

Family Network Meetings

Family Network Champions:

Hayley Cormack – Senior Key Worker

Karen Prior – Early Help Advisor

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Signs Of Wellbeing

- Working alongside the Family's Network is one of our key priorities in our implementation of Signs of Wellbeing.
- Family Network Meetings are a great opportunity to get the family's network together to agree a plan of support that works for the family.
- Our journey of implementing Family Network Meetings:
 - Briefings in November 2019
 - This briefing delivered in August/September 2020.
 - Network Workshops to be delivered by Signs of Safety Co-Ordinator, Elaine Smylie looking at individual tools to use with families where it is difficult to identify a network.

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Feedback so far..

- Feedback so far from FNM's completed within OPS has been very positive.
- Practitioners report feeling much better about completing future FNM's after completing their first one.
- Practitioners can see the benefits of getting the family's network together to devise their own plan.
- **New ways of working introduced to manage the impact of Covid-19.**
 - **How does this impact Family Network Meetings?**

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What is a Family Network Meeting?

- **A meeting to empower families to utilise their own resources and network for support.**
- FNM's should be explored for all families – establishing and working with the family's network is a fundamental part of implementing our Signs of Wellbeing approach.
- Every family has a network – no matter how big or small.
- Covid-19 has forced us all to consider our own resources. For families, they will have had times recently where services haven't necessarily been around to offer the wraparound support that they have become accustomed to.
- This makes it a perfect time to explore who is in the family's network and who they have called for support from, during Covid-19.

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Benefits of FNM's.

- Empowers the family to come up with their own solutions rather than professionals 'dictating' what is required of them.
- Plans are often more realistic and achievable.
- The family come up with their own plan – not us!
- Reduces the time and resources required for the family, as they are more likely to reach out to their own support network in a crisis rather than us.
- Helps to achieve better outcomes for the family.

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Who should be invited to a FNM?

- The child should be the focus of the FNM – but if they do not wish to attend, the meeting can still take place and their wishes and feelings can be represented.
- ‘Family’ isn’t always just parents, grandparents, aunts and uncles but can be the whole network around a family that can offer support.
- It will not always be possible for all family members to attend. Not being able to attend the meeting does not mean that they can’t be included. Think outside of the box – use Whatsapp, FaceTime, Teams etc. or gather their views prior to the meeting.

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How long does it take?

- As long as the family need.
- Remember, this is their meeting and not ours!
- Good preparation and discussions before the meeting can reduce the overall meeting time.

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What happens if there is animosity/disagreements?

- We should explore with the family whether there are any fractious relationships within the family which could potentially cause difficulties within the FNM, or any family members who may become agitated if upset.
- This can then be managed by having discussions with the family members about how the family will come together to overcome these potential worries.

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Overcoming potential barriers from parents

- **‘I don’t have anybody to support’**
 - What would you do in an emergency situation? Who do the children consider as support?
- **‘I don’t like to bother people or be a burden’**
- **‘Everyone’s too busy’**
 - Even though people have busy lives. Any offer of support, no matter how small, can make a difference. Keep it realistic – text messages and phone calls can be enough!
- **‘They can’t do anything, they work’**
- **‘They can’t do anything, they’ve got their own kids’**
 - Think about your own family situation. If a family member was struggling, would having your own children prevent you from helping?

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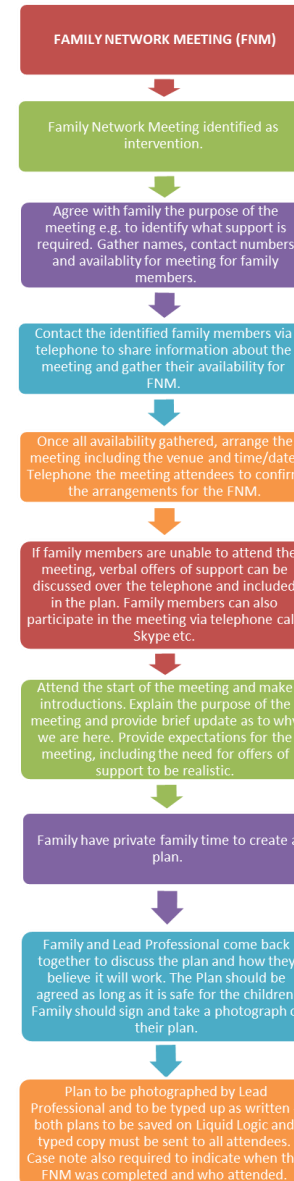
Overcoming barriers from professionals.

- ‘I don’t trust the people that the family have identified’.
- ‘They’ll collude with Mam and Dad’.
- ‘They’ve got their own service involvement’.
- ‘They’ve got dodgy characters in their network.’

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The actual Family Network Meeting itself

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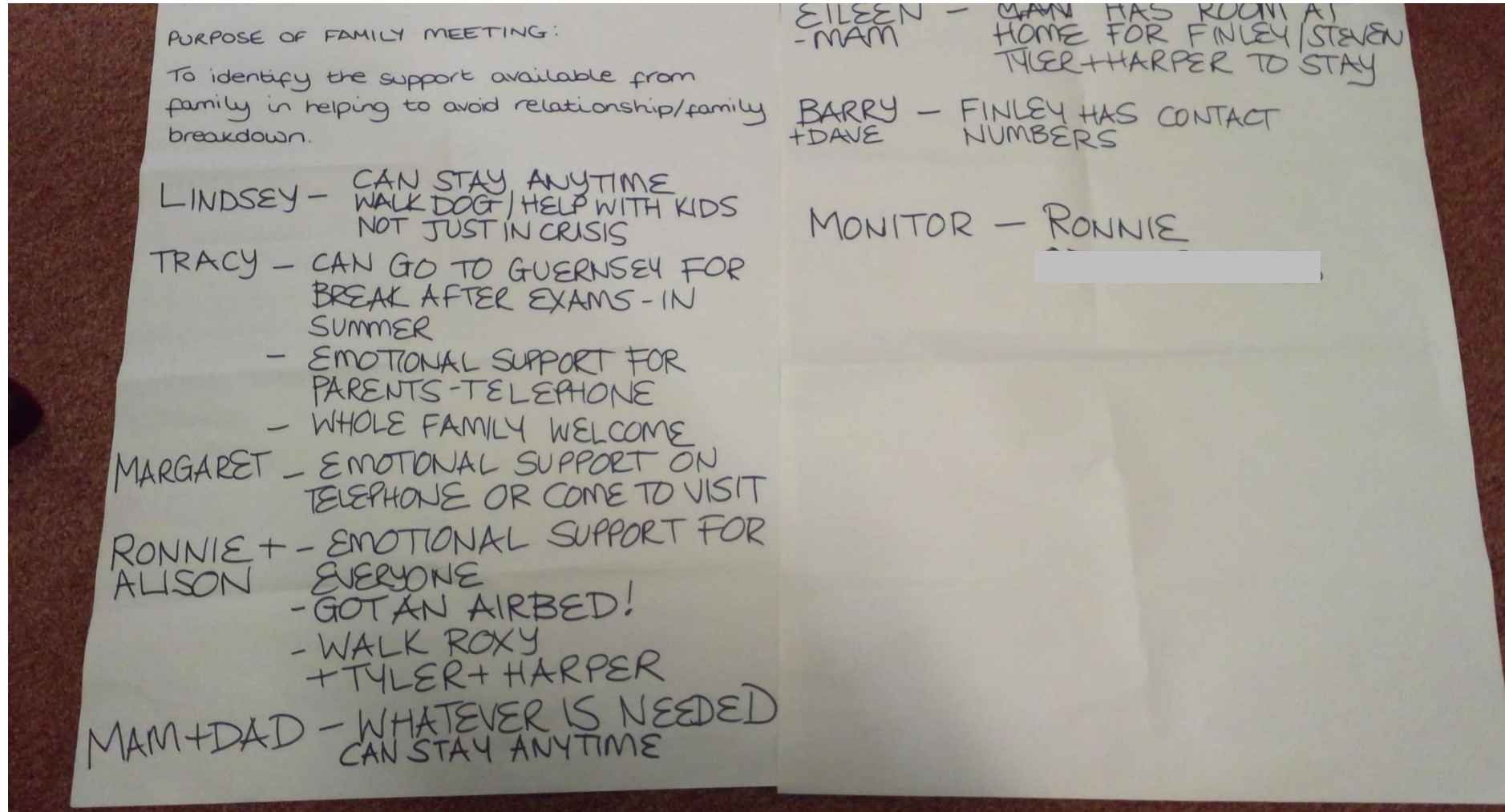


Recording the FNM.

- The Lead Professional should take a photograph of the family's hand-written plan at the meeting. The plan must then be typed up by the Lead Professional and family members must all be provided with a typed copy. These should both be uploaded to Liquid Logic Document Store, along with the family's feedback forms and a case note indicating that the meeting was held.
- Photograph of hand-written plan
- Typed plan
- Feedback form
- Case note – Purpose - Family Network Meeting held.

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Hand-written plan



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Typed Plan

- **Family Network Meeting plan**

- **For:**
- **On:**
- **At:**

- **Those attending:**
- **Apologies:**
- **Purpose of the meeting:**

- **Plan:**

- **Monitor:**
- This plan has been typed up by Jo Smith, Family Worker. If you feel any of the above points are incorrect, please contact me on 07999 333666.
- [FNMEEXAMPLEFORPRES.docx](#)

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Feedback Form

- Check in with the family 2-3 weeks after meeting, and ask them to complete the FNM Feedback Forms – this is our evidence for the impact of the FNM.
- [FNM Feedback Form.docx](#)

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New Ways of Working

- Be creative!
- Use Teams, Whatsapp, phone calls.
- Examples of virtual FNM's completed recently.

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Any Questions?

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Family Network Champions

We can support you to deliver your first FNM's or offer any support that you need over the telephone.

- **Hayley Cormack – 269564 / 07786 027042**
 - **Karen Prior – 264133 / 07867462155**

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