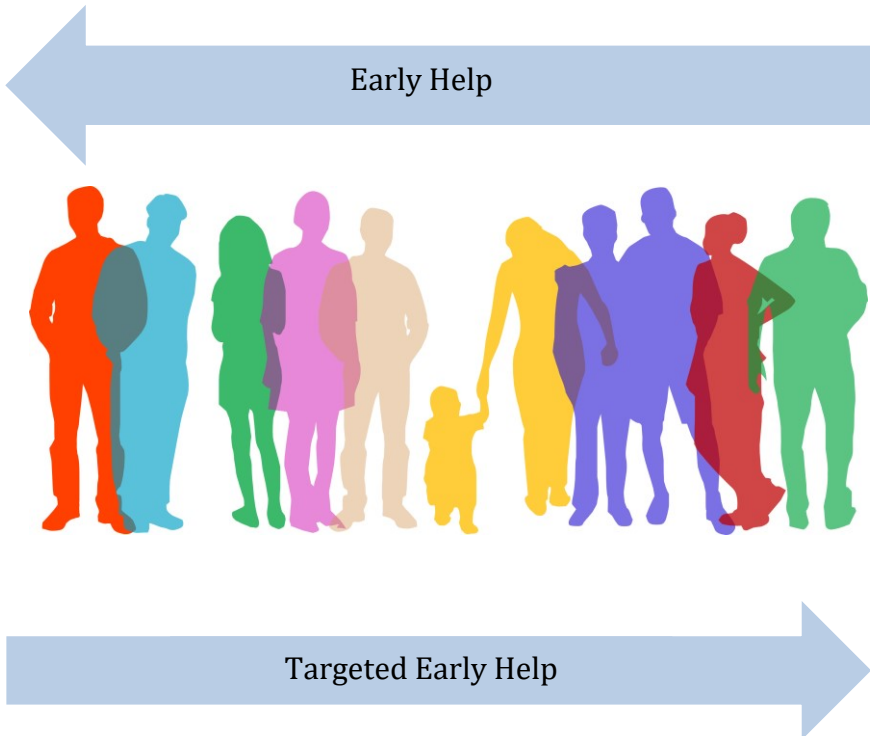


Early Help Support for Families in Shropshire

Information for parents



Early Help support for families in Shropshire

We want all children and young people in Shropshire to be able to enjoy a happy, safe and healthy childhood and reach their full potential.

Most children's needs are met by their family or services that are available to all children and young people – such as health and education.

Sometimes, families face challenges and may need some additional help and support early on to stop these getting worse.

These may be challenges that come from a sudden upheaval, ongoing change or just from everyday family life. They could then impact on the whole family or on individual family members, and place stress on relationships within the family.

In Shropshire we give parents the support and guidance they need to be able to meet the needs of their children, through offering parents early solutions to challenges that arise.

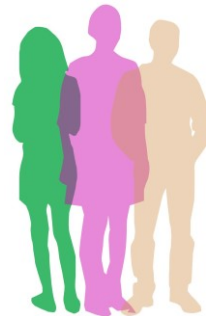
These early solutions could be through services which are available to all parents, or it could be that services will be offered through more targeted support.



What help is available to me and my family?

There are several different ways in which you can get help and support.

1. Information on many local and national services and organisations that can be found on the [Shropshire Family Information Service](#) website. This includes a range of topics that many families face such as bereavement, parenting support, divorce and separation, anger, anxiety and worry.
2. You could also talk to someone who already knows your family, such as someone at your child's nursery, a teacher, health visitor or a school nurse. Sometimes a conversation with someone you know can make the world of difference and they may be able to provide a bit more support or point you in the direction of the right service.
3. They might suggest having a family meeting, where you can invite those you trust and who offer you support, along with people from services who can help.
4. However, it may be that your family needs additional support and help to stop a situation from getting worse. In Shropshire we call this additional support Early Help.



How does Early Help work?

- Early help recognises the role that all family members have, and the wishes and feelings of everyone within the family are always considered.
- It is important to understand the strengths, difficulties, views and needs of everyone in the family to help you understand what you want to change. Once you know this you can then start to think about what is needed to help you make the change you want. This is done through a document called a whole family Webstar and action plan.
- Early help support could come from one service or a few different types of services, including a targeted service. This will depend on the information in the whole family Webstar.
- Early help is co-ordinated by one lead worker, who will be your main point of contact. They will help you access the services you need quickly and easily. They will also support you with:-
 - Parenting
 - Help with employment issues
 - Money difficulties
 - Help you with your emotional health and wellbeing
 - Let you know what services are available in your community
- The information you and your family provide will only be shared with the people who need to know about it, and only with your agreement.