

HAVEN PROJECT 2017/18

AIM OF PROJECT

The overall aim of Circle’s Haven Project is to promote the well-being and potential of children at home, at school and in the community. There are two approaches that the project utilises – whole family support and group work, with two main thematic services as follows:

Pregnancy & Early Years – We deliver a range of early years programmes alongside whole family support, giving children the best possible start in life.

Fathers’ Support – We support fathers to have a positive involvement in their children’s lives.

In 2017/18 the project was funded by the City of Edinburgh Council for three part-time staff (one Family Support Worker (FSW) – Fathers’ Support, one Family Group Worker and one Family Support Worker) and one part-time Project Manager.

The project also received funding for activities from Awards for All (£7,400), Tesco ‘Bags for Help’ (£4,400), Cruden Foundation (£1,000), Scotmid Foundation (£500) and James Miller Edinburgh Trust (£250).

Please note that the Pupil Equity funded post at Craigentenny and St Ninian’s Primary Schools is part of the Haven team but will be reported on separately in June 2018.

BENEFICIARIES

The project aimed to support **160** families in 2017/18 and over the year supported:

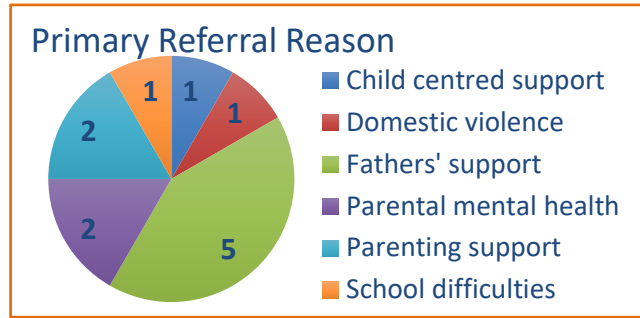
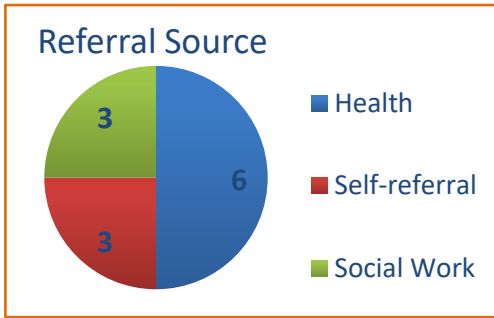
Families	*198
Parents	219
Kinship carers	2
Children	272
TOTAL no of family members	493

**Whole Family Support x 31 Families / Group Work x 167 Families*

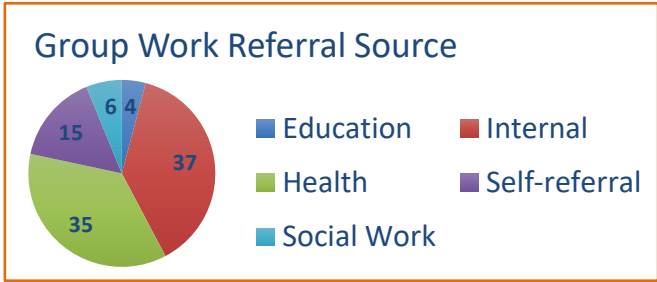
REFERRAL TYPE AND REFERRAL REASON

In the Whole Family Support service, including Fathers’ Support, at the beginning of the year we were working with **19** families. The number of new referrals for this year was **12**. In the year **14** families were closed.

The charts on Page 2 show referral sources and reasons for 2017-18.



97 families were referred into the group work programme. The chart below shows the breakdown of the referral source for these:



INTERVENTIONS

All of the work that Circle undertakes to support families is strengths-based and solutions-focussed. The FSWs help families to address the diverse needs that they experience including substance use, mental health and trauma (whether physical, sexual and/or emotional). The graphic below shows many of the standard interventions that our FSWs carry out on a day-to-day basis.



The groups that were run throughout the year were as follows:

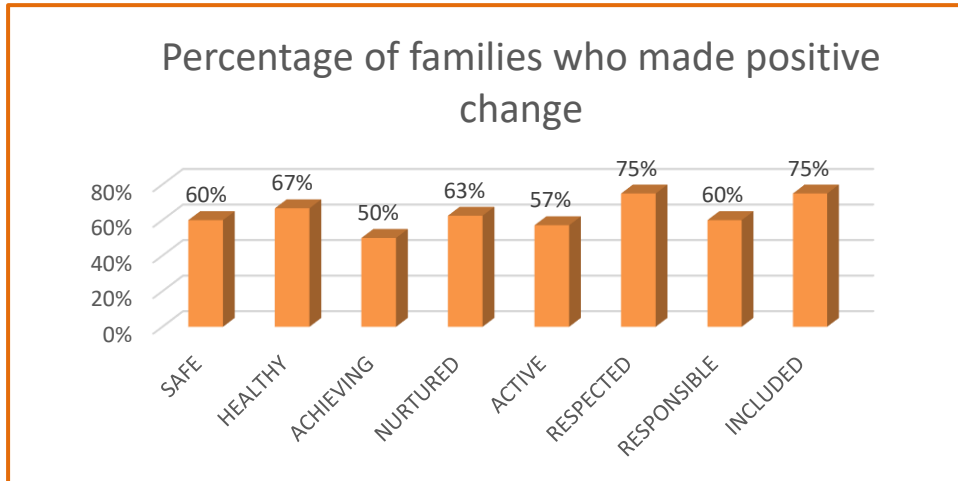
- **Pregnancy Café** (x1 group in year)
- **Bump to Buggy/Baby Brunch** (x3)
- **Baby PEEP/Haven Babes** (x3)
- **Mindfulness Group** (x1)
- **Parenting – It’s a Puzzle** (inc Raising Children with Confidence) (x1)
- **Baby Massage** (x5)
- **Incredible Years** (x2)
- **Dads’ Community Group** (continuous)
- **Becoming Dad** (x1)
- **Easter and Summer Activities**

OUTCOMES

Whole Family Support

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

During 2017/18 within the Whole Family Support service there were **14** families for whom service ended, of which **12** have reported outcomes where positive change was made. This is further detailed below:



Group Work

During 2017/18 within the group work programme **167** families accessed the groups.

The **Pregnancy Café**, **Haven Babes** and **Baby Brunch** are a family of **Early Years** groups that include activities that promote baby and parent attachment, promote weaning and nutrition and increase peer support and reduce parental isolation. In total **82** parents attended these groups over the year with the majority of parents reporting positive changes in all of these areas.

"I think the groups run by the Haven are great and help mums and babies socialise and make new friends as well as getting advice and help"
(Parent)

"The connection I developed with my daughter during this group (Baby Massage) was life changing."
(Parent)

The **Baby Massage** group promotes baby and parent attachment while also helping alleviate some physical conditions such as baby constipation. In total **37** parents attended this group over the year with the majority reporting positive changes and many going on to access other groups including **Haven Babes** and **Baby Brunch**.

The **Incredible Years** group, run in collaboration with City of Edinburgh Council's POPP Team and Stepping Stones, aims to promote parents understanding of their child's emotional needs, introduce appropriate behaviour strategies and routines and reward positive behaviour. One group was for parents whose children are in care or have just been returned from care. In total **14** parents attended the groups. The majority of parents reported positive changes within the family home although for many of the LAAC group the home circumstances were very

"Through Incredible Years I have become a more confident parent and more positive and more relaxed as I was very tense when I started."
(Parent)

challenging and this impacted on their group related outcomes.

“To be kinder to myself and to be aware of how my stress has affected not just my mind and body but my daily life and to recognise to take time for myself.” (Parent)

The **Mindfulness** group aims to alleviate stress and anxiety for parents and techniques to use with their children. This group was a pilot with The Mindful Institute and in total **7** parents attended. The majority reported positive outcomes from the group.

The **Parenting – It’s a Puzzle** group, run in collaboration with CEC Lifelong Learning, utilises the Raising Children with Confidence material and aims to promote understanding and respond to their children’s developmental and emotional needs. In total **10** parents attended the group with the majority reporting a positive outcome.

“I have learnt a lot about the way you communicate with your child changes a lot and has a better outcome to life, it’s made me realise how kids’ minds work too!” (Parent)

The **Dads’ Community Group** is a peer led support group for local fathers many of whom are isolated within the community. The programme of activities is led by the fathers and has included healthy eating and accessing local community spaces with their children. In total **18** fathers attended the group through the year with the majority reporting positive outcomes from the group.

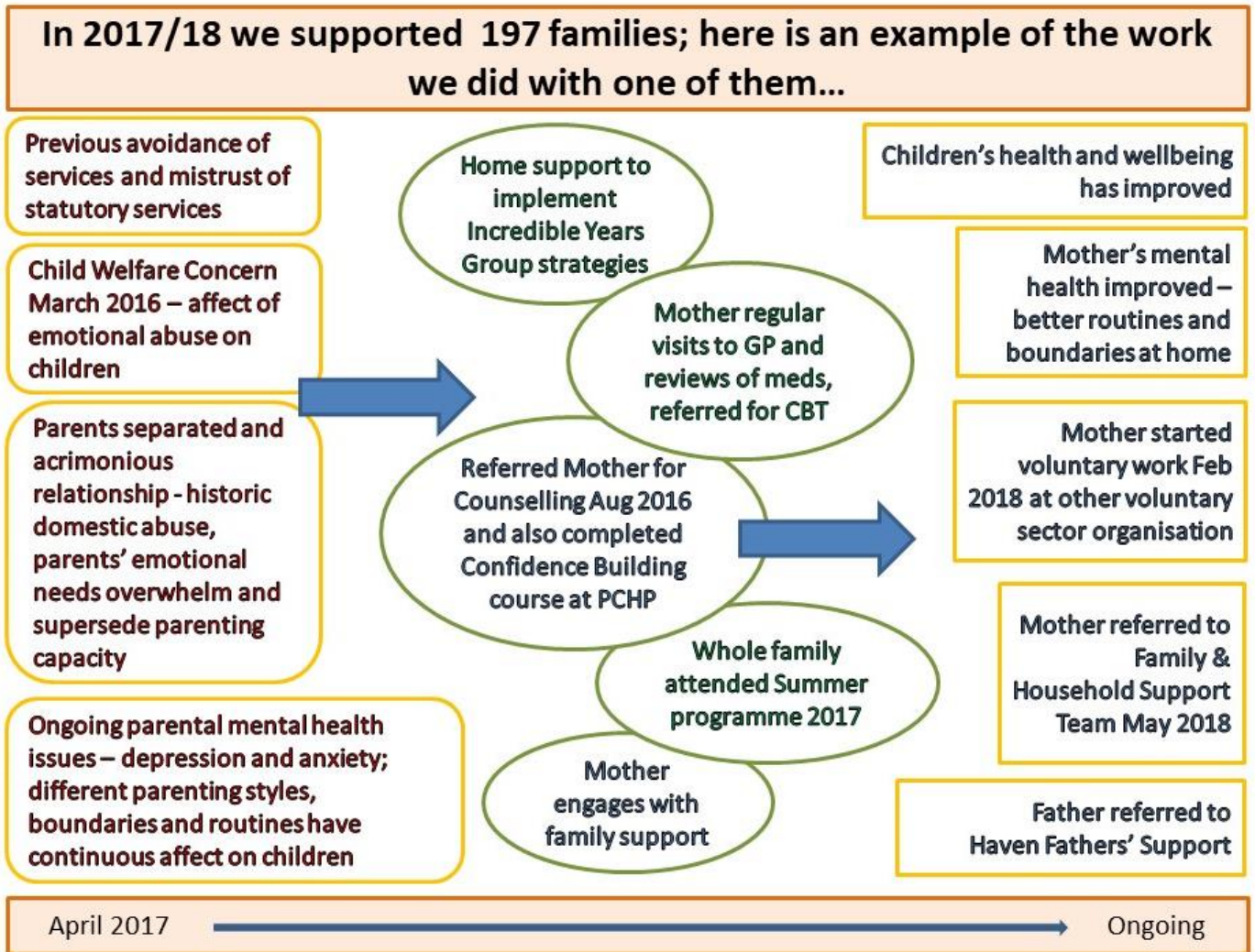
The **Becoming Dad** group is a group for young first time fathers run with Prepare and Stepping Stones. In total **5** fathers attended the group and this led to one father receiving intensive Whole Family Support.

The **Easter** and **Summer Programme** included various trips and local activities for families such as kayaking, rock climbing, Almond Valley and Edinburgh Zoo. A highlight was the storytelling event which resulted in the printed book “A Donkey Called Horse”.

FEEDBACK

100% of families felt their Circle worker made a difference and would recommend Circle to other families	79% of referrers were “highly satisfied” with the worker’s ability to engage with complex family situations using a solution-focussed approach
75% of referrers rated the support given to families to set and maintain boundaries as “excellent”	80% of referrers were “highly satisfied” with the worker’s values and relationships

CASE STUDY



PROJECT DEVELOPMENT PLAN FOR YEAR AHEAD

The Haven Project has secured three years’ funding from 2016-19 from the **City of Edinburgh Council** on the basis of the existing programme and anticipates few changes to the core service delivery for the final year of the funding. One notable change is that the **Pregnancy Café** no longer runs as there is another pregnancy group in the North Edinburgh area. Capacity is limited in terms of whole family support due to funding for posts. The project aims to work with **20** families on a whole family support basis of which **12** are fathers’ support cases. The group work programme will continue to be developed through key partnership working with the aim to work with **160** families through 2018-19. This includes Summer 2018 and Easter 2019 holiday programmes.

Pete Cloke is leaving the Haven Project for a post within the Harbour Project. Haven are delighted to welcome Graeme Richards to the Fathers’ Support role.

The project will continue to engage with local planning including the Local Improvement Plans and national participation strategies and any opportunities to ensure that families are consulted regarding service development and changes.