



Single Point of Access for Children's Emotional Wellbeing (SPACE-Wellbeing) **Information for Families and Professionals**

What is SPACE Wellbeing?

SPACE-Wellbeing is a process through which professionals and families can seek early intervention and support for children's mental health and emotional wellbeing.

Caerphilly's SPACE-Wellbeing panel meets every week. The panel aims to make sure that children and their families get the **right help, first time, at the right time**, and that services work together well to help families. Requests for support may be allocated to a service who will provide help to children and their families. Sometimes, requests will be allocated for 'support in'. This means that specialist staff will talk to childcare professionals who are already working with the family to offer them support and guidance.

Who is part of Caerphilly SPACE-Wellbeing Panel?

The Caerphilly Panel brings together a wide range of services provided by Caerphilly County Borough Council, Aneurin Bevan University Health Board and the Third Sector, working together to ensure a joined-up approach to providing early help.

Information about these different services is provided overleaf.

How do I request support and what happens to my information?

Families, young people and professionals can request support through SPACE-Wellbeing. The person with parental responsibility and/or the young person (as appropriate) must be provided with **information** about SPACE-wellbeing when support is requested and must **agree** with the request for support being made.

To get help, the request for support form or a letter should be completed. The Joint Assessment Family Framework (JAFF) form can be accessed by contacting the Information, Advice and Assistance Team contactandreferral@caerphilly.gov.uk or SPACE-Wellbeing Co-ordinator on 01495 233225 . If your GP is making the referral, they may ask you to complete a questionnaire so that the panel know what you think and what you're hoping for.

Information that we receive will be stored on the Caerphilly County Borough Council database and used for the purpose of providing services to children, young people and their families. Before the SPACE-Wellbeing meeting, the services who make up the panel and Education (the child's school and/or Local Authority Education Services) may share information with each other about the child for whom support has been requested. Discussions are held in the strictest confidence. This sharing of information is to help the SPACE-Wellbeing and Families First panel make good decisions: **so that children and their families get the right help, first time.**



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For more information about what we do with your data,
please visit www.caerphilly.gov.uk/privacynotice

If you have any queries, please contact Caerphilly SPACE-Wellbeing Co-ordinator on 01495 233225.

Information about the services who are part of the Caerphilly SPACE-Wellbeing Panel

Caerphilly County Borough Council Services

Supporting Family Change (SFC) SFC aims to support and work with families to help them in times of need and support them to overcome life's challenge; SFC offers a 'Team Around the Family' approach that puts you and your family at the heart of all we do and the support we offer is based on listening to what really matters to you.

Barnardo's Confident Parents, Stronger Families (CPSF) (delivered by Barnardo's) supports parents/carers of children 8-17 years, empowering families to enhance their parenting skills to support their children's development, care, and wellbeing.

Youth Service Caerphilly Youth Service works with any young people aged 11-25. The service has a range of universal access provisions and targeted projects for young people. The vision of the Youth Service is to Change young people's lives for a brighter future. The aim is for young people to have fun, feel valued and listened to, to learn, achieve and aspire to do well now and in their futures.

Targeted Youth and Family Engagement (TYFE) The TYFE Project supports young people and their families to build confidence and self-esteem through developing skills and resilience; engaging with children young people and their families where difficult circumstances are having a negative effect on family life. Sessions focus on improving emotional health, wellbeing and social skills, reducing social isolation and improving relationships.

REACH Project - Youth Offending Service (YOS) REACH is a prevention project for 8 - 17 year olds living in Blaenau Gwent and Caerphilly who are at risk of anti-social behaviour and/or offending. The main emphasis of REACH work is to provide the right support to children and their families at the earliest opportunity.

Early Years Team (delivered by Flying Start and Families First) The Early Years team is a highly skilled multi-agency team who work with families to build resilience to support their children to have the best start in life, from the time they find out they are pregnant to access support throughout their pregnancy and the early years of life, including starting school. The team focus on recognising the strengths of families to create opportunities to support each other and develop resilient communities for children and young people to



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thrive. The Early Years team work closely with midwives, health visitors, school nurses, schools, childcare and all the early years practitioners who can support a whole range of provision online, or in person, depending on what you and your family need.

Education- Information will be requested and shared from education (including relevant school and Local Education Authority) to assist panel in considering the right service to meet the needs of a child or young person.

Caerphilly Housing- If housing related matters are impacting a child or young person's emotional wellbeing, Housing maybe contacted to gain information to inform space wellbeing panel members in order for the panel to consider what is the right service to meet the needs of a child or young person.

Aneurin Bevan University Health Board Services

Primary Child and Adolescent Mental Health service (P-CAMHS) provides assessment and brief intervention to children and young people where there are mild – moderate mental health needs or concerns about their behaviour.

Specialist Child and Adolescent Mental Health service (S-CAMHS) supports children and young people with moderate to severe mental health needs.

Gwent Community Psychology works with professionals from a range of services and with communities, helping them to support children's mental health and emotional wellbeing.

School Nursing Service offers 'drop-in' clinics to support children and young people with their emotional wellbeing.

ISCAN (Integrated Service for Children with Additional Needs) is the referral pathway for children with additional and complex needs.

SPACE Wellbeing Neuro-developmental Service is the referral pathway for children where there may be a neuro-developmental (Autistic Spectrum Disorder (ASD) or Attention Deficit Hyperactivity Disorder (ADHD)) concern.

Third Sector Services

Family Intervention Team (FIT) (delivered by Action for Children and ABUHB) supports children and young people aged 5-14. Family Intervention Team (FIT) provides brief, psychologically-informed family interventions, working with families in their communities.

Platform 4YP Offers peer support, self-management training and individual support as required to young people aged 14-18.



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Platform for Families – Wellbeing project Platform for families offers a safe space for families to meet, chat and get support for their wellbeing. We aim to help you explore your needs, expectations and find helpful strategies to improve your wellbeing or support others in your family.

Gwent N-GAGE (delivered by Barod) provides drug and/or alcohol-related support, information and advice to young people, their families and professionals. For young people with mental health issues alongside substance use, there are CAMHS Clinicians within this team providing specialist support.

NYAS (National Youth Advocacy Service) Children & Young People Advocacy Service

A confidential, independent issue-based advocacy service that supports children and young people by helping them to have their voice heard.

The following services are not part of the SPACE-Wellbeing, but we may share information with them where the panel feels that they would be the right service to support a child or young person.

Unicorn Service The Unicorn Service is for young people up to the age of 18yrs who have been bereaved of an adult, through any cause, and are not coping with their grief. It is predominantly a 1:1 service, with additional group sessions.

New Pathways New Pathways is a registered charity that offers specialist services to anyone who has been raped or sexually abused. This can be all ages and all gender identities.

Caerphilly Autistic Spectrum Service (CASS) The Caerphilly Autism Spectrum Service is a Local Authority Service which provides support to young people aged between 3-18 with a confirmed diagnosis of Autism living in Caerphilly County Borough Council. CASS is based at Trinity Fields School and Resource Centre and offers a combination of training courses, workshops, home and school support to young people and their families.

Umbrella Cymru - Umbrella Cymru provides a range of specialist support services in relation to gender and sexual identity. We offer everything from information and signposting to emotional, practical and advocacy support. We offer support directly to young people, their families and carers, and all support is tailored to individual circumstances. For more information on the support we offer, please visit www.umbrellacymru.co.uk/support

Umbrella Cymru has also been commissioned to deliver support to any young person in the 5 Local Authorities of Gwent who have been affected by crime or antisocial behaviour. This service is available to any young person. For this service, we work in partnership with other agencies within Connect Gwent, a multi-agency victim service. We can therefore offer direct support to young people and offer additional or further support to parents, carers



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and guardians who might have also been impacted by crime. For more information about this service, please visit www.umbrellacymru.co.uk/yvs-gwent

Llamau- Llamau Domestic Abuse Services Caerphilly provides support to families who have been affected by Domestic Abuse. We provide specialist support for parents as well as children and young people, helping them to understand the impact of Domestic Abuse on their lives, and supporting them to build a safe and independent future for themselves. Support includes Children and Young People Outreach. For ANY child or young person affected by Domestic Abuse. The support provided is bespoke, depending on the needs of the child or young person, and provides a safe space for them to explore their experiences, the impact it's had on them, their rights and feeling safe. Group sessions for children and young people. Supporting children and young people to explore, discuss and share their experiences and feelings in a safe environment. For More information about this services please contact Safer Caerphilly Centre on 029 2086 0255 or email safercaerphilly@llamau.org.uk

Cruse Bereavement Care- Cruse Bereavement Care provides support for adults, children and young people throughout Wales who have been bereaved by any cause. We provide person to person support in a way that works for the client, this can include online, telephone 1-1 or group support, advice and information sharing through our websites www.cruse.org.uk or by www.hopeagain.org.uk