Borough Council, Aneurin Bevan University Health Board and the third sector. More information about these services is provided overleaf.

HOW DO I REQUEST SUPPORT AND WHAT HAPPENS TO MY INFORMATION?

Families, young people and professionals can request support through SPACE-Wellbeing. The person with parental responsibility and/or the young person (as appropriate) must be provided with information about SPACE when support is requested and must agree with the request for support being made.

To get help, the **Request for Support Form** should be completed. The form can be accessed by via the weblink or QR code at the end of this leaflet, or alternatively by contacting the SPACE-Wellbeing Coordinator, on 01495 233225 or SPACEWellbeing@Caerphilly.gov.uk. If your GP is making the referral, they may ask you to complete a questionnaire so that the panel know what you think and what you're hoping for.



Information that we receive will be stored on the Caerphilly County Borough Council database and used for the purpose of providing services to children, young people and their families. Before the SPACE-Wellbeing meeting, the services who make up the panel and the child's school and/or local authority education services may share information with each other about the child for whom support has been requested. Discussions are held in the strictest confidence. This sharing of information is to help panel make good decisions: so that children and their families get the right help, first time.

For more information about what happens with your data visit: <https://www.caerphilly.gov.uk/my-council/data-protection-and-freedom-of-information>

If you have any queries, please contact the Caerphilly SPACE-Wellbeing Coordinator on 01495 233225 or SPACEWellbeing@Caerphilly.gov.uk

SERVICES THAT ARE PART OF THE CAERPHILLY SPACE-WELLBEING PANEL

CAERPHILLY COUNTY BOROUGH COUNCIL

Families First provides a range of services to support families, with children aged 0 - 25 years, who live in Caerphilly County Borough to ensure the families' needs come first.

Early Years the Caerphilly Early Years and Childcare team provide information, advice and support for expectant parents and families with young children aged 0-7 years living in the Caerphilly County Borough.

Supporting Family Change (SFC) coordinates support for families in times of need. The project brings together a Team Around the Family (TAF) who

can offer support for a wide range of needs, particularly when a family has more than one need. A designated support practitioner works with the family, along with other agencies to develop a multi-agency plan that focuses on the families' strengths. This helps to break the cycle of any repeated needs, providing opportunities to access other support interventions and build resilience.

Youth Respect (YOS) is a project for children over the age of 10 who show early indications of, or are already exhibiting abusive, aggressive, and controlling behaviours in family or intimate relationships.

REACH is a prevention project for 8-17-year-olds at risk of offending or displaying anti-social behaviour. The project will work with children at risk of exclusion from school linked to concerns in the community, at risk of entering the Youth Justice System, with unsuitable peers, with concerns around substance misuse and/or with anger aggression in the community, school or home.



H-PAD Prevention of youth homelessness. This project aims to ensure young people know who to contact if they are at risk of homelessness or are concerned about someone they know. By raising awareness amongst young people, we can challenge the stigma that surrounds homelessness.

Targeted Youth and Family Engagement (TYFE) provides supported interventions for families and for children aged 8 and above to develop personal and social skills, raise confidence and build self-esteem and resilience.

ANEURIN BEVAN UNIVERSITY HEALTH BOARD

Primary Child & Adolescent Mental Health Service (PCAMHS)

provides assessment and brief intervention to children and young people where there are mild to moderate mental health needs or concerns about their behaviour.

Specialist Child & Adolescent Mental Health service (S-CAMHS)

supports children and young people with moderate to severe mental health needs.

Child and Family Community Psychology works with professionals from a range of services and with Communities, helping them to support children's mental health and emotional wellbeing.

School Nursing Service offers school 'drop-in' clinics to support children and young people with their emotional wellbeing as well as a confidential text service for young people aged 11-19. Young people living in Gwent can anonymously text Chat Health on 07312 263 262 for confidential advice and support.

ISCAN (Integrated Support for Children with Additional Needs) is a referral pathway for children with additional and complex needs and children where there are neurodevelopmental concerns.

OTHER SERVICES

Family Intervention Team (FIT) is delivered by Action for children and ABUHB and provides brief psychologically informed family interventions, working with families in their communities for up to 12 weeks. We work with age range between 3-16yrs and works around supporting children, young people and their families where there are emotional and behavioural difficulties and difficulties within the family relationships and also where there are early emerging self-harm

LLAMAU (Dim Ofn) This project provides targeted support for children and young people affected by domestic abuse through both individual and group sessions, ensuring that they are supported to explore and share their experiences and feelings. The individual sessions may take place in the home, school, or another appropriate venue. The group sessions include focused activities that bring children and young people together, in age-related groups and sessional content.

BARNARDO'S CPSF (Confident Parents Stronger Families) Provides targeted parenting support for families with children aged 8-17. Using a strength-based approach, CPSF will work alongside families to create a tailored support plan which meets the family's needs. Building and sustaining positive respectful relationships with parents to enhance their parenting skills to support their children's development, care, and wellbeing. CPSF offer bespoke support packages to meet a range of needs including managing behaviour, routines, and boundaries. Families will receive initial individual sessions in the home or virtually, and then progress onto attending a group-based programmes (in the community/virtually) or further individual tailored support.

NYAS (National Youth Advocacy Service) There are two advocacy services on offer:

Children & Young People Advocacy: A confidential, independent issue-based advocacy service that supports children and young people by helping them to have their voice heard. The project works on a 1:1 basis to enable the child, or young person, to promote their views, wishes, and feelings and get something stopped, started or changed.

Parent Advocacy: A confidential, independent service that support parents to have their voice heard. The project works on a 1:1 basis and supports parents to resolve issues, make changes, engage with support services and to navigate systems

Young Carers group sessions bring together Young Carers across Caerphilly to share and explore common themes, experiences and support needs. The project offers well-being support, information sessions, fun activities and time out from the caring role.

Children with Disabilities Team (CWDT) (Children and young people under 18 with permanent and substantial disabilities, life limiting conditions and/or complex health needs that impact on their daily living

Sparkle Family Liaison Service. Our Family Liaison Officers are extremely passionate about promoting appropriate services and support that is available. We act as a first point of contact for all families, to help with enquiries about services and leisure activities that children and young people can access. We offer guidance and support to help families navigate the 'system', signpost to the correct professionals and provide support and resources. We ensure that families are provided with access to appropriate services and to obtain feedback to inform service development.

Platform 4YP offers peer support, self-management training and individual support as required to young people aged 14-18.

Gwent NGAGE (delivered by Barod) provides drug and/or alcohol-related support, information and advice to young people, their families and professionals.



S U P P O R T

HOW TO MAKE A REQUEST FOR SUPPORT IN CAERPHILLY

**PLEASE NOTE THAT THESE REQUESTS ARE
FOR ROUTINE REFERRALS ONLY**

Families are now able to submit a request for support and/or provide additional supporting information alongside the GP referral electronically. Our form can be accessed by following the weblink below, or by scanning the QR code.

* Please note that we are unable to accept requests for a Neurodevelopmental assessment (i.e. to assess for a diagnosis of ASD/ADHD). These requests are dealt with via the Neurodevelopmental Team and self-referrals are not accepted. The preferred process for submitting a Neurodevelopmental referral is for parents to liaise with their child's school to provide a full referral with school and parent information so it can be progressed to the ND screening assessment stage. Referrals from the GP are accepted but must be accompanied by supporting parent and school information (unless the child is home-schooled).

<https://forms.office.com/e/bG6zb9nbQq>





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