SPACE-Wellbeing

Single point of access for children's emotional wellbeing



Cyngor Bwrdeisdref Sirol
Blaenau Gwent
County Borough Council

GIG CYMRU NHS WALES
Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

Bwrdd Partneriaeth
Rhanbarthol Gwent
Gwent Regional
Partnership 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.

Blaenau Gwent'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 BLAENAU GWENT SPACE-WELLBEING PANEL?

The panel brings together a wide range of services provided by Blaenau Gwent 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 315700 (option 2) or familysupporthub@blaenau-gwent.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 Blaenau Gwent 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.blaenau-gwent.gov.uk/en/council/data-protection-foi/councils-privacy-notice/

If you have any queries, please contact the Blaenau-Gwent SPACE-Wellbeing Coordinator on 01495 315700 (option 2) or familysupporthub@blaenau-gwent.

gov.uk SERVICES THAT ARE PART OF THE BLAENAU GWENT SPACE-WELLBEING PANEL

BLAENAU GWENT COUNTY BOROUGH COUNCIL



Families First Families First offers support including help and advice on parenting, home management, challenging behaviour, wishes, feelings and self-esteem, school attendance, healthy relationships, anti-social behaviour and low-level crime. The team works flexibly to provide a service that fits with a family's needs and commitments

Youth Offending Service
The Blaenau Gwent & Caerphilly Youth Offending Service (YOS) works with 8–17 year olds at risk of, or involved in, offending behaviour. Locally, the service brings together staff from a wide range of organisations including the local authority, police, probation, health, and education. By working together, sharing knowledge, skills and experience, the YOS aims to help children make the right life choices and reduce offending by children. The YOS also works in partnership to address anti-social behaviour. It recognises the adverse impact anti-social behaviour can have on everyone in a community – both adults and children – and the importance of addressing such behaviour. Children can be supported via a number of different interventions such as REACH (Prevention and Early Intervention), Together Project, Restorative Approaches for Children Looked After, Out of court Disposals, Court Orders and Custody.

Youth Service. The Youth Service supports young people in schools and in the community promoting personal and social development through one-to-one and group work. The youth service aims to support young people to overcome barriers to engaging in employment, education and training which includes supporting social and emotional wellbeing needs. The Youth Service also provides open access opportunities to engage with other young people, developing personal

and social relationships and learning new skills. Our activities are young person led and based on a voluntary relationship with young people.

Counselling and Play Therapy. The Youth Service manages a team of counsellors providing therapeutic sessions to young people aged 11-25 years in schools and in the community. Counselling sessions are confidential and based on a voluntary relationship which is led by the young person. Counselling helps young people understand themselves better, help understand complicated feelings and situations and find coping strategies for the feelings and thoughts that distress them. The Youth Service also manages a play therapy service for primary aged children, which is also confidential and child led. Similar to counselling, the sessions are therapeutic, helping children understand their feelings and situations through play.

Flying Start is a targeted early years programme aimed at supporting families from early pregnancy to those with children aged 0-3. The team provides intensive health visiting, childcare for 2-3 year olds and support covering all aspects of family life. They assist parents at every stage of their child's development, offering help with speech, language, communication, and parenting through a range of bespoke information and advice tailored to each family's unique needs. Recognising that one size does not fit all, they address various concerns such as children's sleep, behaviour, feeding, toileting, play, routines, boundaries, managing change or stress, and even understanding your own parenting style. Additionally, there are free engagement opportunities including parent and toddler groups and various activities aimed at giving children the best start in life. Outreach referrals can be submitted by professionals for families who live outside Flying Start postcodes where need is identified which means the criteria.

The National Youth Advocacy Service (NYAS). Every young person in Blaenau Gwent under the age of 25 can have an Independent Advocate working for them. The Advocate can make sure the young people have a say in things that affect them and are there to promote Young People's rights and entitlements. In Blaenau Gwent, this service is provided by the National Youth Advocacy Service (NYAS). NYAS advocates are independent: they do not work for the local authority, Health Board or Education. Our advocates work just for Young People and are on their side. If you are a young person in Blaenau Gwent and want something stopped, started or changed, our advocates listen to what you want, inform you of your rights and empower you to get your voice heard. We ensure your wishes and feelings are expressed and acted upon to improve your situation. Our Advocates help you to be actively involved in decisions that affect your life.

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.

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.

Platfform 4YP Platfform 4YP brings young people, aged 14 – 18, together to empower each other through the discovery of shared experiences and connection. We work with young people in one to one sessions, groups, and workshops to develop skills and find ways that work for them to manage their wellbeing so that they can live healthier, happier, and more fulfilled lives. Our support gives young people a chance to share their experiences with others who may be facing similar challenges, and to learn new strategies to promote their wellbeing. They decide what areas of wellbeing they want to discuss and how much they want to share. It's important for young people to know that whatever they're facing, they're not alone or isolated. 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.



HOW TO MAKE A REQUEST FOR SUPPORT IN BLAENAU GWENT

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/nDdr84n5xR



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