

Early Help for Children and Families 2022-2023



Carnforth School

At Carnforth School we recognise the challenges that families face in bringing up children. There may be times when you need extra help and support. If this is the case, please come and talk to us. There are many ways our school can help and support you and your family as outlined in this offer of early help.

We can help to plan specific support for families by following the Early Help Pathway, meaning we can carry out a whole family early help assessment where extra support is identified. We will work with you as a family to work together to set and achieve positive outcomes in a family plan

Providing early help to our pupils and families at Carnforth School means we are more effective in promoting support as soon as we can. Early help in schools means providing support as soon as a problem emerges, at any point in a child's life, from the foundation years through to teenage years and beyond.

The diagram below shows the range of needs at different levels. We use this graduated approach to make sure we provide the best support for different families' individual situations.



We have a safeguarding culture that promotes trust between all adults and children so that all children have a trusted adult that they can speak to about any of their worries or concerns.

At Carnforth School we believe that safeguarding is everyone's responsibility and promote this accountability with all staff. In school we do have a safeguarding team that staff can liaise with and take overall responsibility and they are:

Headteacher/The Designated Safeguarding Lead (DSL) is: Mrs Nicola Sheeran-Ball

Contact details:

email: nsheeran-ball@carnforthschool.org Telephone: 01905 701099

The deputy DSL(s) are:

Mrs Keren Finnegan (EYFS)

Email: kfinnegan@carnforthschool.org Telephone: 01905 701099

Mr Paul Prigg

Email: pprigg@carnforthschool.org Telephone: 01905 701099

Miss Megan Smith

Email: mesmith@carnforthschool.org Telephone: 01905 701099

The nominated safeguarding governor is:

Mr Paul Edwards

Contact details:

email: pedwards@fortisliving.com Telephone: 01905 701099

The Chair of Governors are:

Mrs Gill Ellis

Contact details:

Email: gellis@carnforthschool.org Telephone: 01905 701099

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 Carnforth 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.

All Carnforth School staff must be aware of the Carnforth School offer of early help. At all times, staff should consider if there is any offer of early help that we can make in order to help a child thrive through using the Early Help Pathway.

The coordinated Carnforth School offer of Early Help is outlined below. We believe that early interventions for children and families, in many cases, will prevent needs from escalating into statutory services.

- ✓ **Educational Psychologist:** Dr Amy Sweet is in school once a term and she works one to one with children, carries out observations and provides reports to identify and assess difficulties children may be having with learning. She offers recommendations and support.
- ✓ **Play Therapist:** Emma McGorman our play therapist helps children understand muddled feelings and upsetting events that they have not had the chance to sort out properly. Rather than having to explain what is troubling them, as adult therapy usually expects, children use play to communicate at their own level and at their own pace, without feeling interrogated or threatened.
- ✓ **Pastoral Support:** Sue Paul works with groups or on a one-to-one basis with children who may be struggling with their emotions. This provides them with an opportunity to share their thoughts and feelings and be provided with strategies to use to support them if needed.
- ✓ **CAMHS CAST:** We work closely with this professional body as they provide support, advice, consultation and training with school and the parent/carers. This service sits within Worcestershire CAMHs (Child and Adolescent Mental Health Services). They work with children experiencing risk of mental health difficulties.
- ✓ **Mental Health First Aider:** Mrs N Sheeran-Ball is the trained Mental Health First Aider in school and has provided training to staff to spot signs and symptoms of common mental health issues, provide support and reassurance, and guide the child or adult to seek professional support they may need.
- ✓ **Worcestershire Young Carers:** We work with service to provide support to young carers. This charity is commissioned by Worcestershire County Council to provide assessment, signposting, one to one support and monthly youth clubs for young people with a caring role at home, aged between seven and 17, who live in Worcestershire.
- ✓ **Behaviour Support Team:** Our school has close links with this team and their workers and they work with identified children on a one-to-one basis, carry out observations and write reports to provide information to school to support children with social and emotional difficulties.
- ✓ **Positive Behaviour Team:** We work closely with the team who provide support with identified children who show social and emotional difficulties. They carry out observations and provide advice.
- ✓ **THRIVE:** in our school, we have a number of staff who are trained practitioners. They work with identified children on an individualised programme that addresses the child's social and emotional needs.
- ✓ **Attendance:** Every child's attendance is important to us and as a result is monitored carefully. If a child's attendance decreases to below 95% and 93% then letters are sent to the parent/carers to raise awareness of it and the impact on the education of the child. If a child's attendance decreases below 90% then formal attendance meetings are carried out to identify any barriers and support (walking bus, attendance support plans, family support worker referral, education welfare officer involved) required to improve their attendance.
- ✓ **PSHE and British Citizenship:** Our school delivers Personal Social, Health and Economics (PSHE) and Relationships and Sex Education (RSE) programmes as

well as British Citizenship to further support the children's understanding of how to keep themselves safe. We invite the NSPCC in to support this.

- ✓ **Online Safety:** Every child is taught how to keep themselves safe online through the curriculum and is further highlighted as we participate in the national e-safety week. Our Online safety lead Mrs N Sheeran-Ball provides parent workshops through the NSPCC and information on the school's website and newsletters to support parents on how to protect their children online.
- ✓ **Pastoral Team:** This is led by Mrs N Sheeran-Ball who works closely with the SENDCo, DDSL's and external agencies
- ✓ **Child Sexual Exploitation/Getsafe strategy:** All staff at Carnforth School have been trained to identify early indicators of potential cases of child sexual exploitation through annual safeguarding training and online courses.
- ✓ **Female Genital Mutilation:** All staff have received training on FGM. Teachers know how to identify if a child may be at risk. They are aware of the countries and places within this country where children may be taken to for this to happen. They know the signs to look for and most importantly how to refer, following the schools safeguarding procedures.
- ✓ **Prevent Trained Staff:** All staff have been trained through online training and the DSL has received face to face training. All staff are able to identify the early stages of radicalisation and what to do. A PREVENT risk assessment is in place that all staff are aware of.

We also liaise with other agencies and people within the local community. In the table below are some National organisations that can support children, young people and their families.

Local Services

Please include information on the services available in your local area / district...

<p>Youth and Community Centre – Warndon Community Centre Community centre Shap Drive, Worcester · 01905453453</p>	<p>Foodbank 7 Lowesmoor Wharf Lowesmoor WORCESTER WR1 2RS</p>
<p>Early Help Family Support District Team – Team contact number: 01905 843339 Team email address: FamilySupportWorcester@worcschildrenfirst.org.uk</p>	<p>Library Warndon Library The Fairfield Centre Carnforth Drive Worcester WR4 9HG</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.

[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.

[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.

[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:

[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'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@worcschildrenfirst.org.uk

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

[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 \(Worcester Housing and Benefits Advice Centre\) \(citizensadviceworcester.org.uk\)](http://citizensadviceworcester.org.uk)

Building Better Opportunities is a service to help local people move closer to employment. [Building Better Opportunities \(fusionworcs.co.uk\)](http://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 \(startingwellworcs.nhs.uk\)](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 further advice and support.