

Support for Children and Families

St. Barnabas CE Primary School Early Help Offer



St Barnabas
CofE Primary School



St. Barnabas CE Primary School is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. Early Help means providing support as soon as a problem emerges, at any point in a child's life, beginning with Early Years Foundation Stage. We endeavour to create a school ethos that promotes trust between all adults and children; so that all children know who they are able to talk to if they have any concerns or worries.

Providing Early Help to our children and families at St. Barnabas CE Primary School and Green Lane Pre-School means we are more effective in promoting support as soon as we can.

At St. Barnabas, we believe that safeguarding is everyone's responsibility.

Our Safeguarding Team includes:

Designated Safeguarding Lead (DSL): Mrs Sarah Hanson, Head teacher

Deputy DSL: Mrs Sarah Cotton, Assistant Head teacher

Deputy DSL: Mrs Alix Haywood (Deputy SENDCo)

Pre-School Deputy DSL: Miss Natalie Gowing

Attendance Officer: Mrs Georgina Meynell

DMHL (Designated Mental Health Lead- new role): Mrs Alix Haywood

Children Looked After (LAC) Lead: Mrs Alix Haywood

Safeguarding & Child Protection Governor: Mrs Sam Hulse

Vulnerable Pupils Governor (LAC, SEND & other vulnerable groups): Mr Tom Blow

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 St. Barnabas C.E Primary School and Green Lane Pre-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 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.

These are some of the ways that we support our pupils and families at St. Barnabas CE Primary & Green Lane Pre-School:



Open Door Policy: St. Barnabas and Green Lane operate a true 'Open Door' policy.

This means that senior staff are on the gates every day both before and after school or pre-school and that one member of the leadership team is typically available and on duty, without appointment every day. At busy times, you may need to wait but someone will see you and hear your concerns.

Class teachers will also always make themselves available to speak to parents and carers within 24 hours. We can't guarantee that a specific teacher will always be instantly available, especially immediately before school as they start teaching at 8.45 a.m. but they will either get back to you by phone call or email or at the end of the school day if you have a pressing issue that you need to discuss.

You can also make an appointment to speak to your child's class teacher for less urgent matters and do not have to wait for the next parents' evening.

Every pre-school child has a key person and they make it their mission to get to know your child and to be available to help and support with any issues or concerns that you may have about your child's development or wellbeing. This could include separating from parents or carers, making friends/early social skills, toileting, behaviour, speech and language, communication, eating, sleeping or general development.

They will help where they can and have much experience with under 5's or will sign post or refer you to other agencies if needed.



Thrive: St. Barnabas is a Thrive School, Mrs Jo Witcomb is the lead practitioner and there are six other trained staff. All staff complete annual training so that the whole school follows a Thrive ethos. Thrive is a therapeutic approach to help support children with their emotional and social development. We screen every Primary School aged child through the Thrive programme three times a year to enable us to target those who need support. The Thrive approach provides staff with action plans for the children's individual needs.

Research has shown that how we behave links to how we feel and, our emotions link to how we learn. By teaching children to recognise and notice these feelings and emotions it can help with their development and learning. Thrive promotes their emotional and social growth by building positive relationships between a child and their peers and helps them explore and understand their feelings through various activities.

Thrive practitioners can also work in a targeted way (1:1 or small group) with children who may have struggled with life events to help them re-engage with life and learning.

SEND Support: Any parent or carer with a worry or concern about their child's learning, behaviour, mental health or wellbeing can make an appointment with Mrs Cotton our school SENDCo or Mrs Haywood our Assistant SENDCo. Parents and carers are welcome to contact school either by phone, email or calling in at the school office to make an appointment to meet with any member of the senior leadership, safeguarding or SEND team.



Family Support Worker: Individual children or whole families can be referred for family support. The referral is made online. Parents can do this themselves or, ask for help at school and a member of staff can do the referral with your consent. Once the referral has been accepted you will be allocated a family support worker who will make every effort to support you and your child both in school and at home.

<http://www.worcestershire.gov.uk/childrensocialcare> click on 'Request services from Early Help Family support'.

You can also request support from our district team by phone or email Worcester, Early Help Family Support.

Team contact number: **01905 843339**

Team email address: **FamilySupportWorcester@worcschildrenfirst.org.uk**



Educational Psychologist: Dr Catherine Lander is in school every other week, working with children, using her knowledge of child development to assess difficulties children may be having with learning and offering recommendations and support.



Learning Mentor: Our learning mentor, Mrs Rebecca Bennett, is in school every week, working with and supporting children identified by school staff and assessing barriers to learning whether these are academic, social, emotional or behavioural.



CAMHS WEST: The Wellbeing and Emotional Support Teams (WEST) in schools service is designed to help children and young people ages 5-18 years access mental health and wellbeing support early on in educational settings. It's all about ensuring children and young people can get access to the right help as early as possible. Please speak to Mrs Cotton or Mrs Haywood regarding a referral.



Mental Health First Aid: Mrs Haywood is our qualified Mental Health First Aider and also our Designated Mental Health Lead. She is available to support children who may be experiencing mental health difficulties and their parents and carers with issues such as difficulty separating from parents or carers, reluctance to attend school, problems with toileting, eating or sleeping, attention difficulties, autism spectrum disorder, bereavement, anxiety or problems regulating mood. She can also offer advice on how to promote and support good mental health in children and young people as well as signposting parents and carers to other agencies or good quality on-line support where a problem persists or when more help is needed. All teaching and support staff receive regular training on mental health in children.





Domestic Abuse: We are an **Operation Encompass School and Pre-School**, working to break the cycle of **Domestic Abuse** and support children and families who are experiencing, or have experienced this.

Talking to
someone is the first
step towards help...

You can speak to **any member of staff**; the safeguarding team, a senior leader, your child's class teacher or key person about **any concerns** you have. All staff at St. Barnabas CE Primary School and Green Lane Pre-School are committed to the welfare and wellbeing of **every child** as well as promoting positive relationships and a supportive and inclusive environment for all.

**Inspire, Nurture &
Achieve**

Read on for local services...

<p>Family Hub: Virtual Family Hub Worcestershire County Council</p>	<p>What's on during the school holidays?</p> <p>St. Barnabas runs a minimum of three weeks a year Holiday Club during the Easter and Summer holidays. This is free to children who are entitled to FSM and low cost for other children. Available to pre-school and Primary school age children. Contact Miss Packer via the school office for details of the next holiday club. hp171@st-barnabas-primary.worcs.sch.uk 01905 22766</p> <p>Other reputable holiday clubs/care can be found at Ready, Steady, Worcestershire https://www.worcestershire.gov.uk/council-services/childrens-social-care/virtual-family-hub/holiday-activities-and-food-haf-programme</p>
<p>Youth and Community Centre</p> <p>For older children and teenagers there is the Youth Club at the Young People's Leisure Centre at Perdiswell (sometimes called The Blue Roof) https://www.worcestershire.gov.uk/send-local-offer-0/care-support-and-money-matters/short-break-groups-and-activities/youth-clubs-perdiswell-young-peoples-leisure-club Age 11-18 Wednesday evenings 7-9 pm Or the Warndon Youth and Community Centre which has a wide range of fun activities on different days of the week and for different ages from 5 years old. https://www.worcestercommunitytrust.org.uk/</p>	<p>Foodbank</p> <p>Worcester Foodbank https://worcester.foodbank.org.uk/ Unit 7, Lowesmoor Wharf, Worcester, WR1 2RS T: 01905 780400 E: info@worcester.foodbank.org.uk https://www.facebook.com/WorcesterFoodbank/ Twitter @Worcs_Foodbank Registered Charity No: 1128121 Contact a member of the school safeguarding or senior leadership team (listed above) if you need Foodbank Vouchers</p> 
<p>Early Help Family Support District Team</p> <p>Early Help Family Support Worcestershire County Council</p> <p>You can ask for an Early Help Assessment to be made by contacting one of the safeguarding or SEND team at school.</p> <p>Team contact number: 01905 843339</p> <p>Team email address: FamilySupportWorcester@worcschildrenfirst.org.uk</p>	<p>Library</p> <p>We have some amazing libraries in Worcester including The Hive in Worcester city and Warndon Library at The Fairfield Centre The Hive - (thehiveworcester.org)</p>  <p>The Fairfield Centre Carnforth Drive Worcester WR4 9HG Telephone 01905 822722 Email WarndonLib@worcestershire.gov.uk Facebook https://www.facebook.com/Warndon-Library-306623952772656/</p>

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.

<https://www.hacw.nhs.uk/services/service/school-health-nursing-15>

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.

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.

[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.

[Melo :: Onside, Worcestershire & Herefordshire](#)

Melo is taking an innovative and flexible approach to improving the emotional wellbeing and mental health of children and young people (CYP) aged 0–25 years across Herefordshire & Worcestershire. Working closely with partners in the Integrated Care System, Melo will provide a range of early intervention and preventative support options designed to meet individual needs, identifying what matters for each child/young person and, where appropriate, their family.

[Lumi Nova: Tales of Courage](#)

Lumi Nova: Tales of Courage is an engaging child-led, parent/guardian supported therapeutic intervention that can be used on most smartphones or tablets.

It facilitates graded exposures (the active ingredient of Cognitive Behavioural Therapy) with psychoeducation to empower 7–12-year-olds with mild to moderate needs to learn to self-manage fears, worries and anxiety. It is practical, age appropriate, non-stigmatising, encourages self-management and provides user progress and health outcomes data in real time to authorised professionals.

[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 \(sh24.org.uk\)](http://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:

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying>

<https://www.nationalbullyinghelpline.co.uk/kids.html>
<https://www.familylives.org.uk/advice/bullying/bullying-at-school>
<https://www.childline.org.uk/>
<https://www.kidscape.org.uk/resources-and-campaigns/>

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](#)
- <https://www.worcestershire.gov.uk/council-services/childrens-social-care/virtual-family-hub/harmony-home>
- <https://www.westmerciawomensaid.org/services/children-and-young-people-services/>
- <https://www.worcestershire.gov.uk/council-services/childrens-services/virtual-family-hub>

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 \(opens in a new window\)](#)

<https://www.thinkuknow.co.uk/professionals/guidance/disrespect-nobody>

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

<https://www.worcestershire.gov.uk/council-services/childrens-services/childrens-social-care/social-care-support-children-disabilities>



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.

<https://www.worcestershire.gov.uk/council-services/childrens-services/virtual-family-hub>



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: <https://www.worcestershire.gov.uk/council-services/childrens-services/virtual-family-hub>

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](https://www.worcestershire.gov.uk/council-services/adult-social-care/looking-after-someone-carer-support/support-carers)

<https://www.worcestershire.gov.uk/council-services/adult-social-care/looking-after-someone-carer-support/support-carers>

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:

Worcester Job Centre Plus, Haswell House, Sansome Street, Worcester, WR1 1UZ

Citizen's Advice Bureau [Worcester Citizens Advice Bureau and WHABAC \(Worcester Housing and Benefits Advice Centre\) \(citizensadviceworcester.org.uk\)](http://citizensadviceworcester.org.uk)

Building Better Opportunities is a service to help local people move closer to employment.
<https://www.worcestershire.gov.uk/skills-4-worcestershire/are-you-individual-looking-work-or-support-look-work/unemployment-support-all>

For information on what financial and housing support is available in Worcestershire, please visit:
<https://www.worcestershire.gov.uk/council-services/childrens-services/virtual-family-hub/housing-finances-and-debt>

Parenting Support

The Starting Well Partnership offer a range of parenting support, information, groups, and courses. For information on the groups available please visit:
<https://www.startingwellworcs.nhs.uk/parenting-groups/>

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 \(home-startsw.org.uk\)](http://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: <https://www.yss.org.uk/families-first/>

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 <https://www.worcestershire.gov.uk/council-services/childrens-social-care/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.