

# Early Help

Information for patients and carers



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Leeds children's  
hospital

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caring about children



This leaflet explains what 'Early Help' is and how it can support you and your family.

### What do we mean by Early Help?

Children, young people and their families sometimes need extra support to keep them safe and ensure they reach their full potential. Early Help brings together professionals who will work with you and your family to give extra support and help when a problem arises that you need help with.

It recognises what is going well in your family, what the worries are and what help you need to improve things.

#### This might be related to:

- School, education or training
- Relationships
- Health and emotional well being
- Work, finances, housing
- Crime or anti social behaviour



### What are the benefits for my family?

Early Help supports families to come together to recognise and use their own strengths and make positive changes before things get worse and become more difficult.

Agencies want to work with you to get you the help and support you need to address your concerns and problems.



You will have one person who will be your lead Professional/ key worker. This is usually someone whom you and your child already have a good relationship with, for example a teacher, health worker or a support worker. This is so you do not have to repeat the same information to different workers.

Support will continue until you and your family feel ready enough to manage your own needs.

## What happens next?

We will share your details with your local Early Help team. The Early Help team will get in touch to find out what help and support you might need. They will ask questions to make sure they understand what you need and complete an assessment with you.



You will agree an action plan together to make sure the changes you need to happen are with the right people. You will be given a copy of your assessment and action plan.

They will put you in touch with the right services to help or will share your information with agencies who are already involved with your child and family, to see how they can support you better.

## Consent

Early help is available to all families with children under the age of 18 and is voluntary. This means you (or your child) can choose this support or say if you don't need it. The information which you and your child provide will only be shared with your consent.

However there are occasions when your consent is not legally required because the law requires us to share information with Police or Children Social care. i.e. if a child or adult is in danger or to prevent a crime.

## Confidentiality

Older children may prefer to discuss their situation with the Early Help worker, without their parent or carer being with them.

Children and young people may also ask to keep their information confidential. This may be agreed if this is in young person's best interests and welfare.



## Who do I speak to for further information?



Please speak to the nurse/midwife looking after you or your child who can help you to make an Early Help referral if you want to discuss this further.

### **Leeds Council:**

<https://www.leeds.gov.uk/one-minute-guides/early-helphubs>

### **North Yorks Council:**

<https://northyorks.gov.uk/info/children-and-families-early-help-offer>

### **Bradford Council:**

<https://www.bradford.gov.uk/childrenyoungpeople-and-families/early-help/what-is-early-help/>

### **Calderdale Council:**

<https://www.calderdale.gov.uk/v2/residents/education-and-learning/parentalsupport/early-help-pathway/services>

### **Kirklees Council:**

<https://www.kirklees.gov.uk/beta/rworkingwith-children/early-support-family.aspx>

### **Wakefield Council:**

<https://www.wakefield.gov.uk/Documents/schools-children/parents-early-help-leaflet.pdf>





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© The Leeds Teaching Hospitals NHS Trust • 1st edition (Ver 1)  
Developed by: Judith Easton Deputy Named Nurse Safeguarding Children  
Produced by: Medical Illustration Services • MID code: M20221111\_003/BP

LN005481  
Publication date  
11/2022  
Review date  
11/2024