VALE OF EVESHAM SCHOOL

Learning For Life

Vale of Evesham Supporting Families

What is Extra Support for Families?

At Vale of Evesham School, we have a commitment to safeguarding and promoting the wellbeing of children and young people and believe that safeguarding is everyone's responsibility.

We recognise the challenges that families face in bringing up children and there may be time when you need some extra help and support. There are many ways in which we can help as outlined in this offer. We can also help to plan specific support for families in the form of a 'Family Plan', where we can work together to set out ways the school and other agencies, and you as the family, can work together to achieve the best for your whole family unit.

Supporting families means providing support as soon as a problem appears, to stop it from getting worse. This could be at any point in child's life.

There may be times that your family needs a little bit more support. We encourage families to talk to us where this is the case.

MEET THE TEAM



Designated Safeguarding Lead – Xanthe Mullinger



Safeguarding Officer – Olivia Griffiths



Family Liaison Advisor - Michelle Young

Our Supporting Families Offer

Extra Support is a pathway to supporting you and your family, as your children grow up, when you, or they, may need further support or guidance.

Providing Extra Support to our pupils and families at Vale of Evesham 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.

Supporting families can help children and their families who may be struggling with:

- Routine & 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
- Children in the family who 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 misuse or adult mental health issues.
- Children who have parents who argue a lot (and sometimes hurt each other) whether the parents live together or apart.
- Children at risk of being groomed to join groups which support illegal groups
- A privately fostered child (a child from another family living within your family home).

Supporting families 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; therefore, an ethos of Supporting Families is important for any school.

Vale of Evesham school may sometimes support you to contact other support agencies when additional help is identified to support children, young people or families to prevent harm.

At Vale of Evesham 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; we use Zones of Regulation to support this. Vale of Evesham School is a Trauma Informed School, and we use a whole school approach. All staff are trained. Pupils know the staff take all their concerns and worries seriously.

- Classroom based pupil voice activities and focus groups
- School council have a role in making sure pupil voice makes a difference to school life, and they meet with **Ms Barton.**
- All staff are trained in Trauma Informed Schools UK (TISUK), are emotionally available and promote self-esteem and confidence
- The Safeguarding, Pastoral and Senior Leadership Teams are always around during the day to listen to views, worries or concerns.

Attendance - Attending school on time, every day is very important. **Xanthe Mullinger** monitors attendance and will communicate with parents if there are concerns to support increasing attendance.

Behaviour – We have a behaviour policy in place to support children in making the right choices and to support to rectify challenging behaviour. This is available on our website.

Pastoral Support Centre – All children have access to school's internal Pastoral Support Centre. Class staff and SLT are available to support children to access this space and to support regulation. The Pastoral Support Centre (PSC) is a 'safe place' where the children are able to express their emotions and are then encouraged to 'unpick' the negative behaviours and emotional responses they have and look for alternative ways to manage emotions and feelings we like to use a four-step process here:

- Reflect
- Repair
- Recover
- Return

Sensory room & sensory gyms - In school we have a sensory room and two sensory gyms that the children are able to access during their school days and additionally, when extra time here would be beneficial and aid support for the child to help support their sensory needs.

Interventions – We have internal processes in school to identify and support children with interventions. This can be in the form of play, art or meditation. We are also able to offer interventions for extra 1:1 support with friendships, personal hygiene and building positive relationships and boundaries.

We have 2 trained TISUK practitioners for interventions as well as our Family Liaison Advisor.

We have employed the services of Sensory Occupational Therapist LINKS and a music therapist.

Behaviour – We have a behaviour lead who supports classes identify additional support and strategies for children who present with behaviours that challenge. This consists of identifying need, interventions and support strategies to enable the child or young person to thrive.



Mental Health - Amy Bresnen is our Designated Senior Mental Health Lead and is responsible for monitoring the Mental Health of pupils, providing and ensuring appropriate channels of support and interventions where need is identified. Tina will also liaise closely with Pastoral Team and the Special School Nurse on site to ensure referrals are made to appropriate agencies when necessary.

Vale of Evesham School are a TISUK school, and we promote this across the whole school to support children and young people in our setting. All staff are trained in the TISUK approach and we have 2 TISUK practitioners in school for interventions where necessary.

Wellbeing & nurture provision - All children across the school receive input at a 'universal level' through the Personal, Social and Emotional Development area of learning within EYFS and the PSHE (including RSE) curriculum. Where additional need in this area has been identified, small groups receive extra support at a 'targeted level' through a wide range of interventions such as protective behaviours and feelings work.

Bereavement Support – Use of local charities including St Richard's Hospice and Footsteps to provide bereavement support. Additionally, we have 2 TISUK practitioners in school; one of whom is specifically trained to support bereavement.

Pupil Premium grant – For eligible pupils, Pupil Premium money can be used to assist in the purchase of uniform, equipment needed for school or to help pay for school trips/initiatives.

Parenting Workshops – Vale of Evesham has now collaborated with WCC Family Learning to deliver workshops to parents to aid understanding of their children, strategies to support and developing greater wellbeing support.

Family Liaison Advisor – Within the Vale of Evesham School we have a dedicated Family Liaison Advisor, who can support with a multitude of services such as;

- Supporting to implement routines & strategies to support behaviours that challenge
- Referrals to external agencies for additional support
- Completion of VoE Supporting Families plans to aid wellbeing and ensure correct support is in place
- Aid in completion of forms for finance, transport and housing
- Signposting to external agencies and charities for financial aid, food pantries, transport aids etc
- Visuals and social stories to aid communication and young people to understand their lived experiences and life events,
- A cup of tea and a listening ear!

The list is not exhaustive – please enquire if anything is needed and we will endeavour to support.

Local services

Evesham Adventure Playground Association

https://eveshamadventureplayground.org/

Youth groups for children & young people, community pantry, wrap-around-care & alternative provision.

Caring Hands in the Vale.

Referral based foodbank.

https://www.chands.org.uk/

What's on in the holidays?

Ready Steady Worcestershire - Holiday Activities and Food (HAF) Programme | Worcestershire County Council

Evesham Library

https://www.worcestershire.gov.uk/library/evesham-library

SEND youth group

Home - Pershore Riverside Centre

SEND Local Offer

Information & advice for families with children & young people with SEND.

SEND Local Offer | Worcestershire County Council

Range of resources to support families

Virtual Family Hub | Worcestershire County Council

SEND (Special Educational needs and/or Disabilities)

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



SEND Local Offer | Worcestershire County Council or contact localoffer@worcschildrenfirst.org.uk

Welcome to SENDIASS Herefordshire and Worcestershire | Worcestershire County Council

Social care support for children with disabilities | Worcestershire County Council

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

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

Starting Well Partnership
EVERY CONTACT SHAPES A LIFE

Introducing the new Starting Well Partnership in Worcestershire | News and updates from Herefordshire and Worcestershire Health and Care NHS Trust | Herefordshire and Worcestershire Health and Care NHS Trust

Mental health help to children, young people and their families | School Mental Health (hacw.nhs.uk)



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

[Reach4Wellbeing | School Mental Health (hacw.nhs.uk)](#)

The Reach4Wellbeing team promotes positive wellbeing to reduce the stigma of mental health by providing short-term group programmes for children & young people 5-18 experiencing mild to moderate anxiety & low mood

[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.

[Melo :: Onside, Worcestershire & Herefordshire](#)

A range of early intervention and preventative support options to improve the emotional wellbeing and mental health of a child or young person (birth to 25) and their families.

[Home - Kooth](#)

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

[Suicide Prevention UK Help & Support | SPUK Charity 1187866](#)

[Samaritans | Every life lost to suicide is a tragedy | Here to listen](#)

Support for those struggling with thoughts of suicide or bereaved by suicide.

[Winston's Wish - giving hope to grieving children (winstonswish.org)](#)

[Talk to Footsteps](#)

Support for children and young people following the death of a person important to a child.

Sexual Health

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

WISH provide local sexual health clinics including an Under 21's service and have a dedicated Outreach nursing service, details can be found at. WISH Sexual Health Outreach | Herefordshire and Worcestershire Health and Care NHS Trust.

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, in the first instance, please speak to a member of staff who will be able to help. There are also several services and useful links which can help your child as a parent/carer.

Resources and campaigns (kidscape.org.uk)

Helping Children Deal with Bullying & Cyberbullying | NSPCC

Bullying | How To Deal With Bullying and Getting Help | YoungMinds

Online Safety

At Vale of Evesham school, we take online safety seriously and work with The National College, providing resources for all parents/carers in the form of online video resources, training courses and weekly-guides. We also take part in #WakeUpWednesday and send guides out every week via Dojo.

The National College®

To create an account, please contact one of the team mentioned above.

The following links will provide you with information, support & advice to help understand the risks and keep your child safe online:

Parents and carers | CEOP Education (thinkuknow.co.uk)

Keeping children safe online | Barnardo's (barnardos.org.uk)

Educate Against Hate - Prevent Radicalisation & Extremism

Information, Advice and Support to Keep Children Safe Online (internetmatters.org)

Sharing nudes or semi-nudes is the sending or receiving of sexually explicit images, videos or conversations online

Sharing nudes and semi-nudes | NSPCC

Nude selfies: a parents' guide (thinkuknow.co.uk)

Relationships

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

Healthy relationships | NSPCC

For challenges at home: Harmony at Home | Worcestershire County Council

Women's Aid offer a children and young people's programme with various avenues for intervention:

Children and Young People Services | West Mercia Women's Aid (westmerciawomensaid.org)

Parenting, health and wellbeing, housing and relationship support | 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. The websites below contain information for children & young people about making friends, peer pressure, healthy & unhealthy relationships, sex and more. There is also information available for parents/carers around how to talk to your child about friendships, sex & relationships.

Friends, relationships and sex | Childline

Sexual health - NHS (www.nhs.uk)

Healthy relationships | NSPCC

How do I talk to my teenager about healthy relationships and consent? - Support for Parents from Action For Children



Young carers

Worcestershire Young Carers aim to identify and support children & young people aged 7-24 years who have a caring role within the home & help look after a parent, sibling or grandparent due to illness, disability, physical or mental health difficulties or substance misuse.

https://www.yss.org.uk/worcestershire-young-carers/

Finance, Housing & Employment

If you are facing challenges around employment and income, please contact the local job centre who can offer support with applying for Universal Credit. Alternatively, Michelle Young can support you to make initial contact and support completing forms.

Evesham Job Centre Plus, 3 High Street, Evesham, WR11 4DA

Here2Help Community directory to search your local area for support or services - Community Services Directory | Worcestershire County Council

Citizens Advice

Vale of Evesham School are also an agency with Refernet and can refer to advice agencies for families in need of additional support.

Parenting support



The Starting Well Partnership offer a range of parenting support, information, groups, and courses. For information on the groups available please visit:

Support, courses, and workshops for parents, carers and grandparents | Worcestershire County Council

Parent 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 NEW – home start ne worcestershire

Complex disability at each life stage - Sense

Substance misuse

Cranstoun, Worcestershire works to support those over 18 that are struggling with their alcohol or drug intake. We also offer advice, support and guidance for family members and

friends to cope with someone else's substance use through our Family Support Service. Worcestershire - Cranstoun

Worcestershire Here4YOUth works with you to provide alcohol and drug support, and you can meet our team members at school, at home, at college or in any environment that you feel comfortable in.

We also offer advice, support and guidance for children, young people and family members of any age to cope with someone else's drug or alcohol misuse as part of the **Worcestershire Family Support Service**.

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 to families affected by a family member being in prison : Families First | YSS

GET SAFE



All staff at Val of Evesham School have received training around identifying early cases of child exploitation.

If you are worried that 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 | Worcestershire County Council for more information

Home | Catch22

Support for parents and carers whose children are being exploited: Parents Against Child Exploitation (Pace) UK (paceuk.info)

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 & support.