



What is Early Help?

Every family has its ups and downs. Being a parent is hard work and there are no instructions. Sometimes, you or your children may need extra support. This may be before your children are born, when they are very young, or throughout their school years. There is nothing to be ashamed of in asking for help. Early Help helps you recognise what's going well for you, where you may benefit from extra help, and who is the best person to work with you and your family to make this happen.

Early Help is available for children and young people up to the age of 18 and their families and is entirely voluntary, so if you don't think it is right for your child, then you don't have to consent to Early Help.

Early Help support may include parenting, education, employment, healthy living and emotional wellbeing, managing finances, [High Impact Family](#) services, as well as preventing anti-social behaviour. If you need additional support you can talk to a professional who knows your family already.

[Children's Centres](#) provide a range of services for families with children under five. For children and young people aged 0 to 25 with special educational needs and disabilities, you can also have a look at the [SEND Local Offer](#).

[Schools and Colleges](#) apart from education provide a range of services for families over 5, please ask your child's school for their Early Help Offer.

[Health Visiting Teams](#) provide a range of universal and targeted services for families under 5.

For more information speak to your child's school, nursery or a Children Centre or alternatively phone:

Early Help Advice Line:

Tel: 01934 426 329.

Email:

EarlyHelp.AssessmentFeedback@n-somerset.gov.uk



What will happen if I want Early Help Support?

Step one – Talking to known professional about Early Help, who might become your Early Help coordinator.

Step two – listening and talking with you and your family to complete an Early Help Assessment.

Early Help Assessment is a **whole family assessment**, and is about having a meaningful conversation with you and your family about yours and theirs strengths and challenges, working out what you and your family need and pulling in the right people to provide support.

Step three- Meeting

Following an Early Help assessment you will be invited for a meeting with different people who could help your family. This is called:

Team Around the Family (TAF) meeting. At the meeting you and other professionals will create a plan with goals and actions and what support is available for you to achieve them. A plan will be agreed saying who is going to do what and when.

Step Four- Delivery of Early Help Agencies will work together to deliver actions which, have been put in the plan.

Step Five – Review/Closure

You will be invited for another TAF meeting to review the progress, it may be decided that you have completed the plan and do not need any further support then your case will be closed or the support will continue.

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