

Lewisham Children and Family Centres

Service Overview document August 2018



Purpose of this document is to:

- Provide a clear overview of the Children and Family Centres' offer and the outcomes they work towards
- Explain the purpose of the service
- Provide more specific detail about the individual CFC contracts

History of Children's Centres

- The story of Children's Centres begins with the creation of Sure Start in 1998 and the later 2004 Ten Year Childcare Strategy
- Sure Start children's centres were designed to deliver a place in every community that would provide integrated care and services for young children and their families, with a particular focus on closing the achievement gap for children from disadvantaged backgrounds.
- The underlying rationale for the introduction of children's centres was to *support all children and families living in particular disadvantaged areas* by providing a wide range of services tailored to local conditions and needs
- Sure Start areas and children's centres were traditionally based in the 20% most deprived areas in the country
- They mainly provided:
 - childcare and early education
 - information and advice to parents
 - outreach and family support services
 - drop-in sessions and activities for parents
 - carers and children
 - child and family health services
 - links to Jobcentre Plus · and support for childminders
- The current Lewisham Children and Family Centre offer was redesigned and commissioned in April 2017

What are Lewisham Children and Family Centres (CFC's)?

- Pre-school Learning Alliance and Clyde Nursery School (working in partnership with Beecroft Garden, Marvels Lane and Kilmorie Schools) and Kelvin Grove/Eliot Bank and DOWDERRY Children's Centres are currently commissioned to deliver children and family centre services across Lewisham
- The Lewisham's CFC offer is built on knowledge that the early years of a child's life are key formative years for emotional, social, physical and cognitive development.
- Lewisham CFCs also recognise the vital role that parents play in their child's development and that socio-economic background, parenting capacity and early education are all proven to have a significant impact on a child's future success.
- Adverse Childhood Experiences can have devastating long term impacts on a child's life and Lewisham CFCs focus on early intervention, prevention and support to give Lewisham's children the opportunity to make the very best start in life.
- Lewisham CFCs offer a mixture of universal and targeted support to children and families in Lewisham; providing meaningful, and evidence based activities that promote children's development and support parents and families.
- Some of the core activities provided by Lewisham CFCs include:
 - Early Years Foundation Stage focussed early education sessions for children aged 0-5 such as stay and play, with a focus on school readiness.
 - Health themed sessions such as breast feeding groups and a range of activities that promote healthy lifestyles
 - Parenting and relationship programmes
 - Information and advice and signposting to other key services
 - Adult Education and Job centre plus services (delivered by partners)
 - Family support delivered across the Continuum of Need
- Lewisham CFC's multi-skilled workforces are located at key sites throughout the borough and focussed on engaging families within their designated area.
- Lewisham CFC's work closely with key partners, in particular with the Health Visiting Service and Family Nurse Partnership, Maternity Services, schools, GPs, Jobcentre Plus and Public Health and are testing service integration at every opportunity.
- Lewisham CFCs are a key partner in providing targeted service for families as part of the Lewisham Early Help strategy, and are a lead professional in appropriate cases.
- Children's Centres buildings form a key part of the Lewisham partnership and other services are encouraged to use the sites available to promote joint working and co-provision.

What Lewisham Outcomes do CFCs help achieve?

- The vision of Lewisham's Children and Young People's Strategic Partnership is:
 - 'Together with families, we will improve the lives and life chances of children and young people in Lewisham'
- The key values underpinning this vision are as follows:
 - We will have the highest aspirations and ambition for all our children and young people
 - We will put children and young people first every time
 - We will make a positive difference to the lives of children and young people
- To make a difference to the lives of children and young people in Lewisham, the Children and Young People's Plan 2015-18 identifies four priority outcomes areas:
 - Build child and family resilience
 - Be healthy and active
 - Raise achievement and attainment
 - Stay safe

What service outcomes do Lewisham Children and Family Centres achieve?

- **Better resilience of children and their families in Lewisham:** with the aim of preventing and reducing the impact of adverse childhood experiences.
- **Improved understanding of the issues and needs of children and families in Lewisham:** with the aim of improving understanding of adverse childhood experiences
- **Improved parenting and attachment:** including by optimising the outcomes of the first 1001 days, and reducing toxic stress and the impact of factors leading to toxic stress and enhancing parenting as a protective factor.
- **Improved school readiness:** including support to reach key milestones and child development
- **Improved child and family health and life chances:** including child and maternal mental health and resilience, breast feeding & healthy weight
- **Prevention of escalation:** including support to children and their families to be safe and provision of support across the Continuum of Need as part of the borough's early help offer
- **Housing, Employment & Finance Support:** including support to access housing, debt and employment services
- **Increased awareness of children's centres and their intended role:** amongst all parents and relevant services in Lewisham
- **Troubled Families outcomes**
- **Integrated working :** Better development of opportunities and systems to work in an integrated way with key agencies, including Health Visiting and across CFC providers.

Who can access Lewisham Children and Family Centres?

- Lewisham CFCs are open 48 weeks a year; with a rolling programme of closure for the remaining 4 weeks across all provider hubs.
- CFC's are open 5 days per week and include evening provision on at least one evening per week in each neighbourhood (between 5.00pm to 8.00pm)
- A website with up to date activity timetables and contact details is available at the link below:
- <https://www.lewishamcfc.org.uk/>
- Referrals for CFC family support are all sent to the PSLA secure email: Lewisham.Secure@pre-school.org.uk
- As well as Early help, CFCs also receive referrals across the whole Continuum of Need from Children's Social Care, health visitors, schools and a wide range of other agencies.

CFCs Offer Across Lewisham Continuum of Need

Tier 1 and 2:

- Open access to all sessions within the children and family centres, and in local schools and in the wider community, including 'pop-ups' in local parks and community spaces
- Family outreach support which offers families help with accessing the centres or specific sessions, registering with GPs and dentists, school applications; and enabling access to 2 year free entitlement; accessing other services that can support families including back-to-work programmes, general parenting courses and parenting sessions, support groups, information and advice sessions
- Sessions based on Five to Thrive principles, include general stay and play sessions and specific sessions such as Owl Babies and Beautiful Babies, Beautiful Brains

Tier 3

- Bespoke family support on a 1:1 basis in the family home and elsewhere
- Active involvement and partnership in the Early Help Panel and continuing support with the development of the Early Help Strategy
- Specialist programmes such as Community Groups Programmes, Freedom Programme, Escape the Trap – with a particular focus on supporting children and families to recover from domestic abuse and develop healthy, safe relationships
- Parenting Programmes such as Incredible Years for children with conduct disorder targeted at particular groups, and including access to more generic parenting courses such as Triple P or Teen Triple P and PIPT to support positive responsive parenting that improves outcomes for children
- Lead Professional role and co-ordination of TAF meetings as appropriate

Tier 4

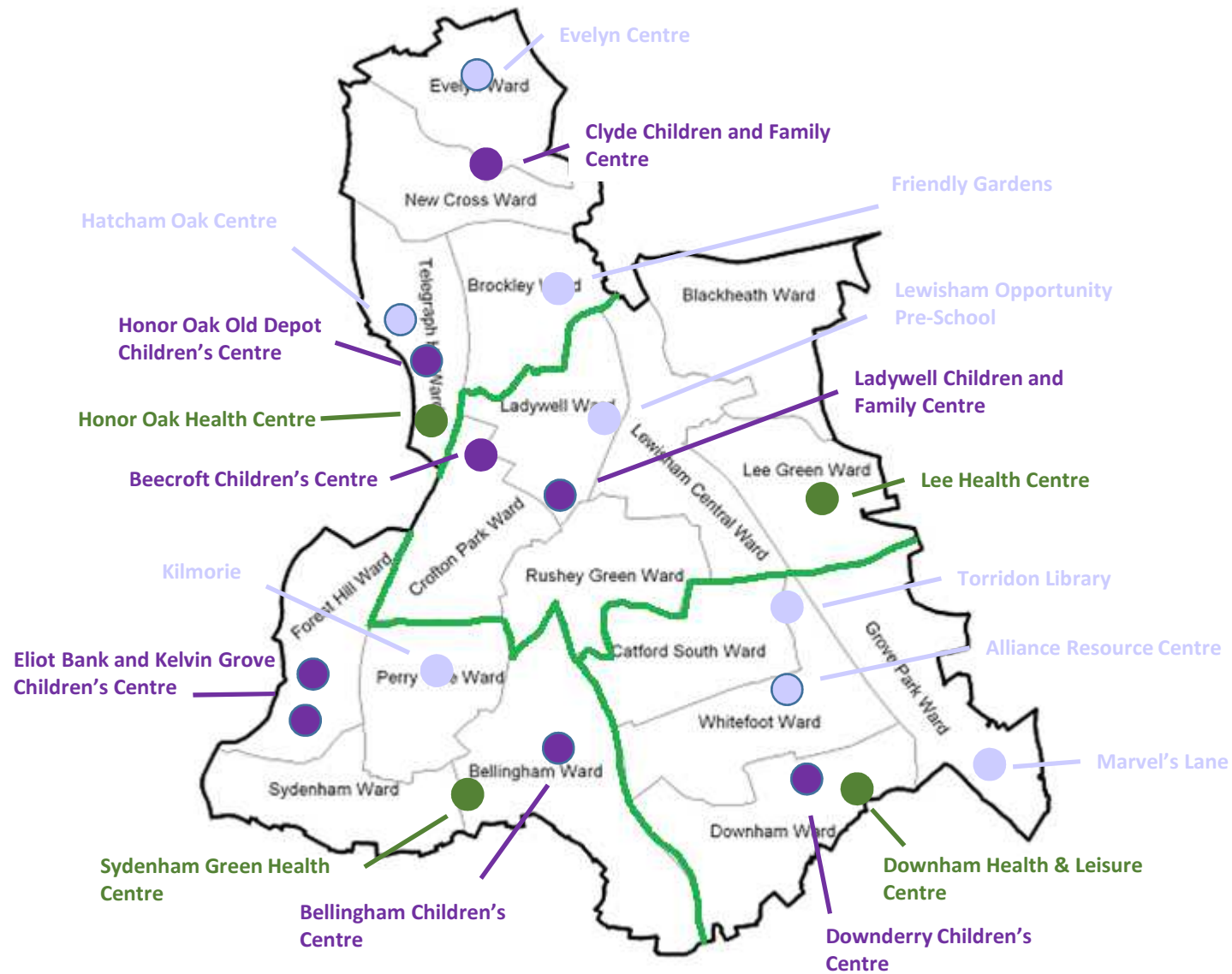
- Priority allocation of places as appropriate on parenting courses and other specialist programmes that CFCs offer

CFC Building Usage

CFC delivery sites:

- KGEB MAIN SITE
 - Kelvin Grove and Elliot Bank Children's Centre (Area 4)
- DOWNDERRY MAIN SITE
 - DOWNDERRY Children and Family Centre (Area 3)
- PSLA MAIN HUB SITES:
 - Bellingham Children and Family Centre (main hub for Areas 3 and 4)
 - Clyde Children and Family Centre (main hub for Area 1)
 - Ladywell Children and Family Centre (main hub for Area 2)
- PSLA ADDITIONAL KEY DELIVERY SITES:
 - Beecroft Children and Family Centre (area 2)
 - Camelot Centre (area 3)
 - Evelyn Children and Family Centre (area 1)
 - Honor Oak Depot (area 2)
- PSLA also commission some services at Marvels Lane Children and Family Centre. Other delivery sites are also used, including schools, health buildings, community centres and parks.

Lewisham 0-5 Services Delivery Sites



Core Offer

In each neighbourhood, Lewisham Family Pathways ensures that children and families can access:

- EYFS focussed early education sessions for children aged 0-4 eg Stay and Play
- Health themed sessions eg breast feeding group
- Parenting and relationship programmes – evidenced based
- Information and advice, signposting to services
- Adult Education and Job centre plus services
- Family support

- Children and Family Centres
- Additional sites for some CF provision
- HV community bases
- HV Baby Clinics

Performance Monitoring requirements of all CFCs

All CFCs attend monthly meetings with the Joint Commissioner for Early Intervention, with more detailed quarterly reporting.

The Children and Family Centre contract has key performance elements relating to:

- *Universal Reach & contacts* - a target of 40% of the total 0-5 population in their community, each year, at ward level.
- *Targeted Reach & contacts* - a target of 20% of the 0-5 population in their community, each year, at ward level. This cohort must meet two or more of the Government's Troubled Families Programme criteria
- Referral routes
- Activities undertaken
- Outcomes of evidence based interventions

A new data recording system called Servelec Synergy Connect + and EIS System is currently being implemented to improve how data and outcomes are recorded and reported. Training on the new system is currently being rolled out and we expect to have full reporting in place by October 2018.