

## Early Help Information for Area Committee Meeting

**Area:** Central Team 1 – Area 3

**Report updated:** 4<sup>th</sup> September 2017

**Team:** Central Team 1 – Consists of a Children’s Centre Team - 5 Family Support Workers Level 2 delivering group interventions and 1:1 family support, 3 Family Support Workers Level 1 - Delivering groups in the communities.

Play and Youth Team consists of 2 full time Play and Youth Seniors, 3 full time Play and Youth Workers and 1 part time Play and Youth worker (1 vacancies)

**Wards covered by the team:** Aspley and Bilborough.

### **Leadership Team:**

Community Family Support Manager – Pat Mills

Assistant Community Family Support Manager – Kerry Reeves

Early Support Specialists – Vacancy – support offered from ESS across the city.

Play and Youth Specialist -Manjit Sahota

Early Learning Specialists - Naomi Skelton

### Children’s Centre Current delivery

#### Number of open access sessions: 3 per week

Monday – Stay, Play& Learn

10:00am – 11:30am

Aspley Library - **Attendance** – 482 **Average weekly attendance** 10 families

Wednesday - Stay, Play and Learn

10:00am-11.30am

Aspley Children’s Centre– **Attendance**-376 **Average weekly attendance** 15 families

Friday Stay Play and Learn

10-11.30am

Bilborough Community Centre

#### Number of targeted sessions: 15 (5 Family support clinics)

<b>Targeted Group</b>	<b>Intervention</b>
<b>Domestic Abuse</b>	Rise sessions at Broxtowe children’s centre Freedom Programme ( Central Locality approach)
<b>Behaviour</b>	The Triple P (Positive Parenting Program) Targeted

	<p>Teams (Locality approach)  Me and My Child Parenting Programme (Locality Approach)  1:1 Family Support work  Family Support/Drop In clinics 5 per week  Screening Families from Children and Families direct</p>
<b>Safety</b>	<p>First aid  Family Support Clinics/Drop In's 5 per week  Adult Learning -Money Matters  Premier Possibilities  Volunteer Programme  Health Messages – Safer sleeping, Unavoidable Injuries, Home Safety  Place to be Counselling Service  St Anns Debt Advice  Welfare Rights</p>
<b>SEND</b>	<p>New Forest Parenting Programme (NFPP)  Sensory Room  Forest Schools</p>
<b>Child Development</b>	<p>PEEP Watch me Grow  PEEP Inbetweenies  PEEP GRN  Weaning Group(SSBC)  Cook and move (SSBC)  Child Health Clinics (Health)  Midwife Clinic (NUH)  Baby Massage (NUH/SSBC)  Baby Play (SSBC)  Active Play (SSBC)  Stories songs and rhymes (SSBC)</p>

**Number of family Support Clinics: 5 per week**

Monday - Family Support Clinic  
09:00am – 12:00pm  
Broxtowe CC

Wednesday - Family Support Clinic  
09:00am – 12:00pm  
Aspley CC

Thursday – Family Support Clinic

09:00am – 12:00pm  
Broxtowe Childrens centre

Thursday – Family Support Clinic  
1-4pm  
Bilborough CC

Friday - Family Support Clinic  
109:00am – 12:00pm  
Broxtowe CC

**Attendances at Family Support Clinics April 2016 – March 2017 – 191 families  
Q 4 attendances 63  
Total 254 families seen 2016-2017, compared to 211 families seen 2015-2016.**

- Positive feedback from families on the impact the stay, play and learn sessions have on their children's confidence and their own confidence to access services, as well as singing and reading with their child.
- The Aspley library session has good partnership; the library deliver singing and reading time in the session; encouraging early literacy and reading with an increase of the loaning of books from the library by families with children under 5.
- Sessions have good partnerships with FIS to promote the 2 year ELP.
- Comments from parents for the Stay, Play and Learn session at Aspley Children's Centre:
  - "I have learnt how to help my child learn and develop at home through what I have seen and learnt in this session"
  - "My child became more confident in his interaction with other children"

**Progress stars and tracking:**

- 24 completed progress stars for Stay Play and Learn at Aspley Library
- 21 completed progress stars for Aspley Childrens Centre Stay Play and Learn session
- 15 children tracked for the two open access Stay Play and Learn groups
- Let's Get Moving session delivered Qtr 3 63 attendances - All children's tracking scores improved throughout the session, the area being tracked was Physical Development. The average starting score of the children's tracking was 19.5 and the average end score was 21.7.
- Forest school tracked 9 children from Nursery setting. Feedback- staff noted significant difference in gross motor skills, being able to move outside on uneven ground. Nursery expressed that they would like to continue with this

service as it has shown significant improvement in children's development holistically.

All programmes/sessions have some outcomes at the end of term (progress stars and children's development tracking) – where this was low this has been reinforced with individual staff members.

Workforce Development sessions are delivered monthly by the Early learning Specialist when the processes are reinforced with the staff team

### **Group evaluations:**

- 4 families completed the Me and My Child programme; social care fed back that's a result of attending the programme, one family with 5 children came off their child protection plan and the case was closed to social care. Also, the school fed back that children's behaviour had improved, with parents managing behaviour better as a result of attending the course.
- 6 adults successfully completed the Volunteer (Getting Ready for Work) programme and 5 have been identified to undertake some volunteering in the children's centre.
- Stay, Play and Learn at Aspley CC was observed and received a 'Good' grading with some outstanding features with families positively feeding back about the benefits of the session. Learning journeys and WOW moments are completed by parents actively and are written in the child's voice.

### **Central 1 Play and Youth Team:**

**Current delivery: 7 open access sessions per a week  
(Term time)**

Aimed at children 7 young people aged 5-19 years.

### **Term time session outline;**

Tuesday

**Shelia Russell Play  
Session** (New Session  
started 6<sup>th</sup> June 2017)  
@ Shelia Russell Community

Weekly average attendances

Centre 3.30pm-5.30pm.  
(Bilborough Ward) Aimed at children aged 5-11 years.

Q 1 – 1.25

Q 2- 4.5 (up until 25<sup>th</sup> July 2017)

Wednesday

**Harvey Haddon Youth Session** (New Session started 3<sup>rd</sup> May 2017)  
@ Harvey Haddon stadium  
7.00pm-9.00pm. (Bilborough Ward). Aimed at Young people aged 11-19 years.

Weekly average attendances

Q 1- 30.75

Q 2- 25.3

**(This is based on 3 sessions on 5<sup>th</sup> July, 12<sup>th</sup> July and 26<sup>th</sup> July).**

Thursday

**Phoenix Play session @**  
Phoenix Adventure Playground  
3.30pm-5.30pm (Aspley Ward).  
Aimed at children aged 5-11 years

Weekly average attendances

Q 1- 20.5

Q 2 – 16.75 (up to 27<sup>th</sup> July 2017)

**Aspley YMCA Youth**

**session@ YMCA.** 7.00pm-9.00pm (Aspley Ward) aimed at young people aged 11-19 years.

Weekly average attendances

Q 1- 27.04

Q 2 – 16.5 (up to 27<sup>th</sup> July 2017)

Friday

**Phoenix Play Session @**

Phoenix Adventure Playground  
3.30pm-5.30pm (Aspley ward)  
Aimed at 5-11 years.

Weekly average attendances

Q4 -24

Q 1 – 23.9

Q 2- 26 (up to 21st July 2017)

**Bells Lane Youth session**

@ Bells Lane Community Centre  
7.00pm-9.00pm (Aspley ward).  
Aimed at young people aged 11-19 years.

Weekly average attendances

Q4 -21

Q 1 – 17.2

(this includes 1x city wide celebration event and 1x session closed for bank holiday)

Q 2 – 13.5 (up to 28<sup>th</sup> July 2017)

Saturday	<p><b>Phoenix Transitional session</b>          @ Phoenix Adventure Playground          2.00pm-4.00pm (Aspley ward).          Aimed at 10-14 years.</p> <p>Weekly average attendances</p> <p>Q 1- 30.8</p> <p>Q 2- 10.5 (up to 29<sup>th</sup> July 2017)</p>
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## Play and Youth Summer Model

**This year the Play and Youth teams have worked from a City Wide summer model which involved;**

**1 x Family Day,**

This was delivered jointly with the play and youth and Family support workers teams. This took place every Tuesday.

**1 x City Wide Trip.**

As this was a city wide trip other play and youth teams worked together to achieve an amazing day.

**2 x Play Sessions**

One session was delivered on a Thursday day and the other one on a Saturday day.

**2 x Youth Sessions**

One session was delivered on a Thursday evening and the other on a Friday evening.

## Play And Youth- Summer delivery (Non term time)

**Wk. 1 – (1<sup>st</sup>-5<sup>th</sup> August 2017)**

Tuesday	<p>Family day – Play on the park @ Kind Georges Park</p> <p><b>Attendance= 18</b></p>
Wednesday	<p>City wide Trip: Arboretum- play day</p> <p><b>Attendance= 4</b></p>
Thursday	

**Phoenix Play session**

@ Phoenix Adventure Playground. 1.30pm-3.30pm (Aspley ward). Aimed at 5-11 years.

**Attendance= 28**

**Aspley YMCA Youth**

**session**@ YMCA. 7.00pm-9.00pm (Aspley Ward) aimed at young people aged 11-19 years.

**Attendance= 29**

Friday

**Bells Lane Youth session**

@ Bells Lane Community Centre 7.00pm-9.00pm (Aspley ward). Aimed at young people aged 11-19 years.

**Attendance= 15**

Saturday

**Phoenix Play session**

@ Phoenix Adventure Playground 11.00am-2.00pm (Aspley ward). Aimed at 5-11 years.

**Attendance=20**

**Weekly average attendances for all sessions this week.**

**Q 2 average attendance = 19**

**Wk. 2 – (8<sup>th</sup>- 12<sup>th</sup> August 2017)**

Tuesday

Family day – Broxtowe Country Park

**Attendance: 0 (Bad weather)**



Wednesday

City wide Trip: Alton towers

**Attendance =30**

Thursday

**Phoenix Play session**

@ Phoenix Adventure Playground. 1.30pm-3.30pm (Aspley ward). Aimed at 5-11 years.

**Attendance=28**

**Aspley YMCA Youth**

**session**@ YMCA. 7.00pm-9.00pm (Aspley Ward) aimed at young people aged 11-19 years.

**Attendance: 6**

Friday

**Bells Lane Youth session**

@ Bells Lane Community Centre 7.00pm-9.00pm (Aspley ward). Aimed at young people aged 11-19 years.

**Attendance=16**

Saturday

**Phoenix Play session**

@ Phoenix Adventure Playground 11.00am-2.00pm (Aspley ward). Aimed at 5-11 years.

**Attendance= 16**

**Weekly average attendances  
for all sessions this week**

**Q 2 average attendance = 16**

**Wk. 3 – (15<sup>th</sup> - 19<sup>th</sup> August 2017)**

Tuesday	<b>Family day – PAP award</b> <b>Attendance: 7</b>
Wednesday	<b>City wide Trip: The Mill</b> Adventure base <b>Attendance = 6</b>
Thursday	<b>Phoenix Play session</b> @ Phoenix Adventure Playground. 1.30pm-3.30pm (Aspley ward). Aimed at 5-11 years. <b>Attendance=11</b>  <b>Aspley YMCA Youth</b> <b>session</b> @ YMCA. 7.00pm- 9.00pm (Aspley Ward) aimed at young people aged 11-19 years. <b>Attendance =14</b>
Friday	<b>Bells Lane Youth session</b> @ Bells Lane Community Centre 7.00pm-9.00pm (Aspley ward). Aimed at young people aged 11- 19 years. <b>Attendance=16</b>
Saturday	<b>Phoenix Play session</b> @ Phoenix Adventure Playground 11.00am-2.00pm (Aspley ward). Aimed at 5-11 years.

**Attendance=15**

**Weekly average attendances  
for all sessions this week**

**Q 2 average attendance = 11.5**

**Wk. 4 – (22<sup>nd</sup> – 25<sup>th</sup> August 2017)**

Tuesday

Family day – Sports Day @  
Phoenix Adventure playground.

**Attendance=5**

Wednesday

City wide Trip: Colwick Park

**Attendance = 11**

Thursday

**Phoenix Play session**

@ Phoenix Adventure  
Playground. 1.30pm-3.30pm  
(Aspley ward). Aimed at 5-11  
years.

**Attendance=15**

**Aspley YMCA Youth**

**session**@ YMCA. 7.00pm-  
9.00pm (Aspley Ward) aimed at  
young people aged 11-19 years.

**Attendance = 7**

Friday

**Bells Lane Youth session**

@ Bells Lane Community Centre  
7.00pm-9.00pm (Aspley ward).

Aimed at young people aged 11-19 years.

**Attendance= 4**

Saturday

**Phoenix Play session**

@ Phoenix Adventure Playground  
11.00am-2.00pm (Aspley ward).  
Aimed at 5-11 years.

**Attendance = 12**

**Weekly average attendances  
for all sessions this week**

**Q 2 average attendance = 9**

## Summer Trip Ward Data up to 29<sup>th</sup> August 2017

	<b>Play Day @ The Arboretum</b>	<b>Alton Towers</b>	<b>The Mill Adventure Base</b>	<b>Colwick Park</b>	<b>Markeaton Park</b>	<b>Youth Council event</b>
Bilborough	0%	40%	50%	30%	0%	10%
Aspley	100%	50%	50%	50%	80%	90%
Out of area	0%	1%	0%	20%	20%	0%

### How it was promoted?

Central 1 Play and Youth and Family Support Workers have been advertising these trips equally in all sessions. Within shut down week this year we will work together to review how these trip can be made better and how attendance can be improved.

There was a number of children and young people on the day called to say they could not make it due to illness or other unforeseen circumstances.

Harvey Haddon and Shelia Russel play and youth sessions in the Bilborough wards were made aware of the summer trips before the Aspley wards sessions. Feedback from the young people was positive but when it came to booking on the trips numbers from the Bilborough wards was not as high as the Aspley ward.

### Our Plan

The Play and Youth team have been tasked to consult further with children and youth people in both wards to see how we as an area/ city can improve on our services and ensure next time they come to these amazing trips and be a part of our youth council.

## **Children and Young people's views, progress and feedback**

Children and Young people's views and feedback are vital to ensuring that they are heard and listened too. This is now undertaken in a few varies ways. They are;

### **(1) Score on the door**

This way of capturing children and young people's feedback has been successful in the north of the city. As a learning city we encourage sharing good practice so central 1 team have now implemented using this tool to capture children and young people's feelings, opinions and general feedback at the end of each session.

Their feedback will be taken into account and followed through either into next session or future planning. The play and youth service are passionate about ensuring the service is what the children and young people want and need.

### **(2) Outreach**

Outreach is undertaken to enable the play and youth team to meet the children and young people in the Aspley and Bilborough wards. This method of working was used when undertaking consultation with trying to increase Balloon woods weekly attendance.

#### **The consultation gathered suggested the following;**

- Children and Young people wanted a venue that was easy to get too and with transport links.
- Asked for the session to be at Harvey Haddon
- Wanted a session that was well lit and felt safe to get too.
- Play session at Shelia Russell Community centre.

The outcome was;

- A new Youth session in the Bilborough ward would take place at Harvey Haddon on a Wednesday evening
- A new play session in the Bilborough ward wold take place at Shelia Russell community centre on a Tuesday afternoon.

Since both sessions have now started there has been an increase of children and young people's engagement. It is still early days but we have already increased engagement by more than half.

### (3) Bullseyes

Bull's eyes are used for evaluating children and young people's progress when undertaking a themed project. There are 4 priority themed projects through the year which progress is captured and evaluated by using the Bull eyes tool.

Central 1 undertakes a priority themed project each quarter. **(Refer to box below for more information).**

## Central 1 Priority themed projects against Directorate Target and Average Attendance

<p>Quarter 1- <b>Learning City.</b></p> <p><b>Project: Explore/ Forest school</b></p> <p><b>Date:</b> (First Session group 1) 6<sup>h</sup> April 2017 (Frist session group 2) 13<sup>th</sup> April 2017 (End sessions for both groups) 29<sup>th</sup> April 2017</p> <p><b>Sessions:</b> 2 for each group</p> <p><b>Location:</b> Phoenix Adventure Play ground</p> <p><b>Average attendance: group 1= 9</b> <b>Group 2 = 6</b></p> <p><b>Outcomes:</b> <b>4 questions were asked to the young people in group 1 and group 2. The questions were;</b></p> <p><b>Question 1</b> How well do you respect boundaries and rules?</p> <p><b>Question 2</b> How good are you at listening?</p> <p><b>Question 3</b> How willing are you to take part in group activities?</p> <p><b>Question 4</b> How much attention do you give to your</p>	<p>Quarter 2-<b>Resilience</b></p> <p><b>Project: Try new things</b></p> <p><b>Date:</b> Wednesday 16<sup>th</sup> August 2017 &amp; Wednesday 23<sup>rd</sup> August 2017</p> <p><b>Sessions:</b> 2</p> <p><b>Location:</b> The Mill Adventure Base &amp; Colwick Park</p> <p><b>Average attendance: 8.5</b></p> <p><b>Outcomes:</b> <b>The Mill and Colwick Park findings were;;</b></p> <p>Out of the 11 people attended all 100% took part in the activities</p> <p>100% was willing and did try something new</p> <p>100% met new people who</p> <p>80% thought they had learnt a new skill</p> <p>20% marked themselves as</p>
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feelings?  <b>Outcomes- see below</b>	being exactly the same.
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## Explore/ Forest School Outcomes;

### Group 1

Questions	Q1	Q2	Q3	Q4
Increased	80%	80%	40%	80%
Stayed the same	20%	20%	50%	10%
Decreased	0%	0%	10%	10%

### Group 2

Questions	Q1	Q2	Q3	Q4
Increased	80%	80%	90%	80%
Stayed the same	20%	10%	10%	20%
Decreased	0%	10%	0%	0%

### (4) AQA accreditation

This has now been embedded across the Nottingham City and will enable the play and youth workers to monitor children and young people learning and development by using the AQA accreditation tool

Identified learning opportunities and skills will be thoroughly reviewed to ensure all themed projects will enable children and young people to be able to achieve AQA accreditations. This will be celebrated through monthly award ceremonies.

This summer the children and young people have successfully achieved a number of AQA accreditations through attending The Mill Adventure base and Colwick Park City wide trips.

### (5) Good news stories

#### Rap/Lyrics

Over the past few weeks young people who attend Central 1's Bells Lane youth sessions have been writing raps/lyrics to express themselves and their feelings. This is their story.....

TB I got the beats and bars  
Me and my music its gonna go so far  
Been through so much I'm left with scars  
All I want is to reach for the stars  
The way this feels, I gotta keep it real  
You won't beat me, I'm made of steel  
I feel the power beneath my heels  
I'm the king at this, you gotta know the deal.  
Rap written by 15 year old from Bells Lane youth group

*Autism for Life – Written by Young Person from YMCA youth Group*

*I wish autism was curable  
But it's not rippable  
Oh my God it's invincible  
Oh wait its invisible  
I can't take anymore it's so unbearable  
I always think what female think about me  
Sometimes it's get to personally  
I always think about the bad stuff what has happened in the past  
I need to forget it all at last  
Every one can guess my life it's so predictable  
They can't see me climbing to the pinnacle  
I love football and love music  
I listen to old school hip hop  
I always at the tip top  
When I get stressed I won't lose it  
So I train at the gym so I can improve it  
Rap written by a 14 year old from bells Lane Youth session*

### **Out of our comfort zone at The Mill!**

Children and young people from the Aspley and Bilborough wards taking part in exciting and challenging activities that got everyone outside of their comfort zones!

Not only did they challenge their skills and abilities to the limit but this trip allowed children and young people from different parts of the city to come together and have FUN!!!!

Everyone that took part in the activities received an AQA accreditations as it demonstrated new skills learnt





This followed with a certificate which just finished off the day perfectly....