

Your quick guide to Early Help





Organisations working with children and families across Cumbria want to make sure that families with children and young people under 19 years old get the right kind of help and support if and when they need it. We do that along with other agencies who work to support families through something called **Early Help**.

What is Early Help?

- Early Help is a way of bringing YOU together with the people who know you and your family best; for example your health visitor, school or college, GP, your local Children's Centre or Family Support Service to put together an Early Help Plan.
- The Plan will explain what everyone is going to do to try and help you and your family. YOU are part of this Plan.
- Permissions may be sought from parents/carers if a request for Early Help is from a child or young person.

What is an Early Help and Family Support Panel and who attends it?

- Sometimes an Early Help Plan might not be working and things are not changing the way you want them to. If that happens, then you, or the people helping you, might decide some extra advice is needed. An Early Help and Family Support Panel will give that extra advice.

- The people working with you will share information with the Panel about you and your family and about what has been done to try and help so far. The Panel will then try to solve the issues affecting your Early Help Plan.
- Members of the panel will include Health Visitors, Schools, CAHMS, Childrens Centres, Police, Family Support Service, Social Workers and Young Carers organisations amongst others. They will bring with them any other information they have about your situation that might help the conversation.
- The co-ordinator of your Early Help Plan or whoever is talking to you about it being referred to panel will explain more about this before the Panel meets and seek your permission to discuss your situation with the Panel . It will not go to panel without your permission.

What will happen after the Panel has discussed your situation?

- The Panel will try and identify other agencies that might be able to provide more support for you and your family and update your Early Help Plan.
- Occasionally for some difficult problems the Panel might suggest that a Social Worker needs to be involved. If that happens you would be informed of this by the person who spoke to you originally about involving the Early Help Panel.



If you want any more information about Early Help or Early Help and Family Support Panels it can be found on the LSCB Website www.cumbrialscb.com

If you require this document in another format (eg CD, audio cassette, Braille or large type) or in another language, please telephone 01228 606060.

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