

**FALKIRK COUNCIL SOCIAL WORK SERVICES  
FOLLOWING THE PUBLIC POUND ANNUAL REPORTING STATEMENT  
2014/15**

Organisation Name	<b>SIGNPOST RECOVERY</b>
Project	<b>TIME 4 US</b>
Agreement Dates	<b>1 APRIL 2014 – 31 MARCH 2015</b>
Name of Lead Officer	<b>MATTHEW DAVIES</b>

**A OVERALL ORGANISATION AIMS**

Summary of Key Aims & Objectives

The Aims of Time 4 Us are to increase the capacity and resilience of families affected by substance misuse, improving parenting skills, family relationships and wellbeing.

Time 4 Us has been developed in line the Integrated Assessment Framework and with the Getting it Right for Every Child (GIRFEC) principles guiding its work. The service aims to compliment statutory provision by offering a service which focuses on the family in its entirety.

List of Agreed Outcomes

The principle objective for Time 4 Us is **to reduce the impact of substance misuse and provide a positive role model and interventions for children and families in Forth Valley so they can lead safe, achieving, secure and stable lives.**

- Parents experiencing issues of substance misuse have improved parenting capacity, skills and understanding, and are better able to meet the needs of the child.

*Indicator 1* Parents will have improved parental capacity and abilities

*Indicator 2* Families will stay together in the interest of the child whilst reducing statutory involvement

*Indicator 3* Parents will have increased motivation, confidence and feelings of self worth

- Children affected by parental substance misuse will have improved self-esteem, resilience and social functioning.

*Indicator 1* Children will show improved self-esteem and resilience

*Indicator 2* Children will have improved attendance, attainment and achievement in nursery/school/relevant groups.

*Indicator 3* Children will have improved wellbeing in accordance with SHANARRI (safe, healthy, achieving, nurtured, active, respected, responsible and included.

- Children and families affected by substance misuse will have improved family relationships and will be better able to make positive and healthy choices.

*Indicator 1* Families will have improved family and social functioning

*Indicator 2* Families will demonstrate improved structure, routines and boundaries.

*Indicator 3* Families will have improved outcomes in accordance with the 'outcomes star'.

Time 4 Us interventions and activities for working with family issues can include:

- Addressing Substance Use.
- Improving parenting capacity and parental skills.
- Improving general and mental health issues.
- Maximising family income, budgeting.
- Advising on healthy diet and cooking.
- Reducing impact on the local community.
- Reducing debt and Housing advocacy and support.
- Appropriate communication with the relevant partners supporting individual families.

Time 4 Us interventions and activities for children can include:

- Activities that enable children will have a better understanding of their emotions and to verbalise this.
- Activities, contacts and structures that enable children to have fun and present as happier both physically and emotionally.
- Interventions to ensure children will have improved coping skills.
- The Children's Worker having a better understanding of each child's self-esteem and educating parents on its importance.
- Work and routines to improve child engagement in activities within nursery/school settings.
- Appropriate communication with the relevant partners supporting individual children.

Recipients of the service include those who misuse substances to a level in which parental capacity is severely affected, their children, their families and any other relevant carer in the life or circumstances of the child, for example kinship carers.

The service operates from locations in each of the three local authority areas of Falkirk, Stirling and Clackmannanshire. The service also offers specialist advice to other Addiction Service providers and delivers outreach where a need is identified and will work in partnership accordingly.

#### Why Service/Project is Funded Externally Rather than by the Council

Time 4 us is funded by a combination of external funding from 'The Big Lottery Fund, Forth Valley Alcohol and Drug Partnership, Signpost Recovery and Falkirk Council. The external funding supports Time 4 Us to deliver an enhanced service to families across Falkirk and the wider Forth Valley.

## **B ACTUAL PERFORMANCE vs. OBJECTIVES / AGREED OUTCOMES**

### Summary of Key Achievements

During the period from 1<sup>st</sup> April 2014 – 31<sup>st</sup> March 2015 Time 4 Us have received **55 referrals from Falkirk comprising of 37 referrals for adult support and family work and 18 referrals for children requiring support.**

The project has a good profile and referrals for Falkirk families were received from:

- Signpost Recovery 25
- Falkirk Children & Families Social Work 7
- Falkirk Criminal Justice Social Work 1
- Falkirk Addiction Recovery Service 2
- Addiction Support & Counselling 1
- Braes Families Centre 1
- Self-Referrals 12
- Community Alcohol and Drugs Service 4
- Public Health Nurse 1
- Hospital Addiction Team 1

The service undertook a self-evaluation in October 2014 on its impact on Children, Young People and Families, this subsequently contributed to a Forth Valley Substance Misuse Services Joint Action Plan to improve provision in terms of the impact on these groups. The evaluation process provided the team with an opportunity to assess practice and identify strengths and areas for improvement. The service recognises the need to increase referrals from partners within substance misuse services and therefore, Time 4 Us have delivered presentations to colleagues in addiction services to update their knowledge of the service. The service has used this as an opportunity to provide information and develop an increased understanding of the impact of substance use on Children and Young People. Attending team meetings has allowed the service to speak to staff, provide information, prompt discussion and answer questions. Referrals will be closely monitored to ensure the service continues to offer the high level of support to children and families.

Karen Campbell, Senior Children & Families Worker, was recently approached to join the training for trainers programme in the Graded Care Profile and National Risk Framework, 2012. Due to the high level of child protection Time 4 Us work with on a daily basis, the service needed to consider a new approach with partner agencies and feel these new tools would be beneficial. The service use the 'outcomes star', which enables it to identify areas for improvement, however the Graded Care Profile and National Risk Framework will allow it to identify areas of improvement and strengthen its ability to identify and act on risk using a unified approach.

Jackie Gallacher, Senior Addiction Worker, completed Gender Based Violence and Routine Enquiry training for trainers in June 2014. The training is aimed at all staff within addiction services including Signpost Recovery, Substance Misuse Service, Addiction Recovery Service and the Hospital Addiction Team and seeks to highlight the prevalence and impact of gender based violence on families and children. A particular focus of the training is to upskill the workforce in identifying and responding to the disclosure of gender based violence. An initial training session for substance misuse staff took place in March this year with a further 4 dates are scheduled throughout the year.

Joanne Rankine, Children's Worker attended the Emotions, Addictions and Bodies: *exploring accounts of self-harm among young people aged 13-16* Seminar at the Centre for Research on Families and Relationships in Glasgow. Amy Chandler from The University of Edinburgh presented her findings and explored the young people's accounts of self-harm, including drugs and alcohol use. This is a topic that arises regularly with the young people in Time 4 Us.

Staff also attended a 2 day training course in February 2015 on Thinking About the Impact of Trauma, facilitated by Suzanne Zeedyk which concentrated on how professionals can help themselves to help children. This training explored the insights around the impact of trauma on child development.

Foetal Alcohol Spectrum Disorder (FASD) training was undertaken in January 2015 by all Signpost staff. This training was co-facilitated by Karen Campbell. Karen Campbell and May Rookes, Children & Families Worker attended the Child Sexual Exploitation Conference October 2014. The conference was organised by Falkirk, Stirling and Clackmannanshire Child Protection Committees to raise awareness of child exploitation.

The service moved to premises in Falkirk and in January 2015. The new premises include a family room and have allowed the service to provide a welcoming and safe environment for children to complete work. It also allows the service to provide a comfortable environment for parents to discuss challenging issues. The service has had good feedback from both children and parents about the benefits of this new space.

Time 4 Us regularly use Talking Mats which is a communication resource used for consulting with children and young people. The tool focuses on essential words and omits non-essential language, therefore helping the young people process concepts by breaking information down into small, manageable chunks using visual, auditory and tactile methods, thus enabling the young person time to process information and allows time to process information and respond in their own time. Talking Mats gives control to the young person being interviewed, provides a structured framework for open questions, avoids direct confrontation and helps the young person to say "no". Each session is conducted in a relaxed fashion, strengthening existing communication and is tailored to the young person using relevant and motivating topics

The service facilitated a day out at Blairdrummond Safari Park in August. Despite poor weather, over 100 parents and children (& staff members) attended and had an enjoyable day.

The service arranged a Hamper Appeal at the end of last year and received donations from a wide range of partners throughout Forth Valley. In total the service provided over 100 hampers to local families. Families commented that they were overwhelmed by the kindness shown to them. In addition to the food hampers, 90 children received a Santa sack each containing 5 – 6 gifts each personalised to the individual child's interests.

#### Summary of Key Issues/ Challenges Facing Organisation

Time 4 Us operates with a growing waiting list which presents challenges to ensure that adults and children receive a timely service according to their priority. Over the next year the service will explore ways of ensuring the waiting list does not negatively impact on families requiring a service.

A stand still budget and potential 15% further cut in funding over the next three years will impact on service delivery to this vulnerable group.

How has Organisation Contributed to Council/ Service Priorities

Time 4 Us aims are congruent with Falkirk Council's goal of "Continuing to improve the Health, Safety and Wellbeing of our citizens and Communities". The Service is also aligned with the Social Work, Children and Families aim of "providing support to children in need" and "providing support to children and young people affected by drug or alcohol misuse.

List any Areas where there has been Shortfall in Performance

None

How often are Review Meetings held with Lead Officer

6 Monthly

**C FINANCIAL / RISK ASSESSMENT OVERVIEW**

FC funding, in £s and also as % of organisation's income, (Financial & In- Kind Contributions) provided in past three years, and £s FC funding committed to next two years

Total Funding provided by FC for Time4Us = £45,000 for the year 2014/2015. This is 33% of the total annual income for Time 4 Us.

Last Period of Submitted Audited Accounts

Year Ending 31<sup>st</sup> March 2015.

Future Risks (Financial, Operational or Structural) Faced by Organisation

There are risks to the operational delivery of services associated with potential 15% reduction in funding over three years.

Overall Risk Rating (Low/Medium/High)

Medium

**D CONCLUSIONS**

Summary/ opinion of organisations overall progress carried forward from last report, and also during this year

Time4Us continue to deliver high quality services which complement statutory, adult and child protection services. The services move to Falkirk, the accessibility and quality of this accommodation is proving beneficial to service delivery. The integration of Time4Us within Signpost and its representation and contribution to the Falkirk Alcohol and Drugs partnership further enhances the services impact.

**E COMPLETED BY**

<u>Name</u>	Matthew Davies
<u>Designation</u>	Service Manager Children's Services
<u>Date</u>	01-10-2015