

## Support for Children and Families at St Egwin's Church of England Middle School through our Early Help Offer

### Key Personnel

General concerns and worries should be raised initially with your child's **Form Tutor**. This is always the best place to go first.

**However, you may feel that someone else might be better to deal with a particular concern:**

Mr Plane – Interim Head teacher / DDSL  
[safeguarding@st-egwins.worcs.sch.uk](mailto:safeguarding@st-egwins.worcs.sch.uk)

Mr Wood – Acting Deputy Head teacher

Ms Gordon – Assistant Head teacher (Welfare and Designated Safeguarding Lead)  
[safeguarding@st-egwins.worcs.sch.uk](mailto:safeguarding@st-egwins.worcs.sch.uk)

Mrs Petit – Special Educational Needs Coordinator

Mr Jordan – KS2 Coordinator and DDSL or Mrs Hoskins – Assistant Key Stage 2 Coordinator  
[safeguarding@st-egwins.worcs.sch.uk](mailto:safeguarding@st-egwins.worcs.sch.uk)

Mr Langley – KS3 Coordinator / DDSL or Mrs Croft Assistant Key Stage 3 Coordinator / DDSL / PHSE Co-ordinator  
[safeguarding@st-egwins.worcs.sch.uk](mailto:safeguarding@st-egwins.worcs.sch.uk)

Mr Clabbon – Assistant Key Stage 3 Coordinator

Mrs Coats – Family working / DDSL  
[safeguarding@st-egwins.worcs.sch.uk](mailto:safeguarding@st-egwins.worcs.sch.uk)

Mr Taylor – Mental Health Coordinator

## We would like to help or signpost families if you are in need of a bit of help at any time

Providing help to our pupils and families at St Egwin's Church of England Middle 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)

## How we might be able to help and support :

Below are some ways we can offer support in school

**Form Tutors:** A strong Pastoral system means that concerns are often picked up quickly and form tutors are great at providing that early help support to pupils in their Form groups.

**School Counsellor:** Our school counsellor, Mrs Emms is allocated time to work with children identified as needing support to cope with social, family and emotional difficulties.

**Act On It:** This is a support programme offered by Onside Advocacy. We offer 1:1 interventions in school with a well-being practitioner from Onside

**Moodmaster adapted programme :** Sessions are run by Mr Taylor with young people who have been identified as suffering with anxiety or low self-esteem. These are small group sessions which provide pupils with self-help strategies and time out to share with others.

**Fuzebox:** Mr Taylor can offer anger management sessions through the Fuzebox programme

**Outdoor learning experiences:** We offer a gardening club and Bush craft type activities on, and offsite. A chance to engage with the outdoors.

**Family working:** Mrs Coats offers workshops to families on a range of topics from cooking to understanding anxiety. Running alongside the workshops are coffee mornings aimed at encouraging dialogue and partnership between school and parents (or just give you a time to chat with other parents).

**Attendance Officer:** Every child whose attendance is a concern is carefully monitored and support offered wherever possible with the support of our Education Welfare Officer who works across our Pyramid (Prince Henrys and Bredon Hill Middle School). Formal attendance meetings are held and improvements recognised. We operate a first day response system to safeguard our young people. If your child is off school for a serious medical condition we will also refer to the Medical Education Team to access tutoring.

**In- House interventions:** A range of 1:1 interventions are provided by a range of staff. These range from Cognitive Behaviour Therapy, to protective behaviours.

CAMHs CAST: We may refer to CAHMs CAST for support, guidance. This is a service that sits within Worcestershire CAMHS (Child and Adolescent Mental Health Services). They work directly with young people experiencing or at risk of experiencing mental health difficulties. The service offers consultation, advice, support and training which can be specifically tailored to suit the professional seeking the service.

School Health: School health team offer a range of support including the WRAPP programme (Wellbeing, Resilience and Positivity Programme). We can refer young people in

Reach 4 Wellbeing: Run by Worcestershire Health Team young people are referred by school or self-referred. Small group sessions are then offered by the Health Service focussing on positive well-being and mental health.

Support agencies: We have good links with support agencies. We also work closely with Family Support Workers. We utilize the expertise of Educational Psychologists if the need arises.

Staff training: Having a well-trained staff who are able to identify concerns quickly and report appropriately means that we can identify young people in need of Early Help. All of the Safeguarding team are Prevent Trained and ALL staff are clear about how to identify the early stages of radicalisation and what to do. All staff have been trained about the indicators of Child Sexual Exploitation through the whole school safeguard training delivered annually. A number of staff have been trained in Lego therapy which provides a way of developing social skills.

PSHE Programme (led by Mrs Croft): We deliver a comprehensive Personal, Social and Health Education (PSHE) and Relationship and Sex Education (RSE) programmes. This support the children's understanding of how to keep themselves safe. It also broadens their understanding of strategies to develop their resilience, as well as their awareness of their mental health and approaches to keep this aspect of their lives healthy.

Online safety (led by Mrs Higgins): Our Online safety lead has planned a curriculum which addresses the issues faced by our young people online. We have invested in a package with National Online Safety where a range of support/ education is available to staff, parents and governors.

<https://nationalonlinesafety.com/>

Diana Award: We will be training some of our young people as part of the Diana Award. This will support us with our anti bullying strategy

<https://diana-award.org.uk/>

Breakfast Club: This is free to all pupils. Starts at 8.05

Caring Hands: We have signed up as a referral organisation. We can refer in for emergency food parcels and baby products. Remember that All Saints Church also offers a food bank.

<http://www.eveshamparish.com/foodbank.html>

Local Community support: Our PCSO is providing invaluable help in sharing information with us about the local area, liaising informally with our young people and supporting when a young person looks like they could be at risk or vulnerable.

Other support: Footsteps is a bereavement counselling service in Worcestershire that supports children who have experienced loss. We use their expertise to help our young people when they are struggling to cope. We also have links with St Richards Hospice. Mentor link provides us with mentors for some of our more vulnerable young people. We have links with Worcestershire Young Carers and refer when we are aware a young person is caring at home.

Early Help Worcestershire: Find a copy of the Early Help Worcestershire in the Safeguarding area of the website, in reception

Various Early Help flyers will be sent out during the course of the year to parents

## Local Services you may want to contact:

<p><b>Family Hub –</b> Orchard and Spring Vale Children's Centre, Evesham : 01386 423118</p> <p>Starting Well Project: 01905 827391</p>	<p><b>What's on during the school holidays? (e.g. Ready, Steady, Worcestershire, youth groups, clubs and activities)</b></p> <p><i>Ready, Steady Worcestershire:</i> <a href="https://www.worcestershire.gov.uk/info/20818/">https://www.worcestershire.gov.uk/info/20818/</a></p>
<p><b>Youth and Community Centres –</b></p> <p>Ourside Youth Association: 01386 424171</p> <p>You Turn Centre: 01386 48190</p> <p>Wallace House Community Centre: 01386 446580</p>	<p><b>Foodbanks</b></p> <p>All Saints Church Evesham: Monday/ Friday: 11-12</p> <p>Adventure Playground Community Pantry: Daily</p> <p>Caring Hands in the Vale: We can make a referral in an emergency. Contact via the school office</p>
<p>Early Help Family Support District Team: 01905 844229</p>	<p>Library – Oat Street Evesham. 01386 822722</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 \(startingwellworcs.nhs.uk\)](http://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 different 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

### [Home - Kooth](http://kooth.com)

**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 \(hacw.nhs.uk\)](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 prevent 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. Its available 24 hours a day to anyone in Herefordshire and Worcestershire.

### Evesham and District Mental Health Services

<https://edmhss.org/>

### [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://www.knowyourstuff.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.

WISH have a dedicated Outreach nursing service. Referral forms can be found at [www.knowyourstuff.nhs.uk](http://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:

[Childline](https://www.childline.org.uk/) - <https://www.childline.org.uk/>

[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](http://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](#)
- LGBT: Mermaids - <https://www.mermaidsuk.org.uk>

## 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)

*Please include any information / support you offer in your setting.*

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

[SEND Local Offer | Worcestershire County Council](#) or contact [localoffer@wocrschildrenfirst.org.uk](mailto:localoffer@wocrschildrenfirst.org.uk)

SEND Information, Advice, Support Service [SENDIASS Worcestershire and Herefordshire \(hwsendiass.co.uk\)](http://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](#)

### Early Help Family Support Service:

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## 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](#)

John Martin Trust Providing financial support for families in Evesham. <https://www.johnmartins.org.uk>

Roundabout Charity supporting families by providing furniture ( online referral form accessible). <http://www.roundaboutevesham.org.uk>

Caring Hands Linked to the Church this is a charity supporting those in need in Evesham with practical support. <http://www.chands.org.uk>

Money helper : <https://www.moneyhelper.org.uk/en#>

## 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.*