Sefton Family Wellbeing Centres

***Activity or Intervention Referral form***

Is the family registered with a Sefton Family Wellbeing Centre? Yes  No  Not Known

Please indicate whether the family are supported by a: Early Help Plan  CIN  CP  LAC  Other plan

Are any of the children in the family eligible for two-year-old childcare funding? Yes  No

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| **Name of referrer and role** | **Referring agency and contact number** |
| **Parent/Carers Full names** | **Referral date** |
| **Address** | **Contact Number** |
| **Child/ren’s names** | **DOB** |
| **Nursery (if applicable)** | **School** |
| **GP name and address** | **Health visitor** |
| **If pregnant expected delivery date** | **Does the child reside with the parent?** |
| **Named Social Worker (if applicable)** | **Contact number** |

I understand that the information supplied on this form may be used to identify the relevant support service available. This may include sharing the information with Sefton Family Wellbeing Centres. It has been explained to me that my information will not be shared with anyone else unless I have been contacted and have agreed to this. I am aware that consent to share information is voluntary and I may withdraw my consent at any time. My information will be stored on a secure I system in accordance with the Data Protection Act 1998.

**To accept a referral, we require a signature from the parent/carer and young person (if applicable)**

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| **Parent /Carers signature:** |  | **Date** |  |
| **Young person signature** |  | **Date** |  |
| **Referrer signature:** |  | **Date** |  |

Please state the reason for referral and intended outcome and tick the main criteria the family meet. More than issue one may indicate the need for an Early Help Assessment.

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| Attachment/Relationship issues |  | Child Development |  |
| New mum at risk of PND |  | Parenting support |  |
| Teenage/Young Parent |  | Domestic Abuse |  |
| Children with Additional Needs/Disability |  | Parental Conflict/Relationship issues |  |
| Poor parental mental health |  | Substance misuse |  |
| Poor child mental health |  | Employment/worklessness |  |
| School attendance/exclusions issues |  | Speech and language |  |
| Other (please state): |  | | |

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| How is your agency currently supporting this family? Please state any other agency involvement. |
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| Parent/Carers wishes and comments? |
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| Child/children’s wishes and comments? |
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| Would the family benefit from an Early Help Assessment in addition to this referral? Yes  No  If so please complete and attach, click here [Early Help Assessment](https://www.sefton.gov.uk/media/1604543/early-help-assessment-formv52.docx) and send to [early.help@sefton.gcsx.gov.uk](mailto:early.help@sefton.gcsx.gov.uk) |

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| **North Sefton Centres**  Linaker Family Wellbeing Centre 01704 532 343 [Linaker.FWBC@sefton.gov.uk](mailto:Linaker.FWBC@sefton.gov.uk)  First Steps Family Wellbeing Centre 01704 572 579  [FirstSteps@schools.sefton.gov.uk](mailto:FirstSteps@schools.sefton.gov.uk)  Talbot Street Family Wellbeing Centre 01704 534975  [Talbotst.FWC@sefton.gov.uk](mailto:Talbotst.FWC@sefton.gov.uk)  Formby Library and Family Wellbeing Centre 01704 874177  [Formby.FWC@sefton.gov.uk](mailto:Formby.FWC@sefton.gov.uk) | **Central Sefton Centres**  Netherton Family Wellbeing Centre0151 282 1405[Netherton.FWC@sefton.gov.uk](mailto:Netherton.FWC@sefton.gov.uk)  Hudson Family Wellbeing Centre 0151 531 0117 [Kelly.Herron-Hudson@schools.sefton.gov.uk](mailto:Kelly.Herron-Hudson@schools.sefton.gov.uk)  Thornton Family Wellbeing  0151 934 4991 [Thornton.FWC@sefton.gov.uk](mailto:Thornton.FWC@sefton.gov.uk)  Menai Family Wellbeing Centre 0151 288 6055 [Menai.FWC@sefton.gov.uk](mailto:Menai.FWC@sefton.gov.uk)  Litherland Family Wellbeing Centre 0151 288 6661  [Litherland.FWC@sefton.gov.uk](mailto:Litherland.FWC@sefton.gov.uk) | **South Sefton Centres**  Cambridge Family Wellbeing Centre 0151 282 5436 [Cambridge.FWC@sefton.gov.uk](mailto:Cambridge.FWC@sefton.gov.uk)  Seaforth Family Wellbeing Centre 0151 286 7807 [Seaforth.FWC@sefton.gov.uk](mailto:Seaforth.FWC@sefton.gov.uk)  Marie Clarke Family Wellbeing Centre 0151 330 5260  [Marieclarke.FWC@sefton.gov.uk](mailto:Marieclarke.FWC@sefton.gov.uk)  Waterloo Family Wellbeing Centre 0151 928 6539  [ccadmin.wcc@schools.sefton.gov.uk](mailto:ccadmin.wcc@schools.sefton.gov.uk) |

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| **X** | **Intervention** | **Description** |
|  | ACEs Courses | This 10-week programme supports people to develop their own resilience and develop protective factors to minimise the impact of ACEs on themselves and their children. |
|  | Baby Wellbeing | Various activities for babies are on offer including Baby Massage, baby mindful, baby yoga. |
|  | Chattertime | A 6-week course aimed at supporting the communication,  speech and language development of children. |
|  | Incredible Years | A 12-week course that focuses on attachment, play, child development, emotional health and wellbeing and the application of consistent parental strategies. |
|  | Mellow Bump | A 4-week course promoting well-being and mental health during pregnancy.  Recommended for pregnant mums 20 – 30 weeks’ gestation. |
|  | Mellow Parenting  Mellow Baby/Toddler | A 14-week programme to further enhance understanding of parenting. Suitable for parents with babies 0-18mths and toddlers aged 18months to 36 months. |
|  | Playing to Learn | A course for parents/carers with 0-3-year olds to encourage children’s  physical, social, emotional and communication skills. |
|  | Relate/Counselling services | Services include relationship counselling for individuals and couples, family counselling,  mediation, children and young people’s counselling. |
|  | Relax Kids | These groups are particularly beneficial for children who may be experiencing  anxiety, low self-esteem or lack of confidence |
|  | Teen Triple P | A course to support parents/carers manage and survive the teenage years. |
|  | Think Differently Cope  Differently | A 5-week course designed to increase well-being. Build confidence and learn how to deal with stress and strategies to cope with challenging experiences. |
|  | Triple P | A 6-week parenting programme. Suitable for families with a child aged 2-11 years. Being a parent is challenging, learn strategies to support with all aspects of parenting. |
|  | Easy Talk | A 6-week course to support parents/carers to build confidence to talk to young people about sex and relationships, promotes understanding of puberty, social media, keeping safe, body image, contraception, consent and the law. |
| Information is regularly updated on the following link  [**SEFTON FAMILY WELLBEING CENTRE**](https://www.sefton.gov.uk/schools-learning/family-wellbeing-centres.aspx)**S** | | |

**Please send the completed form to** [**early.help@sefton.gcsx.gov.uk**](mailto:early.help@sefton.gcsx.gov.uk) **or if you know the Family Wellbeing Centre the family want to access you can email it directly to them, details above.**

**Once we have received the referral form a member of staff from the Family Wellbeing Centre will contact the family to provide them with more details.**