

# Webinar for Parents



Breakdown around Just One Norfolk (JON), Family Network Approach (FNA) and Early Help Family Support.



[JustOneNorfolk.nhs.uk](https://www.justonenorfolk.nhs.uk)

# Norfolk Healthy Child Programme and Just One Norfolk



## Norfolk Healthy Child Programme

The Norfolk Healthy Child Programme is the universal health service for all 0-19 year olds in Norfolk alongside their parents and Carers.

## Just One Number

Our Just One Number team can help you by providing health advice and information about your baby, child or young person. They are able to support you over the telephone, video call or text. Just call **0300 300 0123** or text **07520 631590** with any questions or concerns about your child's health, wellbeing or development.

## Just One Norfolk

[www.justonenorfolk.nhs.uk](http://www.justonenorfolk.nhs.uk) is our self-care website for families. It has information to support you to care for your child and offers support and guidance on where to go if you need more help.

**JustOneNorfolk.nhs.uk**

# Family Networking



## What is Family Networking?

Family Networking is about the strengths and resources in your network of family and friends; involving the people who know, and care about you and your children best as your supporters when you need help in family life.

- Sometimes it can be hard to let friends and family know when we are struggling and need help to work out what will help.
- Family networking can help us talk about things that are hard to deal with and find answers together.
- Everyone has different strengths and you and your network of family and friends will all bring different strengths to your family life.
- Relationships are all about give and take - it might be you who needs a bit of extra help right now - but further down the line it might be you who is offering support to another person in your network.

Getting together the people who care about you and working out how to get the support you need can be a big relief. Your network will know they are important to you and that you value their opinion and help. Your children will learn it is good to ask for help when you need it, and to help others when you can.



# Family Networking



Your family and friends network know you and your child better than any paid support worker. They understand your family background, your beliefs, and what works best for your family. Family, friends and members of your community may well already support you and your children. You probably already have people you call on in emergencies or just enjoy being with.

A simple way to explore and agree a plan of support with the members of your family network is by holding a **Family Network Meeting**. Family meetings set aside time with your network of family and friends to focus and talk openly about any difficulties happening in your life and the life of your children. This focused discussion is different to the more general conversations we have in our normal day to day lives because it is about making a plan together to make things better. A family meeting gives everyone time to properly understand what is going on for you and your child and talk through and agree what support they will offer.

Seeing the adults who care for them work together to deal with problems and difficulties helps children to feel safe, learn to problem solve and develop resilience and personal strengths themselves.



# Family Networking



## Virtual Family Network Meetings

Family Meetings still work well if getting together in person isn't possible. The family meeting can be held virtually to make sure as many family and friends can attend as possible. You could use group WhatsApp, Messenger, Zoom or Microsoft Teams. It may be that your meeting has a mixture of some people being able to get together because they are part of your household or care bubble, and others dialling in virtually. This works really well if you have people who live a long way away as well as supporting everyone to follow the current social distancing or self-isolation rules.

The Just One Norfolk website contains lots of information and helpful tools and tips about Family Networking and family network meetings; take a look at Saheed's story on the website, it tells you how his family and friends network came together to support him and his mum and dad –



Saheed's story



# Early Help Family Support

- What to do if your family is experiencing family problems
- You stay in control
- The starting point will be mobilising your own family network as already explained
- We will help you get the right help from the right support at the right time
- The team around the family will work together to make things better for your children



[JustOneNorfolk.nhs.uk](http://JustOneNorfolk.nhs.uk)



Thank you for joining our online session, we hope you found it useful.

Please complete our online feedback form, which will be sent round after this webinar has taken place.



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