Early Help and Family Engagement
A child centred borough

Click Here for: Your Pathway to Services
This publication outlines the Early Help offer and a virtual ‘pathway to Early Help services’ in Rotherham. These services are currently provided by Rotherham Metropolitan Borough Council, Health Providers, the Voluntary sector and schools, early years and education settings for children and young people aged 0 to 19* years and their parents/carers. *(25 for young people with a disability).

It is intended to be a sign-posting tool for families, practitioners and professionals. It is not an exhaustive guide of all services available and should be used alongside the Online Early Help Service Directory and other useful documents that can be found on the website [www.rotherham.gov.uk/earlyhelp](http://www.rotherham.gov.uk/earlyhelp)

The Early Help offer and pathway commences with services which are classed as ‘universal’ – available for all families in Rotherham to access when appropriate. It also includes more ‘targeted’ early help support and services that are there to offer advice, support and guidance around individually identified needs for children, young people and their family.

Effective early help relies upon local agencies working together with children, young people and their families to identify at the earliest opportunity those who would benefit from early help support. Professionals would then work with the family to complete an early help assessment, plan and provide targeted early help services and support and review this support on a regular basis.

‘Early Help’ means providing support as soon as a problem emerges, at any point in a child’s life, from pre and post birth through to teenage years and beyond. Effective Early Help can also prevent further problems arising or from re-occurring; for example preventing the need to involve statutory and potentially more costly services and support.

All Local Authorities, under section 10 of the Children Act 2004, have a responsibility to promote inter-agency cooperation to improve the welfare of children. This document has been produced in line with Working Together to Safeguard Children 2015.

The interactive pathway below (see link) will provide you with further information and links to other external information and websites. This will explain the support on offer from early help services and where you can go to get help for you and/or your child.
Your Pathway to Early Help Services
0 to 19 years
What can you expect from this Service?

**MIDWIFE**

- Mum’s can expect to have around 10 antenatal and postnatal appointments with a midwife
- Under certain circumstances, you may have more contacts
- Infant feeding
- Check your eligibility for Healthy Start [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)
- Support to stop smoking in pregnancy [www.yorkshiresmokefree.nhs.uk](http://www.yorkshiresmokefree.nhs.uk)
- Antenatal and postnatal education
- Sleep safe assessment
- Contraception

For further information about what to expect from your midwife go to:

**The Healthy Child Programme**

[Click Here](#)

For more information about Rotherham Maternity Services and pregnancy support:

[Click Here](#)
What can you expect from this Service?

HEALTH VISITOR & GENERAL PRACTITIONER (GP):

- At 10 to 14 days a health and well-being of mum and baby will be reviewed
- Maternal Mental Health Assessment
- Developmental reviews at 6 to 8 weeks, 1 year and 2 years old. For more information:
  
  Click Here

- Medical review at 6 to 8 weeks by your GP
- Immunisations at 8, 12, 16 weeks and 13 months and booster at 4 years old
- Breastfeeding and weaning support

BREASTFEEDING PEER SUPPORT

- Support for breastfeeding at Children’s Centres  
  www.rotherhamfis.co.uk
- Breastfeeding welcome
- Follow the Breast Buddies peer support service  
  https://www.facebook.com/Rotherhambreastbuddies/
What can you expect from this Service?

**DENTAL HEALTH**

- NHS Dental services will provide any treatment needed to keep you and your family’s mouth, teeth and gums healthy and free of pain. This includes treatment and advice to help you prevent dental disease.

- Your children (or sometimes older members of the family) could be offered fluoride varnish to help stop tooth decay.

- You will be provided with a written treatment plan and if there are any charges these will be explained to you.

**Click Here**

- If you think you should receive free dental treatment then dental staff will advise you what to do.

- You will get free treatment if you are:
  - aged under 18
  - under 19 and receiving full-time education
  - pregnant or have had a baby in the previous 12 months
  - staying in an NHS hospital and your treatment is carried out by the hospital dentist

- If you do not have a dentist you can find one by looking on: [www.nhs.uk/Service-Search/Dentist/LocationSearch/3](http://www.nhs.uk/Service-Search/Dentist/LocationSearch/3)
What can you expect from this Service?

SCHOOL NURSING

- Health assessment at school entry at age 4 to 5 years includes height and weight screening.
- Health-drop in clinics in secondary schools.
- Immunisations at age 12 and 13 years for more information see: Click Here
- Supports referrals to sexual health services.

Click here to return to Pathway Diagram

WEIGHT MANAGEMENT

- Weigh Up services support children and adults to achieve a healthy weight visit: www.weighup.co.uk
What can you expect from this Service?

MENTAL HEALTH SERVICE

- Child Adolescent Mental Health Service work with children, young people and their families or identified carers, where the child or young person is experiencing mental health issues or emotional difficulties.

TEENAGE PARENTS

- Family Nurse Partnership programme is a preventive programme of structured home visiting for young first-time mothers, provided by specially trained nurses, from early pregnancy until their child is 2 years of age.
CHILDCARE AND EARLY LEARNING

• Early education offers the opportunity for children to learn through play and be ready for school.

• 15 hours of free early education for all children aged 3 and 4 years from the term after their third birthday.

• Some 2 year olds in Rotherham can also get up to 15 hours of free early education.

• Early education provision is available with childminders, pre-schools, day nurseries, some children’s centres and schools.

• Support for working parents to find Ofsted registered childcare to meet needs.

• Rotherham Families Information Service provides information and advice on local childcare and early education providers, activities and family services.
  
  www.rotherhamfis.co.uk

• Support for families with children who have signs of developmental delay these may include: physical, speech and language, social communication, behaviour or complex medical care needs.
What can you expect from this Service?

CHILDREN CENTRES

- Activities in easily accessible places that welcome all.
  - Bumps and baby activities
  - Dad’s and male carers groups
  - Messy play
  - Baby massage
- Support aimed at those most in need, to help every child be the best they can be, ready to learn and keep them safe from harm.
- Return to work courses – CV writing and interview skills.
- Literacy and numeracy tasters.
- Debt and benefit advice.
- www.rotherham.gov.uk/childrenscentres

FAMILY LEARNING

- Interacting in play with your baby.
- Interacting in learning with your children.
- Extra reading opportunities in school.
Infant & Junior School:

- Pre-school visits and inductions.
- Many schools offer F1 (Nursery) provision from the term after the child’s 3rd birthday.
- Some schools offer provision for 2 year olds.
- Option for all children to start reception class in September after fourth birthday.
- Start primary school at 5 years old.
- Free school meals entitlement for Foundation 2 (Reception), Year 1 and Year 2 children.
- Annual parents evening and regular progress reports.
- Additional Support in schools through Multi-agency Services.
- Opportunities to take part in school councils, children’s voices.
- Specialised support for children with learning difficulties and special educational needs.

Secondary School:

- Every child is entitled to a secondary school place and further education.
- School visits and inductions for parents and pupils.
- Free school meals entitlement based on income.
- Annual parents evening and regular progress reports.
- Youth involvement and opportunities to take part in school councils, youth councils.
- Additional support in schools through Early Help & Family Engagement Locality Teams such as attending school, behaviour in school and children with learning difficulties and Transition support for children with learning difficulties, disabilities, special educational needs and looked after children into learning and work.
- Impartial information, advice and guidance on learning and work.
What can you expect from this Service?

OUT OF SCHOOL ACTIVITIES

- Breakfast clubs.
- After school clubs.
- Holiday clubs and play schemes.
- Childcare.
- Sporting activities.
- Study support groups.
- Rotherham Families Information Service provides a wide range of advice and information on local family services ie child minding, play groups, www.rotherhamfis.co.uk and Rotherham’s children and young people with Special Educational Needs and/or Disabilities and their families. www.rotherhamsendlocaloffer.org

PARENT AND TODDLER SESSIONS

- Socialising with other parents.
- Opportunities for children to play together at Stay and Play sessions www.rotherhamfis.co.uk
ATTENDANCE AT SCHOOL & ACADEMIES

• The Local Authority (LA) must make sure that all school age children receive a suitable full-time education. This can either be by regular attendance at school (or other means, such as Elective Home Education). Once a child is registered at school, parents are responsible by law for making sure that they attend regularly.

• All schools and academies monitor the attendance of their pupils. If attendance levels or where a child fails to attend regularly and there are attendance concerns, schools and academies will consider making a request for support to Early Help Services.

• All our schools and academies have their own attendance policy, which details absence procedures and is available on request. This includes information on holidays during term-time.

• Legal action can be taken by the Local Authority if it is considered that a parent or carer is not fulfilling their responsibility to ensure their child is receiving a full time education.

• For an unauthorised absence relating to a holiday taken during term-time, a school or academy can ask the LA to issue a Fixed Penalty Notice (FPN). A Fixed Penalty Notice will require the parent to pay an out of court penalty.

What can you expect from this Service?
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**HOME EDUCATION**

- Elective home education is the term used by the Department for Education (DfE) to describe parents’ decisions to provide education for their children at home instead of sending them to school. This is different to home tuition provided by a local authority.

- If it appears to the local authority (LA) that a child of compulsory school age in their area is not receiving suitable education, either by regular attendance at school or otherwise, the LA will serve a notice in writing on the parent requiring them to satisfy the LA within the period specified in the notice that the child is receiving such education.

- Advice and support is available to help parents to meet legal requirements of elective home education.
LEISURE ACTIVITIES IN YOUR COMMUNITY

- Adventure playgrounds.
- Parks and open spaces.  
  www.cliftonpark.org.uk and www.rvcp.co.uk
- Swimming pools and Gyms.  
  Active Rotherham – www.activetherotherham.org.uk  
  Places for People – www.placesforpeopleleisure.org  
  Rotherham Get Active – www.rotherham.gov.uk/rga
- Community Libraries with free WiFi, ebooks, electronic magazines, children’s books, child related activities and DVD’s.  
  www.rotherham.gov.uk/libraries
- Clubs and groups.

VOLUNTARY SECTOR ORGANISATIONS

- Rotherham Voluntary Sector Consortium is a group of voluntary sector organisations who work together to improve services’ and implement best practice across the consortium members for you and your family.
- The consortium make up 35+ of the main providers of children and young people services
- For further information: www.cypfconsortium.org.uk
What can you expect from this Service?

FAMILY ADULT LEARNING

- There is considerable evidence to support the positive impact parental involvement can have upon the performance of children in school.
- As an adult (aged over 19 years) you can access a range of courses/workshops to help.
  - Improve reading
  - Writing
  - Maths
  - Internet safety
  - Household budgeting
  - School life in the UK
- It can also give you as greater parental confidence in helping your child at home.
- To find a course you are interested in please click here [http://rotherham.misportal.net/coursefinder/]
GET INVOLVED

There are a number of other ways you can get involved to help shape the Services delivered to children and young people in Rotherham:

- **Rotherham Youth Voice** a platform for young people to have their say, have their opinions listened to and to influence decision-making in Rotherham and their local communities.

- **Youth Cabinet** is made up of young people who attend formal meetings at the Town Hall, participate in sub-groups to undertake work around specific issues and hold fun training days who are nominated and elected via School Councils.

- **Looked After Children group** (11 to 18 years) hold regular meetings to raise awareness of issues that affect them. It is also an opportunity to build confidence, raise self-esteem and aspirations, make friends, work together and have fun.

- **UK Youth Parliament** are democratically elected young people who represent the views and issues of Rotherham young people at a local, regional and national level.

- **Rotherham Young Inspectors Programme** – young people interested in inspecting the quality of services delivered to families from a young person’s viewpoint.

- **Annually every young person aged 11 and again at 15 years old** have an opportunity to complete a Lifestyle Survey via school to give their views and opinions on various topics.
TARGETED YOUTH SUPPORT

- Support and prevention programmes for young people at risk of harm from:
  - Anti-social behaviour
  - Crime
  - Drugs
  - Not participating in learning and work
  - Sexual exploitation
  - Sexual health

YOUTH GROUPS AND YOUTH SUPPORT

- Access to a range of activities and events for children and young people up to 19 years and 25 years if you have a disability Visit www.youthi.org.uk
- Youth clubs/groups.
- Street based work.
- Young Support Centre’s across the Borough.
- Educational visits and residential.
- Arts, Crafts, Sports, Music, Drama, Children’s festivals.
What can you expect from this Service?

**BULLYING**

- If you are being bullied you can talk to an Anti-bullying Officer in schools, talk to the teachers or other professionals.
- School complaints are dealt with by individual Schools and School governors.
- Child and Adolescent Mental Health Service (CAMHS) provide various therapies for early behavioural problems in young people (under 18) and their families if there is significant impact on the young person’s mental health.
  
  www.rdash.nhs.uk

**YOUNG CARERS**

- Barnardo’s provide a successful, statutory Young Carers service on behalf of Rotherham Council for young carers aged 8 to 18 years. The person cared for will usually be a family member such as a parent, grandparent, sibling, or someone very close to the family.
- Guidance and support around issues they face as a young carer.
- Activities during the school holidays, giving young carers a break and a chance to get together as a large group.
- Training and advice to other services and schools in contact with young carers.
- Contact Young Carers Barnardo’s 01709 3771575
What can you expect from this Service?

ADVOCACY SERVICES

• If you are, or have ever been, looked after by the Council you can get support with anything that is important to you and provide you with information, advice and assistance to help put things right or to help you to understand what’s happening and why.

• Independent advocacy is also available where workers make sure that your voice is heard and acted upon by speaking up for you or helping you to talk about things that are important to you. It’s a way of helping you to stand up for your rights.

• Contact Advocacy Services

Click Here
What can you expect from this Service?

LOOKED AFTER CHILDREN (LAC) – HEALTH

- Every child/young person that becomes looked after by the Council will receive an initial health assessment undertaken by a qualified doctor within 20 working days. This is requested by the Council and carried out by The Rotherham Foundation Trust (TRFT) health service.

- Review health assessments are carried out by qualified nurses, health visitors or midwives, and are offered every 6 months for under 5 year olds, and every 12 months for over 5 year olds up to 18 years of age by members of the School Nursing Service, and some of the older young people not in education by the Rotherham Foundation Trust (LAC team).

- Advice and support is provided for children/young people as they leave care.

- Contact 01709 423244
What can you expect from this Service?

**DRUGS & ALCOHOL (KNOW THE SCORE)**

- You can speak to a worker about your own drug and/or alcohol use or someone else’s drug and/or alcohol use. You can also have regular sessions from a ‘Know the Score’ keyworker for support.

- Attend outpatient clinics once a week for you to see a doctor to help you stop or control drug and alcohol use. You can also get into hospital if you need special help with your problem.

- Exchange needles for clean injecting equipment and get advice around safer injecting.

- Receive support and medication (if needed) if you have already stopped using drugs or alcohol.

- Speak to workers in schools, youth centres, care homes and other young people’s services.

- Ask workers to speak on your behalf if you want them to. This might include going to meetings, speaking to parents/carers or teachers and so on. This will not be done unless you want a worker to do so.

- Make appointments on your behalf and talk to you about getting help with housing, benefits, education, training or getting a job

**Click Here**

- Telephone: 08000 199951 or Email on our secure email: rdash.ktsreferrals@nhs.net
INTERNET SAFETY

• Rotherham Community Learning provides parenting courses for practical advice and information on how to keep your children safe when using the internet for gaming and surfing.

http://www.rotherhamcommunitylearning.org.uk/

CHILD SEXUAL EXPLOITATION

• There is a single point of contact for all victims and survivors of sexual exploitation in Rotherham.

www.rotherhamstandingtogether.org.uk

• The free (from a landline) confidential helpline 08007319256 and email address: rotherhamcsesupport@NSPCC.org.uk provided by the NSPCC, are available 24 hours a day, seven days a week.
What can you expect from this Service?

LEARNING AND WORK

- Youth Support Services work closely with schools, colleges and work based learning providers to support the transition of young people over 16 years old into employment, education or training (including students with learning needs or are looked after by the Council).
- If you live in Rotherham and are aged between 16-18 years and are not currently in education, employment or training, you can access range of support to help you get back into employment, education or training.
- Log onto www.youthi.org.uk for more information on vacancies, learning and work options, and how to access your locality team.

SAFETY IN THE HOME

- Children Centre’s workers provide 1:1 support for parents and carers on practical tips and advice for keeping their children safe e.g baby gates & plug sockets.
- Families Information Service direct parents and carers to advice on leaving children home alone from the NSPCC. There is no set age by law.

Click Here
What can you expect from this Service?

SAFER ROTHERHAM PARTNERSHIP (SRP)

- Work closely with young people and community groups in your area to find solutions to problems including bullying
  www.rotherham.gov.uk/srp/

- The partnership has a legal responsibility to tackle crime, anti-social behaviour, drug and alcohol misuse, and to enhance feelings of safety delivered through Safer Neighbourhood Teams.

HEALTH WATCH

- Support in making a complaint about NHS Services.

- Opportunities for you to feedback your personal experience (positive and negative) of receiving health and social care services in Rotherham.

- Help with accessing support groups diabetes, parents forums, carers forums and mental health issues etc.

  www.healthwatch.co.uk
What can you expect from this Service?

**HOUSING**

- Support to register your interest in living in a Council home. To qualify to go on Rotherham’s housing register you need to:
  - Be aged over 16 years of age
  - Have a local connection of three years to Rotherham
  - Do not owe any monies to a current or former Landlord
- Rotherham Council uses a banding scheme to give preference to applications. All housing and transfer applications received for rented accommodation will be assessed and placed in one of four bands. Band 1 is the highest priority band for people who need to move urgently. For more information on prioritising applications and banding criteria (bands 1 to 4).

**Click Here**

- Homelessness advice and options
- Access to the mutual exchange house swapping scheme. [www.homeswapper.co.uk](http://www.homeswapper.co.uk)
What can you expect from this Service?

**BENEFITS**

- Advice about benefits you may be entitled to (free school meals, help with rent and help with reducing your council tax).
- Money Advice Service.
- Credit unions can offer loans at far lower interest rates than ‘payday loan’ companies, and are an ethical and affordable alternative to these lenders. [www.findyourcreditunion.co.uk](http://www.findyourcreditunion.co.uk)
- If you need help and advice about loan sharks, please contact the national illegal money lending team. [www.gov.uk/report-loan-shark](http://www.gov.uk/report-loan-shark)
- Citizens Advice can help you resolve any legal, money, welfare rights or benefits problems you have. The Advice guide facility has information and advice on debt and money problems, benefits and a range of other issues.
What can you expect from this Service?

**JOBCENTRE PLUS**

- Jobcentre Plus provides ways to help you find work through:
  - Jobpoints (touch-screen computer terminals)
  - Jobseeker Direct (telephone service)
  - Jobcentre Plus website [www.jobcentreguide.co.uk](http://www.jobcentreguide.co.uk)

- In the past, Jobcentre Plus helped those who were currently employed, as well as the unemployed. Now they only provide assistance to those who are unemployed and claiming benefits, though anyone can search for a job at the Jobcentre Plus website, touch screen Jobpoints or via Jobseeker Direct.

- If you receive benefits such as Income Support, Incapacity Benefit, and Jobseeker’s Allowance these are all administered by JobCentre Plus.

- Training opportunities are available if you are chronically unemployed.
• These local teams include children’s centre workers, youth workers, family support workers and education welfare officers who can help families to overcome difficult situations and issues.

• They offer support to children and young people aged 0 to 19 years (up to 25 years if a young person has a special educational need or disability) and their families.

• They will work with you to improve poor attendance at school, challenging behaviour, relationship difficulties and promoting positive family relationships for families with children with disabilities (such as supervised contacts and family relationships & setting boundaries).

• They can help young people aged (16 to 19 years) who are not in education, training or employment to plan their next steps after school into apprenticeships, training or employment (25 years for young people with Special Education Needs/Education Health Care Plans).

• The teams also organise activities for children and young people to help them build friendships and boost their confidence and self-esteem.

• Evidence based training for families including assertive intervention work for families with serious family dysfunction.

• Physiotherapy support, advice and training for looked after children and 1:1 support for children with complex and multiple medical needs.

• Transition support.

• For further information: www.rotherham.gov.uk/EarlyHelp
“SEND Local Offer” is a term used by the Department for Education (DfE) to publish in one place the wide range of services available from education, health and social care to children/young people and parents/carers who have special educational needs and disabilities.

The Rotherham SEND Local Offer is published on the following website www.rotherhamsendlocaloffer.org and contains localised information about resources, services, support, activities and events for families living in Rotherham (0 to 25 years). The type of services you may be eligible to access are:

- Autism
- Advocacy
- Family support
- Hearing impairment (deafness and hearing loss)
- Learning Support
- Parents/carers information, advice and support service
- Pre-school home visiting (child with acute disability or need)
- Psychology
- Visual impairment (blind and partially sighted)
- Support groups
- Social, Emotional and Mental Health issues

Some services are only for certain age groups and based on assessments; whereas other services are available for everyone to access.
What can you expect from this Service?

PARENTING SUPPORT

- Access to evidence based parenting programmes to build parenting skills and confidence to cover a range of needs e.g support for parents with children with ADHD, separating parents and support through the teenage years or other specific age groups.

- One to one support through workers such as family support, parent support advisors and home visitors.

- Drop-in and information sessions for parents in the communities.

- Programmes to promote positive behaviour and building self-esteem.

- Support for starting school.

- A behavioural screening questionnaire (Strengths and Difficulties for 3 to 16 year olds.)
What can you expect from this Service?

SHORT BREAKS

- Short Breaks Services can include day-time or overnight care in the homes of children with disabilities or elsewhere, educational or leisure activities outside their homes, or services available to assist parents/carers in the evenings, at weekends and during the school holidays. The level and type of service is determined by an assessment and then a short breaks panel.

- The breaks would allow you to spend time with other children in your family or just each other, knowing that your disabled child is happy and well cared for in a loving family home.

- Rotherham has commissioned services from the public, voluntary and independent sectors to deliver short breaks. Every Local Authority has a duty to publish a short breaks statement and to review this statement annually.

To find out what is available for your family click here to download the short breaks statement:
What can you expect from this Service?

WOMEN (GROW)

- GROW has supported Rotherham women of all ages, abilities and backgrounds since 1990 to recognise issues that have had a negative impact on their lives.

- You can get support to develop the skills to understand your vulnerability and to problem solve issues before they reach crisis.

- Guidance, training, coaching, and advocacy that enables you to identify and celebrate your journey and achievements

- Support to identify and challenge the barriers that prevent you as woman from achieving your true and full potential

- Provide a network of care and support

- For further information visit www.growproject.org.uk
What can you expect from this Service?

**SEXUAL BEHAVIOUR (BARNARDO’S)**

- Barnardo’s (The Junction) work with children and young people who have acted out sexually inappropriate behaviour, who have harmed someone sexually or have been charged with a sexual offence.

- Support families to understand and manage their child’s behaviour.

- Provide training and education in respect of children and young people with sexually concerning or harmful behaviour to increase safety within school environments and to enable a looked after child or young person who is display sexual behaviour to remain within his/her current placement.

- For further information:

  [Click Here](#)
What can you expect from this Service?

MISSING CHILDREN (SAFE@LAST)

- Safe@Last is a children’s charity working across South Yorkshire with children, young people and families who are at risk or may already be affected by running away or missing incidents.

- If you are thinking of running away or going missing from the place where you normally live, already have or have been thrown out and you’re worried, scared, hungry, cold or lonely - Safe@Last may be able to help you.

- Telephone the Freephone helpline 0800 335 7233
- Text ‘SAFE’ to 60777 and type in your own message
- Webchat is available 24/7 on www.safeatlast.co.uk

- Support is provided individually for you and/or for your whole family

- Education and prevention programmes are offered

- South Yorkshire Police work alongside Safe@Last and allow them to contact people who have recently run away from home but then returned to see if they want to talk things over.

- Practical and emotional family support and advice for families who are experiencing long or short term difficulties.