

Early Help is offered everyday by communities, volunteers, charities, children centres, schools and other services.

Early Help is about working with children, young people and their families who would like support. No one ever “has to have” Early Help.

It might be things like:

*“My child has anxiety about going out with friends”*

*“Even with support from school, I am worried that my son is struggling with his work”*

*“We are struggling with money and I am not sure who can help”*

*“I am confused about my gender or sexuality”*

*“We have just moved and we can't seem to get back on our feet”*

This leaflet is about **two** of the Early Help tools Northumberland has:

### What happens next?

After the assessment, we hold a Team around the Family meeting to talk about who can help you and your child/children. We put together an action plan, you will get a copy of this and a copy of the EHA.

### Who is the lead professional?

If a number of people are providing support to your child / children, one of these people will be appointed as a ‘Lead Professional’. This person will keep you up to date, listen to your views and support you.

You will have a say in who should be the Lead Professional. They will be the person who coordinates the services going forward.

### More Information

Head to >

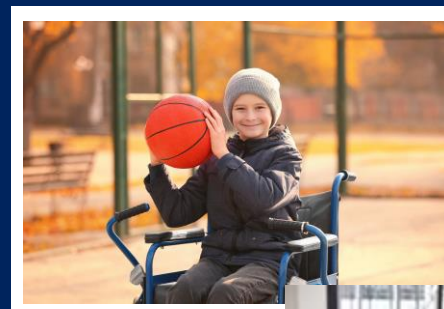
<https://www.northumberland.gov.uk/Children/Family/Support.aspx>

Email > [eha@northumberland.gov.uk](mailto:eha@northumberland.gov.uk)

Or talk to any professional you are already working with.

## Northumberland's Early Help 0 - 18

Information Leaflet for **Parents ,Carers and Young People**



**Early Help Support Request**  
and the **Early Help Assessment**



## What is an Early Help Support Request?

An Early Help Support Request is a way to refer a child, young person or family (with their consent) to a coordination team who can help figure out the best way to support them going forward.

If they want to, families can send in their own Early Help Support Request. Any agencies, such as schools, health visitors or GP's can complete the form with the family.

We look at the information in the request and figure out options for support. This could simply mean a call to the family to discuss what they need, or a referral to a service that can help a family with a specific issue.

In some, more complex, situations the request will be discussed across a number of support services to make sure the right support is offered.

## What is the Early Help Assessment?

This is a way of understanding the lives of children, young people and families. It involves listening to you and your child to find out what you and your child need and what is working well in your family's life.

An action plan is agreed with you and your family at a Team Around the Family (TAF) meeting, which other professionals might also attend, to ensure you get the right support and help.

TAF meetings can then happen every 6 – 12 weeks to review the support. It is important to remember this process is voluntary. If at any point you do not wish to continue, it stops.

## How will the EHA help my family?

The EHA will help to identify any needs or concerns you or a worker may have. It can lead to a quick solution or help identify support quickly.

The EHA will help to make sure that everyone involved with you and your family, for example teachers, health visitors etc, all work together to support you and your family. The EHA will help to get the right support in place for you.

Most EHAs will last for between 3-12 months (this may be longer for children with additional needs).

## When is the EHA used?

An Early Help Assessment is used to identify needs and provide support when it is required at any point in a child's life.

## How does the EHA work?

If you, or if old enough, your child agree, a worker will go through the assessment form with you to help work out what support you may need. You can see what the assessment looks like at:

<https://www.northumberland.gov.uk/Children/Family/Support.aspx>

Older children may feel able to discuss their situation on their own. We will respect a young person's wish to keep information confidential from parents if this is in their best interests.

## Confidentiality

Information which you and your child provide will only be shared with the consent of your family.

However, there may be certain times when the people working with you need to share information: to help a child who is at risk of harm, when they need to find out urgently if a child is at risk of harm, or when an adult is at high risk of harm

You may have heard of this explained as "safeguarding"