

Supporting Children and Families at Westacre

Middle School



EARLY HELP OFFER

What is early help?

Early help means providing support as soon as a problem appears, to stop it from getting worse. This could be at any point in a child's life, from birth to the teenage years. Anyone can provide early help – you don't need to be an expert or a professional. Early help is not about passing the issue on to an expert but thinking about what is the best support that can be offered now.

Effective support can be:

- Listening
- working with other people who could help
- finding out about specialist agencies who could help
- filling out an Early Help Assessment
<https://www.worcestershire.gov.uk/earlyhelpfamilysupport>
- contacting Children's Social Care if you think the problem is more serious

At Westacre Middle School we recognise the challenges that families face in bringing up children. If you want to speak to your child's teacher, please contact the school office and you will be contacted back by the appropriate teacher within 24 hours. There may be times when you need extra help and support. If this is the case, please come and talk to us. Call the office on 01905 772795 and ask to speak to Mrs Karen Brownlee (pastoral lead) Mrs Doolin (Deputy Head and DSL) or Mrs Coldrick (SENCO) or ask for a return call.

The Early Help Offer at Westacre Middle School is an approach not just the signposting to a service. Our Early Help Offer means providing support as soon as a problem is identified and finding the bespoke support that can help a child and family. It includes both universal and targeted /specialist services.

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

- Routines and family rules
- 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)

Everyone needs help at some time in their lives and therefore an ethos of early help is important for any school.

Below you will find a list of support we can offer in our school:

 Parental concerns 01905772795  Mrs Brownlee Pastoral lead School counsellor Debbie Grice-Griffin	All teachers are happy to discuss concerns, such as, behaviour, family issues, how a child presents, friendships, attitude to learning including homework, additional needs, and mental health. If you want to speak to your child's class teacher confidentially, please call the school office and ask for a message to be passed on – your child's teacher will call you back if they are in school within 24 hours. Pastoral team: Alternatively, if you would like to speak to the pastoral team please call the office and ask for Mrs Karen Brownlee our pastoral lead who can talk through your concerns and offer, signpost or organise appropriate support. School Counsellor: Our school counsellor, Debbie Grice-Griffin, is in school every Monday and Wednesday working with children identified as needing support to cope with social and emotional difficulties. If you think this could be of help to your child, please call school and ask to speak to Mrs Brownlee or Mrs Coldrick The WEST team: We work closely with this NHS professional body which is a service to support young people experiencing or at risk of experiencing mental health difficulties. Please call school
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Mrs Coldrick
SENCO



Mrs Doolin
Deputy Head



Mrs Hunt
Admissions and
Attendance Administrator

Mrs Doolin
Mrs Evans
Mr Barber
Mrs Humphries
Mrs Brownlee
Mrs Page
Mrs Murray

Pastoral team:
Mrs Brownlee
Miss Allan
Mrs Evans
Mrs Burke

and ask for Mrs Coldrick or Mrs Brownlee if you think you need support from this service.

School Nurse: We work closely with school health who are able to provide advice and guidance to parents on a variety of health and wellbeing issues.

Mental Health First Aid Trainers: We have 5 key staff (who have all received the Mental Health First Aid training) supporting staff to spot signs and symptoms of Common mental health issues, provide non-judgmental support and reassurance, and guide the young person or adult to seek professional support.

Attendance: We want all children to have good attendance and monitor carefully any absences. If you have any concerns regarding your child's attendance, please contact Mrs Doolin or Mrs Hunt. Our Education Welfare Officer, Sue Jennings who is in school every Friday, can also offer further support to families.

All of our safeguarding team have been trained to support children and families, including any cases of radicalisation, child criminal or sexual exploitation. If you have any safeguarding concerns, please call school and ask to speak to someone from the safeguarding team and you will immediately be put through to someone,

Wellbeing is an integrated part of school life. Every day after lunch there is a wellbeing time in every classroom where relaxation techniques are modelled such as yoga and mindfulness colouring. Every class has a term of yoga lessons delivered by a trained yoga teacher. Each year group has an allocated pastoral support worker ready to offer any additional support needed.



We recognise for some children the start of the day can be difficult so we offer a meet and greet for some children where a named TA will meet a child and settle them in to class. All support staff are in communal areas at the start of the day to welcome the children and pick up anyone who is having a difficult start to the day. If your child is struggling, Please contact us.



We are a trauma informed school with two trained lead practioners. A trauma informed school is one that is able to support children who suffer with trauma or mental health problems and whose troubled behaviour acts as a barrier to learning. Relationship building is at the heart of our school and ensuring all pupils have an emotionally available adult that they feel safe with who can support them through any challenges they face.



Mr Paul Barber Online
safety lead

We provide a breakfast club from 7.45 to 8.15am every morning which can be accessed by all children. A free breakfast is offered and extras can be bought. There are board games available, along with mindfulness colouring to promote a calm start to the day. You do not have to book a place in advance.

There is a break and lunchtime club provided for children who may find it difficult to access being with a lot of children on the playground. This is a very nurturing environment where social interaction is modelled and promoted by organised activities and games. If you think your child would benefit from this, please call school and ask to speak to someone from the pastoral team.

Each classroom has a "Time to talk box," where children are able to put their name in if they have any worries and a member of staff within 24 hours will make time to have a one to one conversation with the child.

We access the support of Young carers when needed and will make referrals. We have young carers come in to deliver assemblies and facilitate a follow-up drop in. If you need this support, please call school and ask for a member of the pastoral team.

We have two members of staff who are trained in grief counselling and are able to supplement the support of organisations like footsteps.

Our school delivers comprehensive Personal, Social, Health and Economics, (PSHE) and Relationship, Sex and Health Education (RSHE) programmes. These support the children's understanding of how to keep themselves safe and how to build healthy relationships and how to identify unhealthy relationships. If you wish to discuss this programme, please contact your child's class teacher.

We have rigorous e-safety procedures in place including regular digital literacy (e-safety) messages and lessons. Additional online safety advice is shared with parents and pupils via our school website and during targeted communications, such as assemblies and letters when we participate in Safer Internet Day as a school. Weekly and urgent updates from monitoring software are shared with our Online Safety Leader and are always investigated and dealt with appropriately.

Mrs Doolin
Mrs Humphries
Mrs Coldrick
Mrs Page
Mrs Brownlee

Inclusion Team: We recognise the range of needs children can have and with the support of our Inclusion Team, ensure that we meet the individual, learning needs of all our pupils through our excellent teaching and learning, providing differentiated work and a personalised approach. If you have any concerns about your child's provision, please contact first the class teacher who will discuss it with the inclusion team.

	Extra-curricular clubs are offered to all children to encourage a healthy lifestyle, relationship building, physical activity and sports, social development skills and enhancement of the curriculum. Places can be booked via parent pay or the school app.
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Below are some local and National organisations that can support children, young people and their families

Starting well partnership: [Starting Well Partnership | Worcestershire | Starting Well](#)

We provide a variety of services from our Family Hubs, including parenting courses and groups, community activities, health visiting clinics and vitamin collections. For more information on vitamins and how to purchase them please visit our [Healthy Start page](#).

Contact Us

WANDS - Westlands First School, Farmers Way, Droitwich WR9 9EQ. Tel: 01905 827391

Droitwich food bank: 07532 130604

The Front door to children's services: 01905 822666

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.

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.

[CAMHS Reach4Wellbeing - Young Person Skills Groups | Herefordshire and Worcestershire CAMHS](#)

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.

[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](#)
[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:

[Parenting and Family Support | Family Lives](#)
[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 \(barnardos.org.uk\)](http://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](#)
- WMWA provides support to children and young people who have been affected by domestic abuse. <https://www.westmerciawomensaid.org/services/children-and-young-people-services/>
- <https://www.worcestershire.gov.uk/node/218>
- [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 \(opens in a new window\)](#)

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@worcschildrenfirst.org.uk

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



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](#)

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 \(Worcester Housing and Benefits Advice Centre\) \(citizensadviceworcester.org.uk\)](http://citizensadviceworcester.org.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 \(startingwellworcs.nhs.uk\)](http://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 \(home-startsw.org.uk\)](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: [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 with further advice and support.