

# Family Support Hubs

## Early Intervention in Practice

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Barnardo's

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## **SET 3 Hubs (Down, Ards & Lisburn)**

**Lisburn Hub formed in 2009**

**Early Intervention Lisburn formed in 2012**

# **Lisburn Hub Membership**

Chair/Safeguarding Sector Manager  
Family Support Hub Co-ordinator  
Area Youth Officer, Lisburn and Castlereagh  
Atlas  
Barnardo's Family Support  
Bryson Children's Services  
Colin Neighbourhood Partnership  
Footprints Women's Centre  
Mental Health  
Senior Nurse Manager, Child Health  
Social Worker, Early Years Team  
Surestart  
The Welcome Project  
YMCA

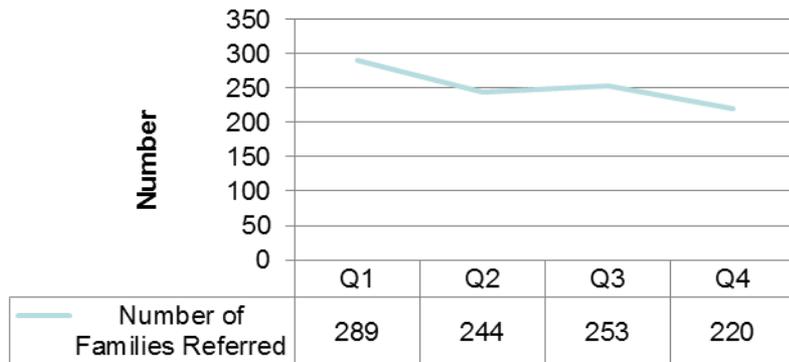
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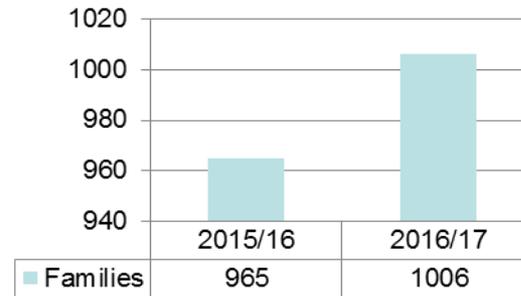
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Performance Measure 1: No of Families, Children & Parents Referred through Family Support Hubs - 2016/17

Number of Families Referred 2016/17

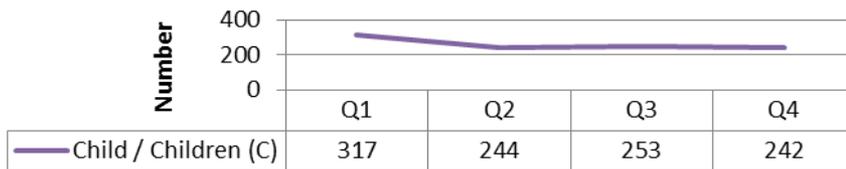


2015/16 & 2016/17

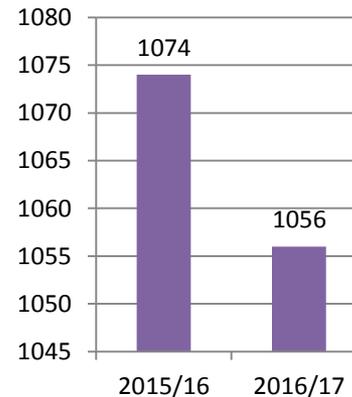


Since 2014/15 the number of families referred through family support hubs has increased year by year and now stands at **1006** in 2016/17.

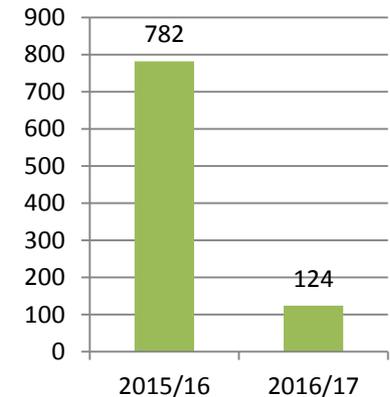
No. of Children Referred 2016/17



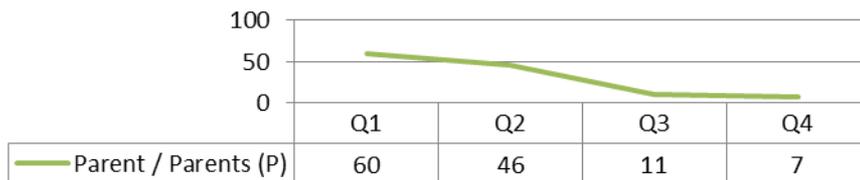
No. of Children Referred 2015/16 & 2016/17



No. of Parents Referred 2015/16 & 2016/17



No. of Parents Referred 2016/17

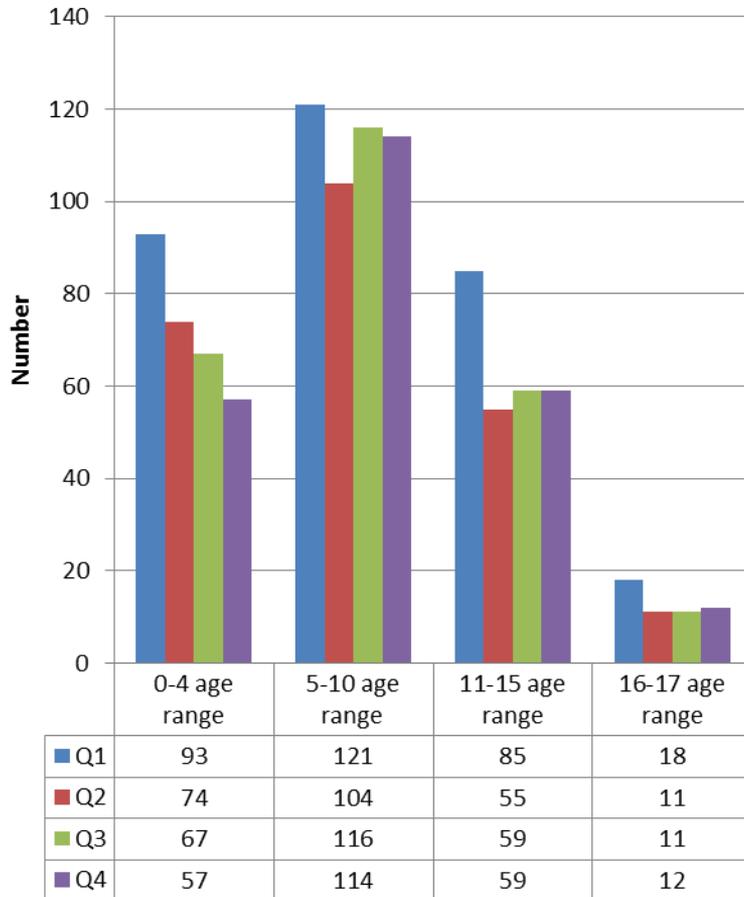


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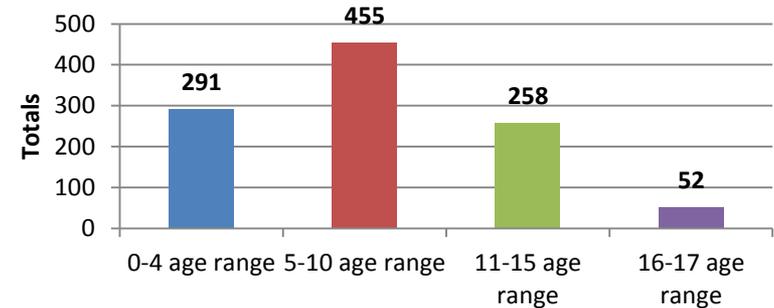
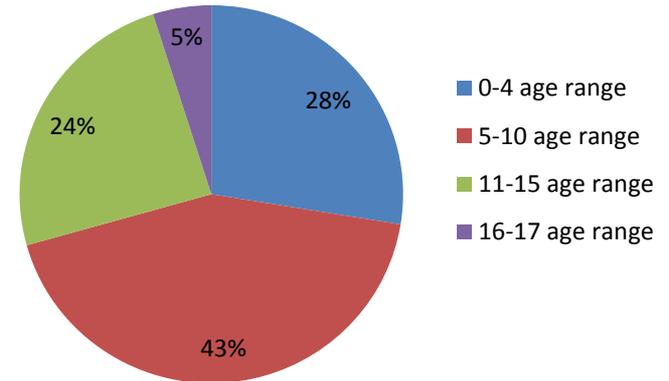


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Performance Measure 2: Children Referred by Age Profile 2016/17



% Children Referred by Age Group



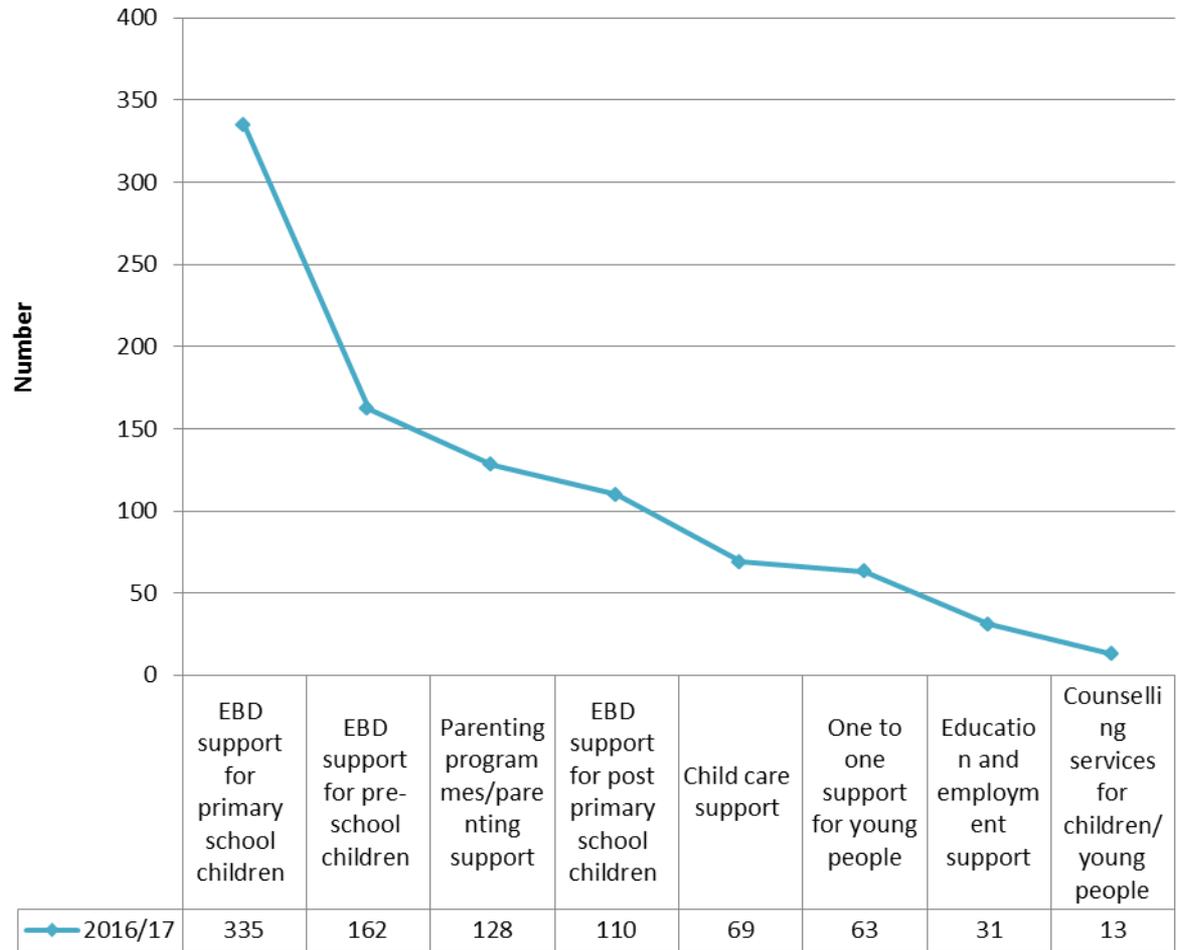
Age 5-10 profile has consistently been the highest throughout 2016/17 within SEHSCT, however referrals for the 0-4 age group has decreased and the older age range 11-15 age group increased in referrals from 2015/16.

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Performance Measure 5: Main Presenting Reasons for Referral - 2016/17



In 2016/17 Emotional Behaviour Difficulty (EBD) for primary school children was the main reason for referrals at **335**, the same as in 2015/16. This was followed by EBD support for pre-school children. Parenting Programmes/ Parenting Support has doubled in 2016/17 to **128** compared to 61 in 2015/16 and EBD support for post-primary school children has stayed the same.

Do we need to do anything  
about this?

If so what could/should we do?

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Belfast Telegraph

Thursday 5<sup>th</sup> April 2018

Alarming state of our 16-25s revealed

# Half of NI youth in mental distress

**68%** say they feel stressed

**60%** are troubled by anxiety

**33%** admit feeling hopeless

BY STEWART ROBSON

ALMOST half of young people in Northern Ireland say they have experienced a mental health problem, a report reveals today. A Prince's Trust survey of more than 2,000

16-25 year-olds found that two-thirds regularly feel stressed and a third admit they often feel hopeless. The SDLP's health spokesperson Mark H Durkan last night said he was "shocked but not surprised" at the findings.

Full story, see page 5

Self referral

Hub Discussion

Phone call with mum

Initial Meeting with Mum, exploration of concerns and information gathered re background

Family Star/Action Plan

- Meeting Emotional Needs

# Getting to know each other

## Ellie's Contract

## My Star

# Thoughts and Feelings

**Worry Box** — *Good things, Thoughts and Feelings, Worries*

*'I am afraid of dying – it makes me feel sick, scared and sad'.*

*'I sometimes find it hard to breathe when I am scared'.*

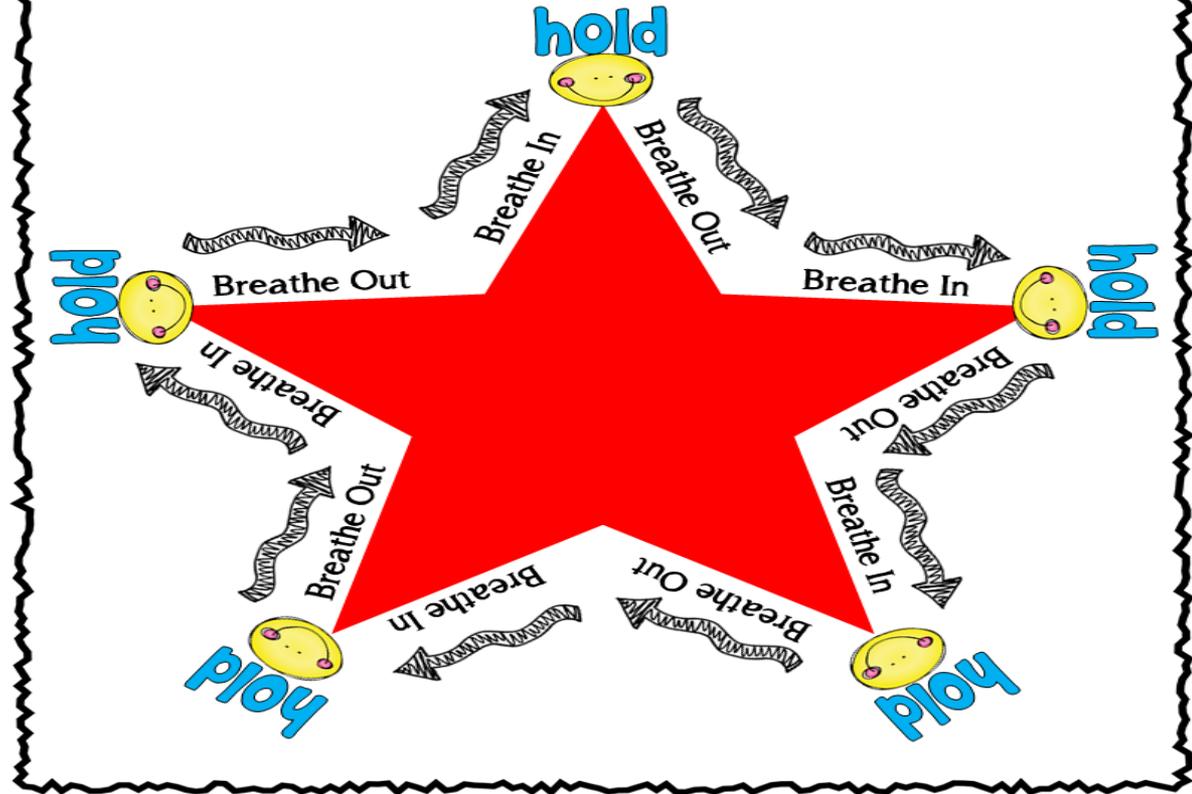
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# Star Breathing

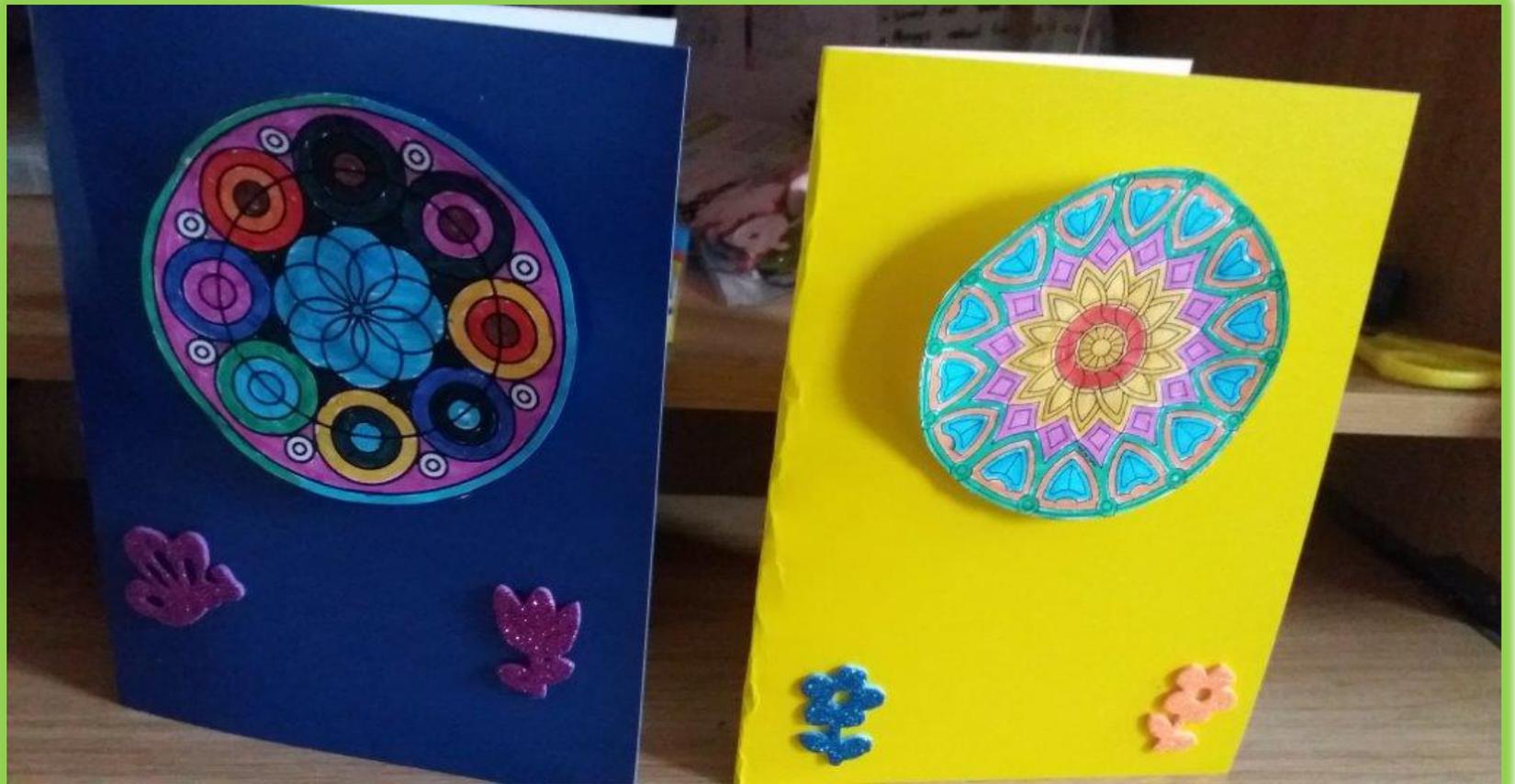
Breathe in, hold at the point, and breathe out.  
Follow your way around the star.



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Review with Mum and Ellie

Calming Bracelet

My Special Hanging Star

Power Flower

Wishing Wands – hopes and dreams for the  
future

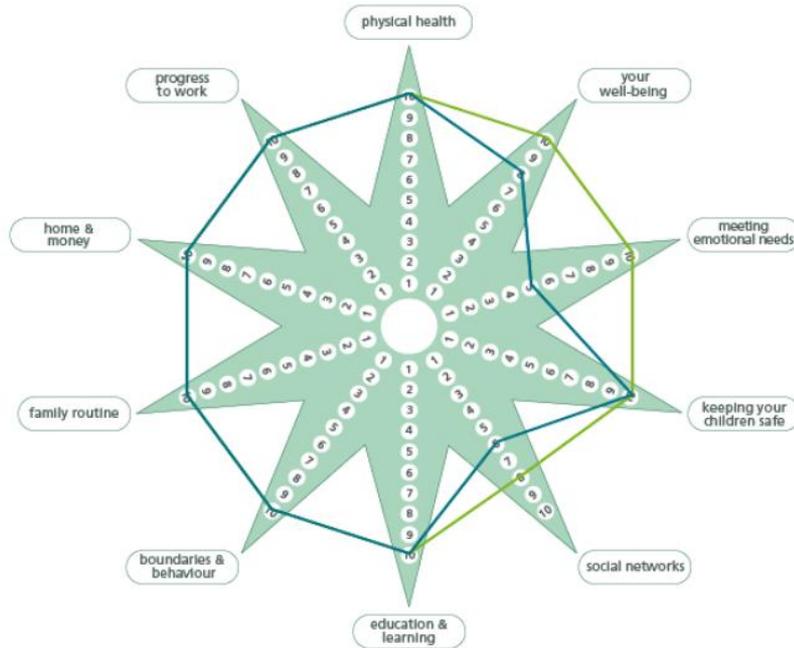
‘Notice’ being in the moment

Teddy breathing – relaxation technique

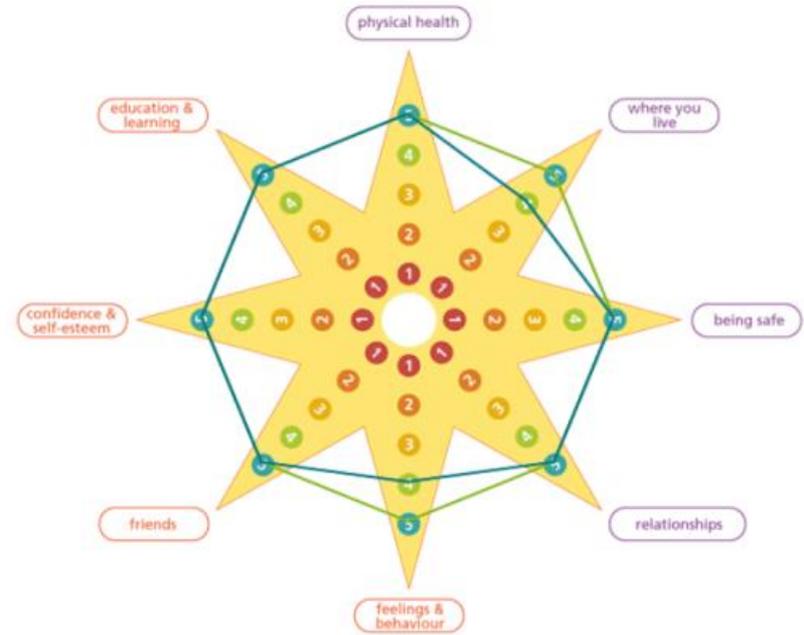
Final Session – overview with Mum and  
Ellie

# Outcomes Pre and Post

Client ID: 303



Client ID: 303c



# Long Term Feedback

*'I am so proud of her – she never would have put herself forward for this a year ago'*

*'Her confidence has increased times 100'*

*'She seems so much more settled and a lot happier'.*

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- One member of team interested in Mindfulness and using 1:1 work with children with good results
- Team discussion
- Training
- Small group work

8 referrals from FS hub

7 took up places

1 child and 1 parent visit before group

1 child and parent visit offered at end of group

Full attendance

2 children required 1:1 work following the group

# Sample Agenda

**4-4.30pm**

Settle In

Bow In

Unscripted Mindfulness Meditation

**4.30-4.45pm**

Snack Break

**4.45-5.30pm**

Activity

**5.30-5.45pm**

Relaxation/Unscripted Mindfulness Meditation

**5.45-6pm**

Tidy up and Home time

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## Parent 1 feedback

*'S benefited so much from the Mindfulness group. She felt comfortable going and was made to feel comfortable which was so important.'*

*'It has made her realise she is not the only person who feels this way and that she can control these feelings.'*

*'S's confidence grew during the 6 weeks and as a parent that was great to see.'*

*'I will be encouraging her to practice all the breathing techniques she learnt and hopefully she can use them when she is in a situation that she needs it.'*

*'She misses going and enjoyed making new friends.'*

*'Thanks for everything.'*

*'My son has benefited from this group more than I can put into words! I cannot thank the ladies enough! '*

*'He is openly talking to us about his feelings and has learnt techniques for relaxing.'*

*'He seems to understand his own feelings much more, it has been lovely to hear the very positive feedback we received each week.'*

*'I would highly recommend this group to other parents.'*

# Children's Feedback

3- 10/11

Meditation and Mindfulness group

Colour the number stars for your class today



What I liked the best today was:

discussing our qualities 

Thank you

①

by 

Meditation and Mindfulness group

Colour the number stars for your class today



What I liked the best today was:

In the bed.  
 I loved it 

Thank you 

②

Meditation and Mindfulness group

Colour the number stars for your class today



What I liked the best today was:

Relaxing

Thank you

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②

Meditation and Mindfulness group

Colour the number stars for your class today

What I liked the best today was:

everything

Thank you