



FfB Horizons Programme

Horizons is a project aimed at supporting women and their children who have been exposed to one or more of the following:

Domestic Abuse

Substance Misuse

Mental Ill Health

We support families through a range of different interventions which are tailored according to the individual needs of the person.

The Horizons Programme services include:

One-to-one Counselling

Play Therapy

Group-based Programmes, such as the Liberty Programme

Non-talking Therapies

Parenting Support

Linking with Other Specialist Agencies

Group-based Activities for Mothers and Children



FfB Families First Bedfordshire

Call us on

01234 341 977

Email us at

admin@familiesfirstbedfordshire.org.uk

Visit our website

www.familiesfirstbedfordshire.org.uk

Drop in to meet someone at

30 Meadway Bedford MK41 9HU



Registered Charity Number 1108055
Company Limited by Guarantee Number 05115062



FfB Horizons Programme

Services for Women and Children

Information for Professionals



26%
of babies
in the UK have a parent
affected by **domestic
abuse, mental ill
health or drug/
alcohol problems**



FfB Families First Bedfordshire

Supporting children & victims of abuse for 15 years

The Team

The full complement of the Horizons offer is delivered by a highly qualified staff team. The Horizons team are made up of the following roles:

Service Manager

Two Family Practitioners

Two Play Therapists

Children's & Crèche Workers

Administrator

Volunteer Counsellors

You can be assured that the services you are referring your clients to is safe, of good quality and locally well regarded by a number of statutory organisations. We hold PQASSO level 1 and all our services meet SafeLives leading lights standards. Clinical staff and volunteers all receive external supervision and are registered with the appropriate regulatory body.

Our staff are experts in rebuilding self esteem and improving emotional and physical wellbeing. In cases where there is substance misuse or significant mental health issues we will work with other specialist providers who will also be working with the client.

Our services are delivered in several venues across Bedford Borough. We also provide home visits to families who find it difficult to travel. We will work very closely with schools, health services and social services when devising a family support plan to ensure that all support is relevant and timely.

Access Criteria

In order to access Horizons women and their children need to be living in Bedford Borough and had recent exposure to domestic abuse, substance misuse and/or mental ill health. We will work with children up to the age of 14 years on a one to one basis but will work with the family as a whole.

Referral Pathways

You can make a direct referral to Horizons by using our own referral form which can be found on our website. We would suggest you call a member of the team first to talk through your referral to make sure it fully meets the criteria. Anyone can refer and we will accept client self-referrals.

We also accept referrals through Bedford Borough Council's Early Help process. If you complete an Early Help Assessment (EHA) and the local authority panel feel Horizons is the most appropriate service they will contact you advise so you can relay the information onto the family referred.

What Happens Next?

We will initially make contact with the referrer to clarify any missing information and to talk about next steps. Only then will we contact the client to start our assessment process. Following a full assessment we will begin to create a package of support which will be dependant on the level of need. Levels of service and need are illustrated to the right.

OUTCOMES STAR LEVEL	6-10
LEVEL OF NEED	
Level 1: Universal Access (Low Need)	
INTERVENTION REQUIRED	
Parent/Under 5 Nurture Group Family Celebration Days Volunteer led groups Trips and Visits	
SUPPORT REQUIRED FOR ALL PARTIES	
Signposting and Multi-Agency Drop-in Support	
SUPPORT REQUIRED FOR THE CHILD	
1 to 1 Play Therapy / Group-based Support	

OUTCOMES STAR LEVEL	5-6
LEVEL OF NEED	
Level 2: Targeted Group Access (Medium Need)	
INTERVENTION REQUIRED	
Mother & Children Group Liberty Programme (DA) Liberty Programme (SM) Non-Talking Therapy Group A – rolling topic Non-Talking Therapy Group B – rolling topic	
SUPPORT REQUIRED FOR ALL PARTIES	
Signposting and Multi-Agency Drop-in Support	
SUPPORT REQUIRED FOR THE CHILD	
1 to 1 Play Therapy / Group-based Support	

OUTCOMES STAR LEVEL	1-5
LEVEL OF NEED	
Level 3: Universal Access (High Need)	
INTERVENTION REQUIRED	
1 to 1 Counselling (Women) 1 to 1 Targeted support Centre to Home Support	
SUPPORT REQUIRED FOR ALL PARTIES	
Signposting and Multi-Agency Drop-in Support	
SUPPORT REQUIRED FOR THE CHILD	
1 to 1 Play Therapy	