

Appendix 3 – Sefton Community First/Family Wellbeing Delivery Model

Through discussion, workshops and engagement sessions with service users, staff and partners a comprehensive offer has been developed which covers Family Wellbeing and of course Community First across each locality. The detailed information below shows clear links to the ASPIRE model to ensure that all service delivery links to the overall outcomes. This summary captures the offer from Sefton services and some existing commissioned services; it does not yet include all aspects the current health offer. Over time the expectation is that this offer will change and will be complimented with the offer from the community, faith and voluntary sector.

From the service offer highlighted here, each centre will develop a timetable which can be shared with service users. In developing the model, we have applied a more consistent traded model for some of the more universal services, yet ensuring a proportion of places are kept available for those families most in need.

The offer below represents an example of the core offer for the locality, which will be replicated across the other localities. Some local differences will emerge as the offer develops and flexes to meet community needs

Locality Offer

ASPIRE Outcome	Priority	Delivery by	Delivery examples:
1. Sefton residents access employment, housing, leisure & social opportunities (STP4)	Provide play, learning, leisure, culture & sporting opportunities	Sefton Community First	<ul style="list-style-type: none"> • Stay and play • Maths L1, L2 • English L1, L2 • Stay and Play Toddler • Duke of Edinburgh's Award • Music groups age 10+ • New beginnings • Personal and social development programmes • Short breaks • Spring brook respite

	Sefton Community First - Active Sefton/Leisure	<ul style="list-style-type: none"> • Active buggies • Active Totz. • Jump into Gymnastics • Be Active • Swimming lessons • Park Nights • LAC Leisure Centre Access • Couch to 5k/Park Run • Bespoke (non-timetabled) programmes (e.g. Active Schools, Health Checks, weight Management) • Active Splash
Improve social, emotional & mental health and wellbeing	Sefton Community First - Library Sites or Outreach	<ul style="list-style-type: none"> • Storytime/rhyme time • Craft Activities • Talks programme • Human library Activities
	Sefton Community First	<ul style="list-style-type: none"> • Baby Yoga ££ • Baby Massage ££ • Baby Mindful ££ • Prambles ££ • Baby and You • Mum and baby Well-being ££ • CBT programmes • Understanding self-harming • New beginnings • Neuro Champions • Understanding stress and stress management • Stepping stones parenting programme • Sleep clinic
	Sefton Community First - Libraries	<ul style="list-style-type: none"> • Reading Groups • Human library activities • Historic Walks Programme

			<ul style="list-style-type: none"> • Reading Groups • Human Library programme • Sefton Lost Voices Programme • Historic Talks Programme • Access to genealogical resources • Free Book Loans 	
	Increase employment opportunities (STP4.1)	ACL ; Hugh Baird; Sefton@work; DWP workers for every early help case	<ul style="list-style-type: none"> • Adult Education • Talent Match 	
		Sefton Community First	<ul style="list-style-type: none"> • Money skills programme • Work experience placements • Peer mentor opportunities 	
		Sefton Community First - Library sites/outreach	<ul style="list-style-type: none"> • Library Job Clubs • Library Business Start Up • Peoples network Computers 	
	Reduce families at risk of financial exclusion (STP4.5)	Welfare Rights, Living well Sefton, Venus	<ul style="list-style-type: none"> • Help with debt management • Financial Management • Housing applications • Benefit application 	
		Sefton Community First	<ul style="list-style-type: none"> • Debt management assessment, advice and signposting 	
	Increase access to affordable housing & reduce homelessness (STP4.6)	Sefton Community First Venus	<ul style="list-style-type: none"> • Support and outreach 	
	Improve digital inclusion	Sefton Community First	<ul style="list-style-type: none"> • Internet café • Digital advantage • Our North photography programme 	
		Sefton Community First - Library Site/Outreach	<ul style="list-style-type: none"> • Library Public WIFI • Digital Eagles sessions 	
	ASPIRE Outcome	Priority	Delivery by	Delivery across localities
2. FAMILIES WHERE CHILDREN NEED	Help children to live in safe & supportive families	Sefton Community First	<ul style="list-style-type: none"> • Safety equipment • Home support/outreach 	

HELP ARE WELL SUPPORTED (STP3)	(STP3.1)		<ul style="list-style-type: none"> • Early Help Assessment • Graded care profile 2 for neglect • AIM 2 assessment • Education Care Health Plan • Independent return interview
	Ensure the most vulnerable are protected (STP3.2/3.3/3.4)	Sefton Community First	<ul style="list-style-type: none"> • Supervised contact sessions • Graded care profile 2 for neglect • AIM 2 assessment • Summer food delivery • Independent return interview
ASPIRE Outcome	Priority	Delivery by	Delivery across localities
3. SEFTON RESIDENTS TAKE PRIDE IN THEIR COMMUNITY & MAKE A POSITIVE CONTRIBUTION (STP1)	Increase participation, volunteering, voice and influence	Sefton Community First	<ul style="list-style-type: none"> • Parent champions • Youth Cabinet • Symbol (Sefton young people making better opportunities with leaders) • Youth Foria • Work experience placements • Peer mentors • Youth Voice • Volunteer programme • Peer mentors • Transitions
		Sefton Community First - Library Sites/outreach	<ul style="list-style-type: none"> • Home visit book loan service
	Increase people living independently for longer	Sefton Community First - Library Sites/outreach	<ul style="list-style-type: none"> • Sefton Lost Voices Volunteers
	Reduce crime and anti-social behaviour (STP1.1/1.2)	Sefton Community First - Active Sefton/Leisure	<ul style="list-style-type: none"> • Park Life

		Sefton Community First	<ul style="list-style-type: none"> • Violent offenders programme • Reality in prison • Challenging Thinking programme • Victim awareness programme • Drug messages from misusers • Weapon and gang programme • Bite the bullet • Escape for parents • Restorative Justice and You • OCCD • Intensive Supervision and Surveillance Programme • Aim 2 - SHB • Understanding Crime and anti-social behaviour • Researching Youth Crime • Youth Bus • Out of court disposal
	Increase positive health outcomes that are related to the neglect of self and others	Sefton Community First	<ul style="list-style-type: none"> • Vitamins • Summer food • Neglect tool • Sleep clinic • C card • Focus groups • Youth Voice • Seeing behind the wall (body image programme). • All young people presenting with low level mental health are screened by Criminal Justice Liaison Diversion Team • All Young People have are seen by YOT nurse and both physical and Mental health are addressed within asset and via referral

		Living well Sefton	<ul style="list-style-type: none"> • Stopping Smoking • Exercising More • Making Every Contact Count
		Health	<ul style="list-style-type: none"> • Baby health club • Promote ant-natal care
ASPIRE Outcome	Priority	Delivery by	Delivery across localities
4. CHILDREN AND YOUNG PEOPLE HAVE GOOD ATTENDANCE & DO WELL AT ALL LEVELS OF LEARNING (STP2)	Improve attainment & close attainment gaps	Sefton Community First	<ul style="list-style-type: none"> • Training and support packages on learning & development; • Support on tracking children's progress • Improved School attendance is part of YOT YP plans post asset • Improving school attendance and access to education is part of assessment and interventions.
		Sefton Community First - Library Sites/outreach	<ul style="list-style-type: none"> • Summer Reading Challenge
	Improve early speech, language & communication development	Sefton Community First	<ul style="list-style-type: none"> • 2 Year Offer • Toddler Read and Rhyme Time • Baby Crawlers • Book Corner • Chatterbox • P.E.C's (picture exchange communication system) • Board maker • Makaton • Intensive support and training for Private, Voluntary and Independent Sector • Support and intervention from speech and language service
	Improve outcomes for children & young people with SEND	Sefton Community First	<ul style="list-style-type: none"> • Early Support Group Children with disabilities • Special Time • Sensory Play

			<ul style="list-style-type: none"> • Two year old offer • Referral support • Summer Respite programme • Short breaks • Direct payments
		Welfare Rights –	<ul style="list-style-type: none"> • Finance advice and support
	Support children to have the best start in life and be ready for learning	Sefton Community First	<ul style="list-style-type: none"> • Dinky Dancers –physical activity sessions ££ • Messy play ££ • Little Stars • Playing to Learn Programme • Relax Kids outreach • Post 5 delivery offer inclusive of a range of personal, social and emotional programmes age 10+.
		Sefton Community First - Library Sites/outreach	<ul style="list-style-type: none"> • Bookstart
	Support schools and settings to improve attendance & develop positive behaviour (STP2.1/3.8)	Sefton Community First	<ul style="list-style-type: none"> • School Readiness Hubs • English as an additional language link with ESOL (English for speakers of other languages)
ASPIRE Outcome	Priority	Delivery by	Delivery across localities
5. SEFTON RESIDENTS ARE FREE FROM DOMESTIC ABUSE, NEGLECT OR EXPLOITATION (STP5)	Reduce the number of incidents of domestic abuse (STP5.3)	Sefton Community First	<ul style="list-style-type: none"> • Domestic violence perpetrators programme • Freedom Project • CAFCASS resources online • Safety Planning • Target Hardening • Restraining Orders/non-molestation orders support • Coping & dealing with Anger Effectively Programme • Like Glue Programme

			<ul style="list-style-type: none"> • ACE's programme (Adverse childhood experiences) • Post 5 Youth Team
		SWACA	<ul style="list-style-type: none"> • Support/counselling/programmes
		Venus	<ul style="list-style-type: none"> • Venus step together project
		Relate	<ul style="list-style-type: none"> • Counselling services
	Increase the early identification & prevention of neglect (STP6.7)	Sefton Community First	<ul style="list-style-type: none"> • Home safety checks/equipment • Graded care Profile • Signs of safety • Early Help Assessment • Assessment, observation direct home visit
	Increase the early identification & prevention of criminal and sexual exploitation (STP1.3/3.6)	Sefton Community First	<ul style="list-style-type: none"> • Direct family work • Understanding CSE and staying safe online • Understanding crime and ASB • Focus groups single gender • Going through changes • Child Criminal Exploitation
Reduce the number of repeat perpetrated offences of domestic abuse (STP5.1)	Sefton Community First	<ul style="list-style-type: none"> • Family work and programmes as mentioned 	
ASPIRE Outcome	Priority	Delivery by	Delivery across localities
6. SEFTON RESIDENTS HAVE GOOD MENTAL WELLBEING AND LEAD HEALTHY	Encourage physical activity & healthy eating (STP6.3)	Sefton Community First	<ul style="list-style-type: none"> • Baby Yoga ££ • Jo Jingles Toddlers ££ (External provider rental charges apply) • Jo Jingles babies • Little Chefs • Top Tots Physical sessions ££

LIVES (STP6)			<ul style="list-style-type: none"> • Monthly Weaning sessions • New beginnings • Seeing behind the wall • Developing confidence and self-esteem programmes • Youth Voice • Short breaks • Parent champions
		Sefton Community First - Active Sefton/Leisure	<ul style="list-style-type: none"> • Feel good fitness 5 ways • Weaning/baby wellbeing • Parent champions • Early help plan • Making Every Contact Count • Active buggies • Jump into Gymnastics • Be Active • Swimming lessons • Park Nights • Leisure Centre Access • Couch to 5k/Park Run • Bespoke (non- timetabled) programmes (e.g. Active Schools, Health Checks, weight Management)
		CVS/Voluntary	<ul style="list-style-type: none"> • Making Every Contact Count
		Healthy Sefton	<ul style="list-style-type: none"> • Feel good fitness 5 ways
		Health: Enhanced HV/Midwife/school nurses	<ul style="list-style-type: none"> • Weaning/baby wellbeing • Children's dietician • Ante-natal parent education • Community midwives booking systems • Family Planning clinics • Well-baby clinic

	Promote sexual health & positive relationships (STP6.5)	Sefton Community First	<ul style="list-style-type: none"> • New Beginnings LGBTQ • C Card distribution • Sexuality A gender: An inclusive sexual health tool kit • Single gender focus groups • Understanding healthy relationships • Don't suffer speak out bullying programme
		Health: school nurses	<ul style="list-style-type: none"> • Out of the box-talk easy/easy talk
		Addaction (commissioned)	<ul style="list-style-type: none"> • To be further developed
		Sefton Drug/Alcohol services (Commissioned)	<ul style="list-style-type: none"> • Advice, support, medication • Animate – living with parents with substance misuse
	Improve parenting capacity (STP6.3/6.6)	Sefton Community First	<ul style="list-style-type: none"> • Mellow Bump • Mellow Parent • Triple P • Strengthening Families Programme • Nurture and Thrive Pathway • Stay and play • Stepping stones • Sleep clinic • Spring Brook respite • ACEs (Adverse childhood experiences) • YOT can explore parenting order via court • Whole family assessment and working • YOT ACE facilitator
	Promote positive inter-parental relationships (STP6.3)	Sefton Community First	<ul style="list-style-type: none"> • Mellow groups-mum/baby/toddler

In determining the new delivery model a small number of existing services and interventions have been reduced or deleted to reflect our commitment to ASPIRE and the changes in staffing these include:

Deleted Services/Reduced:

	South	Central	North
Stay and Play sessions	40% (5-3)	28% (11-8)	55% (11-5)
Baby Wellbeing sessions(Yoga/massage)	Currently only delivered by Health		29% (7-5)
Relax Kids			50% (10-5)
Playing To learn	34% (3-2)	50% (2-1)	50% (2-1)
Parenting Programmes	40% (10-6)		
Counselling Private		100% (1-0)	
NoXcuses	100%	100%	100%