

Appendix 1

Sefton Community First 2018-2020

Revised June 2018



Contents**Page**

Vison for Sefton Community First	1
Rational for Change	2
Tiered Offer	4
How we will deliver – Aspire Model	9
Aspire Outcomes	
1. Sefton residents access employment, housing, leisure & social opportunities	
2. Families where children need help are well supported	
3. Sefton residents take pride in their community and make a positive contribution	
4. Children and young people have good attendance and do well at all levels of learning	
5. Sefton residents are free from domestic abuse, neglect or exploitation	
6. Sefton residents have good mental health, wellbeing and lead healthy lives	
Resources	11
Services in Scope	12



Our Vision for Sefton Community First

Sefton Community First is a joined-up way of working to help our residents achieve health, wellbeing and independence.

The Sefton Community First offer will provide easily accessible information, advice and guidance to the whole community through, online support, routine contact with our frontline staff, and outreach to our more vulnerable communities. This will help people to find faster and better solutions to their needs and reduce the need to wait for or be referred to public services.

Early intervention and prevention is about ensuring every individual and family gets the help they need, as early as possible. In most instances support and guidance is provided by family, friends and the wider community. With just a little help or pointing in the right direction, together with our partners we can help the individual, or family to find solutions for themselves.

Even so, some families will need extra help. The Sefton Community First offer has moved away from a 'done-unto' assessment process and will instead provide an opportunity for shared conversations between the key worker and the individual or family. Our approach recognises where any individual or family are now and jointly identifies the necessary steps required for them to get to where they want to be. It will be a joint approach which empowers those involved to achieve a lasting change.

The Sefton Community First offer is a whole family approach to identify what needs to be done and what action needs to be taken focusing on strengths. Together we will look at what is going well, what could be better and what needs to happen to achieve improvement.



Rationale for Change

This document outlines the vision for Sefton's new Community First offer to be implemented in 2018. It details the rationale for change from the current model, driven by the Council's financial position and budgetary constraints, increased demand for services, a changing landscape and most importantly what our residents have told us they require overcoming the challenges they face.

The document outlines a joined up and fully integrated model that will see children, young people, adults of any age and families at the heart of what we do. Working alongside our partners, commissioned and non-commissioned services, the ambition is that we will strive to deliver the quality the community deserves but in a more efficient and effective way. By working with people earlier we can prevent their needs escalating into more acute, intrusive and costly services.

There are two main drivers for change to the Sefton Community First offer, which include:

1. Budget

The challenge remains that as Council budgets have reduced and the needs of people have changed we have to look for new ways to deliver services and make sure that people are getting the support they need, in the most appropriate way, promoting a Community First approach. It is vital to support the building of community resilience.

2. What the Community has told us: Imagine Sefton – The vision for 2030

In 2016 Sefton Council developed a new, exciting and innovative vision for the future of the borough, which involved working alongside everybody who lived, worked or visited Sefton. Working closely with partners, businesses, private sector organisations, the voluntary, community and faith sector and the wider Sefton community the Imagine Sefton 2030 group considered what was important to communities for the future.

As a result of the engagement, the following were identified as key themes that communities wanted for the borough of Sefton:

- A great place to live, work and play
- Accessible and linked
- Activities, sociability and hosting
- Digital, science and technology
- Growing, living and ageing well
- Image and environment
- Resilient people and places
- Right for business



Residents told us that they wanted to access joined-up services that were closer to them in their community. They wanted one point of referral and support that was tailored to their needs. This has evolved into our Community First offer.

Family Wellbeing Public Consultation 2017

Family Wellbeing is incorporated within the Community First offer, in response to what our residents have told us. In 2017, an extensive consultation and engagement exercise was undertaken in regard to the delivery of Children and Family Centres. In response our Family Wellbeing services are incorporated within our Sefton Community First offer.

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3 Tiered Offer

Universal Offer

The universal offer will provide information, advice and guidance through libraries, one stop shops, frontline delivery and online. We will offer positive activities through our schools and leisure centres and early learning and development opportunities. We are working with the voluntary, community and faith sector to enhance and increase the uptake of our universal offer, where residents have a voice and a greater influence to shape what their local area looks like. Our staff will have a range of skills and behaviours to support a culture of making every contact count, and supporting people to do more for themselves. We will adopt a proportionate approach. That means we will offer more support to those with greater needs. This will help to reduce current health and social inequalities.

Targeted Activity

In targeted activity, multi-agency staff will support communities, individuals and families taking a holistic approach to understand needs and deliver interventions to create sustainable outcomes. All will have a key worker who they can build a trusting relationship with and develop an individual or family centred plan. The SMART* plan objectives will work on the individual or families strengths and focus on sustainable change. (SMART specific, measurable, achievable, realistic and timely).

Multiple / Complex Needs

To those with multiple and complex needs and are vulnerable, we will offer appropriate tailored support to help manage those needs and reduce associated risk. We will support individuals and families giving them the skills to be more independent and to have a greater control of their lives. We will maximise their support network, strengths and engage the individual or family to develop their own solutions.

Our commitment is to help residents to help themselves and achieve independence. Our approach will be non-judgemental and will focus on aspirational and sustainable change to achieve their full potential.



How we will deliver – ASPIRE Model

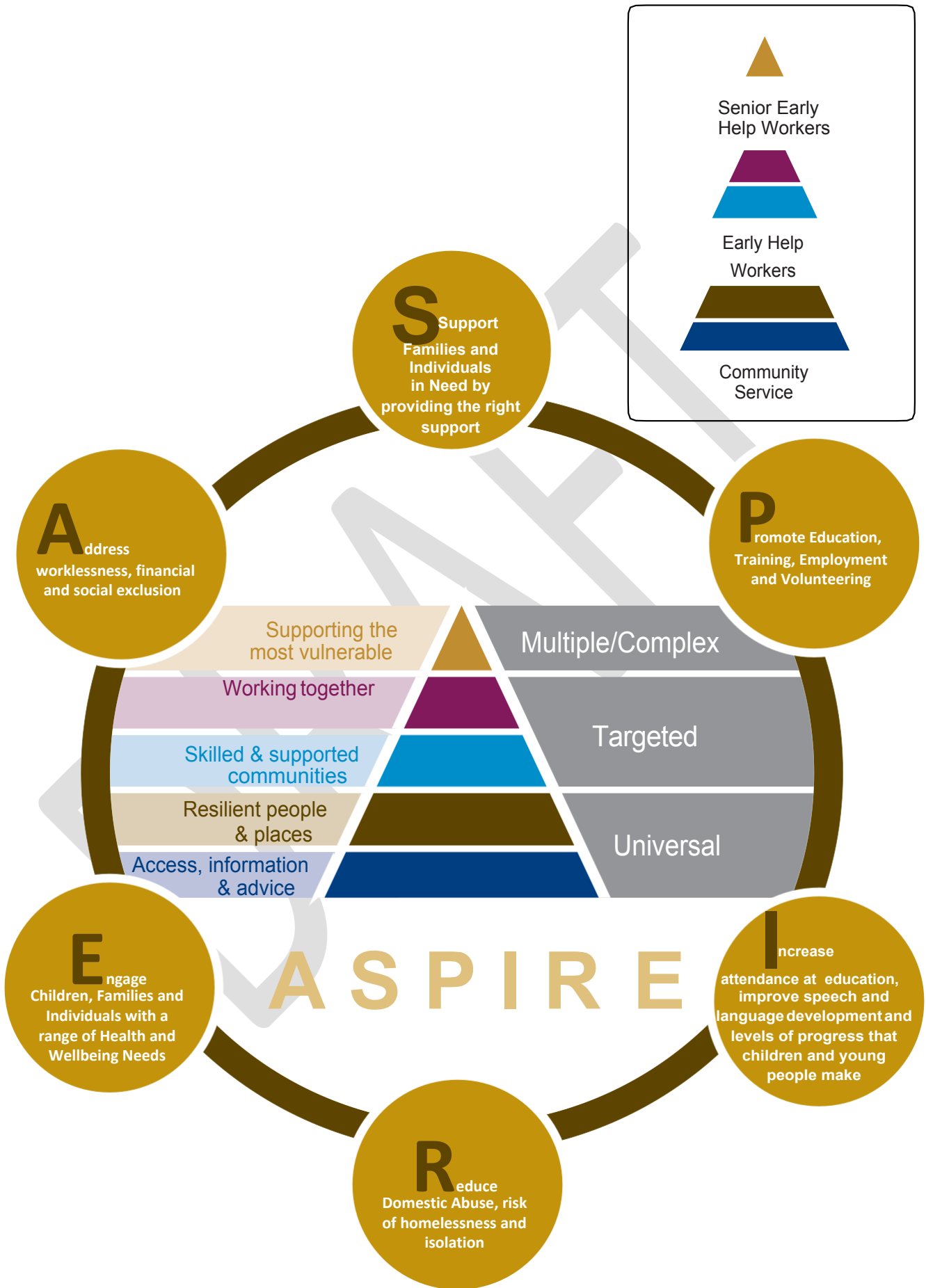
The ASPIRE model reflects the priority areas that will inform our delivery to support our communities.

Our key priorities are to:

- Address worklessness, financial and social exclusion
- Support Families and Individuals in Need by providing the right support
- Promote Education, Training, Employment and Volunteering
- Increase attendance at schools, improve speech and language development and levels of progress that children and young people make
- Reduce Domestic Abuse, risk of homelessness and isolation
- Engage Children, Families and Individuals with a range of Health and Wellbeing Needs

A full outcomes framework is available in Annex 1





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Ready to receive help and make change



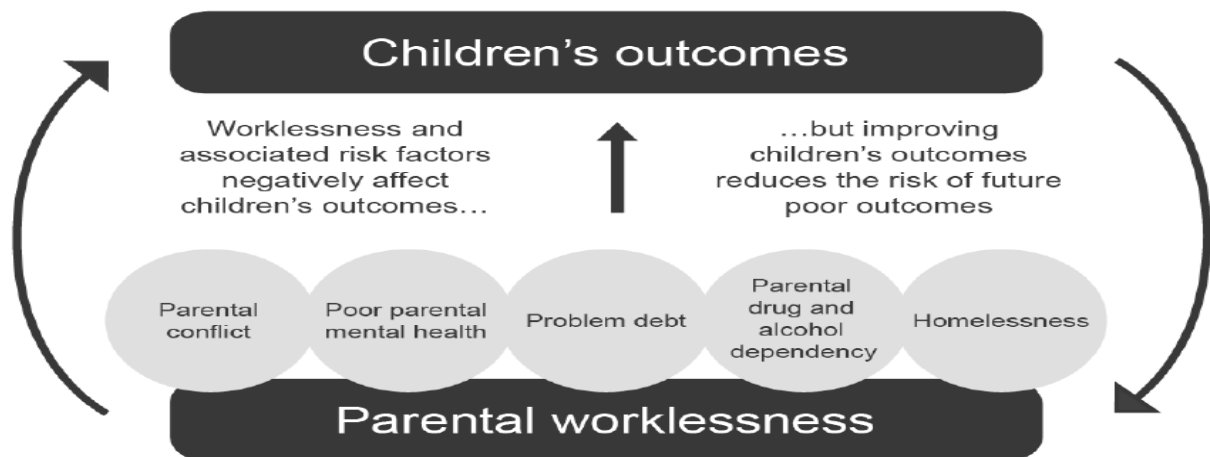
ASPIRE OUTCOMES

1. SEFTON RESIDENTS ACCESS EMPLOYMENT, HOUSING, LEISURE & SOCIAL OPPORTUNITIES

Why these outcomes are important

Not having enough money to cope with the circumstances of everyday life means that families can go hungry, not have enough money to heat and maintain their home and not be able to do the things we all take for granted like going to the cinema or enjoying other leisure activities. Sadly work is not a guaranteed route out of poverty. Two thirds of children growing up in poverty in the UK are living in a family where at least one person works. (Child Poverty Action Group 2018). Work is the best route out of poverty (DWP, 2014) and, as is well known, children do worse in workless families.

Low income and poor employment can have other negative impacts. Children growing up in workless families are almost twice as likely as children growing up in working families to fail at all stages of education (Improving Lives, DWP, 2017). Many of these children may also experience other problems in their family life that may impact upon them achieving positive outcomes, which the diagram below illustrates.



Improving Lives: Helping Workless Families, DWP, 2017

Insufficient or inadequate access to housing can also contribute to poor outcomes. Without a stable home most residents will struggle. Without support residents who experience many of these issues will struggle to overcome the problems that they face.

Regular access to leisure and social opportunities is proven to improve physical and mental health outcomes and prevent social isolation.

Sefton Welfare Reform and Anti-Poverty Partnership are working to address the impact of poverty. More information can be found by following the links to [Sefton Directory](#) or [Sefton CAB](#)

2. FAMILIES WHERE CHILDREN NEED HELP ARE WELL SUPPORTED

Why these outcomes are important

A whole family approach to delivering services will be adopted and promoted with a strong focus on outcomes. Families where children need help may have underlying root causes to their issues that could be inter-connected to other family member's problems. We will address the presenting issues whilst also being open to the broader needs of the child and family and having the scope to involve others working within the Sefton Community First offer.

3. SEFTON RESIDENTS TAKE PRIDE IN THEIR COMMUNITY AND MAKE A POSITIVE CONTRIBUTION

Why these outcomes are important

Sefton has a diverse range of communities across the borough. Residents with differing needs, diverse backgrounds and changing circumstances live side by side. Having pride in our communities and a sense of belonging can lead to opportunities for those residents who want to make a positive contribution such as supporting others and volunteering.

Culture and Leisure interventions are an effective way to reduce crime and anti-social behaviour by keeping people positively engaged in their communities.

4. CHILDREN AND YOUNG PEOPLE HAVE GOOD ATTENDANCE AND DO WELL AT ALL LEVELS OF LEARNING

Why these outcomes are important

Some children can be disadvantaged before they begin school as they have not met developmental milestones such as those related to speech and language. When children attend nursery or school regularly they are more likely to reach their full potential and achieve longer term goals and ambitions.

5. SEFTON RESIDENTS ARE FREE FROM DOMESTIC ABUSE, NEGLECT OR EXPLOITATION

Why these outcomes are important



Children exposed to domestic abuse have been shown to be at risk of long-term developmental problems and everyone working with families should be alerted to. There can be serious effects on children who witness or experience domestic abuse, which often results in absenteeism from school, poor educational performance, ill health, bullying, anti-social behaviour, drug and alcohol misuse and self-harm throughout their life. How parents communicate and relate to each other is recognised as a primary influence on effective parenting practices and children's long term mental health and future life chances.

The impact of neglect on children and young people is unacceptable because of the lasting damage it can have and also because it is avoidable harm which is within our power to address.

Child Exploitation can be devastating and early identification and providing support as soon as problems emerge is critical.

Child Exploitation can effect:

- Physical (including sexual) and mental health and wellbeing
- Education and training and therefore future employment prospects
- Family relationships
- Friends and social relationships, currents and as adults and
- Their relationships with their own children in the future

Young people involved in or on the periphery of serious and organised crime may be exploited as part of an initiation or as punishment. Young people may also be encouraged to recruit peers exposing them to similar treatment of criminal exploitation and make it difficult to identify perpetrators who are in control.

Vulnerable young people may be exploited into criminal activity or violence by other young people or adults who are able to coerce them to do so.

6. SEFTON RESIDENTS HAVE GOOD MENTAL HEALTH, WELLBEING AND LEAD HEALTHY LIVES

Why these outcomes are important

Good mental and physical health is crucial for residents and can stop the need for acute services. Good mental health is important as it allows people to develop the resilience to cope with whatever life throws at them.

Culture, Leisure and Community opportunities can have a positive impact on physical and mental health outcomes.

Resources



The Sefton Community First offer is focussing resources on supporting residents through early help provision and preventing them from needing support from more acute services. This will be achieved through a mix of voluntary, community and faith sector, council, non-commissioned and commissioned partners.

Resources and interventions will be outcomes focussed, targeted and demand led. By using all of the information available to us we will be able to identify need and work with the individuals or families to offer strengths based solutions. However, we cannot do this alone and can only be successful by working smarter, harder and closer together.

This will complement the offer from Living Well Sefton

In July 2016, Sefton Council commissioned an Integrated Wellness Service 'Living Well Sefton' (LWS) to deliver an innovative, flexible, holistic service that enables people to access a range of support and services, seamlessly across the Living Well Sefton Partnership. The partnership has three core strands; Smokefree Sefton, Active Sefton and LWS Community.

The service is focused on prevention and early intervention and is committed to working flexibly with a broad range of partners to meet the needs of local people. The LWS partnership works hard to enhance and protect the health and wellbeing of all people in Sefton, however, extra effort is placed on reaching people who experience the greatest disadvantage.

The service offer includes the following core elements:

- Specialist/Clinical Interventions – NHS Health Checks, and behavior change interventions including Weight Management, Exercise on Referral and Smoking Cessation.
- Support for people to address the things that impact negatively on health, such as debt, employment and training, housing and benefits,
- Community activities, including walking groups, bereavement sessions, cooking sessions, and activities aimed at reducing loneliness and isolation.
- Training – Health And Wellbeing related training for staff partners and volunteers. Includes MECC, Brief Intervention and Smoking Advisor training.
- Connecting People – Health Mentors, Community Champions and all other LWS staff are committed to supporting local people to access services and activities available in their local communities.
- Community Resilience Grants – Local people and groups are encouraged to access a community grant to fund activity that aims to improve health and wellbeing opportunities in local communities.



Living well Sefton can be accessed via self-referral or referral by practitioner:
www.livingwellsefton.org.uk or on 0300 323 0181

Enabling the workforce is vital if Sefton's Public Sector Reform programmes, in particular PSR3: Together we are Stronger is to succeed. This project will help to build capacity and resilience in our communities to enable people to have better levels of health, wellbeing, and independence, and therefore reducing reliance on council and other statutory services.

<http://intranet.smbc.loc/framework-for-change/public-sector-reform.aspx>

A commissioning outcomes framework has been developed and this will outline our intentions.

Services in Scope

There are a range of services that have been integrated into the Sefton Community First offer. These include:

The Atkinson	Libraries
Leisure Centres (excluding Crosby Lakeside)	Integrated Youth Service
Children's Centres	Well Young Person's Projects
Family Centres	Anti-Social Behaviour Team
Housing Options including homeless Prevention	Troubled Families including Family Intervention Practitioner's
Independent Domestic Violence Advocacy team	School Readiness
Education Welfare	Schools Regulatory Service
Common Assessment Framework	Welfare Rights
Children with Disabilities	Voluntary, Community and Faith & Equalities
Springbrook	Missing Education Team
Special Education Needs & Disabilities (SEND)	Gateway
Aiming High	



ANNEX 1 - Locality Outcomes Framework

SEFTON LOCALITY OUTCOMES FRAMEWORK							
2030 Vision	TOGETHER A STRONGER COMMUNITY		A BOROUGH FOR EVERYONE		READY FOR THE FUTURE	LIVING WORKING & HAVING FUN	
	Reducing the number of children at risk of harm		Increasing the number of people entering education, employment or training		Improving the social, emotional & mental health & wellbeing of people in Sefton	Reducing the risk of homelessness	
LOCALITY WORKING							
ASPIRE	ADDRESS	SUPPORT	PROMOTE	INCREASE	REDUCE	ENGAGE	
	Worklessness, financial & social exclusions	Families & individuals in need by providing the right support	Education, Training & Volunteering	Attendance in education, improve speech & language development & level of progress that children & young people make	Domestic Abuse, risk of homelessness & isolation	Children, Families and individuals with a range of Health & Wellbeing needs	
ADDRESS	Outcome	SEFTON RESIDENTS ACCESS EMPLOYMENT, HOUSING, LEISURE & SOCIAL OPPORTUNITIES (STP4)					
	Priority	Provide play, learning, leisure, culture & sporting opportunities	Improve social, emotional & mental health and wellbeing	Improve digital inclusion	Increase employment opportunities (STP4.1)	Reduce families at risk of financial exclusion (STP4.5)	Increase access to affordable housing & reduce homelessness (STP4.6)
	KPI	Number of people entering into employment (STP4.1)	Number people enjoying recreational pursuits	Number of young people not in employment, education or training (STP4.3/4.4)	Number of people accessing training or demonstrating progress to work (STP4.2)	Number of people presenting as homeless (STP4.6)	State of the housing market (STP4.6)
SUPPORT	Outcome	FAMILIES WHERE CHILDREN NEED HELP ARE WELL SUPPORTED (STP3)					
	Priority	Help children to live in safe & supportive families (STP3.1)			Ensure the most vulnerable are protected (STP3.2/3.3/3.4)		
	KPI	Number of children looked after (STP3.4)	Number of children going missing (STP3.5)	Number of repeat contacts	Number of families with CP/CIN Plans is reduced (STP3.2/3.3)	Number of families who have children who are young carers (STP6.4)	
PROMOTE	Outcome	SEFTON RESIDENTS TAKE PRIDE IN THEIR COMMUNITY & MAKE A POSITIVE CONTRIBUTION (STP1)					
	Priority	Increase participation, volunteering, voice and influence	Increase people living independently for longer	Reduce crime and anti-social behaviour (STP1.1/1.2)		Increase positive health outcomes that are related to the neglect of self and others	
	KPI	First time entrants to the criminal justice system (STP1.1/1.6)	Number of people receiving anti-social behaviour interventions (STP1.2)	Reoffending and the use of custody (STP1.1-1.5/5.2)		% of children & young people engaged in positive activities	



INCREASE	Outcome	CHILDREN AND YOUNG PEOPLE HAVE GOOD ATTENDANCE & DO WELL AT ALL LEVELS OF LEARNING (STP2)									
	Priority	Improve attainment & close attainment gaps		Improve early speech, language & communication development		Improve outcomes for children & young people with SEND		Support children to have the best start in life and be ready for learning		Support schools and settings to improve attendance & develop positive behaviour (STP2.1/3.8)	
	KPI	% with good level of development in Early Years	Number of places in good & outstanding Early Years and schools	Number of fixed & perm. exclusions (STP2.2/2.3/2.4)	Attainment gaps for children eligible for free school meals	Primary & secondary school attendance (STP2.1)	% gaining 5 good GCSEs including Maths and English	Destinations of CYP with SEND after they leave school	% children with good achievement at the end of primary school	Number of level 3 qualifications at 19	
REDUCE	Outcome	SEFTON RESIDENTS ARE FREE FROM DOMESTIC ABUSE, NEGLECT OR EXPLOITATION (STP5)									
	Priority	Reduce the number of incidents of domestic abuse (STP5.3)		Increase the early identification & prevention of neglect (STP6.7)		Increase the early identification & prevention of criminal and sexual exploitation (STP1.3/3.6)		Reduce the number of repeat perpetrated offences of domestic abuse (STP5.1)			
	KPI	Number of children at risk of criminal exploitation (STP1.3)		Number of children at risk of CSE (STP3.6)		Number of police call outs for domestic abuse incidents (STP5.2)					
ENGAGE	Outcome	SEFTON RESIDENTS HAVE GOOD MENTAL WELLBEING AND LEAD HEALTHY LIVES (STP6)									
	Priority	Encourage physical activity & healthy eating (STP6.3)		Promote sexual health & positive relationships (STP6.5)		Minimise the misuse of drugs, alcohol & tobacco (STP6.2)		Improve parenting capacity (STP6.3/6.6)		Promote positive inter-parental relationships (STP6.3)	
	KPI	Obesity level (STP6.3)		Number of people taking regular exercise (STP6.3)		Teenage pregnancy rates (STP6.5)		Rates of alcohol & drug related hospital admissions (STP6.2)		Rates of self-harm hospital admissions (STP6.1)	

