Family X were referred to Practical Home Management by the BCBC North Safeguarding Team for support in relation to home conditions, which presented as cluttered, unsafe for the children and without a consistent routine.

An initial assessment was completed with mum, to understand what she felt she was struggling with at home, what could help make positive change and how she wanted to go about addressing this. Together an action plan was created to ensure that the clutter was cleared, the environment maintained safe for the children, and she felt in control of keeping on top of household tasks. Mum led the direction of the plan as a number of professionals have been involved with the family and mum had felt a little out of control and the worker wanted to support her to gain this feeling back.

Weekly visits were completed with Mum where support was offered in relation to sorting through the toys, identifying what would be kept and could be donated or thrown away. In time, and led by Mum, other items for disposal throughout the home was identified and explored how the space could be maximised. Mum took responsibility for arranging the removal of items.

With the progress made, the worker supported to apply for an internal Barnardo’s Cost of Living Crisis fund grant to access funding to purchase safe storage for the children’s shoes and boxes for the children’s clothes to be stored away.

Mum was grateful for the support and fed back that it had helped her to feel positive about the changes she could make herself and allowed her to feel in control again.