



Cumberland
Council

Family Help Networks

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This booklet will explain what we mean by a network, what networks are for and how your Team Around the Family, (TAF), will work with you and your network. In Cumberland we like to involve networks as we know these people are around for you and your family to help and can prevent professionals needing to be involved if it isn't necessary.

What is a network?

Networks are a group of people who you have any form of relationship with. These people can be your family, friends, work colleagues, neighbours, anyone who is important to you and your family.

Some of the network members may live close by whereas others may live far away. Network members can help in various ways like visiting, texting or speaking over the phone, helping with childcare, or helping with practical things like shopping and transport.

Networks will know how the children and family are doing, and also what they will do if they are worried about the children.

Why is a network important?

The people in your support network will be around to share the good times and help you through the difficult times.

People in the network support the parent or carer to make sure the child is happy, healthy and safe at home.

The network will be around to help when professionals are no longer involved or not able to. They can help in difficult times to prevent the need for professional involvement in the future.

What to expect?

The worker will ask everyone in the household, adults, and children particular questions to help you decide:

- Who you want to include in your network and why?
- Who do you not want in your network and why?
- Who you think your child/ren would want/do not want in the network and why?
- Who your child/ren say they want/do not want in the network and why?

What your network will need to know?

Your worker will talk to you about information the network members need to know:

- What the worries are for the child/ren? (Harm/Worries/Danger)
- The good aspects of how the child/ren are looked after (Strengths/wellbeing)
- How the network has cared for the child/ren's wellbeing in the past.
- What your family and the TAF need to see happening to no longer be worried.

The most important thing is that your family have people around you that are important to you and your children. Also, that these people can help you with a plan that deals with any worries, and helps the child/ren to feel happy, safe and settled.

Making a Wellbeing Plan

Your worker will ask questions to guide you and your Network in making a Wellbeing Plan. Sometimes these questions will be hard to think about. Your worker will help your family and Network with this.

There might be several wellbeing planning conversations. Each conversation will look at a worry or need and agree a plan about who will do what to make sure the children and young people's wellbeing is supported.

You can use the boxes on the next page to note who you and your children would like to include in your in their network.

Children/young people – Who would you want in the network?

Parent/Carer - Who would I want in the network?

Parent/Carer - Who would my child/ren want in the network?