

## Who will have information about me?

Only professionals who need to know about you will have information about you. However, there may be times when the people working with you may need to share the information to make sure you get the right support. This could be because:

- They need to find out urgently if a child or young person is at risk of serious harm
- A child or young person is at risk of harm or needs help
- An adult is at risk of harm or needs help
- A crime could be prevented or detected



## How can you find out more?

Talk to a professional who is in contact with you or your family. This could be someone at a school, a health visitor or any kind of worker that you are in contact with. For more information about Early Help, visit [www.brighton-hove.gov.uk/earlyhelp](http://www.brighton-hove.gov.uk/earlyhelp) or call the Family Information Service on the number below.

## Further help and advice for your family

The Family Information Service can offer information and advice about local services that can help you, as well as being able to support you with finding childcare and applying for a school place. You can search their online directory [www.brighton-hove.gov.uk/fis](http://www.brighton-hove.gov.uk/fis) or call their helpline on 01273 293545, or email [familyinfo@brighton-hove.gov.uk](mailto:familyinfo@brighton-hove.gov.uk)

If you have concerns about a child or young person being at risk of harm, you should contact the Multi Agency Safeguarding Hub (MASH) on 01273 290400.



# Early Help for families



Find out about the support available for you and your family and how to get the help you need.

## What is Early Help for families?

Often when one person in a family has a problem, it will affect other people in the family. Early Help brings together professionals who will work with the whole family to try to make things improve for everyone. Early Help could include support with parenting, employment, anti social behaviour and emotional well being.

## How does Early Help work?

### Step one – getting help

Someone your family is already in contact with, such as a teacher or health visitor, might suggest that you would benefit from Early Help. You could also speak to a professional currently working with your family to find out more.

It is entirely your choice whether or not to take up the offer of Early Help.



### Step two – talking with you

If you decide to take up Early Help, the worker will talk with you – and more importantly listen to you – to find out about any difficulties that you and your family are having. They will also want to know about what is going well for your family and any strengths that you have that can be built upon. The worker will ask about the extra support that you think you might need and advise you on what is available.

### Step three – the Early Help Plan

You will be invited to a meeting with the different people who could help your family. This could include workers from schools, health visiting, the Youth Service and a wide range of other services. This is called a Team Around the Family (TAF) meeting.

At the TAF meeting, everyone including you will decide what support you need and what is available and a plan will be agreed saying who is going to do what and when.

Everyone will decide on a **Lead Professional**. This person will be your main contact who will keep you informed, listen to your views and support you during the whole process.

### Step four – the review

This is where everyone will come back together and see how well the plan is working and if anything needs to change. At this stage everyone might decide that things have improved enough for Early Help to stop. Alternatively, if there are still things that your family needs support with, Early Help will continue and a further review date will be set.

## What are the benefits of having a Team Around the Family?

Families often report that they have to speak to lots of professionals and repeat the same information about their situation over and over again, or that it seems as if all of the professionals involved don't speak to each other. Because you will have a team of professionals working with your family, they can share information with your permission to ensure that you receive the most appropriate help to meet your needs.

