

Supporting Families and Wellbeing

Key Personnel and job roles

Claire Shelley – Headteacher – DSL (Designated Safeguarding Lead) – Senior Leader for Mental Health
Lauren Hughes – SENCO – Class teacher
Joanne Gregory – Class teacher – Deputy DSL
Patricia Birch – Pastoral manager – FSW (Family Support Worker) – Mental health first aider
Zoe Rixon – Class teacher – Mental Health First Aider

Our Early Help and Family Support 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 Abberley Parochial Primary School 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.

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

- Routines and family rules
- Families who may 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 varied 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 and family support relies upon local groups and people in the community, sometimes we work together to help children, young people, and their families.

Sometimes we need support, someone to talk to, a listening ear.

At Abberley Primary School, we pride ourselves in the pastoral support we offer to the children and their families in our school community. We also have links with outside agencies that can offer a higher level of support when more help is needed.

It is okay, not to be okay. Asking for help when life is tough is okay.

Good mental health and wellbeing helps children and young people: develop, attend school, engage in learning, and fulfil their potential.



Level 1 – Universal, available to the whole school community

- All staff are available before and after school to help with any concerns or worries
- All children have the use of natural school grounds with lots of opportunity for play and exploration
- We use Motional, a well-being screening for all pupils, to identify, assess and improve emotional health and wellbeing
- A rich, broad, and balanced curriculum
- Support for SEND pupils through initial discussions with SENCO, class teacher to identify how concerns can be supported in the classroom
- Robust safeguarding approach
- Jigsaw PSHE curriculum. Mindfulness programme incorporated into weekly PSHE lessons
- Parental and pupil advice on website
- Initial 'Coffee and Chat' meetings always available for parents with Pastoral Manager
- Regular enrichment opportunities to support the development of spiritual capacities
- Daily collective worship focused on developing positive attributes and values
- Onsite school guinea pigs and chickens
- 'Grow your Knowledge on Wellbeing' Lunchtime club
- Emotional regulation displays to help regulate emotions and help pupils to feel more in control and ready to learn, helping increase pupils' capacity for self-regulation and self-awareness
- Trained mental health first aiders on school staff

Level 2 – Pastoral, well-being, or behaviour support plan in school support

- Scheduled drop-in sessions for the child with an appropriate adult, adapted for context. For example, before others arrive in school for those who struggle with school transition.
- Self-discipline support using Professor Steve Peters Chimp Paradox program 'The Hidden Chimp' - [Manage The Chimp – Manage the Chimp](#)
- 'Talkabout' for children program to develop self-esteem and social skills for younger pupils
- 'Socially Speaking' program to develop self-esteem and social skills for older pupils
- An age-appropriate journal 'Don't Worry, Be Happy' dealing with anxiety support using Poppy O'Neil program supported with an appropriate adult
- A further age-appropriate journal 'You're a Star' a child's guide to self-esteem supported with an appropriate adult
- Animal therapy using the chickens or guinea pigs on specified timetabled days
- Supported cool down periods
- Children identified through a Motional assessment will undertake a bespoke activity program with Pastoral Lead – reassessed at end of the program
- Parents and pupils signposted to specific websites for extra support/ advice
- Targeted children invited to 'Chocolate and Chat' sessions with MHFA
- Specific targets set for SEND pupils on a provision map and reviewed half termly

Level 3 – External support or Early help referral

- Direction from school to services that can provide additional family support (e.g Winston's Wishes, Early Help Family Support Services - websites listed below)
- Referral to the school nurse
- [Home - Kooth](#)
- [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)
- [Free, 24/7 mental health text support in the UK | Shout 85258 \(giveusashout.org\)](#) TEXT 'SHOUT' TO 85258 here for you 24/7
- Referral made to the Local Authority central services or outside agencies eg. the ASD outreach team, Behaviour Support Team, or Sensory Service (for students with a hearing or visual need), Educational Psychologist, and Speech and Language Therapist
- Apply for an Education, Health, and Care Plan (EHCP) and then refer to Physiotherapy, CAMHs, Occupational Therapy once application is successful

Level 4 – Social services referral

If we believe that a child or young person is at immediate risk from harm, we will contact the **Police**:

- telephone: [999](#)

Local Services

<p>Early Help Family Front Door Team Staff are available Monday to Thursday from 9.00am to 5.00pm and Fridays from 9.00am to 4.30pm.</p> <ul style="list-style-type: none"> - telephone: 01905 822666 <p>For assistance out of office hours (weekdays and all day at weekends and bank holidays):</p> <ul style="list-style-type: none"> - telephone: 01905 768020 <p>https://www.worcestershire.gov.uk/info/20641/are-you-a-professional-and-worried-about-child</p>	<p>If the concern is not immediate, we will use the online form to raise the concern via the Liquid Logic Portal https://lcsportal.worcschildrenfirst.org.uk/web/portal/pages/cpasses#assess</p>
--	---

Foodbank Find a local foodbank - <https://www.trusselltrust.org/get-help/find-a-foodbank/>

Worcester Foodbank
MAIN LOCATION
7 Lowesmoor Wharf
Lowesmoor
WORCESTER
WR1 2RS

PHONE
[01905 780400](tel:01905780400)

WEBSITE
<http://worcester.foodbank.org.uk>

EMAIL
info@worcester.foodbank.org.uk

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 \(startingwellworcs.nhs.uk\)](http://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 \(startingwellworcs.nhs.uk\)](http://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 \(onside-advocacy.org.uk\)](http://onside-advocacy.org.uk)

Social Prescribers support you to take control of your health and look after yourself by making connections with the several types of community support available.

[CAMHS | Herefordshire and Worcestershire Health and Care NHS Trust \(hacw.nhs.uk\)](http://hacw.nhs.uk)

CAMHS provides mental health help to children, young people and their families across Herefordshire and Worcestershire

[Reach 4 Wellbeing | Herefordshire and Worcestershire Health and Care NHS Trust \(hacw.nhs.uk\)](http://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 \(papyrus-uk.org\)](http://papyrus-uk.org)

Papyrus can offer suicide prevention support providing free and confidential helplines, advice, webchats, and resources.

[Home | Healthy Minds \(whct.nhs.uk\)](http://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. It's available 24 hours a day to anyone in Herefordshire and Worcestershire.

[Winston's Wish - giving hope to grieving children \(winstonswish.org\)](http://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](http://worcestershireintegratedsexualhealthservice.nhs.uk)

[Worcestershire Integrated Sexual Health Service \(WISH\) | Herefordshire and Worcestershire Health and Care NHS Trust \(hacw.nhs.uk\)](http://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 could not otherwise access sexual health services.

Free STI test kits and contraception: [SH:24 Free Home STI STD Test | Sexual & Reproductive Health \(sh24.org.uk\)](https://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 is quite common to fall out with friends or break up from relationships – which can be exceedingly difficult to deal with. You might also be in a relationship that does not 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)

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 distinct 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 \(startingwellworcs.nhs.uk\)](https://parentinggroups.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 \(home-startsw.org.uk\)](https://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.