

Family Practitioner Service



The Early Years Alliance (EYA)
Family Practitioner Service
provides 1:1 support to families facing difficult periods and challenges in their lives.
The Family Practitioner Service is part of our wider Children and Family Centres offer.

The Early Years Alliance (EYA) **Family Practitioner Service** provides 1:1 support to families facing difficult periods and challenges in their lives.

We work in partnership with families and a range of professionals to provide focused support for the whole family, intervening as early as possible and preventing escalation to more intense and specialist services.

We aim to achieve

- sustained positive change
- stop recurrence of issues
- give families strategies and coping mechanisms to deal with future challenges by themselves.
- create a network of friendship and support around the family to reduce isolation and link families into local services as part of that network.

We enable families to reflect on their challenges, starting with their own perspective, looking at where they want to be, and capturing the voice of the child.

We work at the **GETTING HELP** stage of the Thrive Framework, providing focused goals-based input. This also includes the **GETTING ADVICE** stage, giving advice and signposting as part of the support package.



The service uses a 6-8 week intervention, using the **Family Star** as a key tool for evidencing and measuring the outcomes of this work.



Family Star is part of a suite of outcome tools that we use. It is an evidence based holistic tool that provides a baseline and regular review points to measure change across all aspects of parenting and family life. The action plan agreed between the Family Practitioner and Parent forms the basis of the intervention. Action Plans are SMART and represent small, manageable steps toward an agreed goal.

What does the Family Practitioner Service support with?

- Immediate practical needs linking to local services such as food banks, medical support, providing information and advice about the borough's services.
- Supports families to access Children and Family Centres and local services, particularly when isolated and/or new to the borough, including health services, SEN support, nursery and school.
- Supports families in navigating systems and services to meet their needs, including support with form filling and online registrations (our centres can provide access to computers if needed)
- Provides regular 1:1 support early to prevent problems escalating to more specialist services.



Referrals

All referrals for our services, including the Family Practitioner Service, can be completed online via our

[professionals referral form](#) or sent to our secure email

Lewisham.Secure@eyalliance.org.uk

where the EYA Family Services Panel will assess the referral and place it within the correct service or programme to meet the family's needs.

If you wish to discuss a case, please contact us via the email above, and a member of the Family Practitioner Service Team will contact you.

Note: we do not provide the Family Practitioner Service to families who already have a Social Worker, Family Thrive Worker or who have another form of 1:1 family support already in place. However, referrals by those professionals will be accepted for any of our targeted and specialist parenting and domestic abuse programmes.

We provide **consent based** services, so if a family do not agree to Family Practitioner Service involvement, or to attendance at any of our programmes, then we will not be able to work with them.

Our Targeted Parenting and Domestic Abuse Programmes

Our Triple P Parenting offer for parents of children aged 2-8 years includes:

- **Blogs and Tip sheets - Level 1** available on our website and via our social media
- **1:1 Feeling Positive about Parenting Sessions - Level 1-4**
- **Triple P Discussion groups - Level 2-3** topics include bedtime routines, managing fighting and aggression, hassle free shopping, helping your child follow instructions
- **Triple P Group Primary – Level 4**
- **Teen Triple P Group – Level 4** for parents of children 10-15

Our HENRY courses and workshops:

- The **Healthy Start programme** helps parents give their children a great start in life, focused on a holistic healthy lifestyle. It covers five main themes – parenting skills, how we eat, what we eat, being active and emotional well-being.

There are also a range of themed workshops such as **Starting Solids** and **Eating Well for Less** which run regularly in our centres.

Our Domestic Abuse recovery programme includes:

- **CODA** - The Children Overcoming Domestic Abuse programme works with children and mothers affected by domestic abuse. This 12 week programme runs termly and works with 4 to 11 year olds in age appropriate groups
- **Freedom** - A 12 week course specifically for women surviving Domestic abuse. The programme focuses on helping women improve self-confidence, self-esteem, and identity, enabling women to recognise the tactics and behaviours of the dominator, and the impact on their children of the abuse.

We offer CYP IAPT programmes to support children with conduct disorder, oppositional defiance disorder, or particularly challenging behaviour.

- **Incredible Years** 12 week programme for parents of children 4-11 years
- **Personalised Individual Parent Training (PIPT)** programme intensive 1:1 programme for parents and children aged 4-8 years

We also have a range of programmes and activities which support attachment and family attunement, such as OWL Babies and evidence-based Baby Massage programmes.

Our Children and Family Centres have a range of services for families with children of all ages, with a particular focus on babies and children under 5.

Some of these services are provided at our hub centres (Bellingham, Ladywell and Evelyn), but many take place in other community venues, schools and parks, as well as a full online delivery programme.

Our main aim is to make things better for young children, so that they are happy, healthy and ready for school. We want to provide help and support to young children and their families as soon as it is needed, helping to prevent any problems getting worse, and where possible, stopping them developing in the first place.

Each Children and Family Centre has its own programme of weekly activities, and these include a range of play sessions and evidence-based programmes which support positive attachment, responsive attuned parenting and healthy lifestyles – such as OWL Babies, Triple P and HENRY.

Full details of all our sessions and programmes are on our website
www.lewishamcfc.org.uk