

Family Innovation Fund (FIF) Early Help Services

If you are working with a child, young person or family who need a little bit of extra help you don't need to wait for things to get worse before considering other options because these FIF Early Help services have been commissioned by Essex County Council to respond to low level needs of children, young people and their parents and carers.



Most people's needs are usually best supported by those who already work with them for example, children's centres, schools and GPs but sometimes they may need a little bit of extra support when a difficulty occurs. When that happens you can make a request to FIF Early Help Services or, parents/carers and young people over 13 years can refer themselves.

The only people who can't use FIF Early Help services are those already working with specialist support services such as for example the Emotional Wellbeing and Mental Health Service (EWMHS), Family Solutions or Social Care because that is exactly what FIF Early Help services are aiming to prevent happen.

**Check our Early Help Vision animation at <https://www.youtube.com/watch?v=Essexearlyhelpvision>
We welcome feedback please email familyinnovationfund@essex.gov.uk**

Parenting Support		Counselling or Mediation	
<p>The primary purpose of this support is to reduce and/or prevent negative behaviours on the part of children and young people. These services will support the development of parenting skills and resilience, and where needed reduce social isolation. Support is one or a combination of either 1:1 key worker support; parenting programmes, peer support.</p>		<p>The primary purpose of this support is to reduce and/or prevent the breakdown of inter-parental or family relationships that leads to conflict and emotional distress for families. Professionals will work with parents, 1:1 with children and young people, with siblings or whole families.</p>	
South Essex	Mid Essex	South Essex	Mid Essex
<p>The Children's Society Tel: 01245 493311 Fax: 01245 491400 FIFreferrals@childrenssociety.org.uk http://www.childrenssocietyeast.org.uk</p>	<p>The Children's Society Tel: 01245 493311 Fax: 01245 491400 FIFreferrals@childrenssociety.org.uk http://www.childrenssocietyeast.org.uk</p>	<p>Open Door Tel: 01268 906230 Tel: 01375 390040 opendoor@opendoorservices.org http://www.opendoorthurrock.co.uk</p>	<p>Kids Inspire Tel: 01245 348 707 clinicaladmin@kidsinspire.org.uk http://kidsinspire.org.uk</p>
West Essex	North Essex	West Essex	North Essex
<p>The Children's Society Tel: 01245 493311 Fax: 01245 491400 FIFreferrals@childrenssociety.org.uk http://www.childrenssocietyeast.org.uk</p>	<p>Colchester YES Colchester: 01206 710771 Clacton: 01255 434601 info@colchesteryes.org.uk www.yesyouthenquiryservice.org</p>	<p>Kids Inspire Tel: 01245 348 707 clinicaladmin@kidsinspire.org.uk http://kidsinspire.org.uk</p>	<p>Colchester YES Colchester :01206 710771 Clacton :01255 434601 info@colchesteryes.org.uk www.yesyouthenquiryservice.org</p>

Coaching (14+ and parents) or Mentoring (8+ & parents)		Young People Risky Behaviours	
<p>The primary purpose of this support is to reduce and/or prevent negative behaviour that adversely impacts a child, young person or parents/carers. Coaching involves a semi structured process of questioning and reflection. Mentoring – is different to coaching in that a mentor is a guide or a positive role model who can help the mentee to find the right direction and who can help them to develop solutions to issues.</p>		<p>Delivery of programme(s) in schools, FE Colleges and other youth settings for young people identified as involved or at early stages of engagement in risky behaviours. The service also offers 1:1 and whole family support for young people who as a result of being on a programme would like additional help to prevent them continuing to engage in those behaviours. Individual referrals for 1:1/family support or to a programme can be made.</p>	
South Essex	Mid Essex	South Essex	Mid Essex
<p>Southend YMCA Tel: 07552 350434 GLOW@southendymca.org.uk http://www.southendymca.org.uk</p>	<p>Kids Inspire Tel: 01245 348 707 clinicaladmin@kidsinspire.org.uk http://kidsinspire.org.uk</p>	<p>The Children's Society Tel: 01245 493311 Fax: 01245 491400 FIFreferrals@childrenssociety.org.uk http://www.childrenssocietyeast.org.uk</p>	<p>The Children's Society Tel: 01245 493311 Fax: 01245 491400 FIFreferrals@childrenssociety.org.uk http://www.childrenssocietyeast.org.uk</p>
West Essex	North Essex	West Essex	North Essex
<p>Open Door Tel: 01375 389877 mentoring@opendoorservices.org http://www.opendoorthurrock.co.uk</p>	<p>Homestart Colchester Tel: 01206 865349 team@homestartcolchester.org.uk www.homestartcolchester.org.uk</p>	<p>The Children's Society Tel: 01245 493311 Fax: 01245 491400 FIFreferrals@childrenssociety.org.uk http://www.childrenssocietyeast.org.uk</p>	<p>The Children's Society Tel: 01245 493311 Fax: 01245 491400 FIFreferrals@childrenssociety.org.uk http://www.childrenssocietyeast.org.uk</p>