
BEDFORD BOROUGH COUNCIL
YOUNG MINDS

EALING COUNCIL
TACKLING FGM

HARINGEY COUNCIL
THE ANCHOR PROJECT

HERTFORDSHIRE COUNTY COUNCIL
FAMILY SAFEGUARDING

LINCOLNSHIRE COUNTY COUNCIL
LINCOLNSHIRE HEALTHY MINDS

All children and young people should have the opportunity to enjoy their lives; to be happy and healthy; be given the support they need to work through challenges; and helped to develop the resilience, knowledge and skills to thrive.

Helping children and young people to fulfil their potential is a key ambition of all councils. We know that children and young people's chances of thriving dramatically increase the earlier we provide help.

All around the country, councils are finding innovative, creative and effective ways to help children and families look forward to a bright future – here's just a few examples.

CLICK ON THE LINKS TO READ MORE



PORTSMOUTH CITY COUNCIL
UP2U: CREATING HEALTHY
RELATIONSHIPS

SEFTON COUNCIL
NEW BEGINNINGS

STAFFORDSHIRE COUNTY COUNCIL
BREATHING SPACE

SUTTON COUNCIL
FAMILY GROUP CONFERENCES

#gettingthebest
www.local.gov.uk/bright-futures

BEDFORD BOROUGH COUNCIL
YOUNG MINDS

EALING COUNCIL
TACKLING FGM

HARINGEY COUNCIL
THE ANCHOR PROJECT

HERTFORDSHIRE COUNTY COUNCIL
FAMILY SAFEGUARDING

LINCOLNSHIRE COUNTY COUNCIL
LINCOLNSHIRE HEALTHY MINDS

Young Minds Yoga is a weekly exercise session giving young people the chance to relax and discuss problems with professionals, plus help reduce the impact and severity of mental health problems. Their parents or carers can also stay and chat to children and adolescent mental health services (CAMHS) staff or each other providing peer-to-peer support.

“I was diagnosed with autism recently. My support worker Gemma suggested I join in with the Young Minds Yoga classes (run by Bedford Borough Council with the NHS CAMHS services), for young people struggling with their mental health. I wouldn't normally go to a class, but she pushed me to. When I am having a hard time I feel anxious, trapped and confused so I was hoping it would help me to relax.

I get anxious around new people and it can be hard to get to know them. Before my first session I was nervous. It was difficult for me to go into the room.

PORTSMOUTH CITY COUNCIL
UP2U: CREATING HEALTHY
RELATIONSHIPS

SEFTON COUNCIL
NEW BEGINNINGS

STAFFORDSHIRE COUNTY COUNCIL
BREATHING SPACE

SUTTON COUNCIL
FAMILY GROUP CONFERENCES



BEDFORD BOROUGH COUNCIL
YOUNG MINDS

EALING COUNCIL
TACKLING FGM

HARINGEY COUNCIL
THE ANCHOR PROJECT

HERTFORDSHIRE COUNTY COUNCIL
FAMILY SAFEGUARDING

LINCOLNSHIRE COUNTY COUNCIL
LINCOLNSHIRE HEALTHY MINDS

But it was nice being in class together and I was more comfortable with people with similar conditions.

I'd never done yoga before. Once I started the class it was really good, especially the group exercise. You didn't have to talk to people if you didn't want to, but I liked being around other people I could speak to if I wanted. I feel more relaxed after classes.

I think using sports to help people with conditions like mine is positive – it gives you motivation to carry on, and I need a place where I can meet other people like me and talk.

Exercise helps me take my mind off things.”

Sarah, 14

You can find out more about this innovative case study at www.local.gov.uk/bright-futures



PORTSMOUTH CITY COUNCIL
UP2U: CREATING HEALTHY
RELATIONSHIPS

SEFTON COUNCIL
NEW BEGINNINGS

STAFFORDSHIRE COUNTY COUNCIL
BREATHING SPACE

SUTTON COUNCIL
FAMILY GROUP CONFERENCES

BEDFORD BOROUGH COUNCIL
YOUNG MINDS

EALING COUNCIL
TACKLING FGM

HARINGEY COUNCIL
THE ANCHOR PROJECT

HERTFORDSHIRE COUNTY COUNCIL
FAMILY SAFEGUARDING

LINCOLNSHIRE COUNTY COUNCIL
LINCOLNSHIRE HEALTHY MINDS

Ealing Council is working to tackle female genital mutilation (FGM) in the borough. This three-year project helps primary schools to raise awareness with staff, parents, pupils and the local community. Led by Hoda Ali, FGM survivor, together with the council, schools receive resources and support to raise awareness of FGM among the entire school community. There is also signposting to support for mothers who have undergone FGM themselves.

“I was seven when I was cut, in Somalia. FGM is quite different where I was from. Rather than being done under the radar, it was seen as a day of celebration and, to me looking back, I remember thinking that it was the day that I turned into a woman.

After I went through it I was admitted to a hospital for a long stay as it was causing me many problems. We were lucky to get out and find good quality hospitals outside of the country that could look after me. I thought that

PORTSMOUTH CITY COUNCIL
UP2U: CREATING HEALTHY
RELATIONSHIPS

SEFTON COUNCIL
NEW BEGINNINGS

STAFFORDSHIRE COUNTY COUNCIL
BREATHING SPACE

SUTTON COUNCIL
FAMILY GROUP CONFERENCES



BEDFORD BOROUGH COUNCIL
YOUNG MINDS

EALING COUNCIL
TACKLING FGM

HARINGEY COUNCIL
THE ANCHOR PROJECT

HERTFORDSHIRE COUNTY COUNCIL
FAMILY SAFEGUARDING

LINCOLNSHIRE COUNTY COUNCIL
LINCOLNSHIRE HEALTHY MINDS

most of the issues that FGM had caused me were over, but since then I have had to deal with numerous other problems.

This includes being told that I would not be able to have children with my partner. This is why I have decided to keep fighting to make sure that we create a world without FGM. FGM is child abuse, full stop.

According to estimates by City University, in England there are 137,000 girls and women living with FGM, and 144,000 girls at risk of it.¹

I think that the safeguarding sessions we are delivering are vital and will help to raise awareness with children, parents and staff. I wish that we'd had these sessions when I was a child as I believe it is vital that young people know how to keep themselves safe and who to go to if they are worried for themselves or a friend. For parents,

https://www.city.ac.uk/_data/assets/pdf_file/0004/282388/FGM-statistics-final-report-21-07-15-released-text.pdf

PORTSMOUTH CITY COUNCIL
UP2U: CREATING HEALTHY
RELATIONSHIPS

SEFTON COUNCIL
NEW BEGINNINGS

STAFFORDSHIRE COUNTY COUNCIL
BREATHING SPACE

SUTTON COUNCIL
FAMILY GROUP CONFERENCES



BEDFORD BOROUGH COUNCIL
YOUNG MINDS

EALING COUNCIL
TACKLING FGM

HARINGEY COUNCIL
THE ANCHOR PROJECT

HERTFORDSHIRE COUNTY COUNCIL
FAMILY SAFEGUARDING

LINCOLNSHIRE COUNTY COUNCIL
LINCOLNSHIRE HEALTHY MINDS

it is important that they understand what FGM is, but also that they know and understand the law around it.

It has been a taboo subject so we need a safe space for parents to discuss it and their concerns. The more people are aware, the more we can stand together to end FGM."

Hoda, FGM survivor



You can find out more about this innovative case study at www.local.gov.uk/bright-futures

PORTSMOUTH CITY COUNCIL
UP2U: CREATING HEALTHY
RELATIONSHIPS

SEFTON COUNCIL
NEW BEGINNINGS

STAFFORDSHIRE COUNTY COUNCIL
BREATHING SPACE

SUTTON COUNCIL
FAMILY GROUP CONFERENCES



BEDFORD BOROUGH COUNCIL
YOUNG MINDS

EALING COUNCIL
TACKLING FGM

HARINGEY COUNCIL
THE ANCHOR PROJECT

HERTFORDSHIRE COUNTY COUNCIL
FAMILY SAFEGUARDING

LINCOLNSHIRE COUNTY COUNCIL
LINCOLNSHIRE HEALTHY MINDS

Haringey's Anchor Project is an early intervention that uses attachment and trauma theory to support the emotional wellbeing and mental health of children. This innovative programme supports front line staff working with children to use straightforward strategies based on research, which can be applied every day. These help children displaying challenging behaviour, at low cost, to remain in mainstream education and community groups.

The project supports both universal service delivery and targeted work with children causing concern. Aims include mitigating against difficult childhood experiences, increased attainment, reduced exclusion and higher levels of emotional wellbeing and mental health amongst young people.

"We knew that many of our children were struggling with their emotions. We had a small but significant number of children who would lash out, shout, scream and even

PORTSMOUTH CITY COUNCIL
UP2U: CREATING HEALTHY
RELATIONSHIPS

SEFTON COUNCIL
NEW BEGINNINGS

STAFFORDSHIRE COUNTY COUNCIL
BREATHING SPACE

SUTTON COUNCIL
FAMILY GROUP CONFERENCES



BEDFORD BOROUGH COUNCIL
YOUNG MINDS

EALING COUNCIL
TACKLING FGM

HARINGEY COUNCIL
THE ANCHOR PROJECT

HERTFORDSHIRE COUNTY COUNCIL
FAMILY SAFEGUARDING

LINCOLNSHIRE COUNTY COUNCIL
LINCOLNSHIRE HEALTHY MINDS

tear down displays. This was the only way they could communicate their feelings of frustration and fear of losing control.

We are lucky to have a range of support services in school, including play and music therapists and learning mentors. However, that extra support can't always be available. When you're in a classroom with a child who is clearly stressed, it can be very difficult.

Historically, the child would be removed from the classroom, but this approach can easily lead to a downwards spiral and even exclusion, as well as not really supporting the adult or child. As a school we wanted to find a different approach that would help change the outcome for our most vulnerable pupils, families and the whole school community.

The Anchor Project has shown us how to support children and families in a different way – to recognise the root

PORTSMOUTH CITY COUNCIL
UP2U: CREATING HEALTHY
RELATIONSHIPS

SEFTON COUNCIL
NEW BEGINNINGS

STAFFORDSHIRE COUNTY COUNCIL
BREATHING SPACE

SUTTON COUNCIL
FAMILY GROUP CONFERENCES



BEDFORD BOROUGH COUNCIL
YOUNG MINDS

EALING COUNCIL
TACKLING FGM

HARINGEY COUNCIL
THE ANCHOR PROJECT

HERTFORDSHIRE COUNTY COUNCIL
FAMILY SAFEGUARDING

LINCOLNSHIRE COUNTY COUNCIL
LINCOLNSHIRE HEALTHY MINDS

emotion, rather than responding only to the aggression or disruption. It helps us separate the behaviour from the child. It has also given us a different way to talk about behaviour concerns and deescalate volatile situations.

It's made a huge difference in our school. Our number of exclusions has reduced considerably. Now children who had previously taken 40 minutes to calm themselves take at most five. Children who used to run away from difficult situations are now talking through their emotions and agreeing on what they can do to help themselves stay calm.

It's been amazing how small gestures or words can help children feel safe and part of the school community. I think that teachers and adults are now more confident and able to use strategies to manage situations that would previously have meant high levels of anxiety for all concerned.

PORTSMOUTH CITY COUNCIL
UP2U: CREATING HEALTHY
RELATIONSHIPS

SEFTON COUNCIL
NEW BEGINNINGS

STAFFORDSHIRE COUNTY COUNCIL
BREATHING SPACE

SUTTON COUNCIL
FAMILY GROUP CONFERENCES



BEDFORD BOROUGH COUNCIL
YOUNG MINDS

EALING COUNCIL
TACKLING FGM

HARINGEY COUNCIL
THE ANCHOR PROJECT

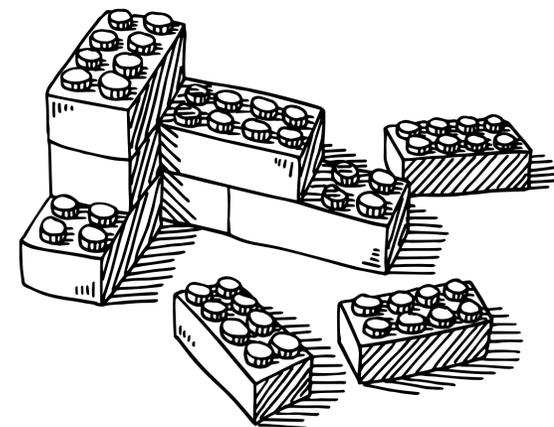
HERTFORDSHIRE COUNTY COUNCIL
FAMILY SAFEGUARDING

LINCOLNSHIRE COUNTY COUNCIL
LINCOLNSHIRE HEALTHY MINDS

We're teaching our children how better to manage their feelings and develop resilience, into secondary school and beyond. We are also teaching ourselves to manage our own feelings and emotions so that we are better role models for the pupils in our care.

The Anchor Project has been great for our school in that it has required us to take a long hard look at ourselves and how we deal with challenging behaviour.

Eta, Assistant Headteacher



You can find out more about this innovative case study at www.local.gov.uk/bright-futures

PORTSMOUTH CITY COUNCIL
UP2U: CREATING HEALTHY
RELATIONSHIPS

SEFTON COUNCIL
NEW BEGINNINGS

STAFFORDSHIRE COUNTY COUNCIL
BREATHING SPACE

SUTTON COUNCIL
FAMILY GROUP CONFERENCES



BEDFORD BOROUGH COUNCIL
YOUNG MINDS

EALING COUNCIL
TACKLING FGM

HARINGEY COUNCIL
THE ANCHOR PROJECT

HERTFORDSHIRE COUNTY COUNCIL
FAMILY SAFEGUARDING

LINCOLNSHIRE COUNTY COUNCIL
LINCOLNSHIRE HEALTHY MINDS

The Family Safeguarding project allows multi-agency teams to focus on direct, relationship-based therapeutic work. The aim is to transform the family life of children at the highest risk in the Hertfordshire community, not to monitor it.

“I’ve always had anxiety and an eating disorder But I was managing it. It was only after I got together with my children’s dad and they were born, that I felt out of control. He was abusive towards me and I felt like I losing myself. I was on a lot of tablets it was all a muddle. My kids were difficult – they didn’t spend time together, they were even hitting me. I found it hard to spend time with them. I love my children so much but I wasn’t in control.

Social services got involved when my child had an accident. I was in a bad place and I felt really alone – I felt like with the social involved, it was over. But they really helped me become the parent I wanted to be.

PORTSMOUTH CITY COUNCIL
UP2U: CREATING HEALTHY
RELATIONSHIPS

SEFTON COUNCIL
NEW BEGINNINGS

STAFFORDSHIRE COUNTY COUNCIL
BREATHING SPACE

SUTTON COUNCIL
FAMILY GROUP CONFERENCES



BEDFORD BOROUGH COUNCIL
YOUNG MINDS

EALING COUNCIL
TACKLING FGM

HARINGEY COUNCIL
THE ANCHOR PROJECT

HERTFORDSHIRE COUNTY COUNCIL
FAMILY SAFEGUARDING

LINCOLNSHIRE COUNTY COUNCIL
LINCOLNSHIRE HEALTHY MINDS

Donna, my social worker, would come by at 7.00am to help me develop a routine with the kids. She started showing me that I needed to be the parent. She helped me get a morning plan, and set myself goals. She set me tasks and got me on course. I joined a ten week domestic abuse course and had one-to-one support for my mental health issues. I noticed that my kids start talking to me more, interacting. Before I'd struggle just going to the shops or the park with them, but with Donna's help I started to feel on top of things, that my voice was being heard.

I could see the little things clearer. When you're in the mindset of panic, you can't see how to be with your children.

My older son still struggles with his speech, and being with other children. He's getting help with that. But now my children play together and it's just lovely. They feel safe and know they have choices. Within six months social

PORTSMOUTH CITY COUNCIL
UP2U: CREATING HEALTHY
RELATIONSHIPS

SEFTON COUNCIL
NEW BEGINNINGS

STAFFORDSHIRE COUNTY COUNCIL
BREATHING SPACE

SUTTON COUNCIL
FAMILY GROUP CONFERENCES



BEDFORD BOROUGH COUNCIL
YOUNG MINDS

EALING COUNCIL
TACKLING FGM

HARINGEY COUNCIL
THE ANCHOR PROJECT

HERTFORDSHIRE COUNTY COUNCIL
FAMILY SAFEGUARDING

LINCOLNSHIRE COUNTY COUNCIL
LINCOLNSHIRE HEALTHY MINDS

services closed my case. I was really proud of myself. Today me and my younger son went for lunch. I could never have dreamed we'd do that before. I'm doing a maths and English course and in September I'm going back to school. I'm not a bad mum; I just needed help. I hold my head up high these days."

Angelina, parent



You can find out more about this innovative case study at www.local.gov.uk/bright-futures

PORTSMOUTH CITY COUNCIL
UP2U: CREATING HEALTHY
RELATIONSHIPS

SEFTON COUNCIL
NEW BEGINNINGS

STAFFORDSHIRE COUNTY COUNCIL
BREATHING SPACE

SUTTON COUNCIL
FAMILY GROUP CONFERENCES



BEDFORD BOROUGH COUNCIL
YOUNG MINDS

EALING COUNCIL
TACKLING FGM

HARINGEY COUNCIL
THE ANCHOR PROJECT

HERTFORDSHIRE COUNTY COUNCIL
FAMILY SAFEGUARDING

LINCOLNSHIRE COUNTY COUNCIL
LINCOLNSHIRE HEALTHY MINDS

The Healthy Minds Lincolnshire Service is a partnership to support emotional wellbeing needs of young people, focusing on early intervention, promoting resilience and the prevention of emotional wellbeing concerns escalating to mental health issues.

Qualified practitioners deliver direct evidence-based interventions to children and young people up to the age of 19 (25 if a care leaver or SEND). Priority is given to vulnerable groups; however, the service is for all who are experiencing emotional wellbeing concerns who do not meet the eligibility for other available services, thus impacting on their ability to thrive.

My son Taylor has autism and he was having a period of bad anxiety at school. He'd be very quiet, he was saying he felt poorly all the time, typical tummy aches, that kind of thing. He was getting really distressed at the thought of going to school. He was having days off every week –

PORTSMOUTH CITY COUNCIL
UP2U: CREATING HEALTHY
RELATIONSHIPS

SEFTON COUNCIL
NEW BEGINNINGS

STAFFORDSHIRE COUNTY COUNCIL
BREATHING SPACE

SUTTON COUNCIL
FAMILY GROUP CONFERENCES



BEDFORD BOROUGH COUNCIL
YOUNG MINDS

EALING COUNCIL
TACKLING FGM

HARINGEY COUNCIL
THE ANCHOR PROJECT

HERTFORDSHIRE COUNTY COUNCIL
FAMILY SAFEGUARDING

LINCOLNSHIRE COUNTY COUNCIL
LINCOLNSHIRE HEALTHY MINDS

we were getting letters home. His school said the Healthy Minds service might be able to help.

They got in contact really quickly, whereas when we were referred to CAMHS we had to wait at least three months. Children can't get deal with things like adults do and you just want to get help as quickly as possible.

Healthy Minds came along at just the right time. They got him seen in in a week or two and saw him at school, so we didn't have to take him out. That was brilliant – it's a familiar setting, and with his autism going somewhere unfamiliar can be difficult.

He had five or six weeks of roughly one hour sessions. I sat in on the first one, to run through what was going to happen. After that he had the next sessions on his own with Rosemary, his support worker. He talked about how he felt and she gave him techniques to help him overcome the anxiety. She also worked with his special

PORTSMOUTH CITY COUNCIL
UP2U: CREATING HEALTHY
RELATIONSHIPS

SEFTON COUNCIL
NEW BEGINNINGS

STAFFORDSHIRE COUNTY COUNCIL
BREATHING SPACE

SUTTON COUNCIL
FAMILY GROUP CONFERENCES



BEDFORD BOROUGH COUNCIL
YOUNG MINDS

EALING COUNCIL
TACKLING FGM

HARINGEY COUNCIL
THE ANCHOR PROJECT

HERTFORDSHIRE COUNTY COUNCIL
FAMILY SAFEGUARDING

LINCOLNSHIRE COUNTY COUNCIL
LINCOLNSHIRE HEALTHY MINDS

needs coordinator to make sure it was all joined up and she kept me in the loop ,which was great.

Taylor really improved. The coping techniques he was shown – they're not anything drastic, things like cards he can look at when he's feeling anxious, but they helped him keep calm and not get angry when he felt people were being unkind. Talking things through has really helped to get stuff in perspective. He's really improved and the school agreed. His attendance has gone right back up. It was a really stressful time but things are a lot calmer and positive.

Lisa, parent

You can find out more about this innovative case study at www.local.gov.uk/bright-futures



PORTSMOUTH CITY COUNCIL
UP2U: CREATING HEALTHY
RELATIONSHIPS

SEFTON COUNCIL
NEW BEGINNINGS

STAFFORDSHIRE COUNTY COUNCIL
BREATHING SPACE

SUTTON COUNCIL
FAMILY GROUP CONFERENCES

BEDFORD BOROUGH COUNCIL
YOUNG MINDS

EALING COUNCIL
TACKLING FGM

HARINGEY COUNCIL
THE ANCHOR PROJECT

HERTFORDSHIRE COUNTY COUNCIL
FAMILY SAFEGUARDING

LINCOLNSHIRE COUNTY COUNCIL
LINCOLNSHIRE HEALTHY MINDS

Dan and his family are working with Up2U, a programme for people who use domestically abusive and unhealthy behaviours in their relationships. As part of that, the service will work with 100 high risk families, offering support for parents, children and young people alongside intervention work with the parents who use domestically unhealthy/abusive behaviours to prevent the families continually returning to the same services. Up2U hopes to break the cycles of behaviour for the whole family.

“I’ve been with Elisha for four years. It was good at first and we were happy. We had our first boy quite quickly – he’s four and our second’s three months. They’re great.

But then things got hard and we were falling apart. Elisha moved out. The social workers were involved and worried about our children. I felt I didn’t have anyone, which made it even harder to be around people. I was very depressed and in trouble, and then I ended up in court. Seeing Elisha

PORTSMOUTH CITY COUNCIL
UP2U: CREATING HEALTHY
RELATIONSHIPS

SEFTON COUNCIL
NEW BEGINNINGS

STAFFORDSHIRE COUNTY COUNCIL
BREATHING SPACE

SUTTON COUNCIL
FAMILY GROUP CONFERENCES



BEDFORD BOROUGH COUNCIL
YOUNG MINDS

EALING COUNCIL
TACKLING FGM

HARINGEY COUNCIL
THE ANCHOR PROJECT

HERTFORDSHIRE COUNTY COUNCIL
FAMILY SAFEGUARDING

LINCOLNSHIRE COUNTY COUNCIL
LINCOLNSHIRE HEALTHY MINDS

crying made me know I wanted things to change.

My social worker put me in touch with Up2U and they made me feel really comfortable. My social worker is a man, which actually helps.

I feel like they've helped me be more mature. I never used to be able to open up and the interventions have helped me with that. They're one-to-one and we think about how to actually sit down and talk through arguments, rather than walk away. We work on thinking positively and negatively.

We also talk about how to step back from things that could get me in trouble. I feel like I have more control. I used to lose my temper really quickly, but now I'm much calmer.

My main goal is for my family to get to the point where we're out of the social system and Elisha and me are looking after our children ourselves. I'm really hopeful

PORTSMOUTH CITY COUNCIL
UP2U: CREATING HEALTHY
RELATIONSHIPS

SEFTON COUNCIL
NEW BEGINNINGS

STAFFORDSHIRE COUNTY COUNCIL
BREATHING SPACE

SUTTON COUNCIL
FAMILY GROUP CONFERENCES



BEDFORD BOROUGH COUNCIL
YOUNG MINDS

EALING COUNCIL
TACKLING FGM

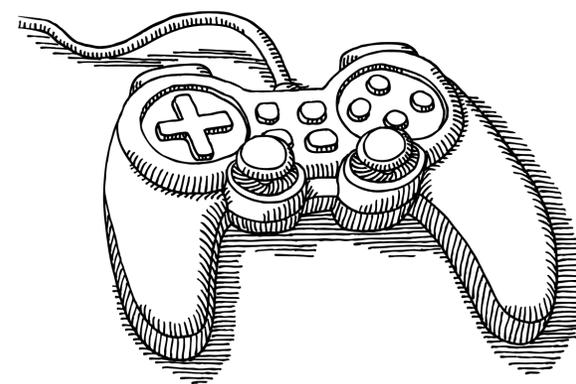
HARINGEY COUNCIL
THE ANCHOR PROJECT

HERTFORDSHIRE COUNTY COUNCIL
FAMILY SAFEGUARDING

LINCOLNSHIRE COUNTY COUNCIL
LINCOLNSHIRE HEALTHY MINDS

and we're working towards that with our social workers. I never used to go out with my kids, especially when me and Elisha were falling out. But now we do – to the woods, the funfair, the park. I feel really positive about the future."

Dan, parent



You can find out more about this innovative case study at www.local.gov.uk/bright-futures

PORTSMOUTH CITY COUNCIL
UP2U: CREATING HEALTHY
RELATIONSHIPS

SEFTON COUNCIL
NEW BEGINNINGS

STAFFORDSHIRE COUNTY COUNCIL
BREATHING SPACE

SUTTON COUNCIL
FAMILY GROUP CONFERENCES



BEDFORD BOROUGH COUNCIL
YOUNG MINDS

EALING COUNCIL
TACKLING FGM

HARINGEY COUNCIL
THE ANCHOR PROJECT

HERTFORDSHIRE COUNTY COUNCIL
FAMILY SAFEGUARDING

LINCOLNSHIRE COUNTY COUNCIL
LINCOLNSHIRE HEALTHY MINDS

The New Beginnings LGBT youth group provides a safe place for young people, many of whom have struggled with self-esteem issues and self-harm, to be and find out who they are. The group also supports parents and delivers sessions with police cadets and in schools to create inclusive environments.

“I always knew I wasn’t the girliest of girls. Growing up I’d try wearing dresses but it didn’t feel right; I didn’t know anyone else like me. When I was ten, I found the word for how I felt – trans. I came out when I was 13, to my mum.

Since then I’ve started telling my family and friends. I’m lucky – everyone’s been really accepting.

But I still felt very isolated and didn’t have anyone to talk to. I didn’t know anyone who was part of the LGBT community. People at school didn’t know about being LGBT. Everyone asks questions and wants to know more, which it isn’t a bad thing, but it’s overwhelming.

PORTSMOUTH CITY COUNCIL
UP2U: CREATING HEALTHY
RELATIONSHIPS

SEFTON COUNCIL
NEW BEGINNINGS

STAFFORDSHIRE COUNTY COUNCIL
BREATHING SPACE

SUTTON COUNCIL
FAMILY GROUP CONFERENCES



BEDFORD BOROUGH COUNCIL
YOUNG MINDS

EALING COUNCIL
TACKLING FGM

HARINGEY COUNCIL
THE ANCHOR PROJECT

HERTFORDSHIRE COUNTY COUNCIL
FAMILY SAFEGUARDING

LINCOLNSHIRE COUNTY COUNCIL
LINCOLNSHIRE HEALTHY MINDS

My mum found out about New Beginnings. When we reached out they were very open and friendly. It's a connection that's not about hobbies or things like that – it's about talking about the stuff you can't discuss with people normally.

We do a lot of group work, talking about issues that matter when you're LGBT, like staying safe. There's at most ten of us. Sue, the youth worker, is always available which makes a big difference.

New Beginnings has become an outlet for everyone to talk about how we're feeling, without being labelled. Now I have more self-confidence I've managed to go out with some of the people from the group, to the cinema and the shops. It's made me a more social person.

I've got mixed emotions about the next stage of my life – I'm nervous but also very happy and excited. I'm on a journey – there's going to be ups and downs but as a

PORTSMOUTH CITY COUNCIL
UP2U: CREATING HEALTHY
RELATIONSHIPS

SEFTON COUNCIL
NEW BEGINNINGS

STAFFORDSHIRE COUNTY COUNCIL
BREATHING SPACE

SUTTON COUNCIL
FAMILY GROUP CONFERENCES



BEDFORD BOROUGH COUNCIL
YOUNG MINDS

EALING COUNCIL
TACKLING FGM

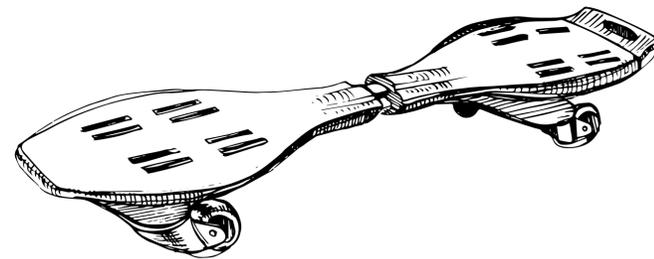
HARINGEY COUNCIL
THE ANCHOR PROJECT

HERTFORDSHIRE COUNTY COUNCIL
FAMILY SAFEGUARDING

LINCOLNSHIRE COUNTY COUNCIL
LINCOLNSHIRE HEALTHY MINDS

group, even though it's not easy, we're there supporting each other through it."

Marco, 14



You can find out more about this innovative case study at www.local.gov.uk/bright-futures

PORTSMOUTH CITY COUNCIL
UP2U: CREATING HEALTHY
RELATIONSHIPS

SEFTON COUNCIL
NEW BEGINNINGS

STAFFORDSHIRE COUNTY COUNCIL
BREATHING SPACE

SUTTON COUNCIL
FAMILY GROUP CONFERENCES

BEDFORD BOROUGH COUNCIL
YOUNG MINDS

EALING COUNCIL
TACKLING FGM

HARINGEY COUNCIL
THE ANCHOR PROJECT

HERTFORDSHIRE COUNTY COUNCIL
FAMILY SAFEGUARDING

LINCOLNSHIRE COUNTY COUNCIL
LINCOLNSHIRE HEALTHY MINDS

Staffordshire's Breathing Space programme works with mothers and families who have previously had a child taken into care, and are pregnant again. By working with families to make sure that they can give their child the care it needs to live a happy and healthy life, they can keep their child at home, changing the lives of the most vulnerable for the better.

It's part of the council's Edge Of Care service, which targets an innovative package of intensive support to families on the edge of care, in order to change the lives of our most vulnerable families for the better and avoiding the need for costly, statutory intervention.

"I've had three children taken away from me. Two were adopted and I was really angry at my social workers. They just took them away and I wasn't sure what went wrong. I know I was struggling, but I felt I didn't have any support. Now I've got a new partner, and he's great, but I felt that our social workers had already made up their mind to take

PORTSMOUTH CITY COUNCIL
UP2U: CREATING HEALTHY
RELATIONSHIPS

SEFTON COUNCIL
NEW BEGINNINGS

STAFFORDSHIRE COUNTY COUNCIL
BREATHING SPACE

SUTTON COUNCIL
FAMILY GROUP CONFERENCES



BEDFORD BOROUGH COUNCIL
YOUNG MINDS

EALING COUNCIL
TACKLING FGM

HARINGEY COUNCIL
THE ANCHOR PROJECT

HERTFORDSHIRE COUNTY COUNCIL
FAMILY SAFEGUARDING

LINCOLNSHIRE COUNTY COUNCIL
LINCOLNSHIRE HEALTHY MINDS

the baby away from me. I am really overweight and was worried about this. I was depressed and struggling to get out of the house and go to the doctors or hospital because of my panic attacks. I really didn't want to lose another baby."

Emily and Joe's family support worker was concerned that if improvements were not made, the new child would be on the cusp of going into care when born. The Breathing Space programme engages expectant parents in practical parenting programmes completed prior to the birth of a child.

Emily's mental health issues and weight meant she found it difficult to attend doctors meetings and ante-natal appointments. Ways were put into place to help her attend meetings, and her family support worker came along to a number of appointments. A special bariatric bed was made available for the birth to support Emily's weight.

PORTSMOUTH CITY COUNCIL
UP2U: CREATING HEALTHY
RELATIONSHIPS

SEFTON COUNCIL
NEW BEGINNINGS

STAFFORDSHIRE COUNTY COUNCIL
BREATHING SPACE

SUTTON COUNCIL
FAMILY GROUP CONFERENCES



BEDFORD BOROUGH COUNCIL
YOUNG MINDS

EALING COUNCIL
TACKLING FGM

HARINGEY COUNCIL
THE ANCHOR PROJECT

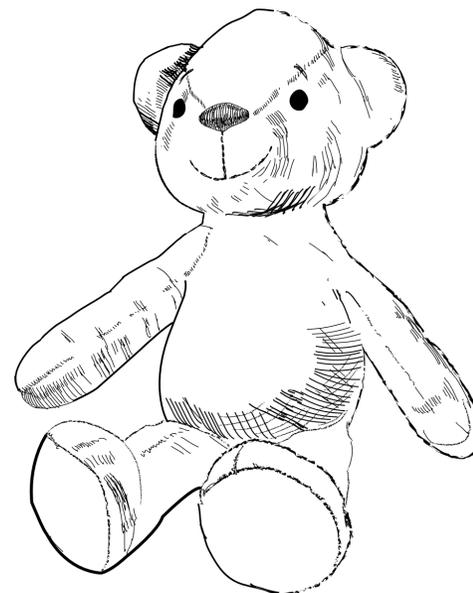
HERTFORDSHIRE COUNTY COUNCIL
FAMILY SAFEGUARDING

LINCOLNSHIRE COUNTY COUNCIL
LINCOLNSHIRE HEALTHY MINDS

Emily and Joe's baby has now been born and is still in the family's care. They continue to receive support with a family support worker visiting three times a week to ensure their baby remains safe, happy and healthy.

"I'm so thankful for all the work our social workers have done for me and my family. I was nervous about becoming a first time dad and really wanted to do right by our baby. They always headed us in the right direction and with help and support my little one was allowed home with us."

Emily and Joe, Staffordshire



You can find out more about this innovative case study at www.local.gov.uk/bright-futures

PORTSMOUTH CITY COUNCIL
UP2U: CREATING HEALTHY
RELATIONSHIPS

SEFTON COUNCIL
NEW BEGINNINGS

STAFFORDSHIRE COUNTY COUNCIL
BREATHING SPACE

SUTTON COUNCIL
FAMILY GROUP CONFERENCES

BEDFORD BOROUGH COUNCIL
YOUNG MINDS

EALING COUNCIL
TACKLING FGM

HARINGEY COUNCIL
THE ANCHOR PROJECT

HERTFORDSHIRE COUNTY COUNCIL
FAMILY SAFEGUARDING

LINCOLNSHIRE COUNTY COUNCIL
LINCOLNSHIRE HEALTHY MINDS

Early help family group conferences are at the heart of a new collaborative and restorative approach to support families at Sutton Council. Family members lead a conference with their wider family and close friends. Together they talk through problems, generate solutions and create a plan.

The facilitated process is designed to be respectful and make the most of everyone's skills and strengths. By developing their own solutions, families often move forward without the need for traditional interventions. Building on well-established approaches used in more complex cases this new service is being made available to more families.

"I'm a single young mum to a seven year old. It didn't work out with her dad and we split up. The relationship became really poor. It was just loads of back and forth, swearing, fighting. It was really difficult for my child and was very stressful.

PORTSMOUTH CITY COUNCIL
UP2U: CREATING HEALTHY
RELATIONSHIPS

SEFTON COUNCIL
NEW BEGINNINGS

STAFFORDSHIRE COUNTY COUNCIL
BREATHING SPACE

SUTTON COUNCIL
FAMILY GROUP CONFERENCES



BEDFORD BOROUGH COUNCIL
YOUNG MINDS

EALING COUNCIL
TACKLING FGM

HARINGEY COUNCIL
THE ANCHOR PROJECT

HERTFORDSHIRE COUNTY COUNCIL
FAMILY SAFEGUARDING

LINCOLNSHIRE COUNTY COUNCIL
LINCOLNSHIRE HEALTHY MINDS

He came for Christmas and over that four days we were fighting a lot. I ended up calling the police, and then he called social services, telling them I was a bad mum. We were in a 'tit for tat' situation.

I was so nervous when I heard that social services were involved, and it was really stressful – I didn't know what was going to happen. I knew I was a good mother and didn't understand where this was coming from. But luckily social services said that they could see that there was a pattern in his accusations and that I was doing a good job.

At the worst point, I just thought 'I can't have this person in my child's life.' There was no communication and we weren't getting anywhere.

Then through social services, Tanya, the Family Group Conference Coordinator, got involved. She set up a meeting, with me, him, and his sister. She helped us find a way to communicate with each other and for him to spend time with his daughter without us arguing.

PORTSMOUTH CITY COUNCIL
UP2U: CREATING HEALTHY
RELATIONSHIPS

SEFTON COUNCIL
NEW BEGINNINGS

STAFFORDSHIRE COUNTY COUNCIL
BREATHING SPACE

SUTTON COUNCIL
FAMILY GROUP CONFERENCES



BEDFORD BOROUGH COUNCIL
YOUNG MINDS

EALING COUNCIL
TACKLING FGM

HARINGEY COUNCIL
THE ANCHOR PROJECT

HERTFORDSHIRE COUNTY COUNCIL
FAMILY SAFEGUARDING

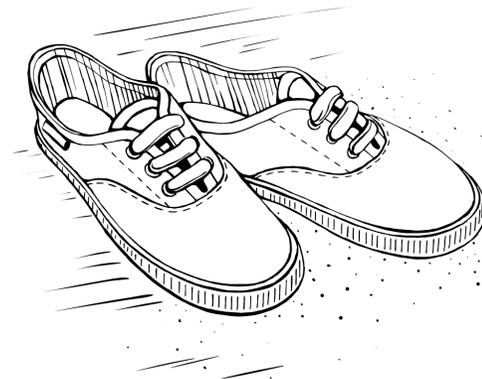
LINCOLNSHIRE COUNTY COUNCIL
LINCOLNSHIRE HEALTHY MINDS

Together we wrote a family plan, and decided about child support, rotas, all that stuff. In the meeting itself Tanya was really supportive. Tanya's brilliant, and really helped with organising and bringing us together. We're meeting again in July.

The communication is so much better, and now he pays child support. He has better communication with his daughter.

I'm glad that now my daughter has a relationship with her father. Even if we don't get on, I want her to know him."

Samantha, Sutton



You can find out more about this innovative case study at www.local.gov.uk/bright-futures

PORTSMOUTH CITY COUNCIL
UP2U: CREATING HEALTHY
RELATIONSHIPS

SEFTON COUNCIL
NEW BEGINNINGS

STAFFORDSHIRE COUNTY COUNCIL
BREATHING SPACE

SUTTON COUNCIL
FAMILY GROUP CONFERENCES