

## Case Study

A 16 yr old mother who had previously been open to the team was referred when she became pregnant with her second child. The referral came from the midwife with whom the previously allocated family worker had a good relationship.

The referral highlighted worries around mother's relationship with the father of the unborn and requested support with budgeting, accessing financial support, parenting advice relating to managing two young children and support to reduce mother's social isolation.

The referral was discussed at the Early Intervention Panel and it was agreed that the case return to Team Around the Family. To ensure consistency for mother it was decided that the case would be allocated to the previous family worker. This would allow mother to have a trusted worker and build on an already established relationship.

Mother was able to identify a number of outcomes that she wanted to achieve including addressing her emotional and mental health difficulties, reducing her feeling of isolation, parenting support and to improve the relationship with her partner. There had been previous incidents of arguments between the couple that they wanted to prevent from escalating.

### Support Provided

The family worker supported mother to apply for a number of financial grants including a DAF grant for household items, a Save the Children Grant that mother used to purchase items for the unborn, a food poverty grant that aims to reduce the fuel costs for families by funding the purchase of an air fryer or slow cooker in addition to tesco food vouchers to promote the purchase of fresh food. The family worker accompanied mother shopping which supported mother's ability to budget, plan meals and shop appropriately. The family worker then supported mother to prepare basic family meals. Mother was also supported at christmas with Mr X gifts, an 'everyone deserves a christmas' hamper and vouchers provided by the Salvation Army.

The family worker was able to liaise with partner agencies such as health to ensure mother had the correct support for her emotional and mental health. The family worker linked with the Community Mental Health Nurse and referred mother to the Peri Natal Mental Health Health Visitor for ongoing support. The family worker would ensure that mother was engaging with the support and taking on the advice given – the family worker would support mother with attendance at appointments if required.

In order to address mother's social isolation the family worker was able to utilise her knowledge and relationship with the Local Area Coordinator to support mother to attend a local parent and child playgroup, mother requested the family worker attended with her until mother's confidence increased to a point where she felt able to attend alone. The family worker also ensured that mother fully utilised the services offered by the Flying Start programme as mother lived in a Flying Start area.

Unfortunately during the intervention father received a custodial sentence and is currently serving this in Parc Prison. The family worker has been the point of contact for both the prison and the Probation Service during this time. The family worker has also been a valuable source of support to mother during this worrying time. Relationship work will commence following his release from custody.

Parenting support was provided on a one to one basis with mother and this continues following the birth of her second child. Mother's engagement continues to be very good, she is responding well to support, has a very good relationship with the family worker, is successfully managing her mental health and continues to attend community groups independantly and is building up a support network of friends and professionals who can continue to support her once Team Around the Family involvement concludes.