



## Early Help for Children and Families at Bredon Hill Academy

At Bredon Hill Academy 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.

Our Safeguarding and Pastoral team is made up of our Safeguarding Leads, our Year Leaders, our SENCO, our School Counsellor, members of the SLT and Pastoral Team.

### Members of SLT:

Miss West – Headteacher – Deputy Safeguarding Lead

Mrs Jessop – Deputy Headteacher- Pastoral and welfare

Mrs Dunkley – Assistant Headteacher and Designated Safeguarding Lead (DSL)

Ms Vaughan – Assistant Headteacher and SENCo – Deputy Safeguarding Lead

Mr Horton – Assistant Headteacher- Deputy Safeguarding Lead

### Year Leaders:

Mrs Matthews – Year 6 Leader

Mrs K Parkinson – Year 7 Leader

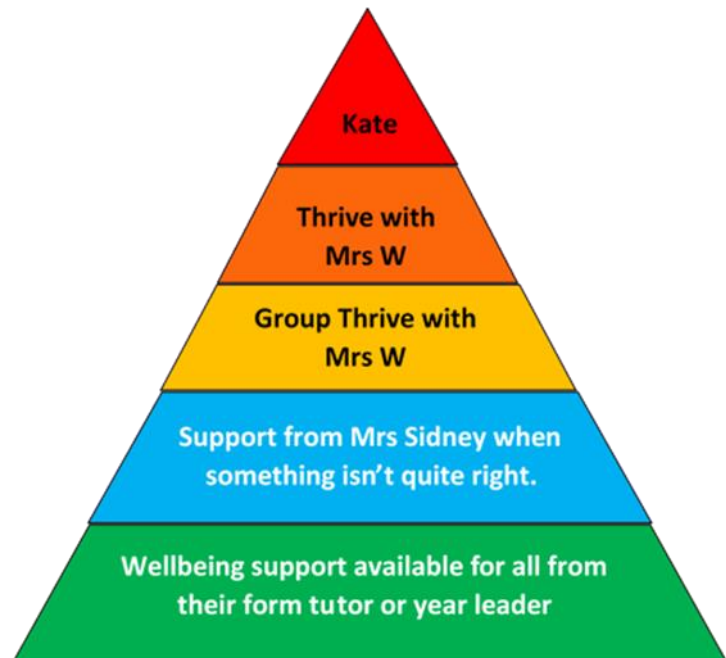
Miss Barber – Year 8 Leader

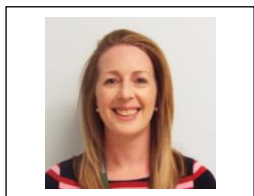
### Pastoral Team:

Katie Burrows – School Counsellor

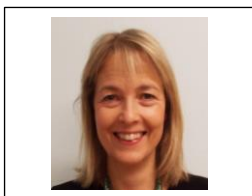
Mrs B Willy – Thrive Practitioner

Mrs K Sidney – Hub Manager





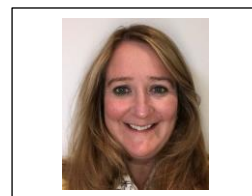
Mrs Dunkley



Miss West



Mr Horton



Ms Vaughan

### **Key Personnel:**

**The Designated Safeguarding Lead (DSL) is:** \_Mrs K Dunkley \_\_\_\_\_

Contact details:

email: [kdunkley@bredon.worcs.sch.uk](mailto:kdunkley@bredon.worcs.sch.uk) \_\_\_ Telephone: \_01386 881426 \_\_\_\_\_

**The deputy DSL(s) is/are:** \_ Miss D West, Mr M Horton and Ms Vaughan \_\_\_\_\_

Contact details:

email: [mhorton@bredon.worcs.sch.uk](mailto:mhorton@bredon.worcs.sch.uk) \_\_\_\_\_ Telephone: \_\_01386 881426 \_\_\_\_\_

email: [dwest@bredon.worcs.sch.uk](mailto:dwest@bredon.worcs.sch.uk) \_\_\_\_\_ Telephone: \_\_01386 881426 \_\_\_\_\_

email: [svaughan@bredon.worcs.sch.uk](mailto:svaughan@bredon.worcs.sch.uk) \_\_\_\_\_ Telephone: \_\_01386 881426 \_\_\_\_\_

**The nominated safeguarding governor is:** \_\_Mr Tom Holdstock \_\_\_\_\_

Contact details:

email: [tholdstock\\_gov@bredon.worcs.sch.uk](mailto:tholdstock_gov@bredon.worcs.sch.uk) Telephone: \_01386 881426 \_\_\_\_\_

**The Headteacher is:** \_\_Miss D West \_\_\_\_\_

Contact details:

email: [dwest@bredon.worcs.sch.uk](mailto:dwest@bredon.worcs.sch.uk) \_\_\_\_\_ Telephone: \_\_01386 881426 \_\_\_\_\_

### **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 Bredon Hill Academy 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.

### **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.

We can offer you the following;

### **Support from our Pastoral and/or Safeguarding Team**

Staff are available to deal with any concerns confidentially relating to safety of any pupil. We are available to speak to daily. In the first instance, please ring or email the school office so they can signpost you to the member of staff best suited to your concern.

All staff are trained to ensure correct, consistent, safe, safeguarding procedures are followed.

### **School Counsellor**

Katie Burrows, our school counsellor, is based in school every Wednesday and Friday.

### **Thrive Practitioner**

Mrs Willy is our Thrive Practitioner. Mrs Willy is available for individual and group Thrive sessions.

### **The Hub**

Mrs Sidney manages The Hub. She is on hand to help anyone who is struggling with their emotional wellbeing. She is training as a Thrive practitioner.

## Support Through Timetabled PSHE Lessons

PSHE is delivered through timetabled curriculum lessons. They cover a variety of up to date and relevant topics and may provide valuable, useful information for some pupils. We have a 'Big Blue Box' within the school that enable children to post their name should they wish to talk about any worries they may have. Pupils are encouraged to think about having a range of adults that they trust across home and school.

## Pupil Premium Support (for those eligible)

Please visit the following link if you feel you could be eligible.

### [Free School Meals](#)

If you require further assistance, please contact the school office.

## Trained Mental Health First Aiders

Ms Vaughan is our dedicated Senior Mental Health Lead and is supported in school by a number of staff who are trained Mental Health First Aiders. These staff are able to spot signs and symptoms of common mental health issues, provide non-judgemental support and reassurance and guide the child or adult to seek professional support where appropriate. This is a signposting service.

## Reach4Wellbeing

Parents can self-refer or a child can be referred by school to this NHS-run CAMHS-CAST service. They work directly with young people who are experiencing, or at risk of experiencing, mental health difficulties. Their service offers consultation, advice, support and training, which is tailored to each individual need. Mrs Dunkley is available to support the referral process or see the link in our services directory.

## School Nurse

We have access to the School Nursing Team, part of the Starting Well Partnership who offer a range of support services. You can self-refer to their service or school can do this for you. The link below provides further information:

<https://www.startingwellworcs.nhs.uk/shreferral/>

## Early Help Assessment

<http://www.worcestershire.gov.uk/requestfamilysupport>

A referral can be made by school or by the family themselves. Early Help work with pupils and their families at home and in school. Early Help Assessments can be carried out by Mrs

Dunkley. 3 regular meetings with family and children are carried out to address problems and encourage consistency.

## Operation Encompass

<https://www.operationencompass.org>

Notifications to school in the event of a pupil witnessing domestic abuse. If appropriate, we will call you to see if there is any further support school can offer.

## Early Help Family Support Services

<https://lcsportal.worcschildrenfirst.org.uk/web/portal/pages/earlyhelp>

Please visit the website for more details. Family support can be accessed by anyone through the Family Front Door on 01905 822666. Once a referral has been accepted, a Targeted Family Support worker will work with families, children and school to manage and overcome difficulties and challenges that can occur at any point in a child's life, with the aim to stop it getting worse and improve situations. Families can self-refer, or we can refer for you. All agencies work collaboratively. Worcestershire Children First provide information for parents (and professionals) across Worcestershire in relation to keeping children safe and avenues of support including early help options.

For our families who live in Gloucestershire, please click on the link below:

[Gloucestershire Family Support](#)

## PSCO Police Community Support Officers

Our local Policing Team help support staff and children at Bredon Hill Academy as and when required.

## 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.

[School Health Nursing | 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.

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

**School health nurses** offer a range of services such as home visits, health needs assessments, WRAPP, 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

[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 <https://www.hacw.nhs.uk/knowyourstuff/>. 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))

[Teens in Crisis](#)- a local charity who help both young people and parents access support for mental health concerns. TIC+ serve mainly Gloucestershire but do help those in the surrounding areas.

### **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](#)  
[Staying Safe Online | 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 \(barnardos.org.uk\)](#)
- <https://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](#)  
[Report Remove](#)



## 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. <https://www.westmerciawomensaid.org/>
- [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 \(opens in a new window\)](#)

[NHS Choices - Sex and young people \(opens in a new window\)](#)

## SEND (Special Educational Needs and/or Disabilities)

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](mailto:localoffer@worcschildrenfirst.org.uk) (Worcestershire only)

[SEND Local Offer | Gloucestershire County Council](#) (Gloucestershire only)

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

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

## SEN Support

Email [office@bredon.worcs.sch.uk](mailto:office@bredon.worcs.sch.uk). Ms Vaughan is our SENCO.



## **Dyslexia Support**

A website for parents on how they can support children and young people with dyslexia and related difficulties.

[Hereford and Worcester Dyslexia Association](#)

## **Umbrella Pathway: Autistic Spectrum Disorder (ASD)**

[Umbrella Pathway](#)

## **The Online Family Hub**

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 challenges family life can bring.

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

## **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](#)

[Gloucestershire Young Carers](#)

## **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 \(home-startsw.org.uk\)](#)

## **Substance Misuse**

[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 or who have lived experience of a parents/carer who abuses substances.

[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](#)

## **Cost of Living Crisis**

[Caring Hands in the Vale](#)-Local food bank based in Evesham

[Broadway Food bank](#)- For residents of Broadway

[Tewkesbury Food Bank](#)- For our Gloucestershire Families

[Act on Energy](#)- Support and advice for help with energy bills

[Here2help](#)- Worcestershire services directory for help with the cost of living crisis

[Wychavon](#)- Support for people who live in Wychavon

## **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.

For further help and support please see our Services Directory.

**If you are experiencing any of these challenges or issues affecting family life, please contact us on 01386 881426 or email [office@bredon.worcs.sch.uk](mailto:office@bredon.worcs.sch.uk)**