



**“Together with families, we will improve the lives and life chances of the children and young people in Lewisham.”**

## **Lewisham Early Help Service Early Help**

Every family has its ups and downs. Being a parent is hard work and there are no instructions. Sometimes families need support. This may be before your children are born, when very young or throughout school.

To try and make sure we get you the right help at the right time, a professional already working with you may ask to complete an **Early Help Assessment** or EHA.

An Early Help Assessment (EHA) can help you recognise –

- What you are worried about and why?
- What is working well?
- What needs to happen and why?

### **How does it work?**

The person completing the EHA will discuss with you and family the strengths and challenges you are having.

This information will then be used to create a support plan, looking at what you may need and what services can best support you and family.

As the EHA is shared with the services you have given consent to you will only have to tell your story once, rather than lots of times to different people.

### **What is a Team Around Family (TAF) Meeting?**

A Team Around the Family (TAF) meeting is a meeting between some or all practitioners involved with the family, the parent or carer and the young person. Even if your child is too young or does not want to attend the meeting, they can write a letter or draw a picture about what they would like to happen.

The purpose of a TAF meeting is for practitioners and family members to share information and to create an action plan that best suits the needs of the child.

### **Who is my Lead Professional?**

If there are lots of people helping you, one of these people may be the ‘lead professional’. This person will tell you what is happening, listen to any worries and support you. This person will also support the people who are helping you. You can have your say in who should be your lead professional.

### **Support services**

The most appropriate family support services in the community will be identified to meet your family’s needs. At times this will include Parenting support or individual support for your child. This may consist of support within the home or outside the home. The lead professional and professionals that you may

be working with will help you to identify strengths and what needs to change. They will provide you with the most effective support to achieve this and make a difference to you and your child.

### **Consent**

Early Help is a consent based service; support can only be put in place with your agreement.

It is important that we talk to other agencies that have had involvement with your family and also share relevant information to help provide the appropriate support.

We will treat your information as confidential and we will not share it without your consent.

The exception to this would be if there was a clear issue to protect yours or someone else's safety or to help stop a crime.

### **The Early Help Team**

The Lewisham Early Help Team are here to talk through difficulties you may be having and can make recommendations for support that might be helpful for you and your family.

**For advice and information please contact:**

**Early Help Team  
Telephone: 020 8314 7333**

**Email: [earlyhelp@lewisham.gov.uk](mailto:earlyhelp@lewisham.gov.uk)**