



## Early Help for Children and Families Martley CE Primary School and Pre-School



### EARLY HELP OFFER

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At Martley CE Primary School and Pre-School we recognise the challenges that families face in bringing up children. **There are times when we all need extra help and support. If this is the case please come and talk to us at school.** There are many ways in which we can help as outlined in this offer of early help. We can also help to plan specific support for families where we can work together to set and achieve outcomes.

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.



Providing early help to our pupils and families at Martley CE Primary School and Pre-School means we are more effective in promoting support as soon as we can. Early help means providing support as soon as a problem emerges, at any point in a child's life.

**If you cannot find the support you need signposted below, or are unsure where to look, please do talk to us at school – we will do our best to help in any way we can.**

## **Key Personnel:**

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## **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 Martley CE Primary School and 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 relies upon local groups and people in the community, sometimes we work together to help children, young people, and their families.

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

- Routines and family rules
- Families who may 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)

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

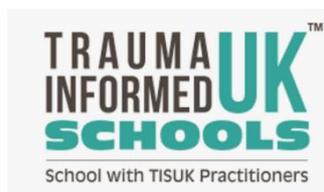
At Martley CE Primary School and Pre-School we meet the needs of our children through a variety of ways:

**Behaviour Support Team:** The school utilises support from the Behaviour Support Outreach Team at Perryfields PRU. This team works with identified pupils normally on a 1:1 basis, they also carry out observations and write reports to provide information to school to support children with social, emotional and behavioural issues.

**Attendance:** The attendance of all children is closely monitored. We operate a 'first call' system to check on the attendance of missing pupils if we have not been notified of an absence. Families and children are offered support and advice to help improve poor attendance percentages. We also work with families who are struggling with punctuality; meeting with parents and children to identify underlying reasons and working out how we can positively support the whole family.

**Safeguarding:** All staff are trained in safeguarding and are given at least annual updates. The school works closely with a range of agencies to help promote happy and healthy lifestyles for all pupils.

**Mental Health:** Martley CE Primary School and Pre-School has staff trained as Mental health lead and a further staff trained as mental Health First Aiders. These members of staff are trained in supporting staff to spot signs and symptoms of common mental health issues, to provide non-judgmental support and reassurance, and to guide the young person or adult to seek professional support they may need to recover.



**Trauma Informed Schools:** We have a trained Trauma Informed School practitioner (TIS practitioner) with a Diploma in Trauma and Mental Health. Staff use scientific research techniques, such as PACE (playfulness, acceptance, curiosity and empathy) to deliver art therapy interventions. When the right side of the brain is engaged with creative tasks, it makes the left side easier to access and emotions can be explored and empathised with. Support and interventions include:

- Big empathy drawings
- Creative activities around emotions such as sand play
- Attachment play 1:1 or in small groups
- Talk therapy where appropriate

**Nurture Lunch Support:** We offer activities for those students who prefer quiet time or find social times difficult. These may include drawing or construction activities. The children gain new friendships which helps them build their confidence and resilience. Playleaders from KS2 also support younger children with structured activities.

**PSHCE:** Martley CE Primary School and Pre-School delivers comprehensive Personal, Social, Health and Citizenship education and have developed a new Relationship and Sex Education (RSE) programme based on the SCARF resources provided by Coram Life Education. This scheme further supports 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:** Each class is taught relevant aspects of e-safety throughout the year, linking directly with areas of computing they are working on. We plan presentations led by the NSPCC and NOS to support both children and parents to develop a greater awareness of the dangers they face online each day, as well as strategies to keep themselves safe. Regular hints and tips to protect children online, relating to specific areas of interest for children are shared via the school newsletters and Class Dojo.

**SENDCo:** Our SENDCo (Special Educational Needs and Disabilities Coordinator) is available to support and guide families with additional needs and can signpost parents to many different agencies. She also helps ensure that pupils receive appropriate support through carefully managed intervention strategies. Our School Offer is also available through the school website. We work closely with Chadsgrove School and their Learning Support Team in supporting a range of pupils within school.

**Speech, Language and Communication:** We employ the services of the NHS SLCN team to support staff and pupils in achieving the best outcomes for all pupils.

**Pupil Premium Funding:** Children and families who are eligible for this funding may receive subsidies on school trips, school meals and other items necessary to help pupils achieve in school.

**Family Support Worker:** We work alongside the Family Support Worker Team to help families with a variety of needs. These may include:

- Bedtimes
- Morning routines
- Behaviour at home/school
- Access to parenting courses
- Signposting to other agencies
- General issues regarding children
- Anxiety

**Female Genital Mutilation (FGM):** All staff have received training on FGM. Staff know how to identify if a child may be at risk. They know the signs to look for and most importantly how to refer, following the school's safeguarding procedures.

**Prevent:** All of the DSL team has received the PREVENT training, disseminating this information to ALL staff and ensuring they are all able to identify the early stages of radicalisation and what to do. Staff have completed the Channel online training. This is now also part of the induction process for new staff.

In [Keeping Children Safe in Education](#) it makes it clear that ALL staff should be aware of their local early help process and understand their role in it. In addition, this statutory document makes it clear that any child may benefit from early help, but all school and college staff should be particularly alert to the potential need for early help for a child who:

- Is disabled and has specific additional needs;
- Has special educational needs (whether or not they have a statutory education, health care plan);
- Is a young carer;
- Is showing signs of being drawn in to anti-social or criminal behaviour, including gang involvement and association with organised crime groups;
- Is frequently missing/goes missing from care or from home;
- Is misusing drugs or alcohol themselves;
- Is at risk of modern slavery, trafficking or exploitation;
- Is in a family circumstance present challenges for the child; such as substance abuse, adult mental health problems or domestic abuse;
- Has returned home to their family from care;
- Is showing early signs of abuse and/or neglect;
- Is at risk of being radicalised or exploited;
- Is a privately fostered child.
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We emphasise that everyone needs help at some time in their lives and therefore an ethos of early help is important for any and every school or educational establishment.

We believe that early interventions for children or families, in many cases, will prevent children from experiencing harm and help problems from escalating further. Martley CE Primary School and Pre-School will refer to appropriate agencies when help is required to support children, young people or families or to prevent harm.

All Martley CE Primary School and Pre-School staff must be aware of the school's 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.

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

Early Help Family Support Service (EIFS)	<p>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: <a href="https://www.worcestershire.gov.uk/eifs">https://www.worcestershire.gov.uk/eifs</a></p> <p>We actively support parents to complete the required forms if requested.</p>
Wrap-Around-Care	<p>During term time Martley CE Primary School and Pre-School offers breakfast club from 8.00 am and after school care until 5.30 pm. This wrap around care is staffed by adults known to the children and helps ensure that pupils are cared for in a nurturing environment. Children are supported to start homework, complete reading with an adult or to share quality time with friends.</p>
St Peter's Church Martley	<p>Whether you attend church or not, support is available for families in need – this support can take many forms and the church is always willing to listen and help in some way. Click below. <a href="#">Martley Church page and contact details</a></p>
Worcester Libraries	<p>Not only does the local library service offer books and a warm place to be, they also provide access to many other levels of support and advice. This includes adult learning opportunities and employment support. Follow the link below to find out more. <a href="https://www.worcestershire.gov.uk/libraries">https://www.worcestershire.gov.uk/libraries</a></p>
What is our Early Help Offer?	<p>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 do not need to be an expert. Early help is not about passing the issue on to a professional, but thinking about what is the best support you can offer.          You can provide effective support by:</p> <ul style="list-style-type: none"> <li>• listening</li> <li>• working with other people who could help</li> <li>• finding out about specialist agencies who could help</li> <li>• filling out an <a href="#">Early Help Assessment</a> with the person you are helping</li> <li>• contacting <a href="#">Children's Social Care</a> if you think the problem is more serious</li> </ul> <p>There is a lot of information and advice on the <a href="#">Advice, Care, Health and Support pages</a> as well as detail of local services that can provide support for children, young people and families.</p>
Ready, Steady, Worcestershire  Worcester Foodbank	<p>Food, activities and support available to families and children from nursery and primary aged, through to older children and teenagers during the school holidays - <a href="#">Ready Steady Worcestershire - school holiday food and activities   Worcestershire County Council</a></p> <p><a href="https://worcester.foodbank.org.uk/">https://worcester.foodbank.org.uk/</a></p>

The Front Door to Children's Services	If a member of staff, parent/carer or member of the public thinks a child or young person is at immediate risk of significant harm they should contact the Family Front Door (FFD) – 01905 822 666 or in an emergency always call 999.
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## 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 till 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 \(winstonswish.org\)](#)

*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](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 \(sh24.org.uk\)](#)

## **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](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](#)

### *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)**

In the first instance please talk to us at school if you require guidance on SEND. If you are looking for further information or advice the following links will help you:

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

SEND Information, Advice, Support Service [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 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 \(Worcester Housing and Benefits Advice Centre\) \(citizensadviceworcester.org.uk\)](#)

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](#)

## 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.*