

Plenary Session 4

FORGING THE FUTURE FOR FAMILY HUBS

Support for Relationships in Family Hubs

HELEN ADAM

Family Separation

- Family Separation is a reality
- Where can parents and young people turn for help?
- Who takes responsibility for child welfare?

UK Youth Parliament found that young people face a wide range of concerns when parents separate but...

74% do not know who to ask for information or support

Family Hubs can provide the answer

- Information, for parents and young people
- Early triaging
- Voice of the child
- Separated Parent Programmes
- Child Contact Centres
- Youth services

A Family Solutions approach via Family Hubs

- An early response
- Based around family relationships
- UNCRC-compliant to meet children's rights and needs
- Evidence-based, limiting risk of harm from parental conflict
- A systemic approach, to replace the current void.

Support for Relationships in Family Hubs

KAM KAUR

[Video link](#)

Why Relationship Support Matters

- **Key Insights:**

- Strong family relationships are vital for children's emotional and social well-being.
- Persistent parental conflict increases emotional and behavioural challenges for children.
- Parental separation linked to a 16% rise in emotional problems and 8% increase in behavioural difficulties (Millennium Cohort Study).

- **Family Hubs Principles:**

- Emphasise integrated, whole-family, and relationship-based support.
- Aim to address challenges early to prevent escalation and long-term harm.

- **The Cost of Family Breakdown:**

- Annual public sector cost of family breakdown exceeds £51 billion, including demands on Social care, Courts, and Mental Health Services.
- Early intervention reduces these costs and benefits families.

Introducing the Parenting Apart Programme (PAP)

- **What is PAP?**

- Evidence-based programme supporting families in conflict, including separated, cohabiting, or caregiving roles (Fostering, Special Guardianship and Adoption)
- Focuses on reducing conflict, fostering healthier co-parenting relationships, and prioritizing children's needs.

- **How It Works:**

- Practical tools: co-parenting agreements, conflict management strategies.
- Structured sessions: parents focus on shared goals for their children.
- Practitioner support: Training, Reflective Practice Groups and Supervision ensure effective application.

- **Alignment with Anna Freud Research:**

- Recent evaluation highlights PAP's success in improving practitioner confidence and reducing parental conflict.
- Proven effectiveness in local authorities such as Hillingdon and North Yorkshire – integrating offer to Family Hubs.

Research Highlights and Impact

- **Key Findings from Anna Freud Evaluation:**

- Parental conflict is a major risk factor for children's mental health and emotional development.
- PAP reduces conflict, improves communication, and ensures decisions are child-centered.
- Practitioners report feeling more confident and equipped to manage complex family dynamics.

- **PAP's Proven Benefits:**

- Versatile application across diverse family structures, including separated parents, adoptive families, and foster carers.
- Local authority success stories: Hillingdon achieved a 79% completion rate for PAP referrals, leading to co-parenting plans that prioritize children's well-being.

- **Impact Beyond Families:**

- Early intervention reduces demands on Courts, Social care, and Mental Health Services.

How PAP Supports Family Hubs

- **Aligns with Family Hub Principles:**
 - Holistic, relationship-focused, and child-centred support.
 - Early intervention prevents conflict from escalating into crises.
- **Collaborating with Local Authorities:**
 - PAP is already being integrated as part of Family Hub offers in Warwickshire, Hillingdon and North Yorkshire.
 - Proven to enhance practitioner skills and improve family outcomes.
- **Reducing the Cost of Family Breakdown:**
 - Saves public sector resources by addressing conflict early and effectively.

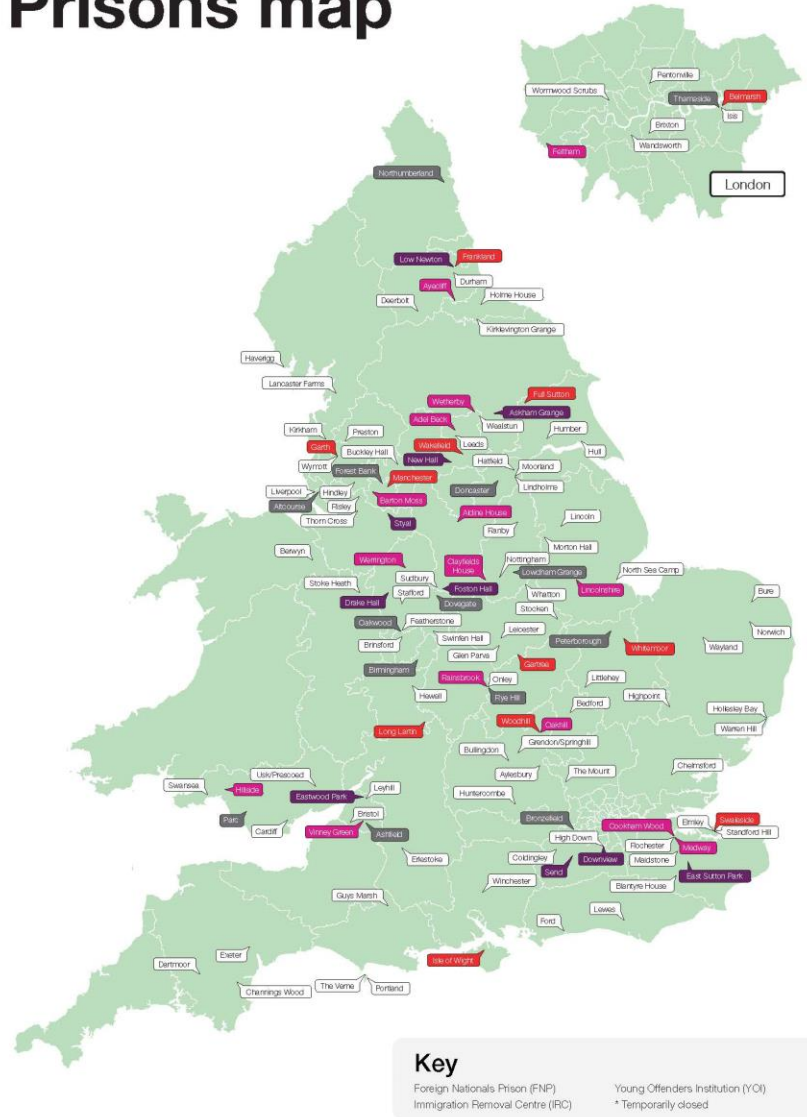
Support for Families Affected by Prison

TIM LLOYD

Prisons map

121 Prisons in England and Wales

Estimated that 193,000 children are affected by parental imprisonment each year



86,000 prisoners (3,528 women)
48,301 Releases in 2023
Over 230,000 people on probation

Estimated that 78% of prisoners had children

Key
 Foreign Nationals Prison (FNP) Young Offenders Institution (YOI)
 Immigration Removal Centre (IRC) * Temporarily closed



The Importance of Strengthening Prisoners' Family Ties to Prevent Reoffending and Reduce Intergenerational Crime

by Lord Farmer

August 2017



The Importance of Strengthening Female Offenders' Family and other Relationships to Prevent Reoffending and Reduce Intergenerational Crime

by Lord Farmer

June 2019

Prison Family Services Contracts

Conduct visits - visits room refreshment & play facilities as required



Visitor Services - enrichment activities including signposting and community links



Family visit days and services to prisoners without family and significant others



Meet and greet visitors on arrival at the prisons

Family Engagement - family advice (including restorative relationships)

Support for those without FaSO
video calls pre- and post-call support



Monday to Friday
9am - 8pm

Weekends & Bank Holidays*
10am - 3pm

*excluding Christmas Day & Boxing Day



Call us for support and information for prisoners, people with convictions, defendants and their families.



info@prisonersfamilies.org
www.prisonersfamilies.org



The National Prisoners' Families Helpline is run by Pact under contract to HMPPS and provides information and support for families across England and Wales. Charity registration number 219278. Company registration number 356443. Pact, 29 Peckham Road, London, SE5 8UA.



Manifesto Commitment

‘The children of those who are imprisoned are at far greater risk of being drawn into crime than their peers. We will ensure that those young people are identified and offered support to break the cycle.’

- More children of prisoners identified
- More parents in prison supported to maintain relationship (where appropriate)
- More children of prisoners and their families are given support



Contacts

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Support for Families Affected by Prison

VICKY BAIRD

Prison Family Hub

Affected by imprisonment:
Spurgeons prison family support
services.

Spurgeons 

{family HUBS NETWORK} Introduction

Purpose:

Supportive space

Access to resources, guidance and information

Sense of community

Mission:

Commitment to reduce the impact imprisonment has on families



Effects of Parental Imprisonment on Families

Social

Emotional

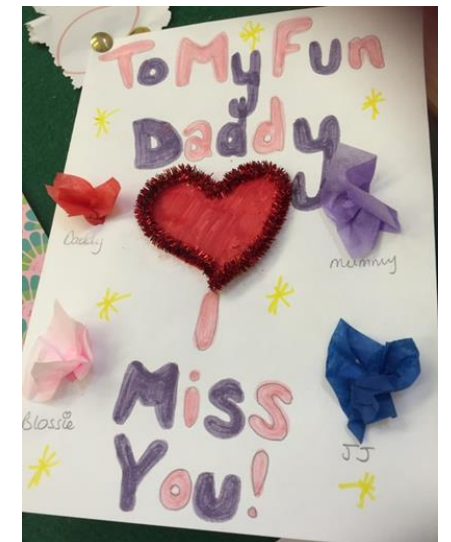
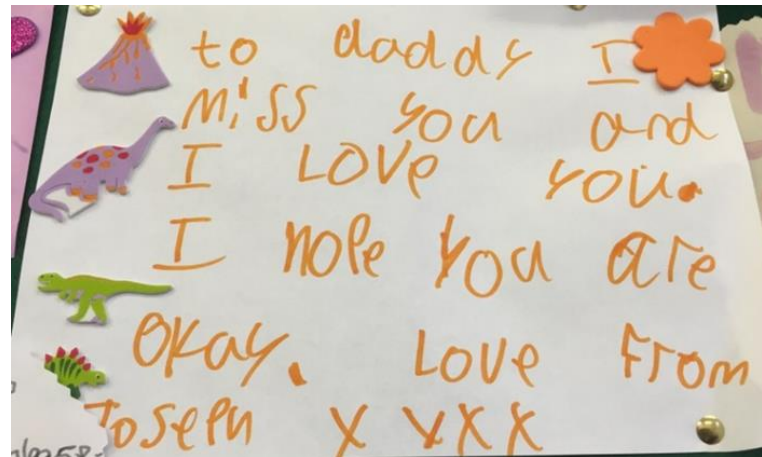


Practical

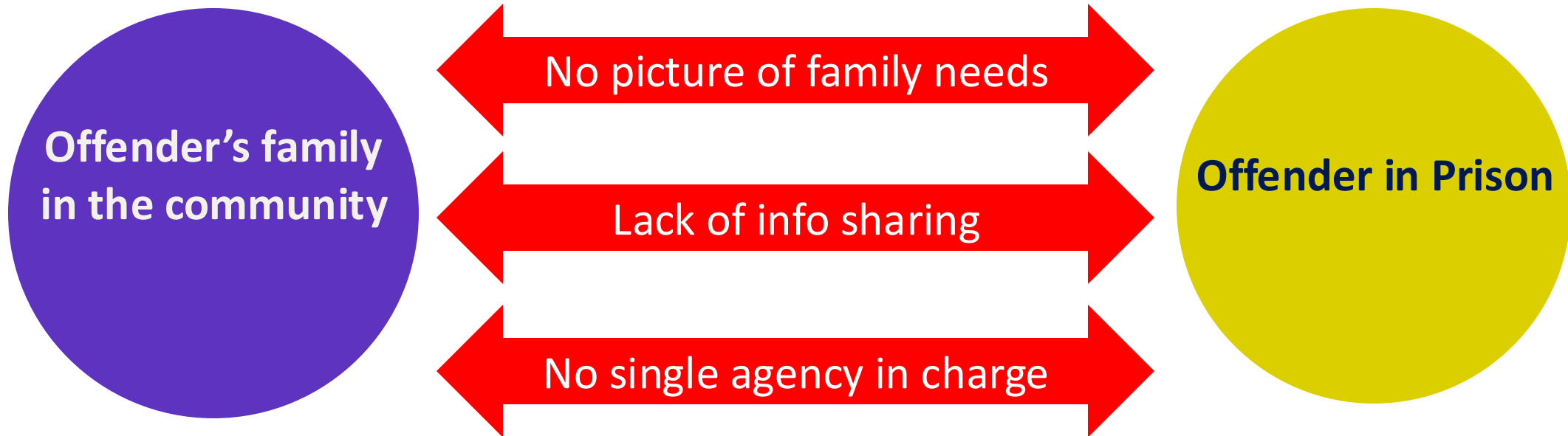
Financial

Disenfranchised Grief

...the grief experienced by those who incur that is not, or cannot be, openly acknowledged, publicly mourned or socially supported (Doka 1999)



Bridging the Gap



We are:

- Identifying children and families on entry
- Working with dads and their families to maintain healthy and positive relationships
- Providing a quality service that demonstrates impact and positive outcomes

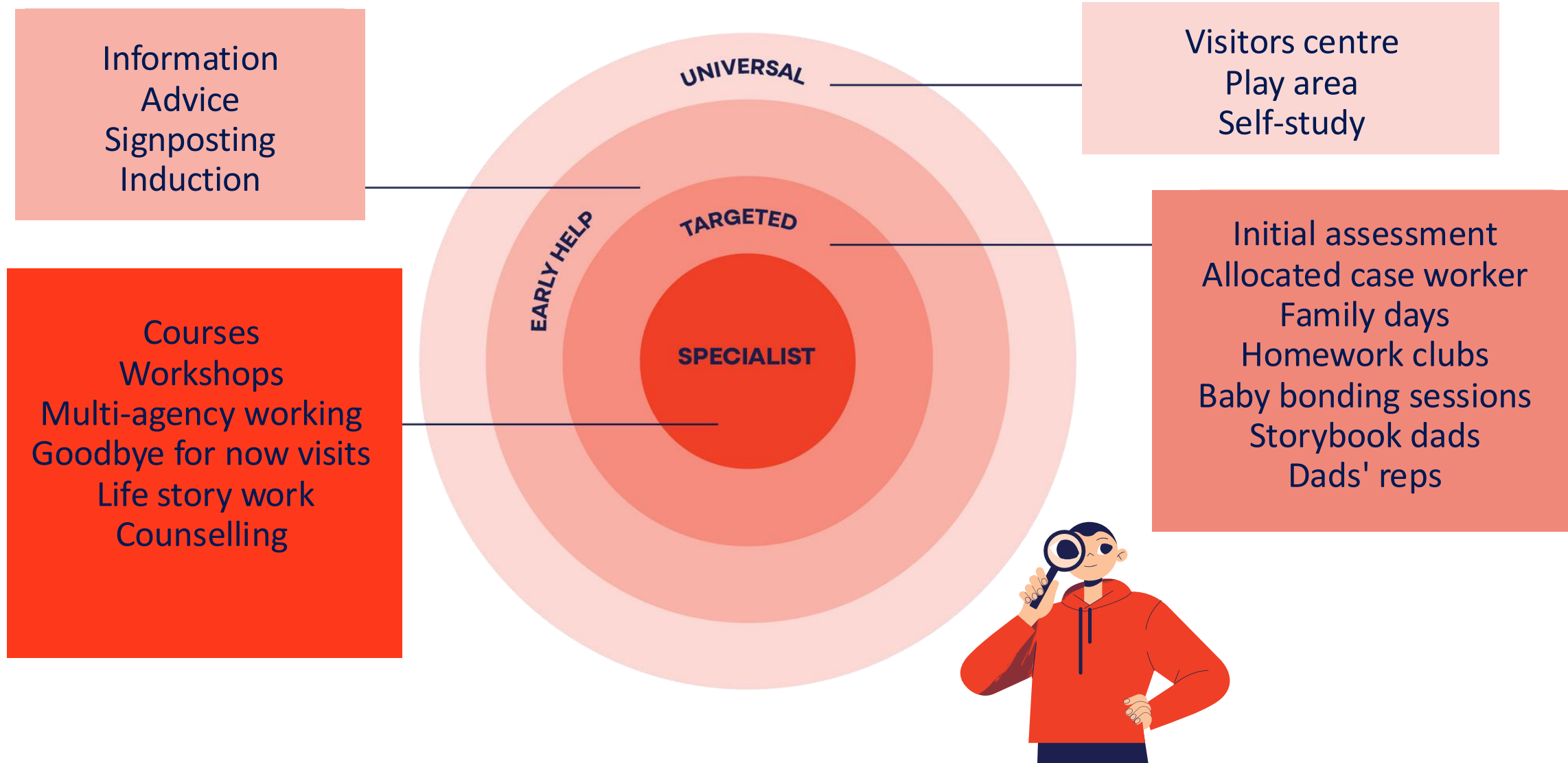
Prison Family Hub - Our Offer

Behind the Wall

Beyond the Gate

Community support

Behind the Walls - Invisible Walls



{family HUBS NETWORK} Beyond the Gate

Intensive whole family approach offering pre and post release support



Counselling

Intensive pre-release support

Needs-led post-release support

Targeted and specialist support

Child's voice and advocacy

Coordinated resettlement meetings

Bespoke resettlement workshops and self-study

Youth Services - Spurgeons

Boys2Men

Enable young boys/men to better understand the transition from being a boy to a man

Explore idea of masculinity and role of 'family' in male development



Community Support - Spurgeons

- Universal access to Family Hubs services
- Training
- Professional networks



{family HUBS NETWORK} Children Affected by Imprisonment Outcomes

Behind the Walls

- Motivation not to reoffend
- Right support at right time
- Improved parenting skills
- Improved family relationships and with professionals
- Children less stressed
- Positive interactions between child and parent

Beyond the Gate

- Successful reintegration
- Improved relationships, increased motivation not to reoffend
- Families receive early coordinated targeted specialist support
- Improved employment opportunities

Impact

- Reduced reoffending
 - Strengthened family ties
 - Stronger communities
 - Reduced long-term impact on children
-
- *Building our own evidence-based practice*
 - *Reviewing offer in line with current research*
 - *Increasing offer to meet the needs of children and families*

How We Can Collaborate

Collaboration Opportunities:

How do you open the door for families affected by imprisonment in your areas? Support through our Champions Network and training opportunities

Feedback and Discussion:

Link up with us to share ideas, suggest improvements, or discuss other ways to strengthen partnerships.



How Family & Youth Hubs Lead Early Support and Interventions in Wakefield

TRACEY TUCKER



Plymouth Family Hubs Youth offer

Getting started – moving from a 0-5 to a 0-19, 25 with SEND . service. Partnership working



- Outreach work and linking with detached youth workers to build trust and connect with young people
- Address barriers and dispel myths, many young people are wary of professionals and distrusting
- Consultation process with young people in partnership with existing youth services
- Barnardo's and Co-op partnership service design group – Takeaway Tuesdays and Wellbeing Wednesdays.
- Networking at events allowed us to build relationships
Changes to working hours to meet the needs of young people and staff provision.



Detached youth work, consultation and co-production

- Young people told us they do not respond to posters or social media, they prefer us to approach them directly or by text/Whatsapp.
- Outreach in parks near Family Hubs
- Connecting with detached workers who now regularly pop in during OYS
- Graffiti event, as requested by young people, delivered with another youth organisation
- Youth Dance workshops over the summer
- Wellbeing classes in secondary schools
- Wellbeing walks and programme of events during the summer holidays
- Youth Boxing established on a weekly basis with another agency

Without working in partnership with outside agencies it would not have been possible to offer Open Youth Space or Youth boxing.



Where we are now

- Open Youth Space started in June, 86 young people have attended at least once, 49 regularly attend
- 2 young people have become Youth Ambassadors.
- Separate sessions for age 7-10, 11-14 and 15-19 to accommodate need
- Youth Boxing 14-16 young people aged 10-16 are regularly attending and now includes cooking session after boxing
- Takeaway Tuesdays – tackling food poverty and food waste, connection, life skills, repurposing food
- Strengthening Families Programme in partnership with PIAS and MHST
- Wellbeing classes within secondary schools reached over 850 young people citywide
- October Half Term events reached 92 young people and young parents
- Community youth contacts April – November 2024 = 623
- School based contacts-three secondary schools with another one booked



Moving forward – moving from a 0-5 to a 0-19, 25 with SEND service.

- From ongoing consultations and in co-production with young people and community providers we have planned:
- Chicken and Chat has now started in one secondary school
- Arranged for outside agencies to visit Open Youth Space including LGBTQIA+ agencies, SHARPS team, mental health charities and sexual health workers
- Eco group in 2 areas of Plymouth and community sensory garden project
- Clothes swap and upcycle
- Takeaway Tuesdays extended to Thursdays from January
- Under Pressure Citywide Creative Arts youth project
- Plans for a Youth First Aid course
- We are continually evolving our services to meet demands as numbers and needs increase.



Holistic Family Support

- Providing food parcels for several young people's families
- Takeaway Tuesdays – young people take home surplus food from sessions
- Providing hygiene products and sanitary items.
- Grant funding provided for 9 young people for an oven, beds and mattresses, bedroom furniture, laptops and bus passes.
- Reduced isolation for young people including; those with SEND needs or home educated.
- Provided opportunities to build social skills and increase cultural capital for all young people.
- Provided opportunities for parents to have some respite increasing their parenting capacity and they have reported improved wellbeing and allowed them quality time with their other children.
- Supported young carers and looked after children, children with SEND and those who are facing school exclusions.



Y.I.P.P.E.E (Young Independent Proud Parents Encouraging Each other)

- Historically we ran a young parent's group from one area of the city which was under-utilised.
- Recognised a need for a fresh approach
- Mapping of services and provisions in citywide localities
- No established focus group for Young parents in the city
- Barriers and challenges
 - Affordability to travel
 - Universal Credit – young parents receives less money due to their age.
 - Working young parents under 21 often earn less due to lower hourly minimum wage.
- Through consultation process Young parents shared they feel judged in their homes by professionals, in the community on buses and in groups and from their peers.
- Mental health



Y.I.P.P.E.E

- We hold monthly service design sessions with young parents. Through co-design we have:
- Fortnightly meet ups alternating morning and afternoons at various citywide locations.
- Halloween party co-produced with young parents.
- Toiletries and sanitary products offered
- Provided Easter eggs for parents and children
- Provided Circus tickets
- Given out Love to Shop vouchers
- Emotional containment, Information, guidance and introductions to other services and professionals.



{family HUBS NETWORK Y.I.P.P.E.E

- Over the summer we reached 6 families
- Through the autumn term we have reached 27 Families including dads and parents to be
- Through listening and exploring options available with a young pregnant woman she was empowered and supported to make her own informed decision which enabled her to continue her pregnancy in the knowledge that support is available to her
- Most of the young parents that engage are from outreach support and word of mouth through friends
- Interest is growing at a gradual pace and is evolving through co-production with the young parents
- We are making links with maternal vulnerability team so young mums are supported from early pregnancy
- We will be looking at supporting one off workshops and courses for young parents
- Research with Durham university looking into redeveloping the pre-birth assessment for young parents.



Young people's feedback



"I feel like I can be myself here and I am accepted"

"I make sure I don't have Friday detentions anymore cuz I don't want to miss youth space"

"I look forward to coming here all week"

"Feels like home"

"I like that I can drop in and out but there's a safe space, free food and drinks and I can charge my phone".

"I designed a T.Shirt with my friend to come out to my dad when he picked me up and he was real chill about it. It helped to do this in a safe space. Plus, I love my proud lesbian T.Shirt and am going to wear it to PRIDE".

"Good vibe"

"Thanks for listening and not judging"

"The milkshakes were Banging!"

"Best youth club I've been too – there's so much to do and I've made loads of friends"

"I love this place its so welcoming, the staff are really friendly and crazy fun and proper care about us"

"Food is banging and great music"

"This place is great for making new friends"

"We feel safe coming out and being in the park knowing you are around"

"This place is somewhere I really feel safe, like a get away to be who I am. I feel so secure here like I'm meant to be".

[Video link](#)

How Family & Youth Hubs Lead Early Support and Interventions in Wakefield

ANNE-MARIE SPENCER

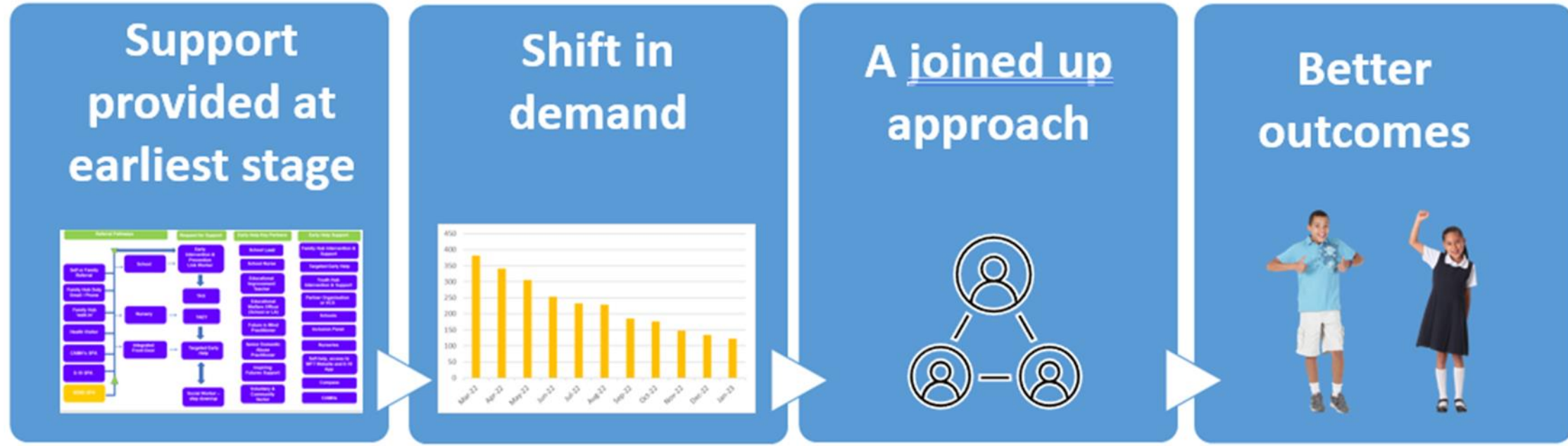
How Family & Youth Hubs Lead Early Support and Interventions in Wakefield



“We are happy, healthy, safe, and thriving in communities where families and services work together to help us achieve our potential and dreams.”

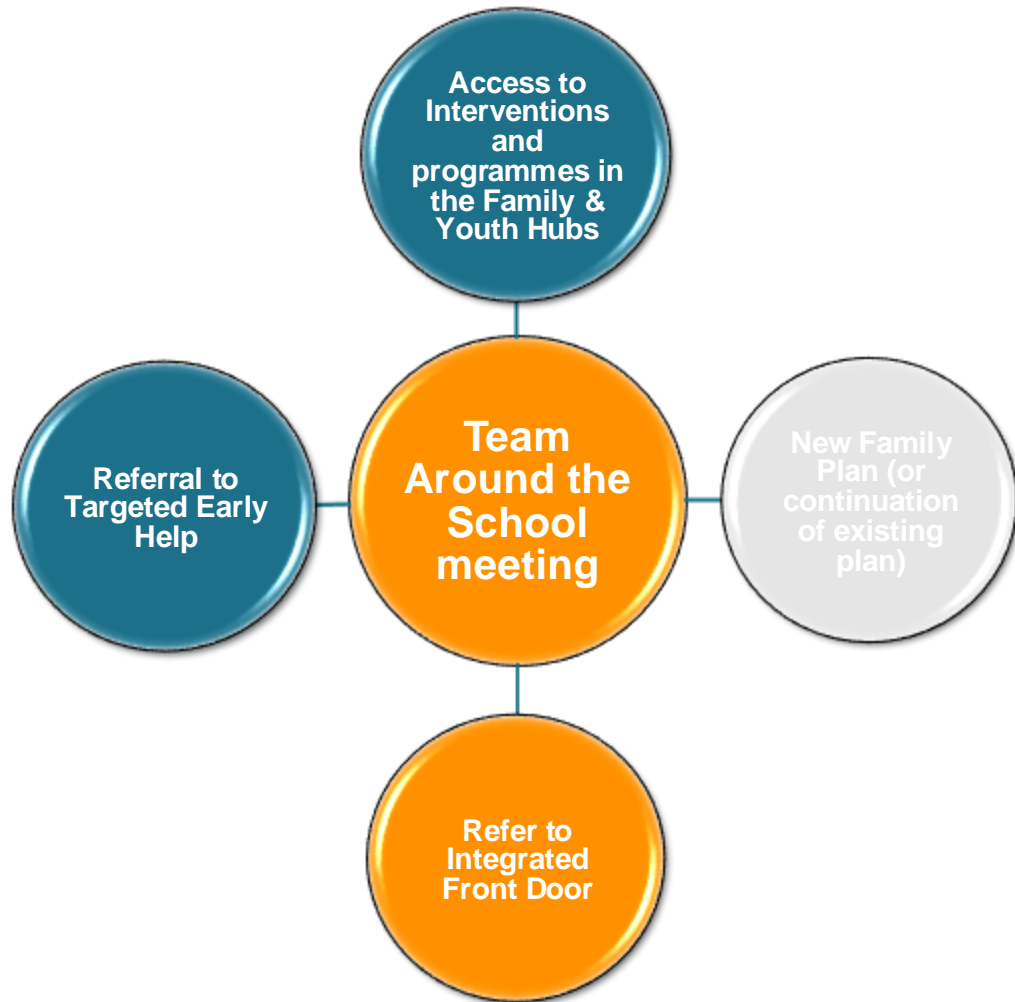


Effectiveness of the Early Help System – Family Hubs the Front Door for Early Support

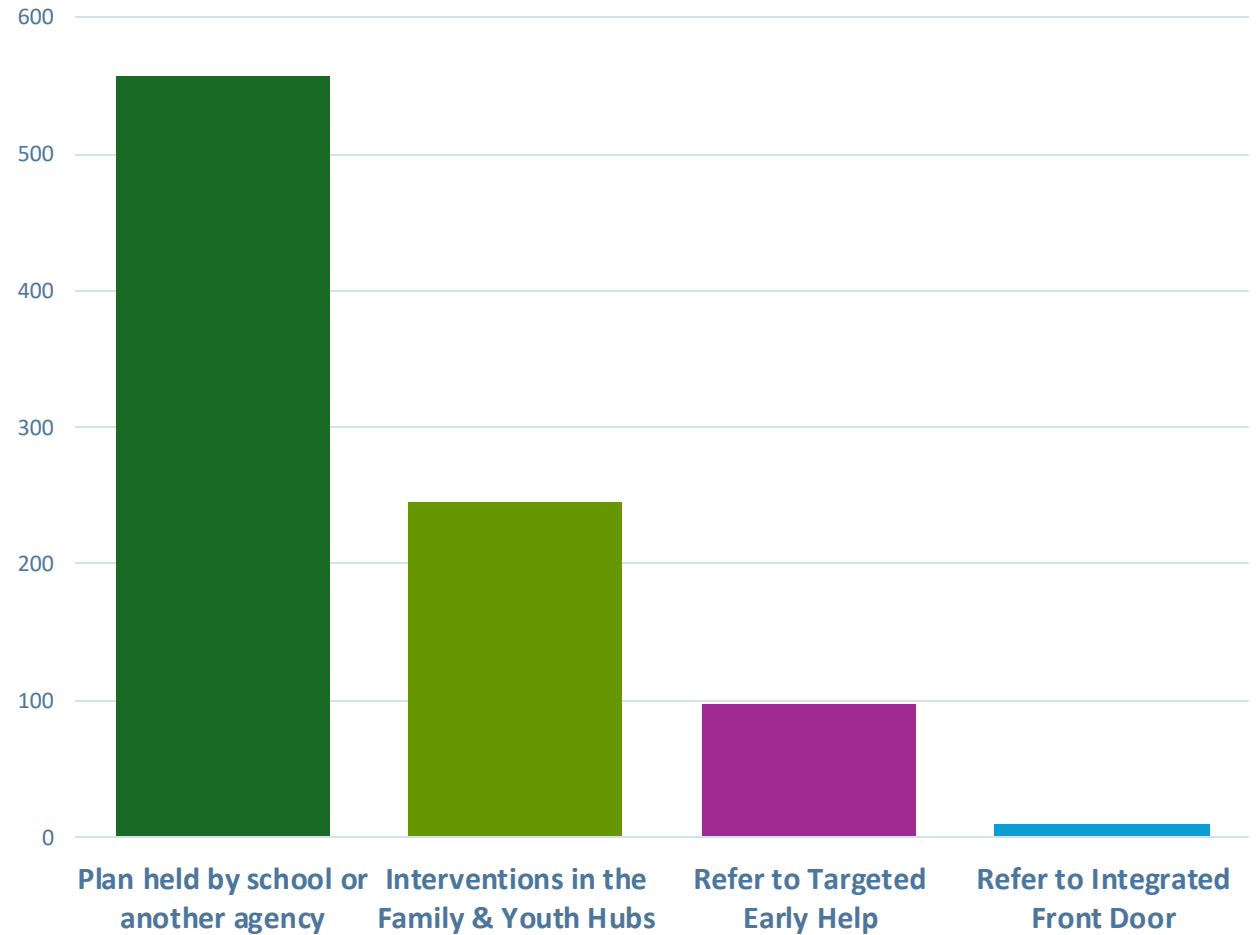


- **1948** Cases heard at a Team around meeting Jul-23 to Jul-24
- **7333** Duty conversations for support from parents, EHE, Partners
- **63%** Reduction in contacts NFA rates at the IFD, Dec 22-23 79%, 71%
- **91%** Of schools promote WFT & the TAS on their website, social media platforms

Shift in Demand – TAS outcomes



TAS Meeting Outcomes May 2023 - June



Family & Youth Hub Partnership with Schools

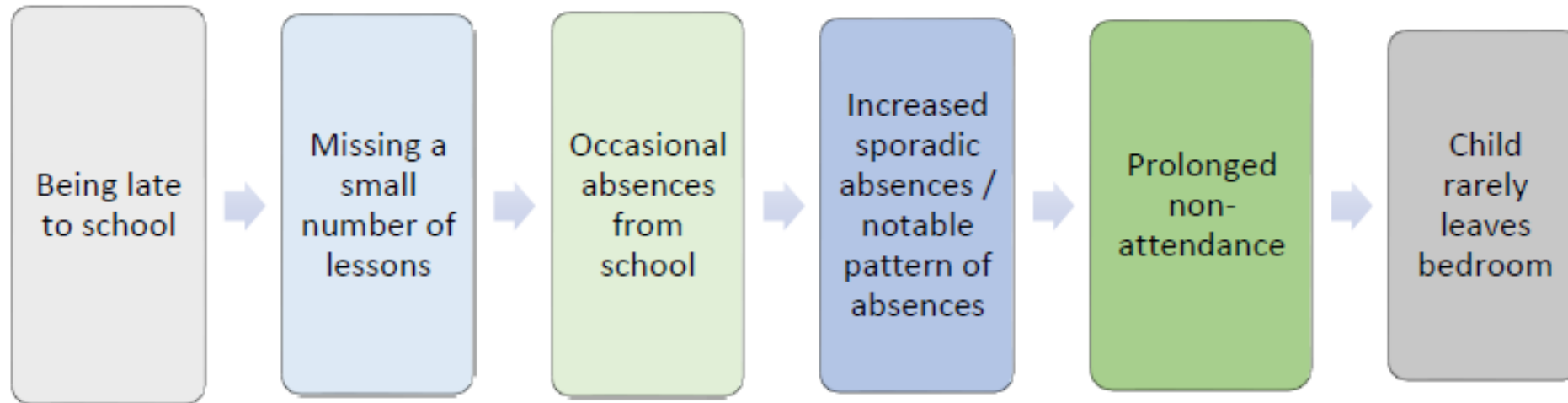
Supporting attendance:

- The Team around the School (TAS), led and owned by schools
- TAS in partnership with Future in Mind, 0-19 Service, EWOs
- Educational Psychology attend PRU & Special Schools (SEMH)
- Joint visits with Education Welfare Officers by Youth Engagement Workers
- Bespoke support and interventions held in school ie EBSA Group,
- Aspirations sessions, Triple P, Solihull (Teenager MH session),
- Termly school cluster-based L&D sessions
- Pol-Ed, awareness of risks, citizenship, and the law
- Inclusion Panel Meetings – to prevent permanent exclusions and support students to thrive in mainstream education



What does EBSA look like?

School avoidance may start gradually. This can make it hard to spot when things are beginning to go wrong. This diagram shows the different stages EBSA can move through, although a child may not go through all the s



It is important to note that children can be attending school and experiencing EBSA.

Wakefield School Health Survey 2024...



Worry a lot or quite a lot about ...	Year group				All
	5	7	9	12	
School work / exams	34%	36%	44%	49%	41%
The way you look	25%	35%	43%	40%	35%
Problems with friends	30%	28%	29%	17%	26%
Family problems	25%	19%	24%	21%	22%
Relationships	-	16%	23%	24%	21%
Money problems	15%	13%	17%	28%	18%
Climate change	28%	14%	10%	8%	15%

Schools in Partnership with the Future in Mind Team – Health & Wellbeing



Wellbeing and worries – what we offer and what’s going well:

- Assemblies
- Classroom sessions
- Mood boosters
- Parent/carer workshops
- Community events
- Multi agency staff training
- One to one and small group evidence- based interventions
- Consultations

Sleep support & Interventions

- Full school sleep days
- Staff wellbeing sessions

This is what our Schools tell us...

“We are also grateful for the opportunity to 'run something by you'. Having a professional (and extended group) that we can bounce ideas off and ask advice from gives us confidence as Safeguarding and Inclusion professionals, that we're doing the right thing and makes us better at our roles as a result. “

“We have seen many benefits for our students since the introduction of TAS meetings. The support offered is so bespoke and effective. In particular, support from the Youth Engagement Workers who act to bridge the gap between school and disengaged students/their families.”

“The number of students that have reengaged and started to receive support that they need via this support is astonishing and I genuinely don't know what we would do without this service.”

Supporting Families Team Around the Early Years and Team Around the School webinar recording

Wakefield Families Together Support Links

Supporting Families webinar Wednesday 25th September 2024 where Wakefield Council shared our Team around the School and Early Years model.

To view the webinar: <https://vimeo.com/1012731644>

To view the presentation: <https://delta.communities.gov.uk/document-repository/public/download?uri=/document-repository/DfE-Team-around-and-Supporting-Families-Final-pp-0924.pdf>

Website: <https://www.wakefieldfamieliestogether.co.uk/>

Email: WakefieldFamiliesTogether@wakefield.gov.uk

The Future of Family Hubs Funding

SARAH CATTAN

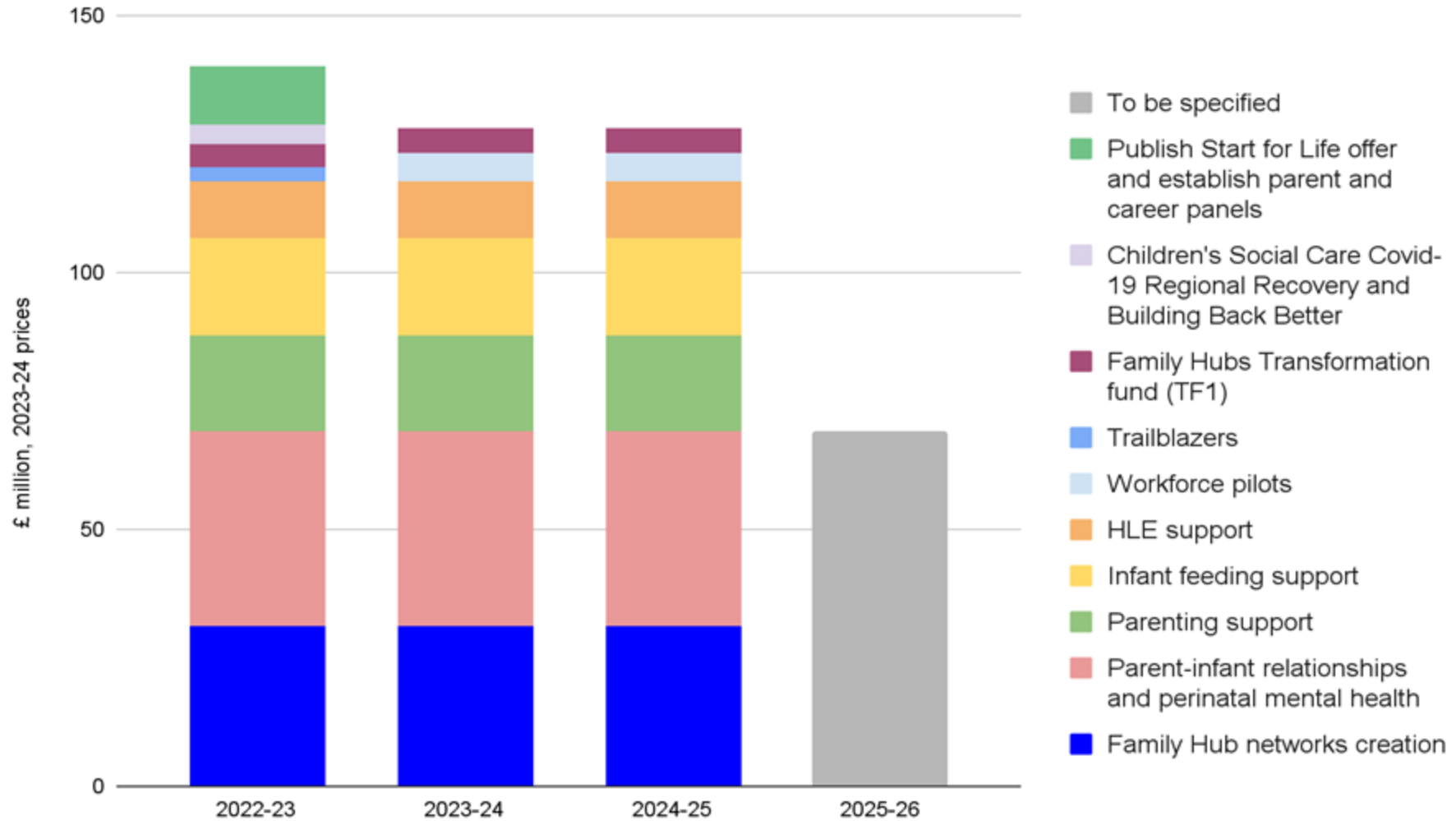


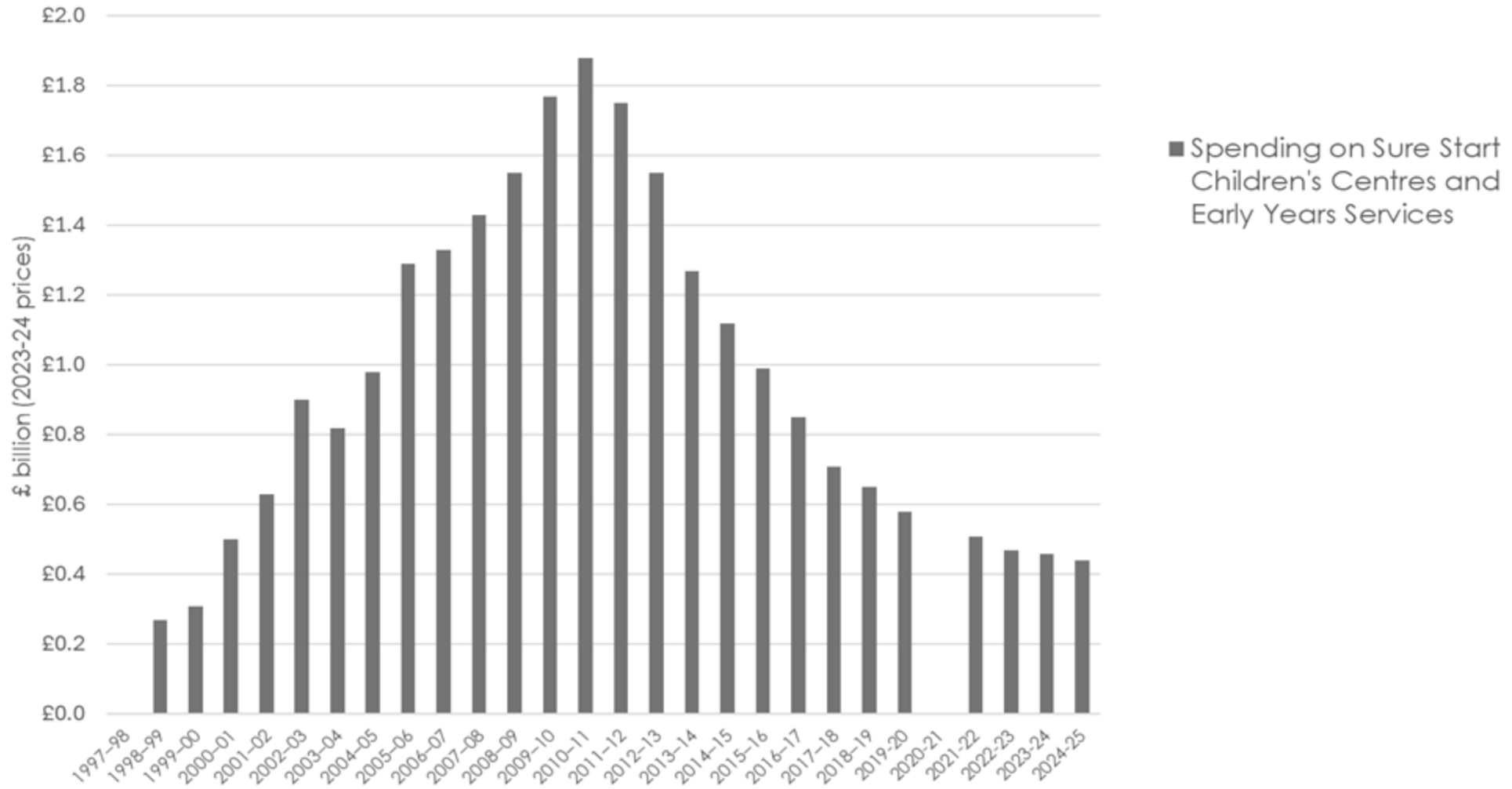
The Future of Family Hubs Funding

Sarah Cattan

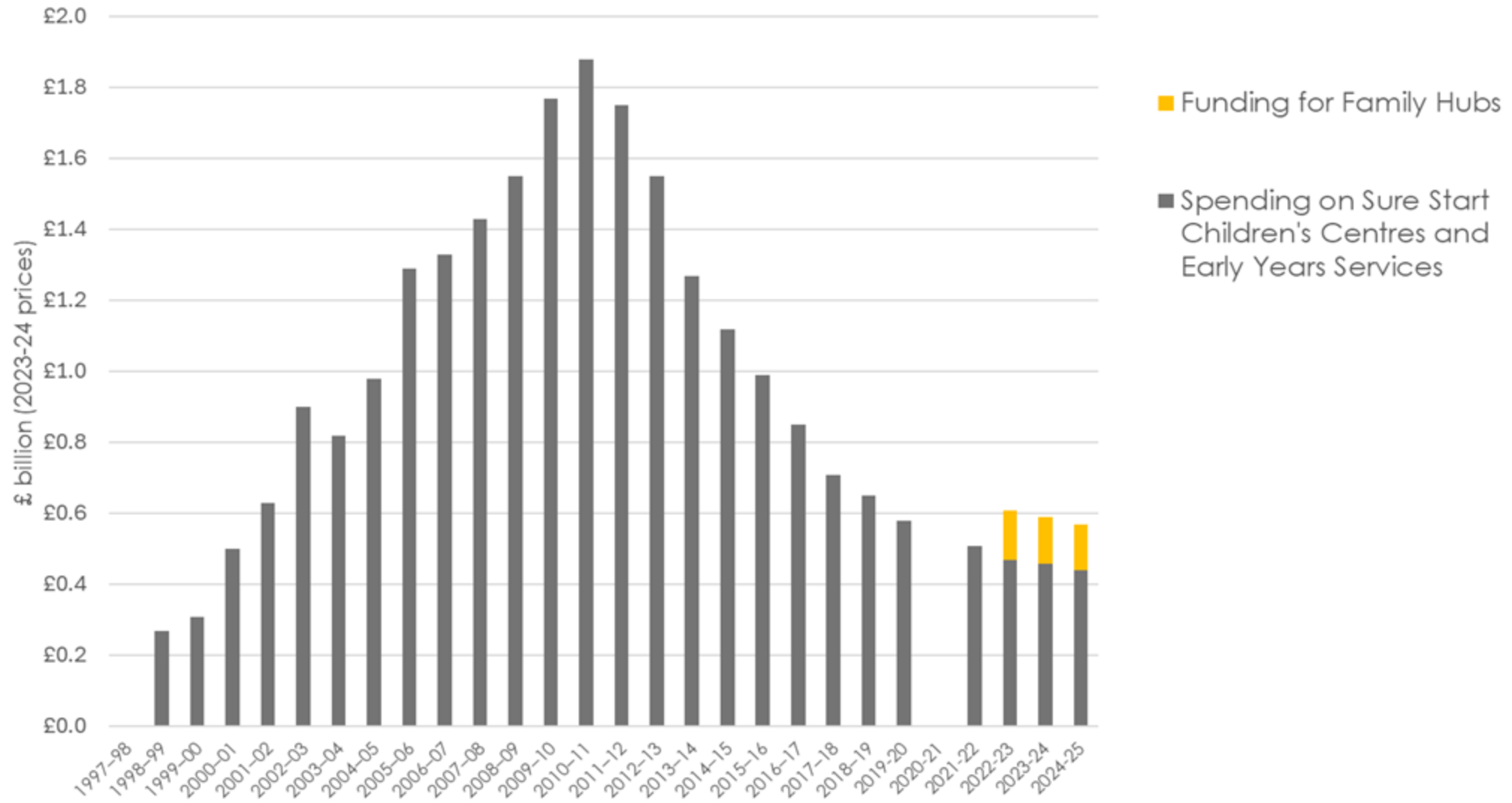
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Family Hubs Funding since 2022-23

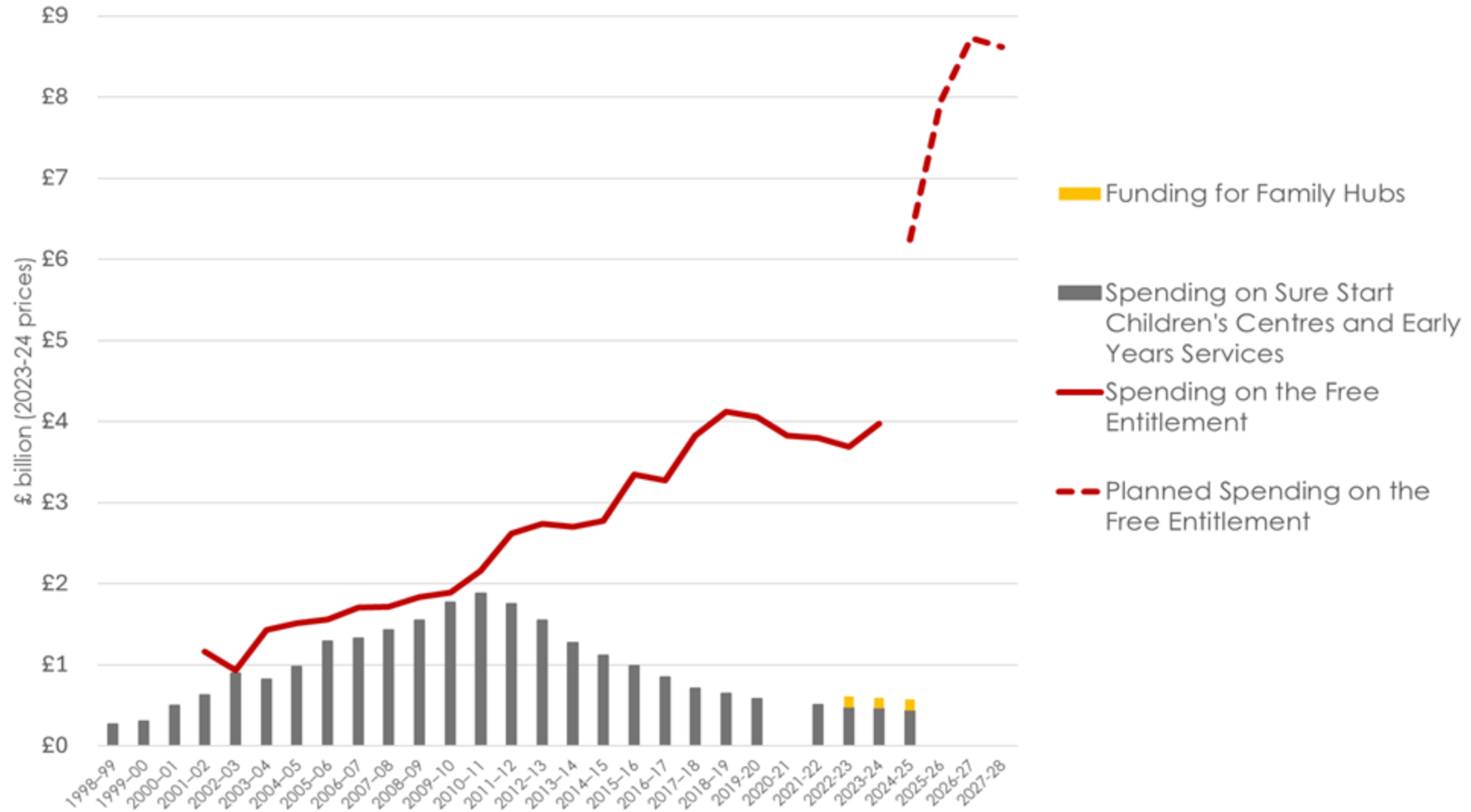




Family Hubs funding in the context of early years children's services spend.



Family Hubs funding in the context of broader early years spending



FROM

Tight

Short-term

**Vulnerable to political
changes**

Input focused

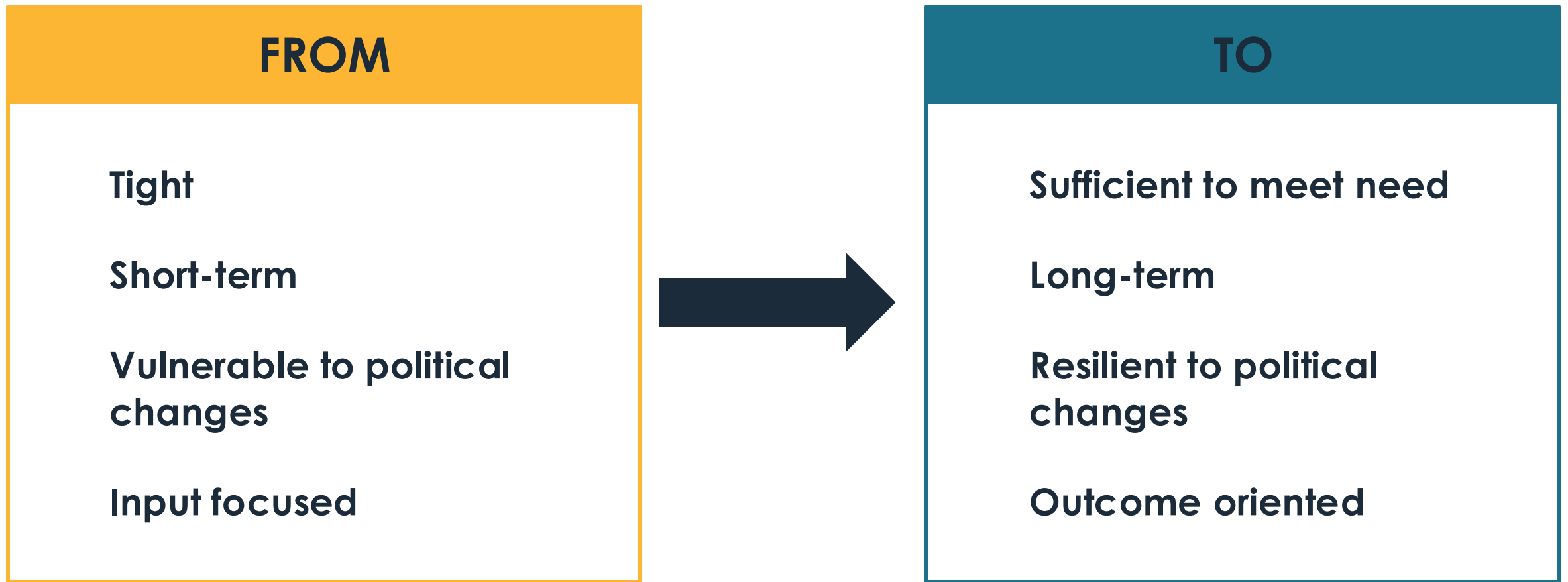
FROM

- Tight
- Short-term
- Vulnerable to political changes
- Input focused



TO

- Sufficient to meet need
- Long-term
- Resilient to political changes
- Outcome oriented



Can Mission-Driven Government lead us there?

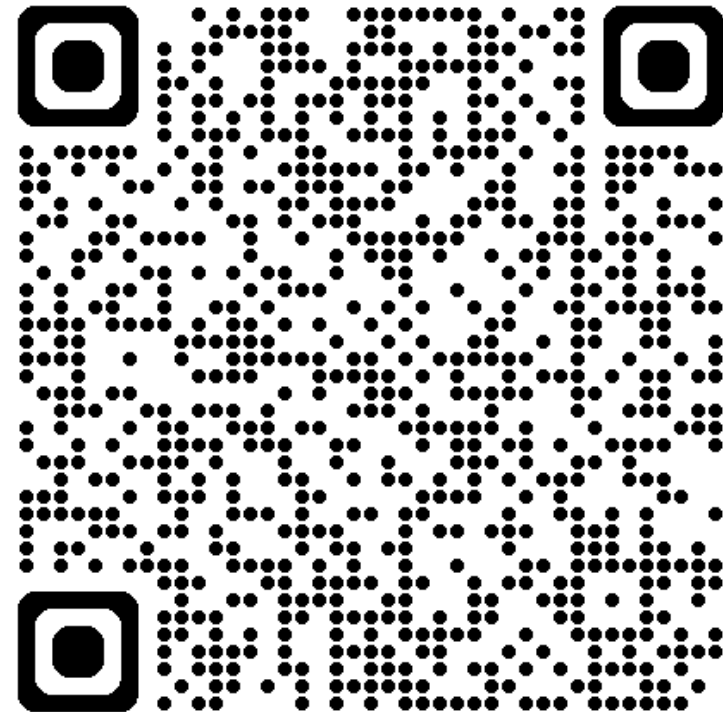
Afternoon Breakouts – 2:25-3:15pm

Engaging Dads & Ethnic Minorities	Butler Room, Ground Floor
Family Hubs Outcomes Frameworks	Main Hall, Ground Floor
Excellence in SEND Provision	Seacole Room, 1 st Floor
Building a Family Hubs Network	Nightingale Room, 1 st Floor
Partnerships with Faith-based organisations	Raikes Room, 1 st Floor
Partnerships with Health – including social prescribing & tackling health inequalities	Shaftesbury Room, 1 st Floor
Developing Family Hubs without Central Government Funding	Wilberforce Room, 1 st Floor
Different roles for Digital in Family Hubs	Equiano Room, 1 st Floor

We need your input!

All comments and questions welcome for Panel Q&A

Plenary Session 5 begins at 3:45pm



Plenary Session 5

PANEL WITH Q&A

Thank you for coming to the Family Hubs Conference

SAFE JOURNEY HOME!