

EAST LOTHIAN PROJECT

INTRODUCTION

Circle's East Lothian Project aims to work alongside families to identify needs and build on strengths, skills and solutions that reduce the impact of parental substance use. By creating a more stable family environment, Circle supports children to achieve their potential.

To achieve the project's aims, our Family Outreach Workers adopt a strengths-based and solution-focussed approach in all of the work that they undertake with the children and families they support. This approach allows family members to build on their existing strengths and for staff to offer practical, emotional, relational and connecting support to the whole family.



Some examples of the wide variety of interventions that we carry out on a day-to-day basis are:

- Supporting a loved one's recovery
- One-to-one work with children to increase resilience
- *Parents Under Pressure (PuP)* Programme in family homes (Outreach)
- Advocacy and participation
- Improving family life, e.g. communication, organisational skills, family activities, living environment

BENEFICIARIES

The children and families who are supported by this project will be dealing with a variety of challenging circumstances such as poor mental health, substance use, poverty and social isolation. In 2018/19 the project aimed to support 30 families in the Children Affected by Parental Substance Use (CAPSU) service and 12 families in the Pregnancy service. In total we worked with the following:

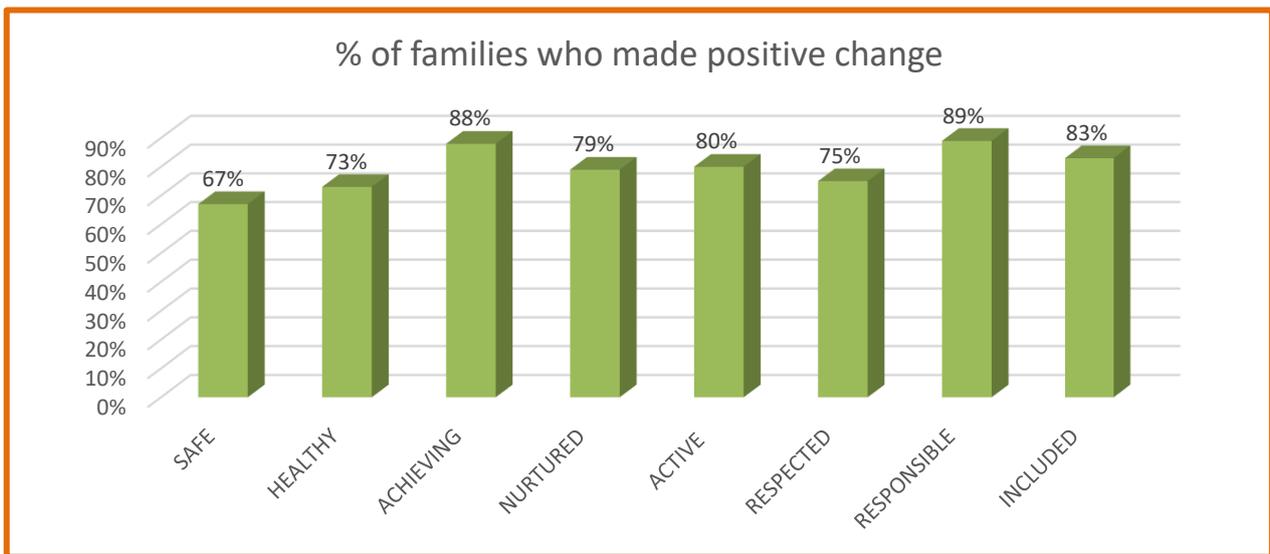
Families	42
Parents	59
Kinship carers	7
Children	77
TOTAL no. of family members	143

OUTCOMES

Circle works alongside family members to identify their specific support needs and concerns, enabling them to work towards improving their health, wellbeing and resilience.

We use the *Getting it right for every child* (GIRFEC) approach which supports children and young people to grow up feeling loved, safe and respected and to realise their full potential. At home, in school or the wider community, every child and young person should be Safe, Healthy, Achieving, Nurtured, Active, Respected, Responsible and Included. These SHANARRI indicators are what we use to measure the progress made by the families we support.

There were 22 families for whom service ended in the year, of which 17 have reported outcomes where positive change was made. This is further detailed below:



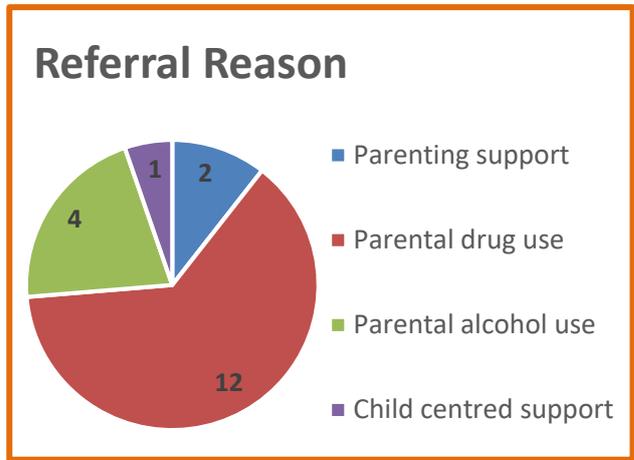
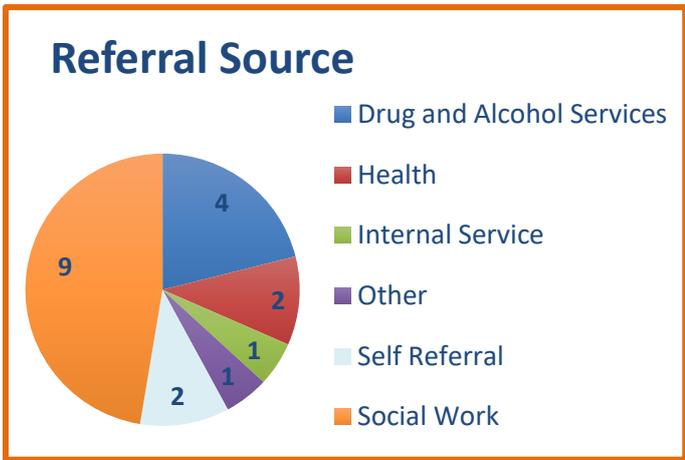
“Our Family Outreach Worker is a great worker, anything my family needs I just have to phone and she will do anything for my family; she is changing my life.”
[Mother]

The positive outcomes experienced by families supported by this project include:

- Developing trusting and healthy relationships
- Reduced impact of parental addictions
- Children’s boundaries and routines established
- Increased engagement in community resources
- Improved coping strategies and resilience
- Improved living conditions

REFERRAL TYPE AND REFERRAL REASON

Families were referred to Circle’s East Lothian Project in 2018/19 from a variety of sources and for a number of different reasons as outlined in the charts below:



22 families were closed this year with length of involvement ranging from 10 weeks to 73 weeks. The average length of involvement was 39 weeks.



COMMUNITY CONNECTIONS

Circle’s work is rarely done in isolation. The children and families we work with often experience a wide variety of challenges that require a number of organisations and individuals to work together to help them find their own specific solutions.

Circle’s East Lothian Project has in the last year worked with our colleagues in Children and Families Social Work, with NHS Substance Use Service and Mid & East Lothian Drugs (MELD), as well as a range of third sector partners.

Furthermore, the project actively shares experience and knowledge with Mid and East Lothian Drug and Alcohol Partnership (MELDAP), partners, professionals, academics and politicians. The project has also taken part in *Safe and Together* training and respective Champions Groups and the NHS *Parents Under Pressure (PuP)* feasibility study for fathers.

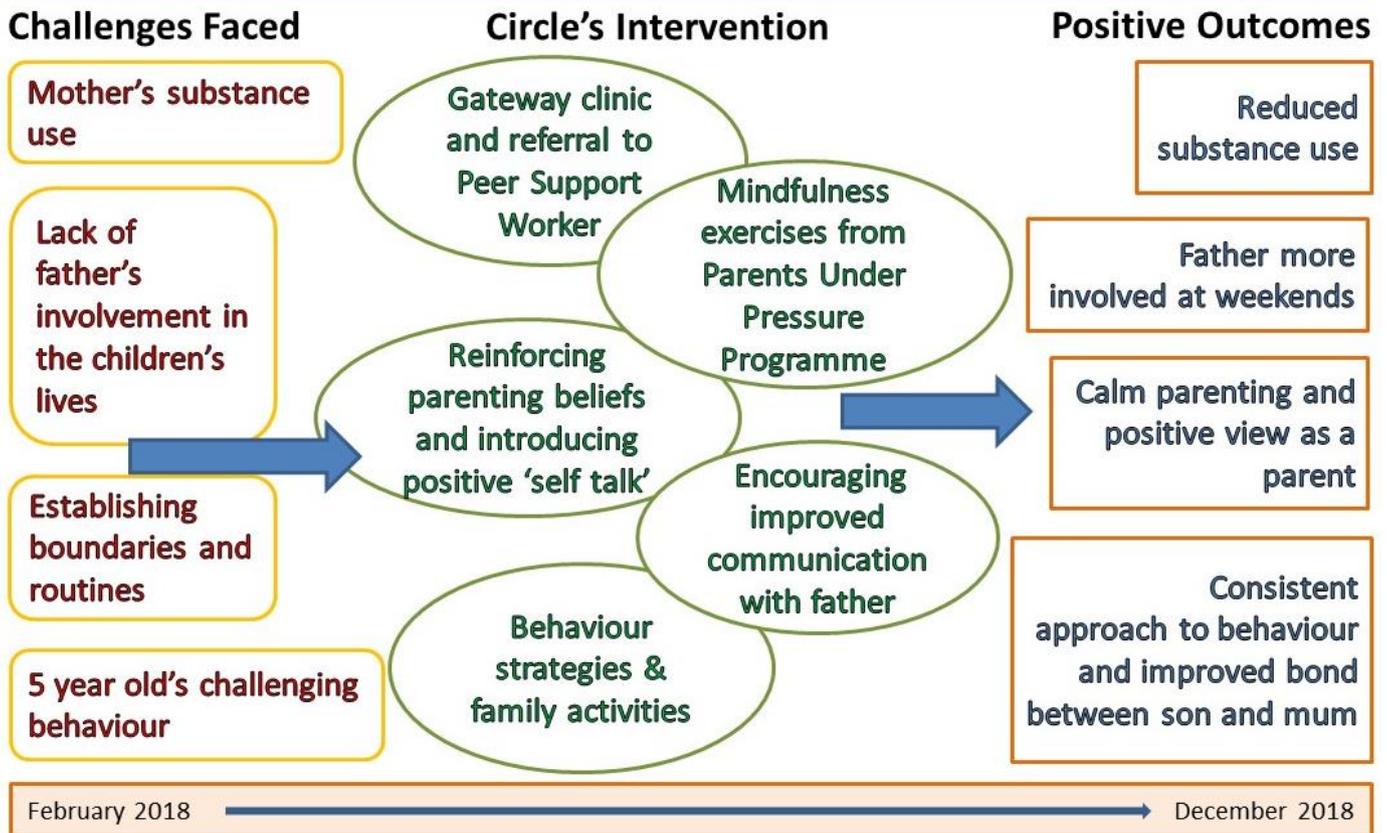
FUNDING

In 2018/19 the project received funding from The National Lottery Community Fund, Corra Foundation, Cattanach Trust, Volant, Rayne Foundation, East Lothian Council and private donors. This has all contributed to three Family Outreach Workers and a half-time Project Manager.

“I feel having a Circle worker has made a big difference in our lives. I am finding it easier to manage my children better and set boundaries.”
 (Mother)

CASE STUDY

In 2018/19 we supported 42 families; here is an example of the work we did with one of them...



PROJECT DEVELOPMENT PLAN FOR YEAR AHEAD

The team are excited to be taking forward a new development supported by the Scottish Government Challenge Fund to develop more family inclusive practice where family members are affected by substance use. We are working in partnership with our colleagues in the NHS, the Local Authority and Third Sector to achieve this. We are also keen to continue to develop our *PuP* work and the *Safe and Together* model, both of which offer significant value to the families we work with. Building on our co-location in Musselburgh's Recovery Hub, we will continue to work collaboratively with a range of partners to ensure families receive a holistic, whole family response.

"Family Outreach Worker is strengths based and focussed on what the family can do and empowers them to sustain changes."
(Social Worker)



Author: Angela Gentile
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