

These numbers are so you can call us / text us when you need to:

My Keyworker is.....

Mobile.....

Office.....

Other useful numbers:

.....

.....

.....

Contact No: 0207 527 2319

Islington Families Intensive Team

The Annex

Laycock Centre

Laycock Street Islington

N1 1TH

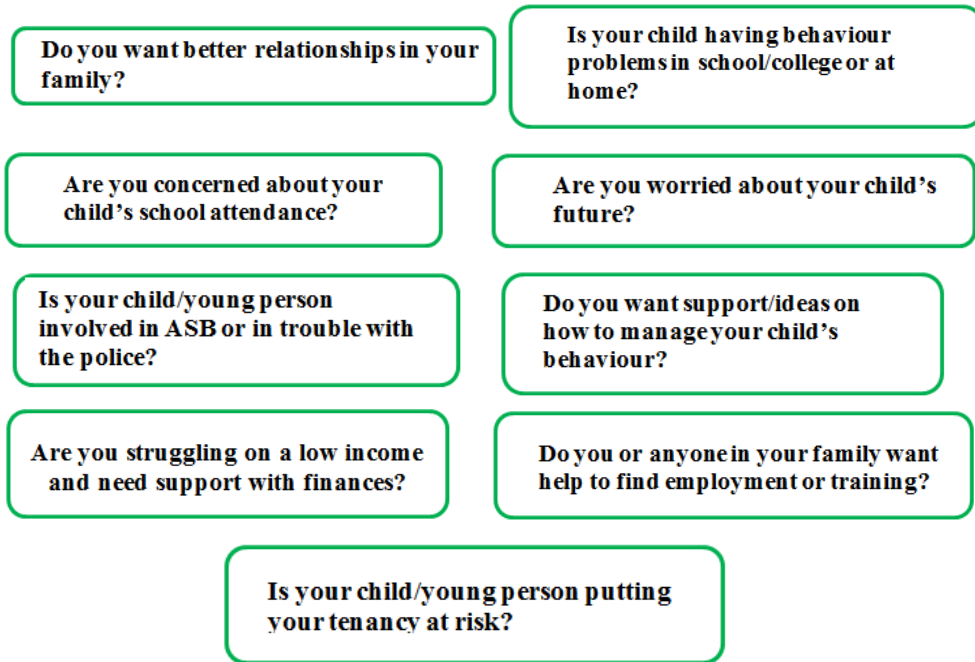
IFIT is part of Islington's Stronger Families Programme

**If you would like this document in large print or Braille, audiotape
or in another language, please contact 020 7527 2000**



Islington Early Help: Islington Families Intensive Team (IFIT) Information for Parents/Carers





What is IFIT?

IFIT is a service for children/young people and families. IFIT focuses on the needs of the whole family using tried and tested methods with proven results. We work intensively usually meeting you in your home and aim to see you and your family twice a week for up to 6 months.

Who are we?

The IFIT team is made up of specialist staff from a variety of different backgrounds. We have Family Intervention Workers, Clinical staff (related to adult and child physical and psychological development) an Education Coordinator and an Employment/ Training advisor. This means our experienced team can help you, your child/young person and your family in lots of ways according to your individual needs.

Our offer:

We will build upon your ideas and skills as well as using our expertise, including the IFIT parenting programme and family book, to come up with some practical and specific plans that you could use with your child to increase existing positive behaviour, and reduce any behaviour that you may not be happy with. For example if your child is always coming home late, we would work with you on finding a way to improve this.

We have good relationships / links with other agencies e.g. YOS, TYS, Housing, Education, Children's Social Care, CAMHS and Employment agencies. We keep you at the centre of planning our work with these agencies.

We can also support with:

- Attending meetings with your housing officer/ landlord
- Supporting you or your child/young person to attend appointments e.g. YOS/GP
- Supporting you with budgeting and accessing financial advice
- Come to school to meet your young person / teachers; come to school meetings with you
- Take you and your child/young person to activities