



Rewarding Learning

eGUIDE//

Health and Social Care

Unit A2 5: Supporting the Family

Content	Page
Family structures	2
Range of family structures in today's society	2
How families meet individuals' needs	4
Support available to families	6
Why health and social care support may be needed by families	6
Support offered by the statutory, private, voluntary and informal sectors	6
Effects on families of accessing services	7
Family issues	8
Domestic violence	8
Poverty	10
Mental illness	12
Poor parenting skills	14
Children with behavioural problems	16
Children with special educational needs	18
Child abuse	20
Racism	22
Bereavement	24
Addiction	26



Family structures

Range of family structures in today's society



The word family has many different meanings. A family is often thought of as consisting of a mother, father and children but in today's society there are various family structures. The diagram below illustrates common family structures.

Family Structures

Same-sex parent families

Shared Care families

Nuclear families

Blended families

Family Structures

Families with fostered or adopted children

Lone parent families

Cohabiting and married couple families

Extended families

Watch the You Tube video: The Different Types of Family on <https://www.youtube.com/watch?v=9zmk04tqkhg>

Activities

(a) Describe the different family structures in the above illustration.

The following websites may provide useful information;

<http://www.alternativefamilylaw.co.uk/en/children/shared-care.htm>

http://kidshealth.org/kid/feeling/home_family/foster_families.html

<http://www.beingasteparent.co.uk/what-step-family.html>

(b) Watch soaps such as Emmerdale, Coronation Street and EastEnders and identify the structure of the various families, for example the Platts in Coronation Street.

How family structures have changed since the end of World War II and reasons for these changes.

(c) Watch the You Tube animation: Changes in Family Structure on

https://www.youtube.com/watch?v=oBmCJ25_e7I



Family structures have changed since the end of World War II, for example, there has been an increase in the number of lone parent families, cohabiting families and same sex couples. There are various reasons for these changes such as changes in legislation on divorce and civil partnership, changes in social norms and immigration. For example, nuclear families have become much smaller, with a report in The Telegraph on January 23 2015 stating that the average family size in the UK has shrunk. In the 1960s the average number of births per woman was 2.95 and this dropped to 2.1 in the 1970s and to 1.91 in 2007. There may be a number of reasons for this change. It may be due to more effective contraception methods meaning women have more control over the number of children they have. Another possible reason is that an increasing number of women are now in full or part time employment and have taken the decision to have fewer children. Recent research also suggests that in times of economic recession birth rates fall due to the expense involved in rearing a child (£3,762 per year on essentials and up to £230,000 to the age of 21).

Further information is available on the following websites and in numerous media articles.

<http://www.kingsfund.org.uk/time-to-think-differently/trends/demography/changing-families>

<http://www.oecd.org/els/soc/47701118.pdf>

http://www.ageuk.org.uk/Documents/EN-GB/For-professionals/Research/CPA-Changing_family_structures.pdf?dtrk=true (good range of statistics)

<https://www.leeds.ac.uk/cava/papers/wsp7b.pdf>

Activity

Working in groups, choose one change in family structure since the end of World War II and suggest reasons for this change (each group should choose a different change). Present your findings to the larger class group.



How families meet individuals' needs

How the family meets the needs of its members

A need is an essential requirement to help ensure an individual maintains health and well-being and life at a certain standard. In this unit you need to consider how the family meets the physical, intellectual, emotional and social needs of its members. We all have basic needs but these vary in different life stages. As we grow up we are able to meet a significant number of these needs by ourselves, but the family still plays a major role in meeting needs, especially in the life stages of infancy, childhood, adolescence and later adulthood and at times of illness or crisis, and if a family member has a disability. The diagram below shows examples of some of the needs of children.

The Needs of Children

Social:

- development of social skills
- development of communication skills
- friendships
- relationship with others

Emotional:

- sense of belonging
- esteem needs
- feelings of being loved/wanted/cared for
- feelings of being safe and secure



The Needs of Children

Physical:

- development of fine and gross motor skills
- adequate nutrition
- safe environment
- exercise
- hygiene
- medical care
- warmth and shelter

Intellectual:

- stimulation
- opportunities to learn
- opportunities to develop language

Meet the Jackson family, which consists of Peter and Laura and their three-year-old daughter, Jane.

Consider how the family group may meet Jane's needs. The passage below is a brief outline of how some of Jane's needs are met.

One of Jane's **physical needs** is adequate nutrition and this need is met by Laura who cooks well balanced meals and ensures that Jane gets adequate amounts of protein foods as she is growing rapidly. Peter and Laura both encourage Jane to drink milk and eat yoghurts, as they contain calcium essential for the development of strong bones and teeth. Laura also encourages Jane to eat five portions of fruit and vegetables every day. Jane is discouraged by both her parents from eating sweets and having sugary drinks, and they give her healthy snacks such as raisins, bread sticks or fruit.

An important need, which the family meets, is Jane's **intellectual need** for stimulation. Both parents spend time with Jane reading her books and discussing the stories with her. She has a range of age appropriate toys and her parents spend time playing with her and talking about the toys. At the weekends Peter and Laura take Jane on outings, for example to the park, zoo, and farm or to play with cousins.

Jane needs to feel loved and wanted and this is an important **emotional need**, which her parents meet. Both Peter and Laura spend time playing with Jane and give her lots



of kisses and cuddles. They praise her when she tidies up her toys or eats all her dinner. When speaking to Jane they use an appropriate tone of voice and when she is naughty they do not shout but use a firm tone of voice and explain what she did wrong.

A **social need** which Jane's family must meet is the development of social skills. Both parents encourage Jane to say 'please' and 'thank you', to use a knife and fork and to sit at the table with the family at meal times. When visiting her cousins, Peter and Laura encourage Jane to share her toys.

Information on Physical, Intellectual, Emotional and Social (PIES) needs is available in the mark schemes of AS units 3 and 5 and A2 unit 9 (legacy specification) on http://www.rewardinglearning.org.uk/microsites/hsc/gce/past_papers/index.asp

Activity

Read the following case studies based on families where one member needs health and social care support. **Analyse** how other family members meet the needs of that individual.

CASE STUDY 1

Alice, aged 89, has dementia and lives with her daughter. She attends a day centre once a week.

Discuss how Alice's daughter may meet her mother's physical, Intellectual, emotional and social needs. Access the following websites to find out more detailed information on the specific needs to be met when caring for someone with dementia.

https://www.alzheimers.org.uk/site/scripts/documents_info.php?documentID=84

<http://www.nhs.uk/conditions/dementia-guide/pages/living-well-with-dementia.aspx>

CASE STUDY 2

Jamie, aged 10, lives with his parents and two older sisters. He has been diagnosed with Type 1 diabetes.

Discuss how Jamie's family may meet his physical and emotional needs. You may need to research information on diabetes and the following websites may be useful;

http://kidshealth.org/kid/diabetes_basics/what/type1.html

and

<http://www.netdoctor.co.uk/conditions/diabetes/a827/diabetes-in-children/>

CASE STUDY 3

Shirley, aged 49, has been diagnosed with breast cancer and her treatment requires surgery, radiotherapy and chemotherapy. The treatment will last for a period of nine months. Shirley lives with her husband and her two sons live nearby with their families. Discuss how Shirley's family may meet her physical, emotional and social needs during this time. The following websites provide more detailed information on the treatments for breast cancer and may enable you to gain more insight into Shirley's specific needs and how her family may meet them.

<http://www.macmillan.org.uk/information-and-support/breast-cancer/treating>

<http://www.nhs.uk/conditions/cancer-of-the-breast-female/Pages/Treatment.aspx>



Support available to families

Why health and social care services may be needed by families

Families may require the support of health and social care services for various reasons.

Activity

Consider your own family and recall the occasions when the support of health and social care services were required.

Families may require the support of health and social care services when a member becomes ill. Examples may include a young child with appendicitis, a baby with a chest infection, an adult member with a serious health condition such as renal failure, an expectant mother who has preeclampsia, an elderly person who has had a stroke or a young adult who has serious injuries following a road traffic accident. This support may be short term, for example a period of treatment in a hospital or a visit to the GP who can prescribe the necessary treatment to cure or manage the condition. In times of crisis, such as bereavement or family breakdown, family members may need the support of health and social care services to cope. Families who have a member with a mental illness, learning disability or physical disability may require more intensive and long-term support. Consider the level of support required by a family who have a child with a severe learning disability.

Support offered by the statutory, private and voluntary sectors

Refer to the CCEA Fact File *Support Available to Families*.

Further detail on the range of support offered to families by the statutory sector is available on each trust website.

<http://www.northerntrust.hscni.net/>

<http://www.southerntrust.hscni.net/>

<http://www.westerntrust.hscni.net/>

<http://www.setrust.hscni.net/>

<http://www.belfasttrust.hscni.net/>

Details of the support offered by the private sector can be accessed by using a search engine and entering, for example, private nursing/ care homes in Northern Ireland, private clinics/hospitals in Northern Ireland and then opening the relevant sites to find details on the support available. Most voluntary organisations have very informative websites detailing the range of services offered. An initial search, for example, for voluntary organisations for service users with learning disabilities in Northern Ireland will yield several websites such as:

<https://www.mencap.org.uk/northern-ireland>

and you can use these to research the support offered by the individual organisations.

Activity

Produce a poster outlining the support offered to families in your local area by the statutory, private and voluntary sectors.



Effects on families of accessing services

The support provided by health and social care services usually has a positive effect on the family. An obvious example is that a condition/ illness is cured or managed effectively, which relieves stress and anxiety for the entire family, however there are also a wide range of other effects including reducing dependency, increasing self-sufficiency, developing self-esteem, increasing their sense of empowerment, and developing alternative coping techniques.

Activity 1

Read the following case studies and assess the effectiveness of the support offered by the various sectors on all family members.

CASE STUDY 1

John, aged 65, is recovering from a stroke in hospital and hopes to return to his home in the coming weeks. He lives with his partner. An occupational therapist has assessed their home and several adaptations will be made, such as replacing the bath with a shower, installing a stair lift and putting handrails at the front and back doors. The occupational therapist will also supply John with several aids such as cutlery with chunky handles and a long handled scrubber/sponge for using when having a shower.

CASE STUDY 2

Lucy, aged 74, has dementia illness and her family is finding it difficult to provide the care she requires as her children have young families of their own. Lucy does not want to move to a care home but, with her family's encouragement, has decided to move into purpose built accommodation to support older people provided by Praxis. Praxis use assisted technologies such as sensors for hot water temperature, front door alarms to alert staff members that a service user has left the building and floor pressure pads to switch lights on at night to enable a service user to get to the bathroom safely.

CASE STUDY 3

Colin, a joiner, has been waiting for a hip replacement for 13 months. He is in considerable pain, has been unable to work for the past 6 months and is now depending on benefits. He misses going out for a cycle with his friends on Saturday mornings. Colin has decided to use his savings to pay for a hip replacement in a private clinic.

Activity 2

Adam, aged 4, has been diagnosed with autism and his parents have been advised to contact Autism NI for support. Access their website and discuss the effects of the support offered by the organisation on Adam's parents.



Family issues

This section covers family issues – their effect on adults and children in families and support offered by statutory services and voluntary organisations.

Issues families may face



Families may be affected by a wide range of issues and the effects are wide ranging, for example physical injuries, fear, anxiety, guilt, loss of social contacts, relationship problems, feelings of loss, low self-esteem, and underachievement.

Domestic violence



Domestic violence is abuse, threatening behaviour or violence between adults who have been or are in a relationship together. This includes same sex couples. Both men and women are victims of domestic violence and recent statistics indicate that one in six men will suffer domestic violence during their lifetime compared to one in four women. Domestic violence is responsible for the deaths of two women every week in the UK.

Effects

Domestic violence can take many forms, for example, punching, hitting, reading texts and emails, sexual abuse, withholding money and not letting someone leave the house. The effects are wide ranging and may result in death.



Activity

Watch the following video clips Domestic Abuse: Caught on Camera: Panorama on <https://www.youtube.com/watch?v=Zu4rP9wureY> – Abused Behind closed doors – A Domestic Violence Awareness Short Film on <https://www.youtube.com/watch?v=tqgeFtUlyAo> – I LOVE YOU – A Domestic Violence Short Film on <https://www.youtube.com/watch?v=XAp2vnVPERI> and Confined – A Short film about Male domestic abuse on <https://www.youtube.com/watch?v=MXKvjkeLOJ0>

List the possible effects of the domestic violence on the adults and children involved. Information on the effects is also available on a range of websites including; <https://www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/domestic-abuse/what-is-domestic-abuse/> http://www.hiddenhurt.co.uk/male_victims_of_domestic_violence.html <https://www.womensaid.org.uk/information-support/what-is-domestic-abuse/impact-on-children-and-young-people/> <https://www.womensaid.org.uk/>

Support offered by statutory services

A range of statutory sector services support families facing domestic violence. One of the main forms support involves bringing the perpetrator to justice. The services offering support in this sector may include the Police Service of Northern Ireland (PSNI), the Probation Board for Northern Ireland (PBNI), Department of Justice (DOJ) and Health and Social Care Trusts. Information is available on the following websites;

<http://www.northerntrust.hscni.net/>
<http://www.southerntrust.hscni.net/>
<http://www.westerntrust.hscni.net/>
<http://www.setrust.hscni.net/>
<http://www.belfasttrust.hscni.net/>
<http://www.psni.police.uk/crime/domestic-abuse>
<https://www.justice-ni.gov.uk/articles/research-victims-domestic-abuse-or-violence>

Support offered by voluntary organisations

Organisations in the voluntary sector also provide valuable support to families experiencing domestic violence. The support offered includes accommodation, the provision of 24 hour helplines, and support groups. Details of the support offered by the above organisations is available on the following websites;

<https://www.womensaid.org.uk/what-we-do/>
<http://new.mankind.org.uk/help-for-victims/>
<https://www.victimsupport.org.uk/help-victims/ive-been-affected/domestic-abuse>



Activity

Prepare a poster for display in your local health centre outlining the support available for victims of domestic violence.

Poverty



A report published in the Belfast Telegraph suggests that by 2020 one in four children in Northern Ireland will be living in poverty.

When we think of poverty we often consider third world countries but poverty is a major issue facing many families in the United Kingdom. Poverty can be defined as a lack of resources (usually income/money) which prevents families living in conditions accepted as normal by society, for example, living in a warm comfortable home, taking part in activities or having sufficient food.

Effects

Poverty has a major impact on all family members and can range from children being unable to go on school trips to parents feeling guilty or an elderly person being unable to heat their home. Watch parts 1, 2, 3 and 4 of Poor Kids BBC on the following You Tube links and list the effects of poverty on children;

<https://www.youtube.com/watch?v=8BN7ml6b-e4>

<https://www.youtube.com/watch?v=8bxYeyq0xq4>

<https://www.youtube.com/watch?v=E0GYhYA7Eag>

<https://www.youtube.com/watch?v=h4tHuiKoN8o>

Other websites which may provide useful information include

<http://www.cpag.org.uk/content/impact-poverty>

http://www.barnardos.org.uk/it_doesnt_happen_here_ni.pdf

<http://www.natcen.ac.uk/our-research/research/child-poverty-in-britain/>

https://www.savethechildren.org.uk/sites/default/files/documents/child_poverty_2012.pdf

<http://www.poverty.ac.uk/sites/default/files/attachments/PSE-Child-poverty-and-exclusion-final-report-2014.pdf>

<http://www.ageuk.org.uk/money-matters/income-and-tax/living-on-a-low-income-in-later-life/>

<http://www.revolving-doors.org.uk/documents/hand-to-mouth/>



Statutory services support

Statutory services support families experiencing poverty in a number of ways including the provision of affordable housing, benefits, extended school and support programmes. The websites below provide further information.

<http://www.nidirect.gov.uk/>

<https://www.gov.uk/government/organisations/department-for-work-pensions/about>

<https://www.deni.gov.uk/>

<http://www.nihe.gov.uk/>

<http://www.nidirect.gov.uk/sure-start-services>

<http://online.hscni.net>

Activity

Produce a summary of the support provided by the statutory sector to families experiencing poverty.

Support offered by voluntary organisations

A range of voluntary organisations offer support to help families cope with the impact of poverty. These range from churches and other groups who provide food banks to other long established organisations such as The Salvation Army and St Vincent de Paul Society. Further information on the support offered by voluntary organisations can be accessed on their websites and some examples are included below;

<http://www.home-start.org.uk/>

<https://www.family-action.org.uk/>

<http://www.salvationarmy.org.uk/poverty>

<https://www.jrf.org.uk/about-us>



Mental illness



Mental illness can affect any member of the family and an increasing number of children are experiencing mental health problems which is highlighted in this recent media article; <http://www.theguardian.com/uk-news/2015/dec/26/child-mental-health-accident-and-emergency-nhs>

Mental illness is a common (about 1 in 10 people are affected at any one time) and serious condition, which affects the way an individual thinks and behaves. Examples of mental illnesses include anxiety, depression, bi-polar disorder, eating disorders and schizophrenia. Watch Maisie's story on <https://www.youtube.com/watch?v=tZRY1gtPte4>

Effects

Mental illness affects all family members not only the individual who is experiencing mental health problems.

Watch the You Tube clip Mental Health: In Our Own Words on

https://www.youtube.com/watch?v=_y97VF5UJcc

and Sarah's story on

<http://www.nhs.uk/conditions/psychosis/pages/introduction.aspx>

and list some of the effects of mental illness.

Information on the effects is available on a range of websites including;

<http://www.nhs.uk/conditions/psychosis/pages/introduction.aspx> (follow the links on different conditions)

<http://www.aware-ni.org/symptoms-of-depression.html>

Activity

Produce a factsheet outlining how mental illness may affect adults and children in a family.

Support offered by statutory services

The main way in which the statutory services support families who have a member with a mental illness is through the services provided by the health and social care trusts. The trusts provide a range of services, including Child and Adolescent Mental Health Services (CAMHS) and details can be accessed on the individual trust websites below by opening them and then clicking on Services and then Mental Health Services.

<http://www.northerntrust.hscni.net/>

<http://www.southerntrust.hscni.net/>



<http://www.westerntrust.hscni.net/>

<http://www.setrust.hscni.net/>

<http://www.belfasttrust.hscni.net/>

Activity

Produce a list of the services provided by your local trust to support families with an individual with a mental illness.

Support offered by voluntary organisations

A number of voluntary organisations provide valuable support to families who have a member with a mental illness. This support may include counselling, support groups, accommodation and helplines. The following websites illustrate examples of the support offered by a range of voluntary organisations.

http://www.youngminds.org.uk/about/what_we_do

<http://www.mind.org.uk/information-support/>

<http://inspirewellbeing.org>

<http://www.praxisprovides.com/>

<http://www.aware-ni.org/>

<http://www.parentingni.org/family-wellness-project/about-family-wellness-project/>



Poor parenting skills



Poor parenting skills can mean different things to different people, but examples may include parents not spending enough time with their children, parents who fail to bond with their children, parents who hit or humiliate their child as a form of discipline or parents who spoil their child. Poor parenting can happen for different reasons, for example, lack of parenting skills, parents experiencing poverty or young parents being immature and unaware of their responsibilities.

Effects

The effects of poor parenting skills are wide ranging and impact mainly on the children in the family and include anti-social behaviour, poor educational attainment, aggressive behaviour and low self-esteem. Read the following media articles on the effects of poor parenting skills;

<http://www.dailymail.co.uk/news/article-2030902/Bad-parenting-makes-teenagers-EIGHT-times-likely-abuse-alcohol-study-finds.html>

<http://www.dailymail.co.uk/news/article-194308/Poor-parenting-damaging-children.html>

http://www.huffingtonpost.co.uk/2012/02/27/bad-parenting-lack-of-discipline-anti-social-children_n_1303887.html

Other websites which provide detailed information include,

<https://www.jrf.org.uk/sites/default/files/jrf/migrated/files/parenting-outcomes.pdf>

http://www2.warwick.ac.uk/newsandevents/pressreleases/poor_parenting_150/

<http://www.livestrong.com/article/560572-the-effects-of-bad-parenting-on-children/>

Activity

Prepare an information sheet for first time parents highlighting the consequences of poor parenting skills.

Support offered by statutory services

The main support offered to families who are experiencing problems due to poor parenting skills are provided by the trusts and examples include Gateway Services, The Family Intervention Team and the New Parent Programme. Sure Start also provide support for families with children aged 0-4 years. Further information can be obtained by accessing your local Trust website (details below) and clicking on services and then children's services.



<http://www.northerntrust.hscni.net/>
<http://www.southerntrust.hscni.net/>
<http://www.westerntrust.hscni.net/>
<http://www.setrust.hscni.net/>
<http://www.belfasttrust.hscni.net/>

Also find out about Sure Start at
<http://www.nidirect.gov.uk/sure-start-services>

Support offered by voluntary organisations

Voluntary organisations provide a range of support including helplines, parenting programmes and advice leaflets. Access the websites below for further information.

<http://www.parentingni.org/>
<http://www.relate.org.uk/relationship-help/help-family-life-and-parenting/parenting-teenagers>
<http://kidshealth.org/parent/>
<https://www.nspcc.org.uk/services-and-resources/services-for-children-and-families/improving-parenting-improving-practice1/>
<http://www.parentingni.org/parents/programmes-workshops/>
<http://www.familylives.org.uk/>



Children with behavioural problems



Most children experience behavioural problems at some stage in their life, for example the temper tantrums associated with the “terrible twos” or the mood swings which are common in adolescence. These problems are usually short term and a normal part of development. When a child is acting out of character or there is a sudden change in behaviour, or when others are concerned about the child’s behaviour or it is having an effect on their daily life, then the child may be defined as having behavioural problems. There may be obvious reasons for a change in behaviour, for example substance abuse or family break up.

Effects

Having a child with a behavioural problem affects not only the child but other family members including parents, siblings and extended family members. Parents may feel ashamed, guilty, unable to cope, and experience a sense of failure or frustration. The following websites provide further information.

<http://patient.info/doctor/common-behavioural-problems-in-children>

<http://www.familylives.org.uk/advice/primary/behaviour/challenging-behaviour/>

Activity

Watch the video clip :-Supernanny UK on https://www.youtube.com/watch?v=M_S8bAPgKDw and identify the effects of the behaviour of the children/young people and their parents.

Support offered by statutory services

The main source of support offered by the statutory sector to families who have a child with behavioural problems is through the trusts and often the GP or health visitor would be the initial contact. The family may then be referred to more specialist help. Schools may also offer support through the form of outreach services or an Individual Education Plan (IEP) especially if the child has special educational needs linked to behavioural problems. The Department of Justice also operates a youth justice system, which provides support to victims and their families.



Further information can be obtained by accessing your local trust website (details below) and clicking on services and then children's services.

<http://www.northerntrust.hscni.net/>

<http://www.southerntrust.hscni.net/>

<http://www.westerntrust.hscni.net/>

<http://www.setrust.hscni.net/>

<http://www.belfasttrust.hscni.net/>

and on the following websites

<http://www.nidirect.gov.uk/sure-start-services>

<https://www.justice-ni.gov.uk/topics/youth-justice>

Support offered by voluntary organisations

Voluntary organisations provide a range of support including helplines, support programmes and advice leaflets. Access the websites below for further information.

<https://www.actionforchildren.org.uk/what-we-do/our-work-in-northern-ireland>

http://www.youngminds.org.uk/for_parents/worried_about_your_child/behaviour_problems

<http://www.familylives.org.uk/>

http://www.barnardos.org.uk/what_we_do/our_work/youth_justice.htm

<http://www.parentingni.org/>



Children with special educational needs



Children with special educational needs find it harder to learn than other children of their age. About one in five children have special educational needs at some point during their time in school. Read the media article below outlining the types of special educational needs <http://www.bbc.co.uk/news/education-11296012>.

Effects

Having special educational needs can affect a child in various ways, for example they may feel stupid or different, have difficulty making friends or communicating with others. Read the stories on <http://www.dyslexiaaction.org.uk/personal-stories> of people who share their experiences of being dyslexic. Parents of a child with special educational needs may also, for example, feel worried and anxious or become frustrated if their child does not get the help and support needed.

Activity

Ask the Special Educational Needs Co-Ordinator in your school/college about how having special educational needs may affect pupils.

Access the websites below to identify how having special educational needs may affect children and other family members.

- <http://www.dyslexiaaction.org.uk/page/co-occurring-difficulties-0>
- <http://www.nhs.uk/Livewell/Autism/Pages/Autismoverview.aspx>
- <http://www.bbc.co.uk/news/education-11298594> (effects on Dean)
- <http://www.autism.org.uk/about/what-is.aspx>
- <http://www.scope.org.uk/support/families/education-sen>

Support offered by statutory services

A range of support is provided by the statutory sector including services provided by the trusts such as GPs, health visitors and paediatricians, as well as social workers. Parents may voice their concerns to these practitioners who may then refer the child to other specialist services. Further information can be obtained by accessing your local trust website (details below) and clicking on services and then children's services or disability services.

- <http://www.northerntrust.hscni.net/>
- <http://www.southerntrust.hscni.net/>
- <http://www.westerntrust.hscni.net/>
- <http://www.setrust.hscni.net/>



<http://www.belfasttrust.hscni.net/>

Some trusts have Additional Support for Children in Education Teams (A.S.C.E.T.) which work alongside teachers to offer children support.

Parents may also be entitled to additional benefits and information is available on <https://www.communities-ni.gov.uk/articles/z-benefits>

The main support offered by the statutory sector is through schools and detailed information is available on <http://www.nidirect.gov.uk/special-educational-needs>

Support offered by voluntary organisations

A number of voluntary organisations provide a range of support to children with special educational needs and their families and examples include helplines, advocacy services, activities and support groups. The websites below provide examples of the support offered by the relevant voluntary organisations.

http://www.barnardos.org.uk/what_we_do/our_work/disability.htm

<http://www.parentingni.org/about-us/what-we-do/>

<https://www.mencap.org.uk/our-services>

<http://www.downs-syndrome.org.uk/>

<http://www.autismni.org/our-services.html>



Child abuse



According to the NSPCC, child abuse is when a child is harmed by another person. This person may be another child or an adult. Child abuse can take many forms and the NSPCC website, <https://www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/> explains the various types. Recent media coverage has highlighted the extent of child abuse. Read the children's stories of abuse on <https://www.nspcc.org.uk/search/?query=real+life+stories> and make notes on how you think the children may feel.

Effects

Child abuse has major short and long term impacts on the child ranging from obvious signs such as cuts and bruises to difficulty trusting others and displaying aggressive behaviour. Family members of the abused child may feel angry and guilty and the abuser is also affected. The websites below provide examples of the effects of child abuse on the victim and other family members.

<http://www.helpguide.org/articles/abuse/child-abuse-and-neglect.htm>

<https://www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/> (follow the links)

<http://www.survivorsintransition.co.uk/resources/the-impacts-of-childhood-sexual-abuse/>

<http://patient.info/doctor/safeguarding-children-how-to-recognise-abuse-or-a-child-at-risk>

<http://www.childline.org.uk/Explore/AbuseSafety/Pages/Physical.aspx> (follow the links)

http://www.supportline.org.uk/problems/child_abuse_survivors.php

<http://www.survivorscotland.org.uk/about-sexual-abuse/effects-on-family-and-friends/>

<http://www.nhs.uk/Livewell/abuse/Pages/child-sexual-abuse.aspx>

Activity

Prepare a factsheet outlining the effects of child abuse on the victim.



Support offered by statutory services

Social services provided by the trusts are one of the main sources of support provided by this sector. All the trusts have a team of social workers dedicated to family and childcare issues including child protection.

Each trust provides details on their website under the heading of children's services.

<http://www.northerntrust.hscni.net/>

<http://www.southerntrust.hscni.net/>

<http://www.westerntrust.hscni.net/>

<http://www.setrust.hscni.net/>

<http://www.belfasttrust.hscni.net/>

GPSs and other health practitioners also offer support to both the victim and their family, for example, counselling. The Police of Northern Ireland (PSNI) also play an important role in supporting the victims of child abuse and their families, for example investigating reports of abuse and if necessary referring perpetrators to the director of public prosecutions (DPP).

Support offered by voluntary organisations

A number of voluntary organisations offer support to both the victims of child abuse and their families and the websites of some are listed below.

<http://www.lucyfaithfull.org.uk/services.htm>

<http://www.childrenssociety.org.uk/>

http://www.youngminds.org.uk/for_children_young_people/whats_worrying_you/abuse

<https://www.kidscape.org.uk/advice/>

<https://www.childline.org.uk/Pages/Home.aspx>

<https://www.nspcc.org.uk/services-and-resources/>

http://www.barnardos.org.uk/what_we_do/our_work/sexual_abuse.htm

Activity

Prepare a poster on the support offered by four voluntary organisations to victims of child abuse and their families.



Racism



Racism includes discriminating against or prejudging someone of a different race because you think your own race is superior. Racism is becoming a problem in Northern Ireland and can take various forms as highlighted in these media reports.

http://news.bbc.co.uk/1/hi/northern_ireland/8104978.stm

<http://www.bbc.co.uk/news/uk-northern-ireland-29141406>

<http://www.theguardian.com/uk-news/2014/jun/12/racism-northern-ireland-couple-tell-abuse-belfast>

<http://www.belfasttelegraph.co.uk/news/northern-ireland/polish-familys-horror-at-east-belfast-racist-attack-woman-and-son-are-targeted-as-home-and-car-damaged-by-thugs-30250315.html>

Activity

Read the above articles and list the effects of racism on the victims.

Effects

Racism can have serious effects on all family members, including fear, anxiety, stress, and anger, and it has been linked to physical health problems such as high blood pressure. Examples of websites providing information on the effects of racism are included below.

<http://news.bbc.co.uk/1/hi/uk/374483.stm>

<https://www.iser.essex.ac.uk/research/podcasts/iser/2012/09.mp3>

<http://www.aboutkidshealth.ca/En/News/NewsAndFeatures/Pages/children-racism-long-term-impacts.aspx>

<http://www.dailymail.co.uk/femail/article-3159928/I-scared-cops-beat-Eye-opening-video-sees-12-year-olds-backgrounds-sharing-frank-shocking-views-racism-affects-lives.html>

<http://www.obv.org.uk/news-blogs/racism-killing-our-children-literally>

Support offered by statutory services

A number of organisations within the statutory sector offer support to families experiencing racism but often the families are reluctant to report the incidents. The Police Service of Northern Ireland (PSNI), the Housing Executive (NIHE) and Department of Justice (DOJ) are examples of some of the statutory sector organisations that offer support. The type of support offered varies and the websites below provide more detail.

<http://www.psni.police.uk/>

<https://www.justice-ni.gov.uk>



Support offered by voluntary organisations

The support offered by a voluntary organisations includes advice, helplines, advocacy and emotional support. Examples of organisations providing support are listed below;

<https://www.jrf.org.uk/report/supporting-and-empowering-victims-racist-harassment>

<http://www.sariweb.org.uk/>

<https://www.barnardos.org.uk/>

Activity

A number of refugee families have moved to Northern Ireland and in some areas they have experienced problems including racist attacks. Prepare an information leaflet for these families giving details of the support provided by both the statutory sector and voluntary organisations.



Bereavement



Bereavement is the time a person spends grieving and mourning the death of someone close to them. The website

<http://www.counselling-directory.org.uk/bereavement.html#whatisbereavement> provides detail on the bereavement period.

Effects

The death of a loved one affects people in different ways and feelings of shock, numbness and anger are common. The websites below provide more detail on how bereavement affects people.

<http://www.nhs.uk/Livewell/bereavement/Pages/coping-with-bereavement.aspx>

<http://www.ageuk.org.uk/health-wellbeing/relationships-and-family/bereavement/emotional-effects-of-bereavement/>

<http://www.nhs.uk/Livewell/emotionalhealth/Pages/Dealingwithloss.aspx>

<http://www.counselling-directory.org.uk/bereavement.html>

http://www.cruse.org.uk/sites/default/files/default_images/pdf/Free-leaflets/Restoring-hope.pdf

Support offered by statutory services

The main way the statutory sector supports families experiencing bereavement is through the trusts. This support ranges from the support of GPS to providing booklets offering advice and holding remembrance services. Visit your local trust website using the links below, and search bereavement or click on bereavement under adult services to find out the support available.

<http://www.northerntrust.hscni.net/>

<http://www.southerntrust.hscni.net/>

<http://www.westerntrust.hscni.net/>

<http://www.setrust.hscni.net/>

<http://www.belfasttrust.hscni.net/>

Support offered by voluntary organisations

A number of voluntary organisations provide help to families experiencing bereavement



and the range of support offered includes emotional support, helplines, and practical advice.

Some of the voluntary organisations can be accessed on the websites below

<http://www.cruse.org.uk/bereavement-services>

<http://www.samaritans.org/>

<http://www.tcf.org.uk/find-support/local-support/>

<http://www.wavetraumacentre.org.uk/about-us>

<http://www.winstonswish.org.uk/supporting-you/>

Activity

Prepare a short presentation on bereavement explaining how it may affect various family members and the support available through the statutory sector and voluntary organisations.



Addiction



Addiction is a condition that can interfere with work, education and family life and other responsibilities. It is a condition when a person has a strong uncontrollable need to take part in an activity such as gambling, video games or shopping or to take substances such as alcohol or drugs. Watch the You Tube clip Gamblers Anonymous Members Tell Their Story on TV on https://www.youtube.com/watch?v=j6ateGO_oyI and Caroline's Recovery Story: Overcoming Addiction to Alcohol and Drugs on <https://www.youtube.com/watch?v=n8CWQ8lsyJU>

Effects

The effects of addiction vary depending on the source of the addiction, for example addiction to drugs can have a serious effect on both the physical and mental health and well-being of the user whilst addiction to gambling can result in debt, stealing and relationship break downs. Common effects of all types of addiction include low self-esteem and guilt. Details on some of the effects of addiction can be found on the following websites;

<http://www.nhs.uk/Livewell/addiction/Pages/gamblingaddiction.aspx>

<http://gamblingaddiction.org.uk/do-you-have-an-addiction.html>

<http://www.nhs.uk/Conditions/Alcohol-misuse/Pages/Introduction.aspx>

<https://www.drinkaware.co.uk/check-the-facts/health-effects-of-alcohol>

<http://www.helpguide.org/articles/addiction/alcoholism-and-alcohol-abuse.htm>

<http://www.nhs.uk/Livewell/drugs/Pages/Dodrugsdamagebrain.aspx>

<http://www.nhs.uk/Livewell/drugs/Pages/Drugsoverview.aspx>

<http://www.dailymail.co.uk/femail/article-2328041/The-women-hid-shopping-addiction-husbands--nearly-wrecked-marriages.html>

<http://www.express.co.uk/life-style/life/611483/Shopping-addiction-cost-more-money>



Activity

Choose one form of addiction and discuss how it may affect both adults and children in a family.

Support offered by statutory services

Most of the trusts provide support to those with addictions and the type and level of support varies between the trust areas. The initial contact may be the GP who can then may referrals to more specialised help. Details of the support offered by the trusts can be accessed on the following websites;

<http://www.southerntrust.hscni.net/1562.htm>

<http://www.belfasttrust.hscni.net/services/BelfastAddictionService.htm>

<http://www.setrust.hscni.net/2110.htm>

<http://www.northerntrust.hscni.net/services/904.htm>

Support offered by voluntary organisations

Support is available from a wide range of voluntary organisations. Examples of the support available includes, counselling, support groups, information leaflets and drop in centres.

Some of the voluntary organisations supporting families with addiction include;

<http://www.actiononaddiction.org.uk/For-Families.aspx>

<http://www.mind.org.uk/information-support/guides-to-support-and-services/addiction-and-dependency/>

<http://www.salvationarmy.org.uk/addiction-support>

<http://www.alcoholics-anonymous.org.uk/>

<http://www.gamcare.org.uk/>

<http://www.gamblersanonymous.org.uk/>

<http://www.samaritans.org/>

<http://addictionni.com/>

<http://www.lifeline.org.uk/>

<https://www.moneyadviceservice.org.uk/en>

<https://www.nationaldebtline.org/>

<http://gamanon.org.uk/>