



Help and Support for Children and Families

Sytchampton Endowed Primary School

OUR EARLY HELP OFFER 2024

Help and Support is a pathway to supporting you and your child as they grow up when you, or they, may need further support or guidance. Providing help and support to our pupils and families at Sytchampton Primary School means we can improve the lives for children, families, and communities, providing support as soon as a problem begins, at any point in a child's life, from the early years through to teenage years.

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

- Routines and family rules
- Keeping to a healthy lifestyle and diet
- Children who are caring for a family member
- Children who may not want to go to school for different reasons
- Disability within the family
- Children in the family have special educational needs (SEND)
- Children who may be 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)

If you are experiencing challenges or issues affecting family life, please contact a member of staff who will be happy to provide you further advice and support. The following pages have useful links and signposts too.



Help and support 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 help and support is important for any school. Sytchampton Primary School may sometimes support you to contact other support agencies when additional help is identified to support children, young people, or families or to prevent harm.

At Sytchampton Primary School, we meet the needs of our children through a variety of ways:

- Pupil Voice – pupils are actively encouraged to speak about any concerns and worries they have to a member of staff. In the classroom, children are taught to speak openly about their emotions and have emotions check in stations. Pupils know the staff take all their concerns and worries very seriously.
- Children's questionnaires to ascertain if they feel happy and safe.
- Assemblies are delivered to all pupils around how to stay safe online.
- Our School Council have a big role in making sure the pupil voice makes a difference to decisions made at school and they meet weekly with Mrs Fairlamb.
- All staff are trained in promoting self-esteem and confidence.
- Staff across school will often spend informal time with children during the day to listen to their views, worries and concerns



Attendance

Attending school on time each and every school day is very important. Class teachers and the Headteacher will help support families where children are struggling with attendance or arriving on time.

Behaviour for Learning at Sytchampton Primary School

The school encourages and rewards pupils for excellent learning behaviour on a lesson-by-lesson basis.

Through our whole school ethos and values we demonstrate to children the benefits of living and working together with kindness, to develop their self-regulation.





Key Personnel:

The Designated Safeguarding Lead (DSL) is: Catherine Brogan.

Contact details:

email: office@sytchampton.worcs.sch.uk Telephone: 01905 620418

The deputy DSL(s) are: Laura Lawson and Elizabeth Oliver.

Contact details:

email: office@sytchampton.worcs.sch.uk Telephone: 01905 620418

The nominated safeguarding governor is: Dr Baylon Kamalarajan.

Contact details:

email: office@sytchampton.worcs.sch.uk Telephone: 01905 620418

The Headteacher is: Catherine Brogan

Contact details:

email: office@sytchampton.worcs.sch.uk Telephone: 01905 620418

The Chair of Governors is: Pinky Jain

Contact details:

email: office@sytchampton.worcs.sch.uk Telephone: 01905 620418



Worcester Local Services

<p>Worcestershire Virtual Family Hub – Virtual Family Hub Worcestershire County Council For information on range of different types of resources to help to support you and your family.</p>	<p>What's on in Worcestershire during the school holidays? Ready Steady Worcestershire - Holiday Activities and Food (HAF) Programme Worcestershire County Council</p>	<p>Worcester Foodbank Helping Local People in Crisis Worcester Foodbank Helping Local People in Crisis</p>
<p>Youth Groups- to meet and socialise with other young people. There are lots of fun activities including: arts and crafts, games nights, roller skating, cooking and sports. Young People - YMCA Worcestershire</p>	<p>Malvern Special Families HOME MSF (malvernspecialfamilies.org.uk) Malvern Special Families are a specialist provider who offer safe, stimulating, and fun social opportunities for children and young people with disabilities aged 5-18 years.</p>	
<p>Worcestershire Early Help Family Support Team- Team contact number: 01905 843339 Team email address: Early Help family support Worcestershire County Council</p>	<p>Worcestershire Libraries- Worcestershire Libraries Worcestershire County Council</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



worcestershire
countycouncil



Health (including mental health, emotional wellbeing, and sexual health)

The Starting Well Partnership offer a range of health services which support both children and families experiencing a range of health issues.

Worcestershire Health Visiting Service | Starting Well [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 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.

School Health Nursing | Starting Well [Worcestershire Health Visiting Service | Starting Well \(startingwellworcs.nhs.uk\)](#)

Chat health is a free and confidential text service for young people in need of advice or support TO CONFIDENTIALY CONTACT YOUR SCHOOL NURSE, TEXT: 07507331750

Text service supporting young people | Latest news, updates and opportunities | Starting Well [Text service supporting young people | Latest news, updates and opportunities | Starting Well \(startingwellworcs.nhs.uk\)](#)

Social Prescribing 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.

Onside Advocacy, Worcestershire [Social Prescribing :: Onside Advocacy, Worcestershire \(onside-advocacy.org.uk\)](#)

Supporting children with mental health difficulties

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.

Reach 4 Wellbeing | Herefordshire and Worcestershire Health and Care NHS Trust [Reach4Wellbeing | Herefordshire and Worcestershire CAMHS \(hacw.nhs.uk\)](#)

Herefordshire and Worcestershire Health and Care NHS Trust [Mental health help to children, young people and their families | Herefordshire and Worcestershire CAMHS \(hacw.nhs.uk\)](#)



These sites have a wealth of information about supporting young people's Mental Health

Healthy Minds [Welcome to NHS Talking Therapies](#) | [Talking Therapies \(hwhct.nhs.uk\)](#)

Anna Freud Centre [Mental Health And Wellbeing](#) | [Anna Freud](#)

Lumi Nova: Tales of Courage is a digital therapeutic mobile game supporting children with fears, worries and anxiety. Designed for children aged 7-12 years, Lumi Nova helps children to reflect on their feelings, build resilience, and learn lifelong skills to self-manage their worries in a fun intergalactic adventure.



[Free for families in Herefordshire & Worcestershire — Lumi Nova: Tales of Courage](#)

Kooth is an online mental wellbeing community which offers free, safe, and anonymous support.

Kooth [Home - Kooth](#)

Papyrus can offer suicide prevent support providing free and confidential helplines, advice, webchats, and resources.

Papyrus UK Suicide Prevention | Prevention of Young Suicide [Papyrus UK Suicide Prevention | Prevention of Young Suicide \(papyrus-uk.org\)](#)

Winston's Wish provide support for children and young people following the death of a sibling, Bullying (including Cyberbullying), or a person important to a child Winston's Wish - giving hope to grieving children [Winston's Wish - giving hope to grieving children \(winstonswish.org\)](#)

Sexual Health [Sexual health](#) | [Worcestershire County Council](#)

WISH offer friendly and non-judgemental specialist services to support with information and advice, contraception, pregnancy, STIs and screening.

Worcestershire Integrated Sexual Health Service (WISH) | Herefordshire and Worcestershire Health and Care NHS Trust [Worcestershire Integrated Sexual Health Service \(WISH\) | Herefordshire and Worcestershire Health and Care NHS Trust \(hacw.nhs.uk\)](#)

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.

Under 21 Saturday Service - Clinic telephone lines are open between 10:00am – 12:30pm on Saturdays - Please call: **01905 681673 for further details.**

WISH have a dedicated Outreach nursing service. Referral forms can be found at [Worcestershire Integrated Sexual Health Service \(WISH\) | Herefordshire and Worcestershire Health and Care NHS Trust \(hacw.nhs.uk\)](#)

The Outreach team see young and vulnerable people who couldn't otherwise access sexual health

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:

NSPCC [Helping Children Deal with Bullying & Cyberbullying | NSPCC](#)

Worcestershire County Council Cyberbullying [Resources Hub | Help With Bullying Advice | Kidscape](#)

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:

- [Parents and carers | CEOP Education](#)
- [Keeping children safe online | NSPCC](#)
- [Primary online safety - Teach \(bbc.co.uk\)](#)
- [Keep Children Safe Online: Information, Advice, Support - Internet Matters](#)
- [Educate Against Hate - Prevent Radicalisation & Extremism](#)



Sexting is the sending or receiving of sexually explicit images, videos or conversations online. Sexting and sending nudes [Sharing nudes and semi-nudes | NSPCC](#)

[Nude selfies: a parents' guide \(ceopeducation.co.uk\)](#)



Relationships

Healthy relationships

The following services and links offer information, advice, and intervention on healthy relationships for your family and children:

The Family Hub <https://www.worcestershire.gov.uk/early-help-family-support>

NSPCC [Healthy relationships | NSPCC](#)

"Harmony at Home" is Worcestershire's way of addressing the issue of parents arguing and the impact it has on their children. Information and support for parent carers | [Harmony at Home | Worcestershire County Council](#)

West Mercia Women's Aid supports Parents and Children who are subject to abusive relationships. [West Mercia Women's Aid | WMWA is a full member of the Women's Aid Federation of England. \(westmerciawomensaid.org\)](#) They have support programmes for children of all ages. [Children and Young People Services | West Mercia Women's Aid \(westmerciawomensaid.org\)](#)

Friendships and relationship in teenagers

Making friends and starting new relationships are big parts of getting older. It's very common to fall out with friends and, as children get older, to break up from relationships – which can be very difficult to deal with. There is advice for young people and parents here.



Childline - Friends, relationships and sex [Friends | Childline](#)

Disrespect Nobody - Signs to spot [Disrespect Nobody \(ceopeducation.co.uk\)](#)

NHS Choices - Sex and young people [Sexual health - NHS \(www.nhs.uk\)](#)

SEND (Special Educational Needs and/or Disabilities)

Mrs Lawson and Mrs Oliver work with children and families with additional needs and can signpost parents to many different agencies if additional support is needed. If you are looking for information or advice the following links will help you:

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

SEND Information, Advice, Support Service SENDIASS Worcestershire and Herefordshire [Welcome to SENDIASS Herefordshire and Worcestershire | Worcestershire County Council](#)

Social care support for children with disabilities [Social care support for children with disabilities | Worcestershire County Council](#)



Parenting support



Health and wellbeing



SEND Local Offer



Housing and finances

The Virtual 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.

[Virtual Family Hub | Worcestershire County Council](#)



Relationships



Early Help Family Support



GET SAFE



Early Help Booklet

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.

[Early Help in Worcestershire - Support for Families](#)

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: [Information about support for parents and carers | 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 [Worcestershire 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:

Worcester Job Centre Plus, Vine House, Farrier Street, Worcester, WR1 3EL

Telephone: 0800 169 0190

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

For information on what financial and housing support is available in Worcestershire, please visit: [Housing, finances and debt | 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: [Parent Talk - Support for Parents from Action For Children](#)



Parenting Talk is an online hub offering information, advice, and a free confidential online chat with a parenting advisor

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-Start | South Worcestershire \(home-startsw.org.uk\)](#)



Substance Misuse

Cranstoun: Empowering People, Empowering Change [Worcestershire - 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. [Worcestershire Here4YOUth - 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

All staff at Sytchampton Primary School have received training around identifying early cases of child exploitation and female genital mutilation. 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:

[Get Safe | Worcestershire County Council](#)

[West Mercia Youth Justice Service](#)

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.