

Step two - developing a Family Support Plan

Following the conversation to understand what is happening, together we will put together an action plan. The action plan will include activity to help make things better for you and your family. Part of this plan may involve other agencies and members of your family. The action plan is a document which helps everyone understand what will happen and when it will happen.

Team around the Family (TAF) meeting.

After the Family Support Plan is started it might be helpful to have a TAF meeting. The purpose of a TAF is to have a dedicated time to talk all together about how things are going, including what is going well and what else could help to make things better. You will be asked when the most convenient time for this meeting will be so that you can attend. The TAF is your opportunity to say how things are going and if things are not working. The TAF will include you, your family members and the professionals supporting you. It will also offer the opportunity for those supporting your family to say what they see as going well and what else could be helpful.

A TAF meeting is a helpful way to make sure everyone is on the same page!

You will have what is called a **FSP co-ordinator**. This person will be your main contact who will keep you informed, listen to your views, and support you during the process.

Step three - This is where we all do the actions from the plan.

Step four – the review

This is where everyone will come back together at the TAF and see how well the plan is working and if anything needs to change. At this stage everyone might decide that things have improved enough for Family Support to stop. Alternatively, if there are still things that your family needs support with the Family Support Plan will continue and a further review date will be set.

Family Support PORTSMOUTH



Look inside to find out more

What is Family Support?

This leaflet has been designed to help explain what Family Support is, what will happen and how it can help.

Sometimes we need help for our children and family. It can be difficult to ask for help, especially if we feel ashamed, embarrassed or judged. The Family Support Plan will ensure everyone's needs are understood without judgement, to make sure you and your family get the right support at the right time.

Every family is unique, Family Support can help in a range of situations. It could be that you're worried about your own or your child's health, development, or behaviour, or how things are going at school.

Perhaps because you are caring for a disabled child, or you are a young person caring for other people or maybe you've had bereavement in the family that's made life a real challenge.

It may be that you're worried about money or housing and how that is affecting your family.

Maybe your family is affected by domestic abuse, drugs, alcohol, or crime.

In these instances, Family Support can be a way of helping. We are here to work with you - to support you and your family get to where you want to be.

Getting the right help starts with a conversation between you and a professional. This could be with someone you know and trust at your child's school, it could be your Health Visitor, Housing Officer, Youth Worker, Nursery or another professional you have a relationship with.

How can you find out more?

Talk to a professional who is in contact with you or your family. This might be at your child's school or nursery, your health visitor, your housing officer, or a youth worker.

For more information you can visit:

<https://www.portsmouthscp.org.uk/parents-carers/getting-help-early/>

What will happen if I want Family Support?

Step one - giving consent & talking about what is happening

Family Support is for everybody, for families with children and young people of any age. It is completely up to you as to whether or not you would like help with what is happening in your family. We will explain to you how your information will be kept and will only share what you tell us if you say it is ok to do so.

We will listen to what is happening in your family and what you would like to be different. We will listen to your ideas on what you think would be helpful and talk through what support may be available. It might be helpful to ask other professionals and services to support your family. If this is the case, we will talk to you first and ask for your permission to share the information you have told us. We hope that by doing this you will not have to keep repeating yourself.

If you think support from another service could be helpful and you agree for us to talk to them, we will share what you have told us and agree what needs to happen next.

The professional you talk to will ask about:

- The strengths of your family as a whole - what you see as going well
- The areas you would like help with
- Any worries you may have about yourself, your children or another family member.

It is important to understand how your children feel about things, what they would like help with and what they would like to be different. Understanding your children's views, along with what you think is an essential part of the Family Support Plan.

Together we will agree what to write down so there is a record of what you talked about.