



We work, we love, we learn, we pray – we spread the Gospel message everyday

Family Help at St Patrick's Catholic Primary School

Supporting Children and Families

At St Patrick's Catholic Primary School, we believe that children thrive when schools and families work together. Sometimes families need additional advice, guidance or support and we are committed to helping families access the right support at the right time.

Family Help is the term now used nationally to describe support available to children, young people and families when additional help is needed. It replaces what was previously known as **Early Help**.

This guide outlines some of the support available through school and local services. If you would like to discuss any concerns, no matter how big or small, please contact the school office. We are here to help.

Telford Family Hub Drop-In Sessions

Come along and meet your local Family Hub Practitioner, where you can access advice, support and connect with local organisations.

Support includes:

- Parenting support
- Behaviour support
- Online safety
- Community safety
- SEND (Special Educational Needs and Disabilities)
- Domestic abuse support
- Financial advice
- Family wellbeing

Where: Wellington Library

When: 2nd and 4th Thursday of each month

Time: 10:00am - 12:00pm

Family Hub Referral Form: [FamilyHub Form](#)

Family Support Available at St Patrick's

Our school can offer support directly or help signpost families to appropriate services, including:

- Food bank referrals
- Mental Health Support Team
- Educational Welfare Officer support
- ELSA (Emotional Literacy Support Assistant)
- School Nurse referrals
- Behaviour Support Team referrals
- Pre-loved school uniform
- Family Connect referrals (01952 385385)
- Family Help Assessments
- Strengthening Families referrals
- Discounted wraparound care where appropriate
- Support through our parish St Vincent de Paul Society (SVP)

If you feel your family may benefit from support, please speak to a member of staff confidentially.

Mental Health and Emotional Wellbeing

We recognise the importance of children's emotional wellbeing and provide support through our Mental Health Lead and ELSA provision.

Kooth

Kooth offers free, safe and confidential mental health support for children and young people, including online counselling, self-help resources and wellbeing activities.

Website: <https://www.kooth.com/>

CAMHS (Previously Beeu)

School or your GP can refer to CAMHS where there are high-level concerns regarding:

CAMHS

- Emotional wellbeing
- Anxiety
- Mental health – St Patrick's can also refer to MHST (Mental Health Support Team)
- Autism assessments
- ADHD assessments

- Self harm
- Eating disorders
- Suicidal thoughts

Attendance Support

If you need support with your child's attendance or are facing barriers to getting your child into school regularly, we can help.

Please contact the school office and ask to meet with our Educational Welfare Officer, **Helen Carolina**. She is happy to meet with families at school or at home.

Special Educational Needs and Disabilities (SEND)

School can provide advice, support and signposting to a range of external agencies. Please contact **Miss Sinha**, our SENDCo, for more information.

Strengthening Families

Strengthening Families provides local services for families with children aged 0-19 through children and family centres.

<https://www.telfordsend.org.uk/localoffer/services/strengthening-families-send/>

Parents Opening Doors (PODS)

Parent-led support, advice and activities for families of children with additional needs.

<https://podstelford.org/>

Children's Autism Hub

<https://www.telfordautismhub.org.uk/childrens-autism-hub/>

Autism West Midlands

<https://www.autismwestmidlands.org.uk/>

SENDIASS

Independent information, advice and support covering education, health and social care.

<https://www.telfordsendiass.org.uk/>

Online Safety

Online safety is about helping children use technology safely and responsibly. This includes mobile phones, computers, tablets, gaming devices and social media.

At St Patrick's, we regularly provide information and advice for families through newsletters and workshops.

Useful websites:

NSPCC <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

UK Safer Internet Centre <https://saferinternet.org.uk/>

CEOP Thinkuknow <https://www.thinkuknow.co.uk/parents/>

Childnet <https://www.childnet.com/parents-and-carers/>

CEOP Safety Centre <https://www.ceop.police.uk/safety-centre/>

Sleep Support

Does your child struggle to settle at bedtime, wake frequently during the night, or find it difficult to sleep independently?

Parenting Smart (Place2Be)

<https://parentingsmart.place2be.org.uk/>

National Sleep Helpline

Telephone: **03303 530 541**

Young Carers

Young carers may help look after a family member with:

- A disability
- A chronic illness
- Mental health difficulties
- Drug or alcohol dependency

This could be a parent, sibling or another family member.

If your child is a young carer, we can help provide additional support and opportunities in school.

Telford & Wrekin Young Carers Service

<https://telfordandwrekin.gov.uk/services/young-carers>

Other Agencies and Support Services

Family Connect

A free and confidential service providing information and guidance on children's services across Telford and Wrekin.

<https://www.familyconnecttelford.co.uk/>

Telford and Wrekin Mental Health Support Services

https://www.telford.gov.uk/info/20667/mental_health_support_services

School Nurse Team

The School Nursing Service supports the health and wellbeing of children and young people aged 5-19 years.

<https://www.shropscommunityhealth.nhs.uk/services/school-nursing>

Telford Crisis Support

Telford Crisis Support can help with:

- Baby and toddler bank
- Pre-loved school uniform
- Home energy support
- Household essentials
- Community projects

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

Health Visitors

Health visitors are qualified nurses with specialist training in child health and development.

<https://www.shropscommunityhealth.nhs.uk/services/health-visiting>

Citizens Advice

Advice regarding:

- Benefits
- Debt
- Housing
- Employment
- Consumer issues

<https://www.citizensadvice.telfordandthewrekin.org.uk/>

Domestic Abuse Support

Telford & Wrekin Council Domestic Abuse Support

<https://www.telford.gov.uk/domesticabuse>

West Mercia Women's Aid

Confidential support for adults and children affected by domestic abuse.

<https://westmerciawomensaid.org/help-support/>

PEGS (Parental Education Growth Support)

PEGS supports parents, carers and guardians experiencing child-to-parent abuse.

<https://www.pegssupport.co.uk/>

CLIMB - Keeping Children Safe from Exploitation

Support and advice to help protect children from exploitation.

<https://www.childrenssociety.org.uk/climb>

Need Help?

No concern is too small.

If you are worried about your child, your family circumstances, or simply need some advice, please contact the school office. Together, we can help ensure that every child and family in our community receives the support they need to flourish.

"Working together to help every child thrive."