# Support for Children and Families

**At C of E Academy, we recognise the challenges that families face in bringing up children. There may be times when you need extra help and support.**
**If this is the case please come and talk to us. There are many ways in which we can help as outlined in this offer of early help.**

Providing early help to our pupils and families at Pinvin C of E Academy means we are more effective in promoting support as soon as we can. Early help means providing support as soon as a problem emerges, at any point in a child's life, from the foundation years through to teenage years.

| **Key Personnel and job roles** |
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| **The Designated Safeguarding Lead (DSL) is Mrs Emma Rose email:** dsl@pinvin.dowmat.education.co.uk Telephone: 01386 554196<br><br>**The deputy DSLs are Mrs Laura Barker, Mrs Rebecca Suckling, Mrs Sophie Denton and Mrs Nichola Bennett:** email: office@pinvin.dowmat.education.co.uk Telephone: 01386 554196<br><br>**The nominated safeguarding governor is Mr John Gardener** email: jgardener@pinvin.dowmat.education<br><br>**The Headteacher is Mrs Emma Rose:** email: office@pinvin.dowmat.education Telephone: 01386 554196<br><br>**The Chair of Governors is Mr Trevor Knight:** email: tknight@pinvin.dowmat.education Telephone: 01386 554196 |

## Our Early Help Offer

Early Help is a pathway to supporting you and your child as they grow up when you or they may need further support or guidance.

Providing early help to our pupils and families at Pinvin C of E Academy means we can improve outcomes for children, families, and communities, providing support as soon as a problem emerges, at any point in a child's life, from the early years through to teenage years.

| Universal Level | |
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| Nurturing school ethos | JIGSAW PSHE |
| Positive well-being | Universal SEND provision |
| **Target Level** | |
| Breakfast and After School Clubs | Pastoral support access |
| SALT Specialist | The Pod/Nest |
| **PPG** | |
| Funding used to support interventions at target/specialist level | Enrichment- Clubs and visits |
| GRT Liaison Worker | Wellcomm |

| Pinvin Family Liaison Support | |
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| DDSL and Mental Health | Inhouse family support for difficulties. e.g foodbank vouchers |
| Check Ins | Worcestershire Family Hub signposting |

| Specialist Support | |
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| Motional intervention | Mental Health First Aid |
| ELSA | Trauma Informed |
| **Outside Agency** | |
| School Nurse | Speech Therapy |
| Purple Leaf | Reach 4Wellbeing |
| **Community Support** | |
| WCF- Action for Children. Starting Well | GRT Family Liaison. GRT Services |
| Transport liaison with WCC | Foodbank links |

**Early Help can support children and their families who may be struggling with:**

- Routines and family rules
- Families who may be not be eating healthy food
- Keeping to a healthy lifestyle
- Children who are caring for a family member
- Children who may not want to go to school for different reasons
- Disability within the family including children being a young carer
- Children in the family have special educational needs (SEND)
- Children who may becoming involved in anti-social or criminal behaviour
- Children who go missing from home
- Children or parents / carers misusing drugs or alcohol
- Children at risk of being tricked, forced, or made to work in the criminal world
- Children who may need support because they may live in a home and see drug or alcohol abuse or adult mental health problems.
- Children who have parents who argue a lot (and sometimes might hurt each other) whether the parents live together or apart.
- Children at risk of being groomed to join groups which support illegal views
- A privately fostered child (a child from another family living within your family home)

Early help relies upon local groups and people in the community, sometimes we work together to help children, young people, and their families. Everyone needs help at some time in their lives and therefore an ethos of early help is important for any school.

- ***Attendance:*** *Attending school on time each and every school day is very important. Mrs Denton and Mrs Suckling will help support families where children are struggling with attendance or arriving on time.*

- ***Behaviour:*** *We are here to support you to help create a calm and safe environment at home, as well as at school. We can work in triangulation, to put in place general and targeted interventions to help children meet behaviour standards. We are of great understanding that behaviour is a form of communication and therefore need to explore various avenues as to what is the root cause(s). We are very lucky to have a member of staff who is TIS (Trauma Informed Schools) trained who can provide various therapies and interventions. We work alongside external agencies where necessary and with your agreement. Please do not hesitate to contact us.*

## Local Services

| **Family Hub** | ***Groups & Activities*** |
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| WORCESTERSHIRE VIRTUAL FAMILY HUB<br>https://www.worcestershire.gov.uk/info/20643/the_family_hub | ***https://www.worcestershire.gov.uk/directory/18/groups_and_activities_for_young_people/category/40***<br><br>***Holiday Activities and Food (HAF) Programme in Worcestershire (Providers)*** |

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| If you need help with paying your household bills, need advice about managing your debt or finances, emotional support or getting back into work please contact **Here2Help** on 01905 768053 then press option 3. The Here2Help opening hours are Monday to Thursday 9.00am to 5.00pm and Friday 9.00am to 4.30pm. | ***https://www.worcestershire.gov.uk/info/20818/ready_steady_worcestershire_-_school_holiday_food_and_activities/2419/holiday_activities_and_food_haf_programme_in_worcestershire*** |
| **Pershore Riverside Youth Centre**<br><br>Monday 6.30-8pm - Junior Club (9 - 12 years)<br>Tuesday and Wednesday 5.30-8pm - Youth Club (13 - 16 years)<br><br>https://www.worcestershire.gov.uk/directory_record/1359/pershore_riverside_youth_centre | **Pershore Foodbank**<br>***https://pershore.foodbank.org.uk/***<br>Pershore Foodbank Centre, St Andrews, Church Walk, Pershore, WR10 1BH |
| **Early Help Family Support District Team (Wychavon)**<br><br>This service is delivered by Worcestershire Children First company directly to families permanently living here in Worcestershire who have children aged 0 to 18 years old and need help and support specifically from a Family Support Worker. We are part of a wide range of early help services across Worcestershire for children and young people aged 0 to18 years old.<br><br>https://www.worcestershire.gov.uk/eifs<br><br>Team contact number: **01905 844229**<br><br>Team email address: **FamilySupportWychavon@worcschildrenfirst.org.uk** | **Pershore Library**<br>Church Street, Pershore, WR10 1DT<br>***https://www.facebook.com/Pershore-Library-440052549394168/***<br>***Email:*** ***PershoreLib@worcestershire.gov.uk***<br> |

**Early Help Family Support Service:**

The Early Help Family Support Service is delivered by Worcestershire Children First directly to families permanently living in Worcestershire who have children aged 0-18 years old and need help and support specifically from a Family Support Worker. For more information, please visit: Worcestershire Children First Early Help Family Support Service | Worcestershire County Council

## Health (including mental health, emotional wellbeing, and sexual health)

The Starting Well Partnership offers a range of health services which support both children and families experiencing a range of health issues.

Worcestershire Health Visiting Service | Starting Well (startingwellworcs.nhs.uk)
If your child is under 5 years old and you need advice on issues such as feeding, behaviour, or toileting you can contact the Telephone Advisory Service on 0300 123 9551 (Monday – Friday 9am til 3pm). A Health Visitor will assist you over the phone with any worries, concerns, or questions you have.

School Health Nursing | Starting Well (startingwellworcs.nhs.uk)
School health nurses offer a range of services such as home visits, health needs assessments, time4u drop-in service, school aged hearing and national child measurement programme to support the needs of children and their families.

Text service supporting young people | Starting Well (startingwellworcs.nhs.uk)
Chat health is a free and confidential text service for young people in need of advice or support
To confidentially contact your school nurse, text: 07507331750

Social Prescribing: Onside Advocacy, Worcestershire (onside-advocacy.org.uk)
Social Prescribers support you to take control of your health and look after yourself by making connections with the different types of community support available.

CAMHS | Herefordshire and Worcestershire Health and Care NHS Trust (hacw.nhs.uk)
CAMHS provides mental health help to children, young people and their families across Herefordshire and Worcestershire

Home - Kooth
Kooth is an online mental wellbeing community which offers free, safe, and anonymous support.

Reach 4 Wellbeing | Herefordshire and Worcestershire Health and Care NHS Trust (hacw.nhs.uk)
The Reach4Wellbeing team promotes positive wellbeing to reduce the stigma of mental health by providing short-term group programmes for children and young people age 5-18 experiencing mild to moderate anxiety and low mood.

Papyrus UK Suicide Prevention | Prevention of Young Suicide (papyrus-uk.org)
Papyrus can offer suicide prevent support providing free and confidential helplines, advice, webchats, and resources.

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Home | Healthy Minds (whct.nhs.uk)
Healthy Minds' 24/7 mental health helpline provides support or advice if you, or someone you know, is experiencing a mental health crisis and needs urgent help. Its available 24 hours a day to anyone in Herefordshire and Worcestershire.

Winston's Wish - giving hope to grieving children (winstonswish.org)
Winston's Wish provide support for children and young people following the death of a sibling, parent, or a person important to a child.

Sexual Health Know Your Stuff | Sexual health | Worcestershire County Council
Worcestershire Integrated Sexual Health Service (WISH) | Herefordshire and Worcestershire Health

and Care NHS Trust (hacw.nhs.uk)
WISH offer friendly and non-judgemental specialist services to support with information and advice, contraception, pregnancy, STIs and screening.

**Under 21 Saturday Service** - Clinic telephone lines are open between 10:00am – 12:30pm on Saturdays - Please call: 01905 681673 for further details.

Young People have a telephone consultation and are asked questions about their relationships. Callers will be advised what to do next and directed towards a clinic if necessary.

WISH have a dedicated Outreach nursing service. Referral forms can be found at www.knowyourstuff.nhs.uk. The Outreach team see young and vulnerable people who couldn't otherwise access sexual health services.

Free STI test kits and contraception: SH:24 Free Home STI STD Test | Sexual & Reproductive Health (sh24.org.uk)

## Bullying (including Cyberbullying)

If you are concerned your child or a child, you know is being bullied there are several services and useful links which can help you support your child as a parent.

In the first instance if bullying is happening at school, please speak to a member of staff who will be able to help.

The following links will provide you with more information if you or someone you know is being bullied:
Is your child or someone you know being bullied? | Worcestershire County Council
Are you being bullied? | Worcestershire County Council
Cyberbullying | Worcestershire County Council
Kidscape | Resources and Publications

## Online Safety

If you have concerns around the safety of your child or a child you know online, the following links will provide you with information, support, and advice to help understand the risks and keep your child safe online:

- Think U Know | Information for parents
- Online safety | Barnardo's (barnardos.org.uk)

- Educate Against Hate
- www.internetmatters.org
- BBC | 8 tips for staying safe online

Sexting is the sending or receiving of sexually explicit images, videos or conversations online.
Sexting and sending nudes | NSPCC
Think U Know | Parents Sexting Guide

## Relationships

The following services and links offer information, advice, and intervention on healthy relationships for your family and children:

- Healthy relationships | NSPCC
- Challenges at home: Harmony at Home – information and support for parent carers | Worcestershire County Council
- CRUSH is an awareness raising and support programme to help young people make safe and healthy relationships. http://www.westmerciawomensaid.org/crush/
- Relationships | The Family Hub | Worcestershire County Council

### Friendships and relationship in teenagers

Making friends and starting new relationships are a big part of getting older. It's very common to fall out with friends or break up from relationships – which can be very difficult to deal with. You might also be in a relationship that doesn't feel right and need some advice about what to do. The websites below contain lots of information about making friends, peer pressure, healthy and unhealthy relationships, sex and much more. There is also information available for parents around how to talk to your child about friendships, sex and relationships.

Childline - Friends, relationships and sex (opens in a new window)

Disrespect Nobody - Signs to spot (opens in a new window)

NHS Choices - How to talk to your child about sex (opens in a new window)

NHS Choices - Sex and young people (opens in a new window)

## SEND (Special Educational Needs and/or Disabilities)

SEN (Special Educational Needs) as defined on gov.uk

Special educational needs and disabilities (SEND) can affect a child or young person's ability to learn. They can affect their:

- behaviour or ability to socialise, for example they struggle to make friends
- reading and writing, for example because they have dyslexia
- ability to understand things
- concentration levels, for example because they have ADHD
- physical ability

In line with the Special Educational Needs and Disabilities (SEND) Code of Practice, the school identifies children with additional or special educational needs as early as possible and aims to provide opportunities for every child to achieve their full potential.

Working closely with parents and carers, once a child's educational needs have been identified, they will be added to our school SEND register. Some children's needs can be met through quality first teaching strategies and resources, whereas some needs will need a more individualised approach. If you are concerned about your child's educational needs, please do not hesitate to contact their class teacher or a member of the inclusion team.

If you are looking for information or advice the following links will help you:

SEND Local Offer | Worcestershire County Council or contact localoffer@worcschildrenfirst.org.uk

SEND Information, Advice, Support Service SENDIASS Worcestershire and Herefordshire (hwsendiass.co.uk)

Social care support for children with disabilities | Worcestershire County Council

The Online Family Hub has been developed to provide you with a range of different types of resources that are available to you online, on the phone or face to face that you can access directly.

The Family Hub can offer you support and information with the challenge's family life can bring.

The Family Hub | Worcestershire County Council

**Early Help in Worcestershire** have created a booklet to help families find out about the help and support available in the county for children and young people aged 0-18 years old. The new booklet will help you and families find the most appropriate support.
To download this booklet, please visit: The Family Hub | Worcestershire County Council

## Worcestershire Young Carers

Worcestershire Young Carers aim to identify, and support children and young people aged 7 to 24 years who have a caring role within the home and help look after a parent, sibling, or grandparent due to illness, disability, physical or mental health difficulties or substance misuse.
Worcestershire Young Carers/Shropshire Young Carers | YSS

Carers | Worcestershire County Council

## Finance, Housing and Employment

If you are facing challenges around employment and income, please contact the local job centre who can with offer support with jobseekers' allowance, incapacity benefit, employment and support allowance and income support:

**[Local] Job Centre Plus**,

**Worcester Job Centre Plus**, Haswell House, Sansome Street, Worcester, WR1 1UZ
Telephone: 0845 6043719

Citizen's Advice Bureau Worcester Citizens Advice Bureau and WHABAC (Worcester Housing and Benefits Advice Centre) (citizensadviceworcester.org.uk)

Building Better Opportunities is a service to help local people move closer to employment. Building Better Opportunities (fusionworcs.co.uk)

For information on what financial and housing support is available in Worcestershire, please visit:
Housing and finances | The Family Hub | Worcestershire County Council

## Parenting Support

The Starting Well Partnership offer a range of parenting support, information, groups, and courses. For information on the groups available please visit: Parenting groups | Starting Well (startingwellworcs.nhs.uk)

Parenting Talk is an online hub offering information, advice, and a free confidential online chat with a parenting advisor.
Parent Talk - Support for Parents from Action For Children

Homestart can work with you to provide one to one support in the family home each week. This service provides support tailored to your needs and can help you as parents they learn to cope and build confidence to provide as best you can for your children.
Home-Start | South Worcestershire (home-startsw.org.uk)

### Family Information Service

Do you need advice and support around finding childcare? The following link will provide you with the contact details of the Family Information Service's District Teams: Family Information Service | Worcestershire County Council

## Substance Misuse

Swanswell - Cranstoun

Here 4 Youth is support service for children and young people up to the age of 18 who may be struggling with their use of drug and / or alcohol. Here4YOUth Worcestershire - Cranstoun

## Do you have a family member in prison?

Do you have a family member in prison which is having an impact on your child? Support is available to work with both the person in prison and your family.
NICCO

Families First provides support and guidance in a safe space, to enable the whole family to cope with the demands of having a partner, and parent, in prison: Families First | YSS

## Get Safe

If you are worried your child is at risk of being tricked, forced, or made to work in the criminal world please speak to a member of staff and visit Get Safe for help and information.

***If you are experiencing any of these challenges or issues affecting family life, please contact a member of staff who will be happy to provide you further advice and support.***

General office email –office@pinvin.dowmat.education

Rebecca Suckling – Email: rsuckling@pinvin.dowmat.education

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