



St White's Primary School

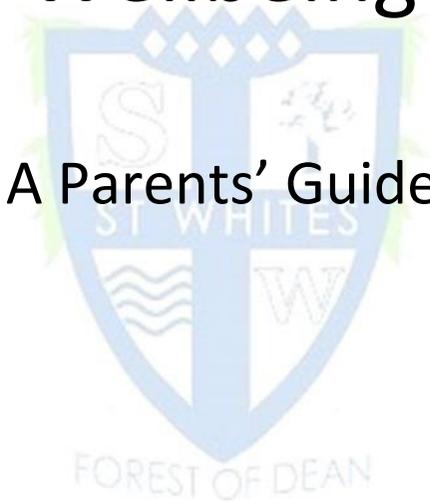


Challenge, Commit, Conquer and Celebrate



# Early Help to Support Children's Health and Wellbeing

## A Parents' Guide



### **What is Early Help?**

Early help is a way of getting extra support when your family needs it, but getting it as soon as difficulties start, rather than waiting until things get worse. It's for children and young people of any age. Help can come from all kinds of services and organisations who work together to support your family.

All children receive Universal Services however some children will need extra support in order to be healthy, safe and to achieve their potential. We want all our children and young people, including those with Special Educational Needs and Disabilities (SEND), to achieve the best possible outcomes and receive the support they need when they need it most.

We work with agencies in Gloucestershire to provide a holistic Graduated Pathway of Early Help and Support. This pathway enables practitioners to work with children, young people and their families ensuring they receive the right support when they need it most. The purpose of early help is to prevent issues and problems becoming serious and harmful to the child, young person, family and community.

When children and families need this extra support, they need it quickly. Provision of early help support can be at all stages of a child's life; pre-birth, during pregnancy, childhood or adolescence.

At St White's Primary School, staff, governors and parents work together as a team to ensure the continued improvements made over recent years are maintained and built upon.

### **Family Support Worker**

The children who are most successful are those for whom parental involvement is high and encouragement from home matches the support and learning taking place at school.

We welcome your involvement in our school and would encourage you to get as involved as you possibly can.

St White's Primary School knows that the key to a child succeeding in education is ensuring that they are happy and healthy. Early help is vital and therefore the School has a dedicated Family Support Worker, Erica Fearn, who works with parents and children within school to ensure that each and every child is offered all the support and help required both at home and in school.

Erica is available to speak to each day and has specific drop sessions each week. She is also available for longer consultations that can be booked by appointment.

You can contact Erica via the school office on 01594 822311 or by e-mail: [fsw@st-whites.gloucs.sch.uk](mailto:fsw@st-whites.gloucs.sch.uk)

This leaflet offers information on some services that are available to parents and families within our community. However, there is a wide range of other support that Erica is able to signpost parents to.

### Family Information Service:

An online resource containing national, regional and local information about services and activities for children, young people and families. The directory provides information on Disability, Money and Work, Parenting, Housing, Education, Health and Wellbeing, Childcare and Things to Do.



[www.glosfamiliesdirectory.org.uk](http://www.glosfamiliesdirectory.org.uk)

### CAPdebt HELP

A charity offering a completely free service to help lift the burden of debt.

Tel: 0800 3280006 [www.capdebthelp.org](http://www.capdebthelp.org)



### Greensquare

A short term intervention service to help address housing needs and promote independent living. Additional services include education training and work, budgeting, help with welfare benefits.



[www.greensquaregroup.com](http://www.greensquaregroup.com)

### Two Rivers Housing

Welfare and Debt Advisors who can help tenants with a wide range of financial issues.

[www.tworivershousing.org.uk](http://www.tworivershousing.org.uk)



### Adult Education

A high quality provider of personal development learning for individuals – Maths, English and ICT courses being held in school.



### Lunchtime/Playtime Support

Better play means happier children. Happier children mean less behaviour problems and a more positive attitude to school.



### Playing and Learning to Socialise (PALS)

A social skills and problem solving group program designed for use in childhood settings.



### Behaviour Plans

Put into place to help a pupil to take responsibility for their own behaviour and to teach them how to make appropriate choices

### Healthy Food

The right nutrients can affect everyone's mood, behaviour, health, growth and even their ability to concentrate. Encouraging a well-balanced diet establishes healthy eating now and for the future.



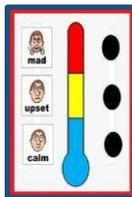
### The Daily Mile

An initiative to combat physical inactivity and childhood obesity.



## Mood thermometers

A range of strategies to support children, which include early identification of anxieties and worries, with a class based scaling system that they access each morning.



## Gloucestershire Young Carers

Provides a range of services for young carers who look after an ill or disabled family member.

[www.glosyoungcarers.org.uk](http://www.glosyoungcarers.org.uk)



## Counselling

Toucan for Children – who support children with counselling through play therapy



Teens in Crisis Plus- who support the school with counselling for children and families

[www.ticplus.org.uk](http://www.ticplus.org.uk)



## Interventions

Build2Express – Uses Lego as a tool for supporting children in communicating their thoughts and feelings around every day and imaginary situations.

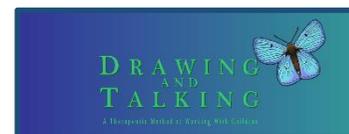


Thera-Build – Uses Lego for a therapeutic approach, based on playful, active interaction with children and young people to improve social skills, build resilience and promote good mental health.

Build Happy Mood Monsters – Uses Lego to help children identify the range of emotions they experience, to understand how these emotions can affect them, to support the development of strategies for managing these emotions and to recognise the part they play in shaping their own future.



Drawing and Talking - A therapeutic method of working with children which enables a child to express, in a visual form, worries and preoccupations that they would not be able to talk about.



## Children & Young People's (Mental Health) Service (CYPS)

Support the school with a range of services that include counselling for children, and sign posting parents to courses for advice.



## The Advisory Teaching Service

Specialist support for children with a hearing, visual or physical impairment or difficulties with communication, interaction, cognition, learning and behaviour.

## Educational Psychologists

A team of Educational Psychologists working for the Local Authority who offer a comprehensive psychology service for children, young people and their families.

## Speech therapy

NHS Speech Therapy Lead – who supports the school's programme of SaLT (Speech and Language Therapy).

## Health

The School Nursing Service - who support the school by attending TAC meetings, visiting children in school and liaising with other agencies involved in complex cases.

## My Plan/My Plan Plus/EHCP

If a child has a special educational need, this is identified by the school, and a My Plan is put in place if all parties agree. My Plans are designed to address the requirements of children who need something extra to ensure that they make good progress. To help parents and teachers provide effectively for these individuals, 30 minute long meetings are arranged every short term with the child, teacher, parents and the Inclusion Lead. Sometimes, other professionals are involved too. In these meetings progress is celebrated, strategies outlined to promote progress and support is offered. This process is a partnership and all parties are involved in implementing strategies to support the child. When everyone works together can the children reach their full potential.



If the child has greater needs, they are put onto a My Plan Plus with the agreement of the parents. This indicates that a child has greater needs and so these pupils have hour long meetings every six weeks but in every other way the process is the same as a child with a My Plan.

If a child has even greater needs, and is not making progress with a My Plan Plus, the school can apply for an Education Health Care Plan (EHCP) which involves asking the county council for funding to provide additional support to help ensure good progress.

## Wrap Around Care

At St White's Primary School we are very proud to be able to offer 'Wrap Around Care' to our pupils and parents. Wrap Around Care offers early morning breakfast club from 7.30 am – 8.40 am and after school club from 3.30 pm – 5.30 pm. Both clubs are currently run in school by members of our support staff.



## Opportunity Centre

Support for children from birth to 7 years with a special need/disability and their families.

[www.fodopportunitycentre.org](http://www.fodopportunitycentre.org)



## Forest Pulse

A local registered charity which supports families living in the Forest of Dean who have a child with disabilities.

[www.forestpulse.co.uk](http://www.forestpulse.co.uk)



## PCSO's

Local community police service – who support the school with a range of safeguarding strategies including road and internet safety that relates to CSE, cyberbullying and on line safety against grooming



## GHLL

An umbrella organisation for Gloucestershire Healthy Schools and Gloucestershire Healthy FE (Further Education).



## FSM/Pupil Premium

Funding that enables the school to provide additional support for disadvantaged and vulnerable children.

[www.gloucestershire.gov.uk/education-and-learning/school-transport-and-free-school-meals/apply-for-free-school-meals](http://www.gloucestershire.gov.uk/education-and-learning/school-transport-and-free-school-meals/apply-for-free-school-meals)

## Hilltops Children's Centre

Offer activities, information and support for families and carers with children aged 0-11 years.

## ArtSpace

Offer after school creative clubs, and also the 'Your Future' Project that supports families who suffer domestic violence.

[www.artspacecinderford.org](http://www.artspacecinderford.org)



## Salvation Army

Support for families in need of furniture / white goods.

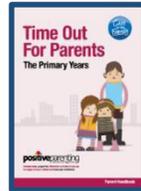


## **Gleam Project (Forest of Dean Salvation Army)**

A project to grow confidence and develop key skills, such as establishing trust and communication, setting and maintaining safe and appropriate boundaries, recognising, understanding and moderating emotions and developing an approach to life that fosters an attitude of respect and gentle leadership.

## **Positive Parenting Course – Care for the family**

A national charity which aims to promote strong family life and to help those who face family difficulties. Courses held in school.



## **Food Bank**

Food Vouchers available for families, please speak to Erica, the school's FSW.

## **Families First Plus**

The Families First Plus Team is one of a range of teams within the Early Help Partnership. The role of Families First Plus Teams:

They support the coordination and development of local partnerships, provide advice, guidance and support through Community Social Workers and Early Help Co-ordinators. Provide targeted support – a range of family support interventions including whole family intensive work, parenting groups, specific interventions linked to an assessment of need.



## **GDASS**

Gloucestershire domestic abuse support service. Offers support to anyone over the age of 16 who has experienced or is experiencing domestic abuse.

[www.gdass.org.uk](http://www.gdass.org.uk)

## **SENDIASS Gloucestershire**

Special Educational Needs and Disability Information, Advice & Support Service

[www.sendiassglos.org.uk](http://www.sendiassglos.org.uk)



## **Further Information**

For further help, advice and information:

Online Safety:

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

[www.gscb.org.uk](http://www.gscb.org.uk)

Digital 5 a Day:

[www.childrenscommissioner.gov.uk](http://www.childrenscommissioner.gov.uk)

Parenting Guides:

[www.nspcc.org.uk](http://www.nspcc.org.uk)

Child Sexual Exploitation (CSE)

[www.paceuk.info](http://www.paceuk.info)

Violence and Abuse:

[www.glostakeastand.com](http://www.glostakeastand.com)

Prevent:

[www.gloucestershire.gov.uk/schoolsnet/article/119459/Prevention-of-Radicalisation](http://www.gloucestershire.gov.uk/schoolsnet/article/119459/Prevention-of-Radicalisation)

Female Genital Mutilation (FGM):

[www.gov.uk/government/publications/female-genital-mutilation-guidelines](http://www.gov.uk/government/publications/female-genital-mutilation-guidelines)

Dangerous Drugs Network:

<http://www.gscb.org.uk/media/16228/drug-gangs-and-exploitation.pdf>



