

HARBOUR PROJECT 2017/18

AIM OF PROJECT

The overall aim of Circle’s Harbour Project is to address the needs of and reduce the risks faced by children affected by parental drug and/or alcohol use or their own drug and/or alcohol use.

The project currently has three distinct strands which are summarised as follows:

Family Outreach Service – this is the largest part of the project which is operated in partnership with Sunflower Garden and offers support to families affected by parental substance use. Workers provide individual support to parents/carers, whole family support and individual support to children and young people affected by parental substance use (CAPSU). This service is funded by the City of Edinburgh Council and operates across Edinburgh. We have six full time Family Support Workers within this service as well as two Children’s Workers who are employed by Sunflower Garden (CrossReach).

Young Persons’ Service – this provides support to young people aged 12 - 18 who are worried about their own drug and/or alcohol use, or are at risk of substance use. Presently this service is funded by a grant received following the closure of Caledonia Youth and is staffed by two part-time Young Persons’ Workers. The service operates in the North West of the city and is part of the Young People’s Substance Use Service (YPSUS), a collaborative of services in Edinburgh. The worker has links with high schools within the North West locality and as well as offering individual support, education sessions have been offered to local youth services and schools.

Support for Fathers - runs in partnership with PrePare and Stepping Stones North Edinburgh, operating a service for new and expectant fathers whose partners are referred to PrePare. This service is funded by a grant from Big Lottery and allows for a full-time Family Support Worker to be based within the PrePare team.

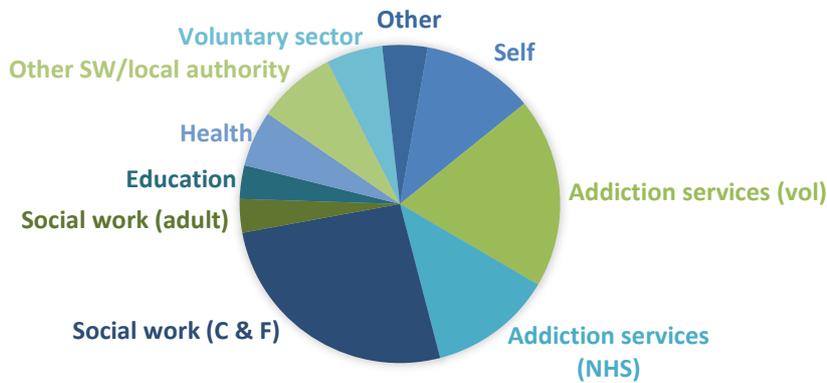
BENEFICIARIES & REFERRAL INFORMATION

Over the year, the **CAPSU Service** supported the following number of families and family members:

Families	123
Parents	142
Kinship carers	2
Children	218
TOTAL no of family members	362

At the start of 2017/18, a total of 60 families were receiving support through the service. In addition to these families, the number of new referrals received over the year for family support was 88. Of this number 63 went on to receive whole family support, resulting in a total of **123 families** receiving support in the period.

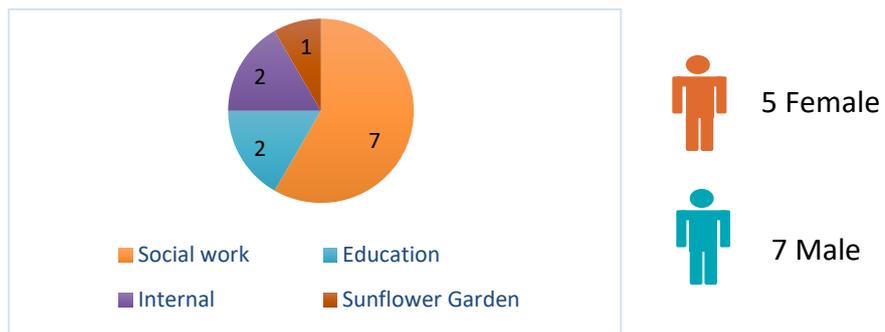
REFERRAL SOURCE



Of the 63 families who went on to engage in support, the primary substance use identified as a reason for referral was as follows:

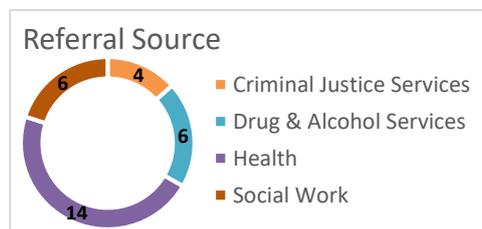
Drugs:	46
Alcohol:	17

In 2017/18 our **Young Person’s Service** received 12 new referrals, sources of which are as follows:



A total of 14 young people and their families have been offered support from the service over the year.

Our Support for Fathers Service worked with a total of 30 fathers/expectant fathers in 2017/18.



In addition to individual support, four fathers benefitted from completing a six-week Becoming Dad group.

INTERVENTIONS

All of the work that Circle undertakes to support families is strengths-based and solution-focused. Our Family Support Workers help families to address the diverse needs that they experience including substance use, mental health and trauma (whether physical, sexual and/or emotional).

The support provided in the Young Persons’ Service is unique to the individual and responsive to their needs. Work has included improving young people’s understanding of drug and alcohol use and its impact, as well as identifying alternative strategies for relaxation.

This year, we were successful in being awarded funding from Corra Foundation through ‘Everyone has a Story’ which enabled us to run a photography project for young people supported by our Young Person’s Service as well as two young people from the CAPSU service. This was hugely successful and resulted in the young people producing photographs which were displayed in an exhibition at the start of 2018.

The graphic below shows many of the standard interventions that our Family Support Workers carry out on a day-to-day basis:



In addition to the ongoing, day-to-day interventions shown above, the Harbour Project was able to offer the following:

<p>Financial Inclusion Service Families supported by the Harbour Project have benefited hugely from being able to access a Financial Inclusion Worker over this year. The worker offers an outreach service to families who may otherwise find it difficult to access advice services. This service is delivered in partnership with Edinburgh Young Carers and Citizens Advice Bureau Edinburgh and is almost at the end of the one year funding we received from Scottish Power Energy People Trust. We are now awaiting the outcome of a further funding application which if successful would secure the service for a further year.</p>	<p>Easter Activity Families came along to a guided walk around Holyrood Park and enjoyed a picnic lunch and games.</p>
<p>Christmas Party Thanks to funding from Cash for Kids we were able to hold a Christmas Party for children and families supported by the project.</p>	<p>Family Summer Activity Programme The Project ran an activity programme over the summer holiday period which all families were welcome to attend. Activities ran weekly and staffed by Family Support Workers from within the project. Activities included a day trip to Blair Drummond Safari Park, an outing to see a show at the Edinburgh Festival and a day out at the beach. This was funded by grants from Cash for Kids and The Maple Trust.</p>

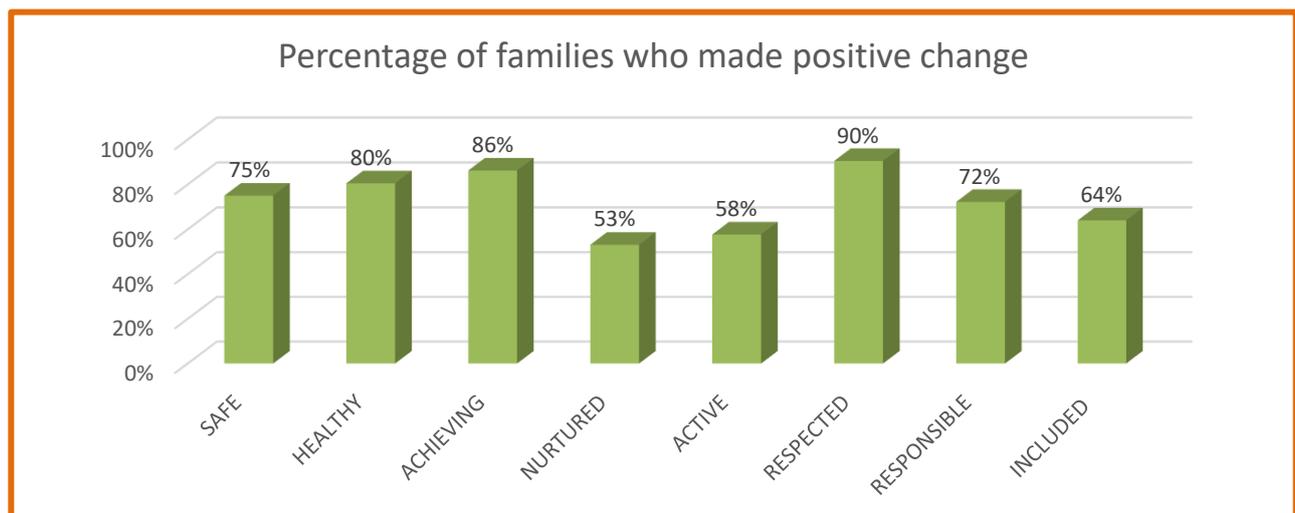
FEEDBACK

<p><i>“Worker has been a huge support, it came at the right time.”</i> (Parent)</p>	<p>82% of referrers were highly satisfied with the worker’s ability to engage with complex family situations using a solution focussed approach</p>	
<p><i>“From the school’s viewpoint, (worker) is the main professional person in the Young person’s life that he values.”</i> (Head Teacher)</p>	<p><i>“I have worked with Circle for many years with numerous families. (Worker) is a very dedicated worker who can engage with the most chaotic and difficult to reach families.”</i> (Pupil Support Leader)</p>	
<p><i>“Circle has made a difference through the re-establishing of bond with my daughter, everything in my life has been made better through Circle.”</i> (Parent)</p>		<p><i>“Circle worker helped open my eyes to see what I need to do for my children.”</i> (Parent)</p>
<p>94% of parents/carers felt that their Circle worker made a difference</p>		<p><i>“Supporting me has made a difference. No-one really considers us fathers. It’s given me confidence”</i> (Father)</p>

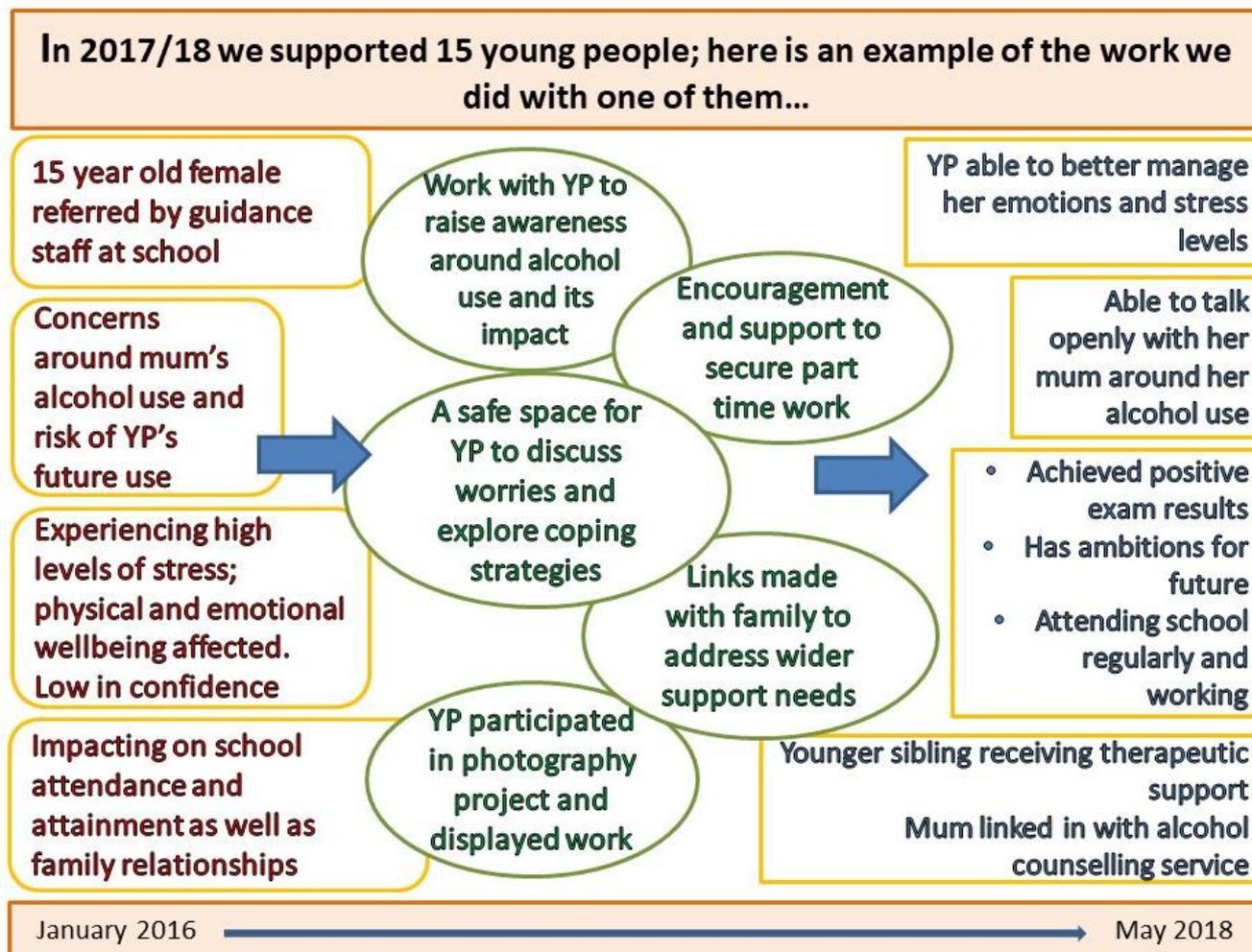
OUTCOMES

Outcomes for families are recorded using the SHANARRI indicators, in line with *Getting it right for every child* (GIRFEC).

There were 54 families for whom service ended in the period, of which 45 have reported outcomes where positive change was made. This is further detailed below:



CASE STUDY



PROJECT DEVELOPMENT PLAN FOR YEAR AHEAD

CAPSU service - This year, as we move into the third year of our contract, we will be involved in a review of the service which will influence the decision as to whether we are awarded a further two year contract. Feedback to date has been positive and we are delivering support to over the agreed number of families. We will continue to strive to deliver a high quality service and the addition of a senior post will enable us to focus on developing the training we deliver.

The **Young Persons' Service** has taken shape over the past year and has been led by the referrals received. One of our YP Worker's delivered a number of drug and alcohol education sessions at a local youth centre. The worker is exploring delivering more education sessions in schools in the area.

The **Support for Fathers Service** will be entering its third and final year in 2018/19. Due to the worker moving on to another post we are in the process of recruiting for a replacement. This will allow an opportunity to review and focus on what we want to achieve this year.

Following a successful grant from the Corra Foundation, the Harbour Project will have an additional post this year. Funding will enable us to develop a service for fathers and we have recruited to the post of Fathers' Worker.

Author: Julie King

Date: 6 May 2018