

North Somerset Early Help

What is Early Help?

Early help means using the community of support around your family to make sure small problems don't become big problems.

It's a way for families, children, and young people of any age to get help as early as possible. Early help involves talking with you and your family to understand what your needs are, and then finding the people who can give you the best help. This could be for things like finances, housing, learning, health, parenting support, and more.

It is not a single service, tool, or assessment; it is a safety net of services and organisations in your community who work together to get you the right support at the right time, from the right people.

I need Early Help because...

I have some worries about my family or myself, but I don't know what to do about them

I am a carer, or my child is a young carer, and I need help

I'm worried about my child's education

I have problems in my family which are making life harder

There are so many things worrying me, and I want to talk to someone to get help

I'm worried about my child's (or my own) mental health

I'm worried about my child's health

My child has an additional need or disability and I need support

I'm worried about money, housing, benefits, or bills

You can ask about Early Help if you have any concerns about your child, family, or yourself

Where can I get Early Help?

If you feel like you or your family need support, you can ask someone you trust about getting Early Help. This could be a teacher or safeguarding officer at school, a healthcare professional, a community or voluntary organisation, or any professional who helps children and young people in North Somerset.

One of these people may approach you to ask if you would like to talk about Early Help if they are concerned about you or your child. It is your choice whether or not to have Early Help support.

Early Help can come from any of the support services in your community which support you with things like:

- parenting
- family relationships
- childcare
- mental and physical health
- special educational needs and disabilities (SEND) support
- housing
- money
- employment
- social care
- education

What does Early Help look like?

The support you get should be based around your specific needs. This is why Early Help in North Somerset is linked to the Continuum of Need.

The Continuum of Need helps professionals match support services in the local area to the child's level of need. Using the Continuum of Need is about working together to figure out how much support you need with whatever might be happening in your life at that moment.

- ***Universal Support** – support that every child and family should get to thrive
- Additional Support** – extra help with issues you may be facing
- Targeted Support** – intervention support from more than one service
- Specialist Support** – help from statutory agencies in a coordinated, multi-agency approach

*Effective Support for Children, Young People, and Families – NSSCP

What happens when I ask for Early Help?

You will have a conversation with your trusted person about the problems you are having and what help and support you need, as well as what you think is working well for you. You can involve your child in this conversation so that they can share anything they want help with too

Using your responses to their questions, you can work with your trusted person to understand where you might be on the Continuum of Need so that you can plan the right support for your specific needs

You may create a plan for support with the person you have worked with to set goals and check in later on to see if you need more support

What happens next will be different for each family

You may need a higher level of support, and you will be supported to get the help you need

How can I find out more?



You can speak to a safeguarding lead, teacher, community organisation, healthcare professional, or family wellbeing link officer



You can use the North Somerset Council website to learn more