

## HAVEN PROJECT

### INTRODUCTION

Circle's Haven Project aims to support children and families in the North of Edinburgh to improve the general wellbeing of the whole family.

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 with the whole family.



There are three approaches that the project utilises: whole family support, outreach work and group work. The two main thematic services are as follows:

**Early Years** - delivering a range of early years programmes alongside whole family support, giving children the best possible start in life

**Fathers' Support** - supporting fathers to have a positive involvement in their children's lives

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

- Parenting support around routines and boundaries
- Supporting children to be involved in more school and community activities
- One-to-one support for children to build coping strategies and resilience
- Supporting parental engagement with schools and child planning
- Practical support to improve home conditions
- Singing, signing and play based activities with babies and toddlers

### 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, social isolation, homelessness and low income. The project aimed to support 20 families through whole family support and 106 families through group work in 2018/19 and over the year supported:

	Whole Family Support (WFS)	Outreach	Groups	Total
<b>Families</b>	<b>30</b>	<b>17</b>	<b>128</b>	<b>175</b>
Parents	33	17	128	<b>178</b>
Kinship carers	0	0	0	<b>0</b>
Children	69	25	92	<b>186</b>
<b>TOTAL no. of family members</b>	<b>102</b>	<b>42</b>	<b>220</b>	<b>364</b>

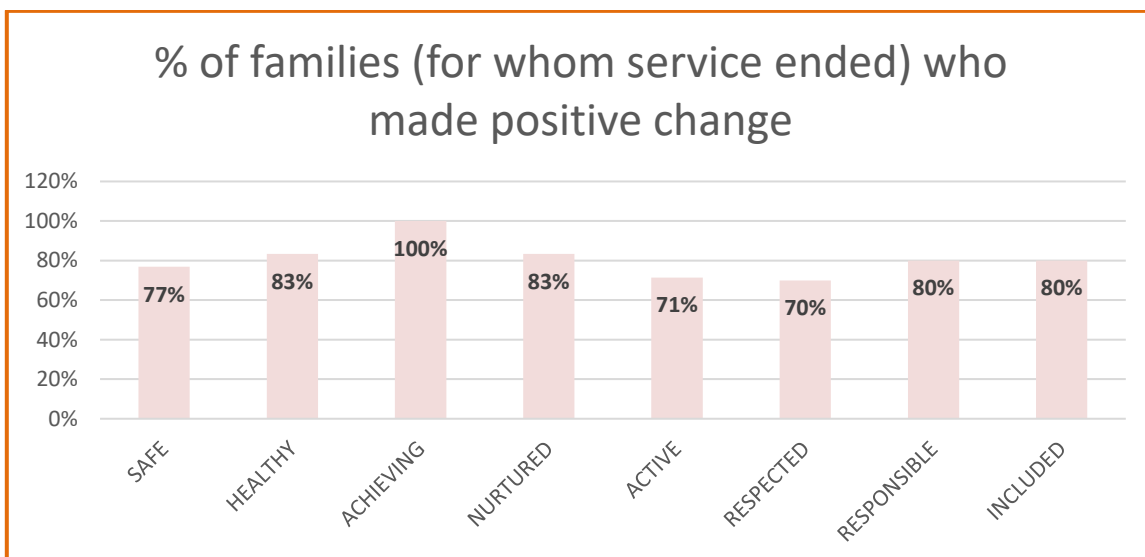
*“This group has helped myself and many other dads, has linked us to days out, fun opportunities and generally made us all feel welcome and valid in a world that dismisses us.” (Father)*

## OUTCOMES

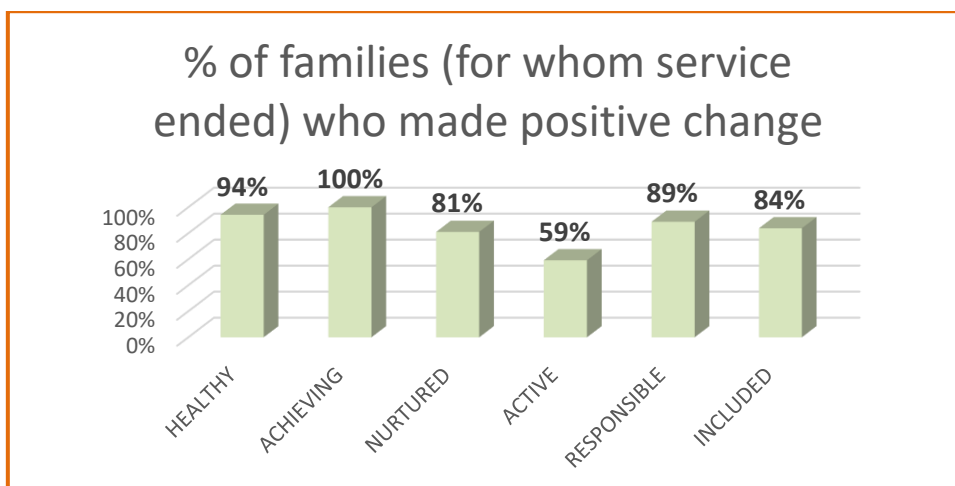
Circle works alongside family members to identify their specific support needs and concerns, enabling them to work towards improving their health, wellbeing and resilience.

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.

**Whole Family Support:** There were 15 families for whom service ended in the year, all of whom reported outcomes where positive change was made. This is further detailed below:



**Group work:** There were 128 families who completed at least one group in the year, again all of whom reported outcomes where positive change was made. This is further detailed below:



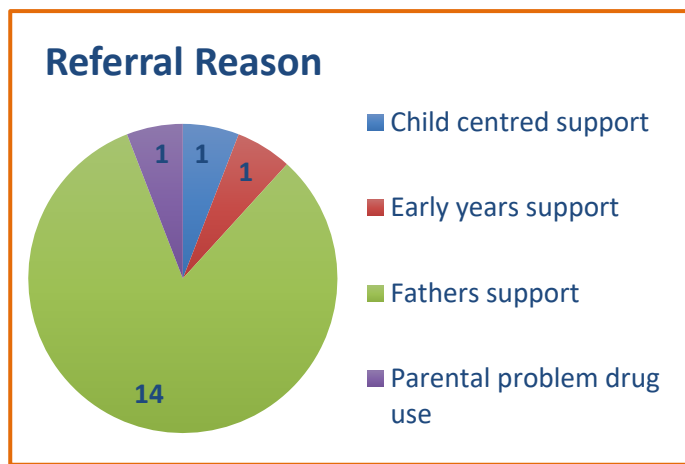
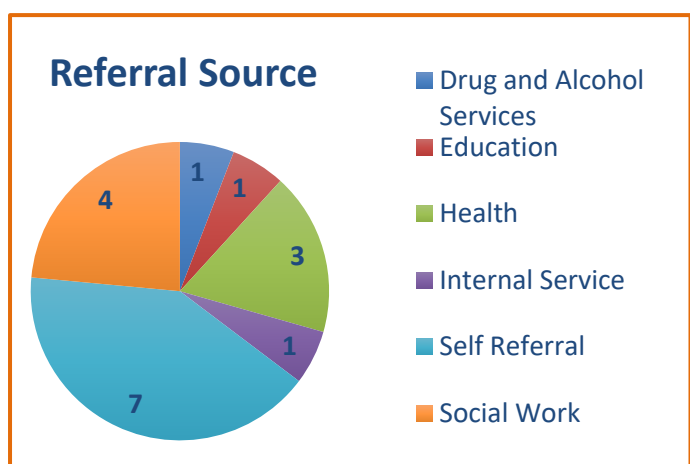
**Outreach:** This is a new area of work that started in January 2019 with Chance to Flourish funding. There are no outcomes recorded yet.

The positive outcomes experienced by families supported by the Haven Project include:

- Developing trusting and healthy relationships
- Improved coping strategies and resilience
- Improved living conditions
- Establishing children’s boundaries and routines
- Improved parent/baby attachment and early development
- Increased engagement in community resources example

### REFERRAL TYPE AND REFERRAL REASON

Families were referred to Haven’s Whole Family Support Service in 2018-19 from a variety of sources and for a number of different reasons as outlined in the charts below:



15 cases were closed this year with length of involvement ranging from 10 weeks to 4 years. The average length of involvement was 74 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 Haven Project has in the last year worked with a wide range of partners including Granton Information Centre, Health Visitors at Pennywell All Care Centre, Stepping Stones North Edinburgh, local primary schools and The City of Edinburgh Council Lifelong Learning Team.

Furthermore, Circle actively shares experience and knowledge with charity partners, social work professionals, academics and politicians. Circle’s Haven Project has also contributed to EVOC’s ‘Mind the Craic’ Report and NHS Health Scotland’s ‘Ready Steady Baby’.

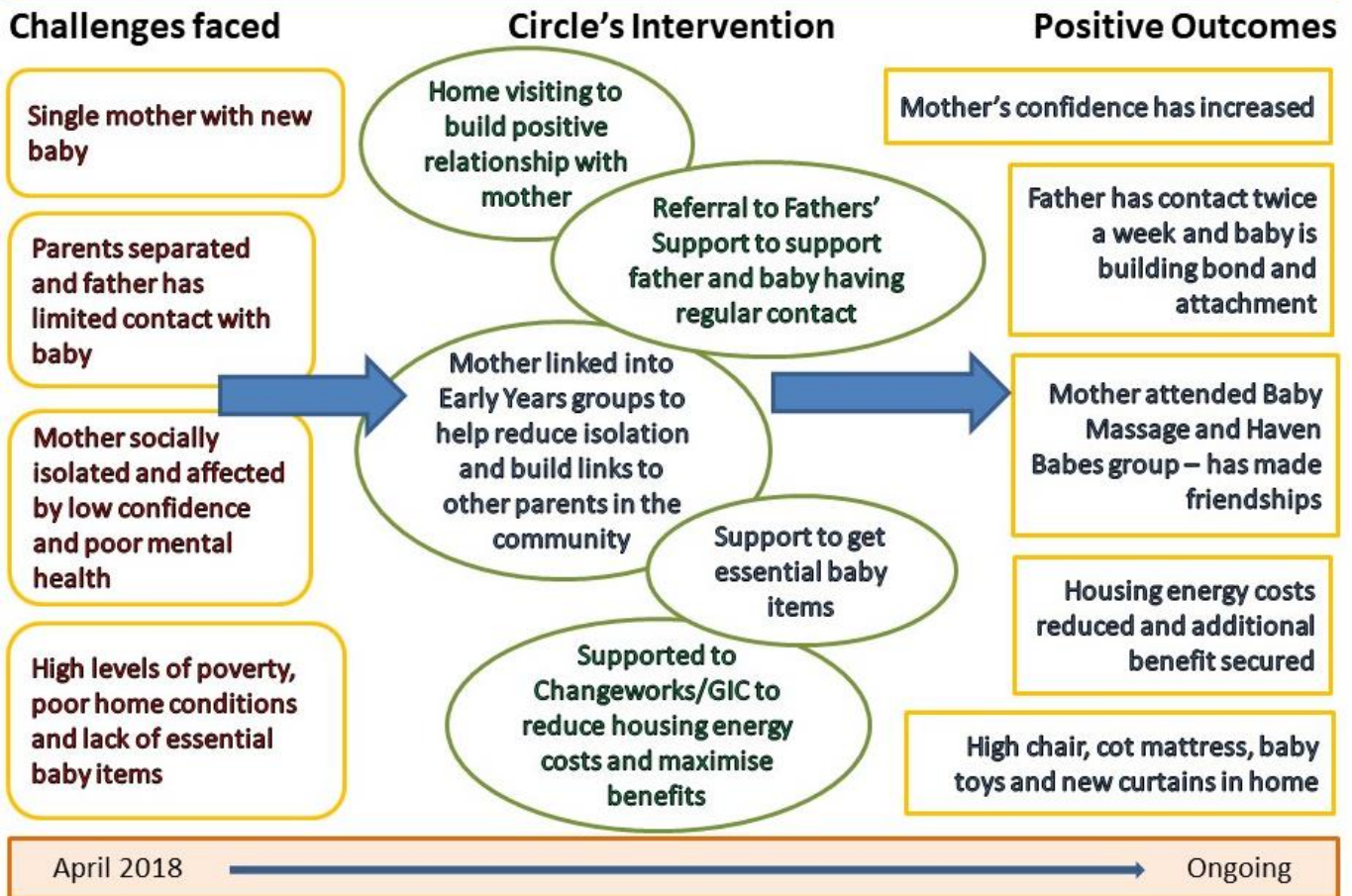
*“The Circle worker has helped my son’s confidence and he has started to have a sense of pride. They have a really good relationship and it helps him to be heard.” (Parent)*

## FUNDING

In 2018/19 the project received funding from The City of Edinburgh Council Communities and Families Grant and Scottish Children’s Lottery Chance to Flourish which contributed to three full-time equivalent Family Outreach Workers and one part-time Project Manager. Additional funding for activities was secured through Forth Cash for Kids and Muirhouse Housing Association.

## CASE STUDY

**In 2018/19 we supported 175 families; here is an example of the work we did with one of them...**



## PROJECT DEVELOPMENT PLAN FOR YEAR AHEAD

The project aims to build on the main thematic areas of Early Years and Fathers’ support. The project will continue to develop the Outreach service with the local Health Visiting Team. We also plan to secure ongoing core funding through The City of Edinburgh’s Communities and Families Grant process and additional funds through separate trusts and foundation, to continue as a project from April 2020.

*“This group has made me feel less isolated. It’s been a great way to meet mums as I don’t have any family here.”* (Parent – group work)

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