

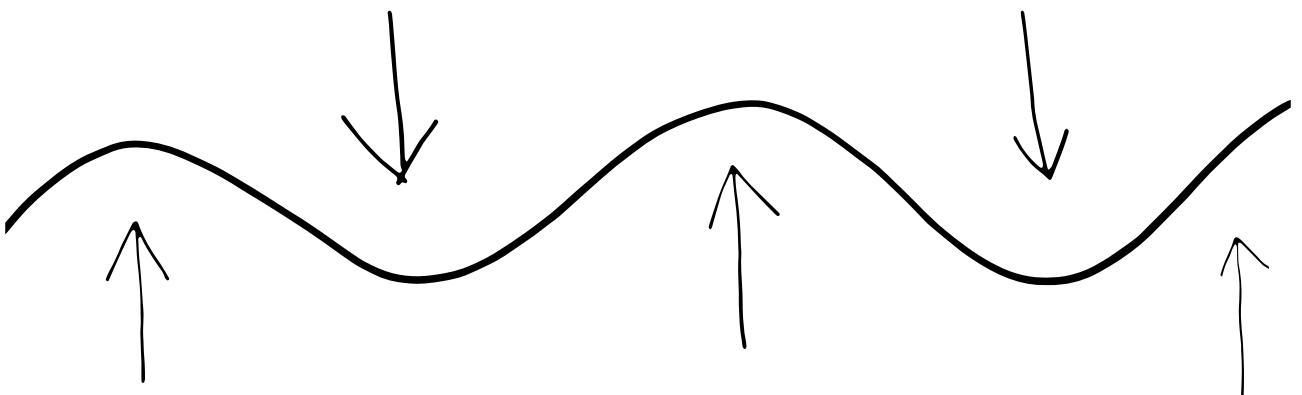


MODULE 1: Building Belonging

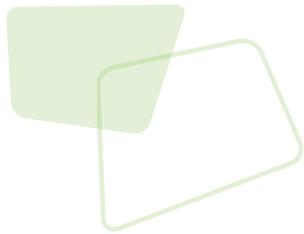
RESILIENCE RIVER

Please fill in the different things that cause your river to rise or fall, and what helps to build resilience.

What things lower your resilience levels?



What things raise your resilience levels?



MODULE 2: Supporting safely

SAFEGUARDING SCENARIOS - 1/2

Mark on the below scenarios as follows:



Circle:
Behaviour



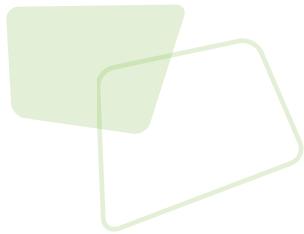
Underline:
What is said



Squiggle line:
Presentation

- Francesca aged 14 talks about being hungry all the time, she said there is nothing in the fridge or cupboards at home and most meals she eats cereal.
- You are looking after Jack aged 4 for the day at lunch time you notice that Jack is very hungry, he tells you there was 'no breakfast'. In the morning, he is very subdued and later he tells you that 'mummy is sad'.
- You observe that Freddy has a bruise to his eye, you ask him how that happened, and he said he fell at school, but not to worry his social worker knows about it.
- Jess is unusually quiet during support and then on the way home in the car tells her volunteer that Daddy hit her on the head this morning with the hairdryer, and he was shouting which made her feel scared, but she asks you not to tell anyone.
- When looking after Maisie, she tells you she is worried about school but nothing more. When you take Maisie home you mention to Mum what Maisie said. Mum tells you that Maisie's school shoes were too small, and she couldn't afford new ones, so she had to send Maisie in trainers which is against the school rules. Maisie had been worried this morning that she would get into trouble.
- Amira is three years old. When you go to pick her up, she isn't ready. Her Mother is upset and says they overslept. Amira becomes tearful when she leaves and doesn't want to play or interact which is unusual as she is normally very happy to play and chatter with you. Later Amira playing starts to play with two dolls. She is bashing them together and repeating "you dirty cow". Amira sees you watching, stops playing and bursts into tears.

What are we concerned by &
What should you do?



MODULE 2: Supporting safely

SAFEGUARDING SCENARIOS - 2/2

Mark on the below scenarios as follows:



Circle:
Behaviour



Underline:
What is said



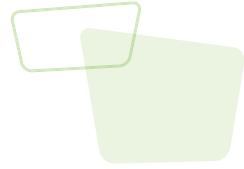
Squiggle line:
Presentation

What are we concerned by &
What should you do?

7. Jake told the volunteer when they were out that he had been to the cinema with his dad last week and had an amazing time. The risk assessment states Dad is to have no contact.
8. While visiting the family home Mikey takes you upstairs to see his bedroom. Mikey is in a very dirty t-shirt, and he appears to be dirty also. You notice that there is peeling paint in the child's bedroom, the carpets are bare and stained and there are no covers or sheets on beds and the pillow has no case and is stained. The stairs are cluttered and dangerous to climb and the bathroom is dirty and the bath full of toys and clothes.
9. The Volunteer visits the family home as arranged. Amy aged 7 opens the door. Mum is lying on the couch still in her pyjamas and has clearly been crying. She tells the volunteer she just can't face the day, she doesn't want to eat, is struggling to sleep and just can't cope any longer.
10. Jake is a care leaver living in his own flat. Jake seemed very low in mood compared to his usual self and told his volunteer that he has received threats on snapchat from a person he doesn't know. This person has been sending messages and images to him and he is feeling really anxious about it.



MODULE 2: Supporting safely (continued):



GOOD NOTE/BAD NOTE

These notes both describe the same event. What is good and bad about each note below?

Mark on the below notes as follows:



Circle:
Good



Underline:
Not good

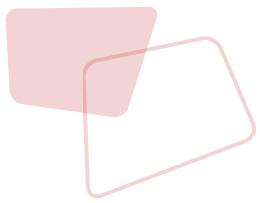
Note 1:

We picked Jade up on Saturday April 18 at 10:45am. I couldn't help but notice that the house was very untidy and there were a lot of dishes in the sink. I thought that mum could have tidied up a bit before we came and I asked her if she had just got out of bed. Jade was very happy to come with us and got on really well with our daughter. She ate and slept well over the weekend. Jade didn't have suitable shoes, so we lent her a pair of her trainers. Jade and Katie played on the trampoline in the garden. Jade fell while on the trampoline and scraped her knee. We put a plaster on it and she seemed fine. We dropped her back off the next day around 2:30pm. We arranged to take Jade out in two weeks' time on Saturday (1st May).

Note 2:

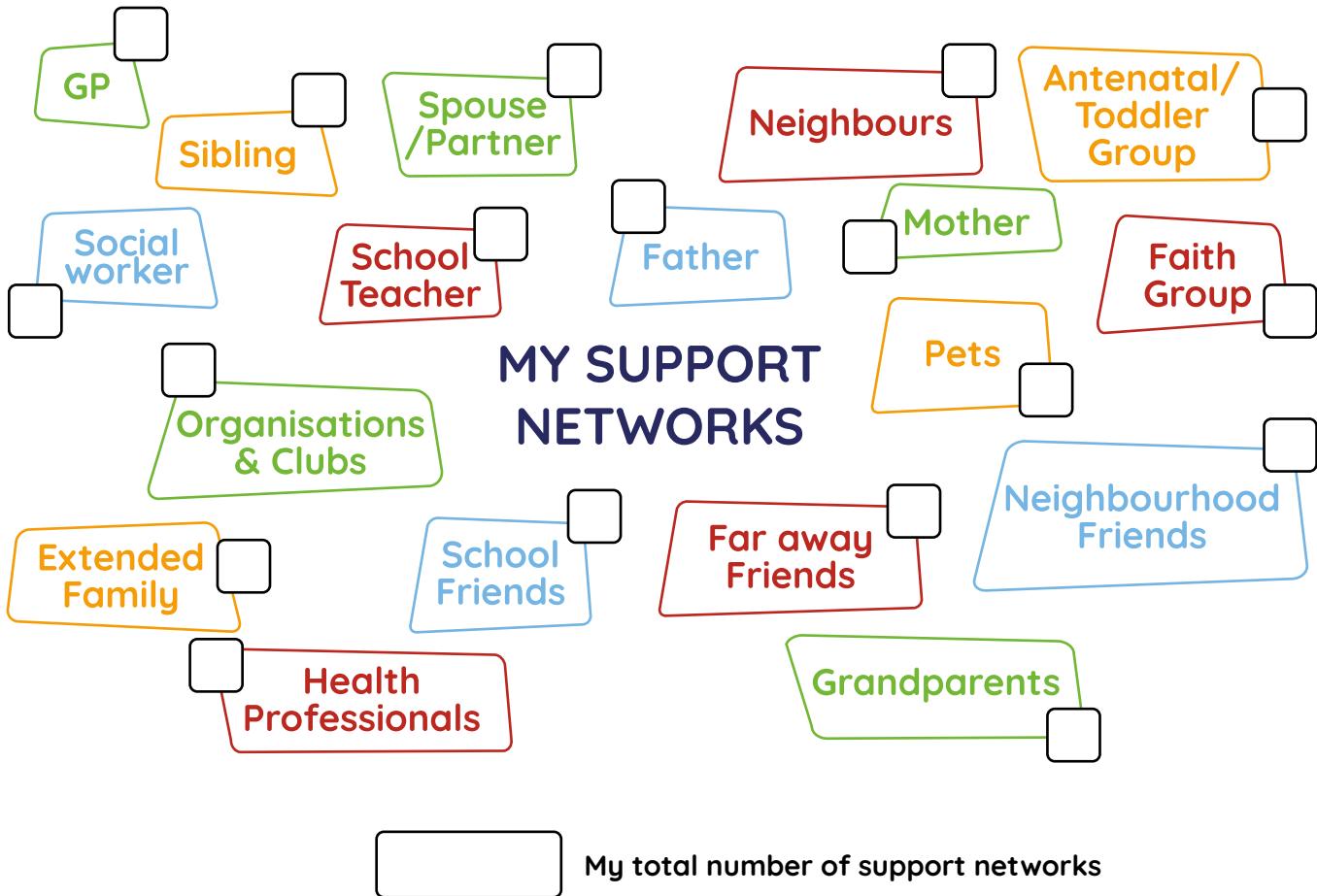
We picked Jade up on Saturday just before lunch. The family home seemed to be in disarray and Cara was still in her pyjamas. I asked her if she was OK and she said she'd had a rough night with her son, Jerome. We took Jade to Burger King. Jade had a cheeseburger, small fries, a bag of crisps, and a diet coke for lunch. The girls played outside on the trampoline in the afternoon and had fun. At bedtime Jade settled down but wanted to play on her Gameboy for a bit and she wanted to sleep with the light on, which was OK. I heard her get up in the night to use the loo, but she settled back down again. When we dropped her back home, I asked mum how she was and she was doing really well. Jade really responded to the strategies for behaviour, as we had discussed with Cara, (as detailed in the goals), and Cara was really pleased.

MODULE 3: Caring consistently



SUPPORT NETWORKS

Put a tick in the box next to each support network you have. Then add up your total support networks at the bottom.



MODULE 3: Caring consistently (continued):

MEETING CARA

Refer to this page as you reflect upon two questions:

- “What do you think might be some of the barriers to supporting Cara?”
- “How might you help Cara achieve her goals?”

Meet Cara, a single mum with 2 children aged 2 (Jerome) and 6 (Jade). She is also 6 months pregnant.



Information from referrer initially:

“I think Cara would benefit from SF because she is new to Southampton and doesn’t appear to have anybody around that could support her. Also Cara is pregnant and so we’re worried she won’t be able to manage on her own when baby is due. It’s possible she might need hosting when she goes into hospital.”

Additional information gathered in our follow up call:

“We found out that Cara has recently arrived in Southampton because she was moved her to escape Domestic Abuse from her now ex-partner. He doesn’t know where she has moved to so there are no longer concerns about their safety. We also found out that they have some immediate concerns about if she is coping because her daughter’s school attendance is poor. This has raised some concerns about how mum is managing”

What the Family Support Manager learnt from visiting the mum:

“When we talked about Family relationships Cara felt these were really positive, she told me she has a really strong bond with her children and that her parents have always been really supportive - although she misses them a lot now she’s in Southampton and they are still in Doncaster. She told me they are unable to visit her as her dad is quite ill and her mum spends a lot of time looking after him.

Mum described herself as often feeling really lonely. She said she didn’t feel like she had settled

in Southampton she felt uprooted from her life in Doncaster and it made her feel anxious and she doesn’t always know what to do with herself as she didn’t feel confident enough to find a toddler group to go to with Jerome. Nor had she been able to make any new friendships.

.... When we talked about her parenting, she explained she was really struggling with bedtime routines and getting Jade to school on time which makes her feel like she’s a rubbish mum and she’s failing in what she thinks should be easy. She felt that this really impacted on her confidence as a mum and there were times when she just gave in and didn’t bother taking Jade to school because they were all just too tired.

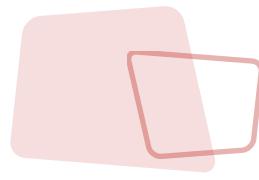
Mum was worried that the previous Domestic abuse and having to move because of it was all her fault and it had not been fair on the children.”

CARA’S GOALS:

The goals we set together for her and her volunteers were:

1. ‘She didn’t want to be so isolated and wanted some friends’;
2. ‘She wants Jade to go to school all the time’ and
3. ‘She wants a good bedtime routine for her children’.”

MODULE 3: Caring consistently (continued):



THINKING ABOUT HOSTING JADE

Use this document to reflect and answer the question: How would you make Jade comfy and enjoy her stay? Write your thoughts below:

WHAT WE KNOW ABOUT JADE:

- Jade is 6 years old and is coming to stay with you for a few days whilst mum is in hospital having a baby. Her 2 year-old brother is going to a different host family nearby.
- Jade, is a bright girl who likes reading stories about princesses.
- She enjoys dressing up and playing make believe games. She also enjoys listening to music and watching DVDs.
- Jade has a good appetite but does not like red meat or green vegetables.
- She is a happy child most of the time, but there are times when she is low and withdrawn. On occasion, she can also be loud and aggressive.
- Jade knows her mum is in hospital because of the baby.