

### **Wellbeing, Prevention and Early Help Service (WPEHS) offer to GP Practices**

The Wellbeing Prevention and Early Help service (WPEHS) offers support to children, young people aged 0-19+yrs (0 - 25yrs for SEND) and their families. The service identifies as early as possible when a child, young person or family needs support, helping them to access services to meet their needs, working with them to ensure the support offered is right for them, offered in the right place, at the right time.

The main focus of the service is to provide an enhanced level of support to individual children, young people or families with higher levels of need. Service resources are prioritised towards identified priority target groups or individuals at risk who are assessed using Lancashire's Common Assessment Framework (CAF) as having more complex or intensive needs aligned to Lancashire's Revised Continuum of Need (CoN) at Level 2 and who would benefit from a targeted early help offer.

As an integrated part of its service offer for children, young people and families, WPEHS will deliver the following for children and young people within Rossendale:

#### **1. WPEHS offer regarding group based programmes**

WPEHS delivers a variety of group based interventions to support parents, families, children and young people which target specific areas of need or vulnerabilities.

In addition the WPEHS operates a flexible programme of group based activities, largely targeted towards the priority groups but also in response to local need. WPEHS prioritise resources towards identified key priority target groups or individuals at risk.

Group based sessions are delivered from a network of 75 neighbourhood centres; some of which deliver a 0-11 offer, some a 12-19 (25 for SEND) offer and some centres operating across the 0-19 (25) age range. Within each district one centre delivers an enhanced group based delivery specification of twelve delivery sessions a week with the remainder delivering a core group based delivery specification of around seven delivery sessions per week. In each district, the neighbourhood centre delivering the enhanced programme will respond to the discrete needs of 12-19+yrs, prioritising vulnerable groups of young people.

Group based activities are delivered when most needed throughout the daytime Monday- Friday (inclusive), with some additional evening and weekend delivery.

Pending establishment of the full service offer the following groups are currently being delivered;

- Positive parenting
- Surviving teens
- Support for young people who are not in education, employment and training (NEET)
- Bumps birth and beyond BBB
- Speech and Language

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- Boys /Girls Teenage group looking at Issues effecting them
- Youth Council
- SEND groups
- The details of this group work programme is well publicised at district level.

Details are also available on the YouthZone 'What to Do' webpages and the Family Information Network Directory.

Further information regarding these groups are available from the WPEHS advice and support line, Talkzone, on 0800 51 11 11 or [talkzone@lancashire.gov.uk](mailto:talkzone@lancashire.gov.uk)

In order to deliver these sessions safely WPEHS staff are committed to undertaking suitable risk assessments designed to manage needs and ensure the appropriate involvement and access requirements of all group participants. It is expected that children aged 11 and under will be accompanied by a parent or carer.

### **2. WPEHS Targeted Support Offer (casework)**

WPEHS provide an enhanced level of support to individual children, young people or families with higher levels of need which includes looked after children as one of the services defined priority groups. The targeted support offer is delivered to those assessed using Lancashire's Common Assessment Framework (CAF) as having more complex or intensive needs aligned to Lancashire's Revised Continuum of Need (CoN) at Level 2.

The WPEHS also provides specified and agreed support where children's social care has identified needs within an individual's action plan where the WPEHS is best placed to respond. The service operates a weekly allocations meeting where children's social care colleagues bring cases that have been identified for joint work or step down to jointly agree appropriate actions.

Key workers deliver intensive support underpinned by quality CAF assessment and a co-ordinated and effective multi-agency lead professional approach. WPEHS key workers work as part of a 'team around the family' and undertake the Lead Professional role where appropriate within their caseloads.

Interventions typically last up to 12 weeks and involve 1:1 support; regularly meeting with the individual and their family/carers to work towards meeting their assessed needs through the development of an appropriate plan and completion of agreed actions. Outcomes are tracked through the use of the 'Family Star' outcomes model.

The WPEHS is able to support children, young people, their families and carers with a range of challenges which can pose a risk to children and young people including poor health and wellbeing, substance misuse, neglect, risk taking behaviours, CSE and parenting skills.

The service uses a range of delivery methods including outreach and detached methods which ensures a wide reach of our services across communities and where appropriate, this can be delivered within families' homes, or from other appropriate community settings.

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Access to this support is via a Requests for Support form which is available at [Lancashire Children's Trust - - Request for Support Form](#) and should be submitted to [preventionearlyhelp@lancashire.gov.uk](mailto:preventionearlyhelp@lancashire.gov.uk)

### **3. WPEHS offer regarding Virtual Support**

The WPEHS provides virtual support to all young people aged 12-19 (25 for SEND), accessed for example via telephone, internet or mobile phone as part of the 'Talkzone' suite of services.

Talkzone provides a confidential helpline where young people can obtain a range of advice and support on issues such as problems at home, relationships, sex and health, jobs and training, mental health, drugs and alcohol, bullying and things to do.

The service is available 365 days per year, 2pm to 10pm. Contact with Talkzone can lead to a referral to the WPEH service targeted support offer, signposting to the WPEHS group based provision and has appropriate pathways established for any safeguarding issues that arise.

### **4. Offer to GP Practices**

- Senior Practitioner (SP) link to each GP Practice as the first point of contact to the WPEHS
- SP specifically linked to the care navigator/practice manager
- SP to raise awareness and provide information and advice around signposting families to appropriate early help services in District.
- SP to provide information and advice to link GP practice about services available from the WPEHS
- SP to support GP practice in completing and/or co-producing request for service (RfS) and CAFs where appropriate