

# SPACE-Wellbeing

Single point of access for children's emotional wellbeing





## HOW WE CAN SUPPORT CHILDREN'S EMOTIONAL WELLBEING

SPACE-Wellbeing (single point of access for children's emotional wellbeing) is a process through which professionals and families can seek early help and support with issues that affect families including housing, finance, parenting, children's mental health, and behavioural difficulties.

Newport's SPACE-Wellbeing panel meets every week. It aims to make sure that services work together to ensure that children and their families get **the right help, first time, at the right time.**

Requests for support may be allocated to a service who will provide help to children and their families. Sometimes, specialist staff will talk to childcare professionals who are already working with the family to offer them support and guidance.

## WHO IS PART OF NEWPORT SPACE-WELLBEING PANEL?

The panel brings together a wide range of services provided by Newport City Council, Aneurin Bevan University Health Board and the third sector.

More information about these 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 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 form can be accessed by contacting the SPACE-Wellbeing Coordinator, on

01633 235294 or [families.lst@newport.gov.uk](mailto:families.lst@newport.gov.uk). 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 Newport City 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 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 panel make good decisions: so that children and their families get the right help, first time.

For more information about what happens with your data visit [www.newport.gov.uk/privacynotice](http://www.newport.gov.uk/privacynotice)

If you have any queries please contact the Newport SPACE-Wellbeing Coordinator on **01633 235294** or [\*\*families.lst@newport.gov.uk\*\*](mailto:families.lst@newport.gov.uk)



## SERVICES THAT ARE PART OF THE NEWPORT SPACE-WELLBEING PANEL

### NEWPORT CITY COUNCIL

#### Families First

**Prevention team** offers support including help and advice on parenting, home management, challenging behaviour, wishes, feelings and self-esteem, school attendance, healthy relationships, anti-social behaviour and low-level crime. The team works flexibly to provide a service that fits with a family's needs and commitments.

**Youth service** works with young people to support engagement and achievement in education, employment and training. It promotes young people's personal and social development and enables them to have a voice and influence.

**Early Years** family workers support families where there is an identified parenting need, through one-to-one advice, support in the home and termly parenting groups. Families in eligible postcodes can access the four core entitlements of Flying Start – parenting, free part time childcare for two and three-year-olds, support for language and communication and intensive health visiting. Outreach referrals can be submitted by professionals for those outside Flying Start postcodes where need is identified which meets the criteria.

**Play Development** provides appropriate play opportunities through a comprehensive school holiday programme including open access play, registered play provision and support for children with complex needs. The service also provides play clubs within specific communities.

**Children with Additional Needs (CANS)** supports families whose child has additional needs including for children and young people with a disability or developmental difficulty.



## **Children's Services**

**Youth Justice Service** helps young people to achieve their aims, make the right life choices and reduce youth offending. The service brings together staff from organisations including the local authority, police, probation service, health and specialist project workers.

## **Education**

**TalkingZone** provides counselling to children & young people. TalkingZone is based in every secondary school in the city and is also accessible to primary school pupils and to young people who are not in mainstream education, employment or training.

## **ANEURIN BEVAN UNIVERSITY HEALTH BOARD**

### **Primary Child & Adolescent Mental Health Service (PCAMHS)**

provides assessment and brief intervention to children and young people where there are mild to moderate mental health needs or concerns about their behaviour.

### **Specialist Child & Adolescent Mental Health service (S-CAMHS)**

supports children and young people with moderate to severe mental health needs.

**Child and Family 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 Support for Children with Additional Needs)** is a referral pathway for children with additional and complex needs and children where there are neurodevelopmental concerns.

## **OTHER SERVICES**

**Newport Mind's** family wellbeing and resilience team supports families to build and maintain their resilience to mental health difficulties, by giving them the knowledge and tools to be able to deal with challenges they may face. Support is available through one-to-one sessions, family sessions and group work.

**Barnardo's Newport Connect** includes Newport Young Carers/Young Adult Carers Service which offer bespoke support for children and young people, up to the age of 25, with a caring role at home, whether for a sibling, parent or other family member. The aim is to decrease the impact of caring on their lives, improve confidence and self-esteem, give new experiences and opportunities, offer respite time away from caring roles and reduce isolation.

**Mentora** focuses on family wellbeing and resilience, through a bank of volunteer peer mentors across the communities of Newport, ensuring families have continued connection with services after their targeted support has come to an end.

**Sparkle** supports children and young people who have a diagnosis of a disability and/or development difficulty. Play clubs encourage children to be independent, express themselves creatively, have fun, develop skills, build confidence, form friendships and experience a variety of play activities. Youth clubs provide young people with the opportunity to have fun and socialise with others in a safe environment. The young people can participate in a variety of activities, adapted to meet their needs, to develop and enhance social and independence skills.

**Citizen's Advice** supports families where there are young people under the age of 25 and someone in the household with a disability. The family will be supported to maximise their income, mainly through benefit entitlements, including disability claim forms and appeals.

**Family Intervention Team (FIT)** (delivered by Action for Children and ABUHB) 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.

**Gwent NGAGE** (delivered by Barod) provides drug and/or alcohol-related support, information and advice to young people, their families and professionals.

**Cyffannol Women's Aid** offers a range of one-to-one and group-based support options for children who have experienced domestic abuse or sexual violence. Support builds on individual strengths to minimise the impact of adverse childhood experiences and improve lifelong wellbeing.



SUPPORT

## HOW TO MAKE A REQUEST FOR SUPPORT IN NEWPORT

### **PLEASE NOTE THAT THESE REQUESTS ARE FOR ROUTINE REFERRALS ONLY**

Families are now able to submit a request for support and/or provide additional supporting information alongside the GP referral electronically. Our form can be accessed by following the weblink below, or by scanning the QR code.

\* Please note that we are unable to accept requests for a Neurodevelopmental assessment (i.e. to assess for a diagnosis of ASD/ADHD). These requests are dealt with via the Neurodevelopmental Team and self-referrals are not accepted. The preferred process for submitting a Neurodevelopmental referral is for parents to liaise with their child's school to provide a full referral with school and parent information so it can be progressed to the ND screening assessment stage. Referrals from the GP are accepted but must be accompanied by supporting parent and school information (unless the child is home-schooled).

Weblink: <https://forms.office.com/e/8Zkaf0X5fn>



