

AGENDA 10b, Enc vii) ESCAPE Family Support: Report to Ashington Town Council for the first nine months of the financial year 2023/24

ESCAPE Family Support would like to again thank Ashington Town Council for its on-going support both financially and within the Community of Ashington and across the County Council area.

Progress to date

We had a busy nine months to the start of this financial year. To the 31st December 2023 we have worked with 286 people across a range of services. including three Teen Triple P Programmes attended by 17 parents (for parents of teenage children highlighting the Positive Partnering Programme) and three SPACE (Supporting Parents and Childrens Emotions) Programme's attended by a further 11 parents within the southeast and central areas of Northumberland. The range of improvements were similar to those reported on in our September 2023 report.

We have provided our Quarter 3 Statistics and Project Reports for your information, (attached).

We have over-achieved against most targets as demonstrated in the reports and are currently delivering the accredited training needed to accomplish the remaining targets.

We have now secured the income we needed for 2023/24 to sustain our services and are now working towards securing the deficit we have for 2024/25.

Our budget for 2024/25 is £322,095 and we have secured £223,570 to date. This includes a £50,400 in kind contribution from our Voluntary CEO. We therefore have an outstanding deficit of £98,525 for 2024/25 and are in the process of submitting applications to cover this now.

For Ashington residents

At the end of December 2023 ESCAPE had 141 people from Ashington registered on our database for our services but not all are currently undertaking treatment but remain on our database for historical reasons in line with data protection guidelines.

Of these we have now worked with 38 people from within Ashington Town during the first nine months of this financial year. Of these 38 cases, 27 are adults and the other 11 are young people between the ages of 8 and 25.

Of the 38 people we have worked with, we have been able to close 17 of these cases, with them having receiving support and with all of them being closed with improved health and wellbeing and social interactions scores.

The remaining 21 family cases are still open and receiving a service and will remain so until they no longer require support.

Referral Sources for Ashington Beneficiaries 2023/24

Referral Source	Number of Referrals
Children's Services	7
Early Help	1
ESCAPE Helpline	5
Self- Returning Clients	4
Family Members	8
Northumberland Recovery Partnership	3
Schools	2
Leaflets	2
Crisis Team	1
Sorted	1
GP	1
NSEC Hospital	1
Places For People	1
PROPS	1
Total	38

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ESCAPE Family Support

Quarter 3 Report

1st October 2023 – 31st December 2023



Compiled by Angie Turnbull and Janet Murphy

09/01/2024

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1. Number of Young People Affected by a loved one's Substance Use

Month	Referrals April 2023- March 2024	Cumulative April 2023- March 2024
Quarter 1	11	11
Quarter 2	11	22
Quarter 3	12	34
Quarter 4		
2023/24 Target	40	Balance 6

We are ahead of target at the end of Qtr.3 having received **34** referrals and achieved **85%** of our target for the year to date.

2. Access to specialist support services for carers

Month	Referrals April 2023- March 2024	Cumulative April 2023- March 2024
Quarter 1	34	34
Quarter 2	60	94
Quarter 3	34	128
Quarter 4		
2023/24 Target	150	Balance 22

We are ahead of target at the end of Qtr.3 having received a total of **128** referrals and achieved **85%** of the annual target.

We are supporting numerous other individuals who are currently engaging in our services through Teen Triple P and SPACES funded by the Family Hubs which are not included in the above referral totals to date. We have worked with **45** parent carers through this delivery year to date.

3. Improved rapid response to carers in times of crisis via the Helpline

Month	Helpline Calls April 2023- March 2024	Cumulative April 2023- March 2024
Quarter 1	65	65
Quarter 2	99	164
Quarter 3	85	249
Quarter 4		

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2023/24 Target	420	Balance 171
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Calls received via our helpline service is **249** to date which is **79%** of our target to date.

Calls reduced in Quarter 3. We believe this is due to the Christmas and New Year holiday period leaflet which is always quiet. Poster distribution and promotion of our service to other professionals and organisations which will be continued in Quarter 4.

Of the **85** calls received in Quarter 3, **40** were from existing clients (**32** different individuals) and **43** calls came from new clients (**43** different individuals). Therefore the **85** contacts made were from **65** different individuals.

Not included in the above statistics are calls from **20** professionals seeking advice and support for referring into service.

One of the calls to the Helpline was from NRP who have now visited ESCAPE and met with our Service Manager and Blyth FSW Practitioner to provide information on their service and gain insight to ESCAPE's delivery and programmes. Increased referrals from NRP are anticipated ongoing as our Service Manager and Blyth FSW Practitioner will be attending an online NRP team meeting to further promote our service to NRP practitioners.

4. Volunteers/ Peer Mentors gaining improved skills through accredited training

We have these qualifications booked in the diary for later in the year. At the present time we are running:-

- Supporting Families with Addictions (Level 2)- started on 9th November 2023
- Family Dynamics (Level 3)- will commence on 1st February 2024
- Peer Mentoring (Level 2)- will commence on 15th January 2024

These activities were delayed and rescheduled due to our recent change in service management. All targets will be achieved by the year end.

5. Access specialist befriending provision for carers

We have had a further **5** carers accessing our befriending service this quarter.

Overall, this has resulted in:-

- **23** carers accessing the befriending service this year to date.
- **11** of them accessing on a short term to mid-term basis
- **12** accessing 3 month or longer.

We have achieved 77%, 73% and 80% of our annual targets to date for these measures respectively.

6. Recruit, train and develop carer peer mentors/volunteers with the skills required to support the delivery of the project's main outcomes

We have had **8** volunteers participate in Level 2 Supporting Families Affected by Addiction. Only one of these volunteers was from ESCAPE, the remaining **7** volunteers were from Full Circle Recovery in Blyth. We advertised this programme externally to broaden and improve our partnership work. The programme was promoted through our Blyth FSW Practitioner at Briardale House.

We have achieved 67% of the target for CRAFT Facilitation and plan to train more people in Quarter 4.

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We have overperformed on delivery of soft skills achieving 600% of target year to date.

7. Improved health and wellbeing of carers

We began the year with a carry forward caseload of **124** from 31/03/2023 and received **162** new referrals this year (until 31/12/2023). (We also received three Service User referrals in addition to this who have been referred into NRP).

= **286** total individuals worked with up until 31/12/2023. (**331** including 45 parenting stats.)

151 of these **286** cases have been closed as follows:-

- **125** Support completed and mutually agree exit.
- **7** Dropped out of service.
- **4** Inappropriate Referrals (YP under 8 years of age and ineligible for ACE's Prog.)
- **7** Treatment Declined
- **1** No appropriate treatment available
- **3** Other (1 dementia- diagnosis not suitable for support)
- **1** Moved Away
- **3** Service User self-referrals who were supported and referred to NRP

This resulted in **82.78% (125)** of the **151** cases having positive endings with improvements to their lives.

As of the 31/12/2023 we have **135** open cases and **46** of these were new in Quarter 3 (**34%**)

222 (77.62%) of the **286** people we have worked with year to date have improved their health and wellbeing. Our target is 66% so performance has been over-achieved.

8. Reduces isolation and improvement in social integration for carers

The reported statistics are based on 286 carers resulting in:-

62% (177) showing improved social isolation.

66% (188) accessed respite provision.

62% (177) attending group work.

66% is the target, a third of the open caseload are new into service therefore we expect to achieve all performance targets in Quarter 4.

9. Provide training that enables families affected by drug and alcohol use to better understand addiction and its impact, in order to develop coping strategies and more appropriate responses

CRAFT Programme

We have run 6 CRAFT programmes to date. We are ahead of target having already achieved 100% of the outcome required for the year. We have two further programmes scheduled for Qtr 4.

Level 2 Peer Mentoring

This is planned to be run in January 2024.

Level 2 Supporting Families with Addictions

This programme started in November 2023.

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Drug and Alcohol Training

We completed two sessions of Alcohol Awareness in July 2023. We have completed 133% of the target for the year so have overachieved.

Teen Triple P and SPACE Parenting Courses

We have completed three Teen Triple P and three SPACE Parenting Courses in the first nine months of this year so have therefore completed **300%** of our Public Health target as we are now working in partnership with Family Hubs and they are paying for additional programmes.

Level 1 Support Skills

This is to be run in January 2024.

Level 3 Family Dynamics

This programme is due to run in February 2024.

10. Other activities completed this quarter

We have run 4 Yoga sessions this quarter.

We have run 6 Coffee mornings this quarter.

This resulted in **10** sessions in total. **16** separate individuals.

CRAFT Maintenance ran monthly again this quarter so we have completed 9 maintenance group this year to date: 4 online and 5 face to face.

Wellbeing Workshops were delivered at Briardale House including Anger Awareness, Stress Awareness, Sleep Hygiene, Anxiety and Stress Awareness, Self Esteem and Assertiveness.

Halloween Family Fun Family Event took place at Susan Kennedy Centre.

Christmas Celebration Event took place at Susan Kennedy Centre.

Caravan respite resulted in **12** family vacations involving **25** adults and **13** Children and Young People benefiting from respite breaks this quarter.

Two staff members attended the Family Hub in Cowpen, Blyth to promote our work and improve partnership work.

Two staff attended the Blyth Better Together Partnership meeting to improve partnership working and service provision.

Our Blyth FSW Practitioner attended the Wellbeing Event at the Keel Row organised by Heart of Blyth to promote our services to other organisations.

The whole staff team attended training delivered by Sorted! At SKC to raise awareness of their service.