

## EARLY HELP ASSESSMENT

**DATE: 30<sup>th</sup> Jan 2023**

This assessment aims for you and your lead professional to talk and think about what help you and your family need. The assessment will help you to decide and plan what needs to happen next.

It's your family plan so it should be completed in partnership to make sure that what you hope will change and what really matters to you are at the centre of the plan at all times.

**Consent:** The Early Help Assessment is voluntary, meaning that taking part is your choice. If you agree to take part, you can change your mind and withdraw your consent later.

**Your information:** The information you share is very important and we take great care to keep it secure. Sometimes the professionals working with you and your family will need to share information with each other to make sure your help is coordinated. For more information about how your information is collected, used, and shared, please see the early help privacy notice online at [www.northlincs.gov.uk](http://www.northlincs.gov.uk)

**I agree to the assessment being completed and the sharing of information between relevant services as outlined in the privacy notice.**

Parent/ carer	PR? Yes / No	Signed (or tick if electronic)	Date
Parent/ carer	PR? Yes / No	Signed (or tick if electronic)	Date
Young person (if required)		Signed (or tick if electronic)	Date
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### FAMILY, FRIENDS AND OTHERS WHO HELP US

**Family Address (including postcode) Crinkley bottom, West Hand Lane, Digemount**

**Main contact number/s 01724 123456**

Who lives in our house	Age	Date of Birth	Role in family
Susan Jackson	39		Mum
Brian Jackson	39		Dad
Callum	17		Eldest son
Caitlin	14		Eldest Daughter
Christie	7		Youngest Daughter
Charlie	3		Youngest Son

#### Who else is in the family (not living in the family home)

Name	Contact number (if applicable)	Role in family
Bob Smith	01724 654321	Grandad

#### Who else helps us (friends/ neighbours /professionals)

Contact email/tel	Role/Agency
Mrs Bloggs	Charlies Teacher
Mr Wright	Christies Teacher
Miss Fields	Caitlin's Tutor
Mrs Duggan	Callum's College Tutor

## OUR STRENGTHS AND WHAT WE NEED HELP WITH

### 1. What are our positives and strengths? (Protective factors)

We are a close and loving family. Our children come first.  
All four kids are attending school and college and are doing well.  
We have started to grow our own fruit and veg and are trying to get the kids involved so they eat more healthy.  
The kids have hobbies they enjoy. Caitlin is great at drumming and is enjoying her lessons. Christie loves caring for Grandmas dog and has taken responsibility for it. She has even taught it some new tricks.  
Callum has just passed another assignment on his public service course and is great at caring for Charlie.  
Charlie is a mummy's boy and likes to spend time at home with Susan reading stories and having cuddles.  
Caitlin is doing so well with her drumming in school but it's expensive.

### 2. What do we need help with right now? (Presenting issues and reason for assessment)

Brian is waiting to hear if he will be made redundant, so we are a bit worried about money. We have never claimed any benefits we don't even know if we would be entitled to any. We are having to buy dads shopping because he is skint. We think the money he does have is being spent on booze.  
I (Susan) feel bad because I should be spending more time at home with the kids and sorting the house out but my dad needs so much help and there isn't anybody else to do it. I haven't had time to grieve for my mum and brother. I feel like I am being split two ways, I had a breakdown last year and I don't want to go there again but I'm finding things hard.  
Mrs Bloggs is worried about Charlie's speech and toileting but we aren't worried yet, all the kids develop at different stages. Callum is knocking about with older kids and we have heard rumours that they may be in to drugs.  
Paying for dog food is another cost we could do without but the dog is Christies best friend and she doesn't have mates so we haven't got a choice. She has been very quiet lately.

### 3. How long have the issues been around for (when did it start and when is it better or worse?)

Just over a year ago when Susan lost her Mum and Brother in a short space of time. Dad (grandad) started drinking heavy, Susan had a breakdown and was ill for a few months.

### 4. What causes the things we need help with? (Precipitating/ underlying issues) (Is there anything that makes them keep happening?)

Mum died (Grandma) last year and now Dad (Susan's Dad) relies on Susan to do everything and drinks a lot, this is putting pressure on Susan to be there and pay for his essentials likes food and sometimes he hasn't got electric or gas because he's spending his money on whisky.  
The kids won't go because Dad (grandad) gets grumpy when he's had a drink, so it means Susan has to leave the younger kids with the older ones while she goes. It takes a lot of Susan's time which stresses her out  
Money is tight. There's 6 of us, the dog, and dad (Grandad) to support. We only have Brian's wages coming in and he is on minimum wage, we've never asked for help or claimed anything because we are a proud family and were raised to work hard and if you cant afford something you just don't get it but now things have changed, the price of everything has gone up but wages haven't.

### 5. What important things have happened in the past that are important to consider? (Family history, challenges and vulnerabilities)

Susan was really close with her Mum and Brother, its only been a year since they died and its been really hard.  
Its not the first time Grandad has turned to drink. He has done this before.  
Brian had to move jobs a couple of years back and went from a good wage to minimum wage.

### 6. Childs/ Young person's views /worries/lived experience: (Detail direct work if completed)

Direct work with Charlie by key worker at nursery - Charlie says "I want to stay at home with my mum. I don't like it at nursery. I don't like it when I get called wee wee bum. I stay quiet and I don't like the park. I don't like Callum's friends, they smell funny. I don't like it. I do like spiders and bugs and I want to stay at home with my mum.

Caitlin loves drumming lessons and doesn't want to stop because it lets out some anxiety. Caitlin doesn't think she has many friends but is ok with that.

Christie's dog is her best friend. She has taught him loads of tricks and they go on long walks together She does not have many friends and misses her nan, as does Rex the dog. She feels sad at how grandad is now Nan is dead. She does not like going to Grandads because it smells of whiskey. She hears mum crying at night but mum doesn't want comforting. Christie loves Rex and wants to keep him happy for Nan.

Callum isn't sure what he wants to do when he leaves college, he has a group of mates, he says he has never had a group of friends that he has liked so much.

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**7. If nothing changes what do we think will happen to the child(ren) and/ or our family now or in the future? (Are there any risks?)**

If nothing changes dad's (Granddad's) health will get worse with the drink and this means more caring responsibility for Susan and her mental health will get worse. Susan already feels she is struggling to manage everything so without help, her own health could get worse which would impact on the children.

If we don't get advice or help with money we're going to lose the house or end up in court for not paying bills, we don't want the kids to go without food or be cold in the house.

The girls are doing ok but if we have to give up the dog and the drum lessons their mental health and wellbeing will be affected.

If the rumours are true about Callum's friends being drug dealers then we know it's not safe, and we'll need to do something. (Urgent Action - Susan to speak to Cal today)

We are not too concerned about Charlie, he's not behind in anyway, nursery already have a support plan and this is working well.

**8. What does the information gathered mean and what do we need to do about it? (Summarise your understanding of what needs to change and how it could be changed)**

The information means that Dad (grandad) needs some care help to ease the pressure on Susan, we need a plan to sort granddad's money so Susan isn't paying for his food and gas and this will ease the financial pressure at home. Once Dad (Grandad) has the help he needs this will help Susan and then she will have time to get some help for her grief.

We need to look at our finances and work out a budget, we need advice to see if there's any financial help we can get.

There might be redundancies at Brian's work this year but at the minute we don't know, if we can sort our budget out now we'll be able to deal with it better if he does lose his job.

## INFORMATION GATHERING

**9. What help is being provided or has been provided in the past?**

Including information from other services and people who are involved or have previously been involved with your family is important in working together, it helps to understand what has worked before or what didn't work so services don't keep repeating the same things. Please detail relevant education, health and development, police, social care and other information:

Contact should routinely be made with some services such as:

- Early Years/Schools/Colleges for children in education within the family
- 0-19 Service/Health Visitors if under 5's in the family
- Midwives if anyone in the family is pregnant

Nursery are supporting Charlie, he is doing well, he is toilet training and has the odd accident like all the other kids, one of the other children called him a name and he got upset but otherwise he loves it here, he plays well with all of the other children. He is meeting all milestones.

The health visitor information shows Charlie met all the stages at the 2 year check, there are no concerns.

During the assessment Susan asked Callum about his friends, he was open about their names and laughed when Susan said they were worried, Callum says everyone knows who the dealers are and there no way he'd get involved in any of that stuff, especially now he's thinking of applying for the Navy after college.

Caitlin – School don't have any worries about Caitlin, she's a quiet girl and gets on with her work, she has extra classes after school but now school realise that getting home after a late class is hard they are going to review it and if necessary do a catch up class in one of the non core classes or at lunch if Caitlin wants to join.

Christie – School don't have any worries, Christie is in a nurture group and she goes to Art club and Lego club 2 lunch times a week with her friends in school.

GP – Susan had medication from the doctor when she struggled with her mental health last year, she doesn't take them now.

## OUR FAMILY PLAN

<b>What we need help with</b> Summary - Priorities identified from Assessment	<b>Outcome area</b> Education Early Years development Mental/ physical health Substance use Family relationships Children safe from abuse/neglect Crime Domestic Abuse Housing Finance and employment	<b>When things are better how will we know?</b>	<b>Action</b> <b>What needs to happen next?</b>	<b>Who will do this?</b> Name those responsible	<b>By when?</b>
Caring for Dad (grandad)	Mental/ Physical health	Dad will have the help he needs to be safe at home	Brian and Susan to have an honest conversation with Grandad about what's happening and the amount of alcohol he is drinking.	Brian Susan Grandad	Tomorrow
Finances and budgeting to pay bills	Finance	We will have a budget that covers everything and we will be able to manage on the budget and income	Mrs Bloggs to sit with Susan and Brian and show them how to use the government benefits calculator.  Mrs Bloggs will provide phone number for citizens advice (debt help) today Susan and Brian to ring helpline.  - School will fund Caitlins drumming for the term from the hardship fund. Mrs Bloggs to complete the request and head teacher to approve.  - Brian to print off budget planner and get information about outgoings/ income ready for appt with Citizens advice.	Mrs Bloggs Susan Brian  Mrs Bloggs/ Susan/ Brian  Mrs Bloggs Head  Brian	Tomorrow  Today  Friday 2 <sup>nd</sup> Feb  Friday 2 <sup>nd</sup> feb
Susan's feeling stressed, sad and overwhelmed everyday	Mental Health	Susan says on a scale of 1-10,(10 being really sad and anxious and 1 being not at all) she is an 8 today. She would like to have more good days and says a good day is when she can rate under 5	-To book appointment with GP and contact Talking Shop to make an appointment. - Mr Wright to give Susan the number for the Talking Shop - Susan will record a daily diary on her phone - of how she	Susan GP Mr Wright Susan	One week (by 5 <sup>th</sup> Feb)  Today  From today for 6 weeks

		for stress and anxiety.	feels out of 10. She can review this with her Dr/ Counsellor. - Family to share chores – agree chore list on Sunday	Whole family	Sunday 4th
We have stopped talking and communicating as a family	relationships	Mum and dad will feel that they know what's happening in the children's lives. We will be talking more often (more than once a week) and feel able to say how we feel or talk about things without arguing	<p>Sunday afternoons will be family time – no screen devices. Kids to agree list of activities and alternative each week older kids choice/ younger kids choice.</p> <p>Callum says a family group Whatsapp would be good so they can talk without being in front of each other.</p> <p>Susan to ask Grandad if he want to go on whatsapp and set it up</p> <p>Invite Grandad for Sunday lunch to get him out of the house.</p>	<p>Whole family</p> <p>Callum Mum Dad Caitlin</p> <p>Susan Grandad</p>	<p>3 days – Saturday 4<sup>th</sup></p> <p>Saturday 4th</p>