



Malvern Parish Primary School Supporting Children and Families Offer



At Malvern Parish Primary 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 in which we can help. We can also help to plan specific support for families where we can work together to set out the ways the school, other agencies and you as a parent can work together to achieve the best for your child and family.

Providing early help to our pupils and families at Malvern Parish means we are more effective in promoting support as soon as we can. Early help means providing support as soon as a problem begins, at any point in a child's life, from early years all the way through to teenage years.

There may be times when you need extra help and support. If this is the case, please come and talk to us. We endeavour to create a school ethos that promotes trust between all adults and children, so that all children know who they are able to talk to if they have any concerns or worries.



Miss M Worthington



Mrs J Lowndes



Mrs Steen

Key Personnel:

- **Designated Safeguarding Lead (DSL) is:** Miss Martha Worthington
Contact details:
office@malvernparish.dowmat.education
Telephone: 01684 574084
- **Deputy DSL is:** Mrs Jenny Lowndes
Contact details:
office@malvernparish.dowmat.education
- **Thrive Practitioner is:** Mrs Zoe Steen
Contact details:
office@malvernparish.dowmat.education

The nominated safeguarding governor is: Mr Roger Latham

Contact details:
office@malvernparish.dowmat.education

'Supporting Children and Families' is a pathway to supporting you and your child as they grow up when you, or they, may need further support or guidance from us as a school or from other outside agencies.

By providing Early Help to our pupils and families we can work together to improve the outcomes for children, families, and communities, as soon as a problem begins. We can provide this support 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 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
- Disability within the family
- 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 who may be impacted by Domestic Abuse or Violence
- Children at risk of being tricked, forced, or made to work in the criminal world (known as "County Lines")
- 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.

Malvern Parish's offer of Early Help is outlined below. Providing early help is more effective in promoting the welfare of children than reacting later. Effective early help relies upon local organisations and agencies working together therefore we liaise with other agencies and people within the local community. In the information below are some National and local organisations that can support children, young people and their families

- **Thrive School:** all of our staff have received Thrive training and we are a Thrive Ambassador school. Thrive is a therapeutic approach to help support children with their emotional and social development. We screen every child through the Thrive programme three times a year to enable us to target those who need support. The Thrive approach provides staff with action plans for the children's individual needs. Research has shown that how we behave is linked to how we feel and our emotions are linked to how we learn. By teaching children to recognise and notice these feelings and emotions it can help with their development and learning. Thrive promotes their emotional and social growth by building positive relationships between a child and their peers and helps them explore and understand their feelings through various activities. As part of this we have a whole school approach to Trauma Informed and Attachment Aware practice.



Our fully trained Thrive practitioners are Mrs Steen and Mrs Drinkwater.

Malvern Local Services

<p>Virtual Family Hub https://www.worcestershire.gov.uk/council-services/childrens-social-care/virtual-family-hub</p>	<p>What's on during the school holidays? Ready Steady Worcestershire Holiday Scheme https://www.worcestershire.gov.uk/children-social-care/ready-steady-worcestershires-holiday-activities-and-food/ready-steady-worcestershires-holiday-activities-and-food</p> <p>Holiday Activities and Food Programme https://www.worcestershire.gov.uk/council-services/childrens-services/virtual-family-hub/holiday-activities-and-food-haf-programme</p>
<p>Youth and Community Centre Malvern https://www.malverncube.com/</p> <p>Onside advocacy Your Space Wellbeing Drop Ins https://www.onside-advocacy.org.uk/yourspace</p>	<p>Malvern Foodbank https://malvernhills.foodbank.org.uk/</p>
<p>Early Help Family Support District Team – Worcester, Early Help Family Support Worcestershire's Early Help practice Worcestershire County Council Team contact number: 01905 843339 Team email address: FamilySupportWorcester@worcschildrenfirst.org.uk</p> <p>Malvern, Early Help Family Support Team contact number: 01905 843961 Team email address: FamilySupportMalvern@worcschildrenfirst.org.uk</p>	<p>Malvern Library https://www.worcestershire.gov.uk/directory_record/25/malvern_library</p>

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.

[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](#)

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** [Mental Health Support for Parents | News and updates from Herefordshire and Worcestershire Health and Care NHS Trust | Herefordshire and Worcestershire Health and Care NHS Trust](#)

(Monday – Friday 9am to 3pm).

A Health Visitor will assist you over the phone with any worries, concerns, or questions you have.

[Our services | School Health Nursing Service Worcestershire | Herefordshire and Worcestershire Health and Care NHS Trust](#) 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.

[ChatHealth | Herefordshire and Worcestershire Health and Care NHS Trust](#)

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.

[I am worried about my Child's mental health | Herefordshire and Worcestershire Health and Care NHS Trust \(hacw.nhs.uk\)](#)

[Home - Kooth](#)

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

[Helpful information for parents and carers | Herefordshire and Worcestershire CAMHS](#)

The CAHMS team promotes positive wellbeing to reduce the stigma of mental health by providing short-term group programmes for children and young people aged 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 \(whct.nhs.uk\)](#)

[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.

[St Richard's Hospice - Caring, compassionate, committed & professional](#)

(Tel: 01905 763963)

St Richard's Hospice offer care and advice to children and families following the death of a family member or significant person in a child's life.

Sexual Health [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 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 \(sh24.org.uk\)](#)

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:

[_https://www.worcestershire.gov.uk/sites/default/files/2022-12/v6_anti_bullying_01_2020.pdf](https://www.worcestershire.gov.uk/sites/default/files/2022-12/v6_anti_bullying_01_2020.pdf)

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:

- <https://www.thinkuknow.co.uk/parents/>
- [Online safety | Barnardo's \(barnardos.org.uk\)](#)

- <http://educateagainsthate.com/>
- www.internetmatters.org
- <https://www.bbc.com/ownit/the-basics/8-tips-for-staying-safe><https://www.bbc.com/ownit/the-basics/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](#)

<https://www.thinkuknow.co.uk/parents/articles/Nude-selfies-a-parents-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: <https://www.worcestershire.gov.uk/council-services/childrens-social-care/virtual-family-hub/harmony-home>

CRUSH is an awareness raising and support programme to help young people make safe and healthy relationships. <http://www.westmerciawomensaid.org/crush/>

- <https://www.worcestershire.gov.uk/council-services/childrens-services/virtual-family-hub/relationship-support>

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 \(opens in a new window\)](#)

SEND (Special Educational Needs and/or Disabilities)

Our SENCOs, Mrs Turnbull and Mrs Drinkwater, work with children and families who have been identified as having additional needs and can help to signpost parents/carers to many different services.

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

<https://www.worcestershire.gov.uk/council-services/childrens-services/childrens-social-care/social-care-support-children-disabilities>



Parenting support



Health and wellbeing



SEND Local Offer



Housing and finances

The 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](#)



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.

To download this booklet, please visit: [The Family Hub | Worcestershire County Council](#)

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:

http://www.worcestershire.gov.uk/info/20507/childcare/1579/family_information_service

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](#)



<https://www.worcestershire.gov.uk/council-services/adult-social-care/looking-after-someone-carer-support/young-carers-and-young-adult-carers>

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:

Malvern Job Centre Plus, Library, Graham Road, Malvern, WR14 2HU
Telephone: 0800 1690190

Worcester Job Centre Plus, Haswell House, Sansome Street, Worcester, WR1 1UZ
Telephone: 0845 6043719

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

For information on what financial and housing support is available in Worcestershire, please visit: <https://www.worcestershire.gov.uk/council-services/adult-social-care/looking-after-someone-carer-support/young-carers-and-young-adult-carers>
<https://www.worcestershire.gov.uk/council-services/childrens-services/virtual-family-hub/housing-finances-and-debt>

Parenting Support

The Starting Well Partnership offer a range of parenting support, information, groups, and courses. For information on the groups available please visit: [Visiting and appointments | Herefordshire and Worcestershire Health and Care NHS Trust](#)

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 \(homehttps://www.home-startsw.org.uk/startsw.org.uk\)](https://www.home-startsw.org.uk/startsw.org.uk)

Substance Misuse

[Cranstoun Worcestershire - Cranstoun](#)

Here 4 Youth is supporting 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

All staff at Malvern Parish 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:



<https://www.worcestershire.gov.uk/council-services/childrens-social-care/get-safe>

<https://westmerciayouthjustice.org.uk/>

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.