

Family Support Plan (FSP) - Guidance for Practitioners

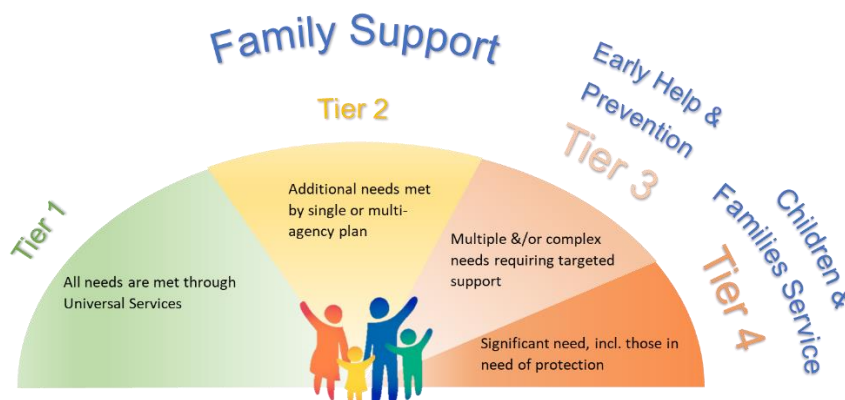


This guidance is to support practitioners when working with families. If you have any outstanding questions when you finish reading this guidance, please send your queries to fsp@portsmouthcc.gov.uk

Context

The Working Together (2018) guidance tells us that early help is an essential part of safeguarding. Getting the right help early on for families often prevents situations from escalating. This means both early on in the life of the issue and / or early on in terms of age.

Early Help in Portsmouth is now called Family Support. This sits in Tier 2 of the Portsmouth [Threshold Document](#). We know that families' lives are not static and need change and we therefore encourage you to actively use the Threshold document to ensure you are working at the right level.



It is all about the relationship

The Portsmouth Model of Family Practice places relationships at the centre of all of our work as this is how we get best outcomes for children and their families. Building effective relationships with parents / carers and children is central to every aspect of family support. You can find out more about restorative and relational practice [here](#).

The four steps of the FSP Process for Tier 2

1. Build a relationship through a conversation with the family to develop trust, understand what is happening, share concerns and talk about / introduce the FSP. Explicit consent needs to be talked through and established.
If tier 3 & 4 concerns are identified (PSCP Thresholds), explore this further with the family and gain consent to contact MASH (IACF).
2. Have a further conversation with the family and develop the FS Plan with actions.

- Record FSP on the FSP Portal (if you are in the pilot) or email to fsp@portsmouthcc.gov.uk
- 3. Coordinate the action plan.
- 4. Review the FSP - record the review or closure on the paperwork and email in as above.

The FSP process is recorded using the FSP paperwork, you can find this on the PSCP website. You will also find the paperwork which is required for the review and closure.

FSP Co-ordinator

The task to co-ordinate the plan needs to be allocated to the most appropriate person. The task of co-ordinator requires the person to:

- Be the main contact for the family
- Listen and provide support
- Keep the family informed and up to date

If it is appropriate to bring everyone involved together in a Team Around the Family meeting (TAF), the co-ordinator should set this up.

Team Around the Family (TAF)

After the Family Support Plan (FSP) is started, it might be helpful to have a TAF meeting. The purpose of a TAF is to have a dedicated time to talk about how things are going, including what is going well and what could help to make things better. The TAF is everybody's opportunity to say how things are progressing and if anything isn't working. The TAF will include all professionals involved and the family. For the TAF to be effective it will require thoughtful consideration and planning, this could include:

- The time and venue need to suit the family
- Think about how to make everyone feel comfortable
- Be clear about the purpose
- Keep the conversation on track and to time
- As appropriate, be led by the family - let them speak first
- Decide who would be willing to chair the meeting, this could be a family member
- Clear recording of who is doing what and when

Further information

The Portsmouth Safeguarding Children Partnership (PSCP) [website](#) has further information and support for practice.

On the website you will find:

- Resources to support this process, including paperwork etc.
- A short film and leaflet for families
- Information for professionals on further help and support for families
- One Minute Guides

To support practice, PSCP have a comprehensive training offer which includes a one day training on Early Help - Using the FSP. <https://pscptraining.portsmouthscp.org.uk/>

In 2023 this process will change and FSPs will be held on an online system called the 'Insight Hub' - there will be further communication when this goes 'live'.