

## **Referral process for New Beginnings**

### **The first stage**

We accept referrals at all times, but only run the programme three times a year. It is important to check with the Programme Lead when the next cohort will start so that you are aware of start and finish dates. It is really important that social care professionals who wish to refer a family, talk to the family about why they wish to make a referral first of all. The flyer, or a link to the website, is a good way of starting that conversation and helps to explain what the programme will entail. If the parent agrees to the social care professional making a referral please request a referral form from Jadwiga Leigh (Director and Programme Lead), complete it and send it electronically to: [info@newbeginningsgm.com](mailto:info@newbeginningsgm.com)

### **How many families will be recruited?**

We are aiming to recruit 12 families for the next cohort. If we receive more than 12 referrals we may have to delay the start for some families until the following cohort. Therefore, families who are in crisis or closest to proceedings are likely to be prioritised.

### **Is it for men or women or both?**

As the majority of primary carers are women, the group tasks will be designed for women only. However, we recognise that men also play a role in caring, supporting their family. If there are fathers present, we hope that they will take part in the 1:1 sessions that we carry out with parents. These sessions are bespoke and designed to help families address and overcome aspects of family life/ professional interaction that they may be struggling with. If there are a number of men involved in cohort 3, we will set up and run a support group that can facilitate an opportunity for fathers to meet other fathers in similar situations.

### **First visit**

Once the 12 families have been selected, appointments will be made to organise a visit to the parent (via Teams if lockdown measures are still in place). This will take place with the referring professional and a New Beginnings team member and perhaps a peer mentor who has completed the programme. The visit will involve us talking to the parent about what to expect and answering any questions they may have. If the parent is still interested, a short assessment will be completed with the parent and the professional which will identify: what is going well; what is not going so well; what are the short term and long term objectives.

### **Second visit**

We will hold an informal meeting at the centre (where the centre is varies with each group) where parents and their referring professional will be invited to come along for a coffee/ tea. They will have the opportunity to meet parents who have already taken part in previous groups as well as meet other parents who are interested in taking part in New Beginnings. People will be on hand to answer any questions the parents may have.

### **Decision to withdraw**

If parents decide to withdraw after the second stage of the process, they are entitled to do so. New Beginnings is not a compulsory programme and if parents choose to leave at this

stage, or any stage, they can. If this does happen, we will destroy any of the data we have collected about them.

### **Before the programme begins**

Those parents who decide to continue will receive a detailed timetable and programme of what to expect for the next 24 weeks. We will also go through with the parent our Letter of Expectations which outlines what the parent can expect from us and what we expect from them.

### **Role of the professional**

We ask that the referring social care professional also play an important part in the whole process. We believe that this programme will not work if the referring professional is not on board and not fully involved throughout the duration of their family's involvement. We ask therefore that professionals attend and take part in the initial assessment, mid point and final reviews. If, at any point, we find we are struggling to engage a family in the programme, we will contact the referring professional to discuss the situation and ask to meet with them and the family to talk through what is preventing engagement and what we can do to overcome this obstacle. We also ask that we are invited to key meetings such as core group, TAC and child protection conference meetings and to be kept informed of any important developments that affect the parent and his/ her children. We have found that when we work together with the professional, the family has a better experience and many times a family's situation has turned around as a result of this team approach.