



# **SUPPORT FOR CHILDREN AND FAMILIES (EARLY HELP)**



**TO BE REVIEWED BY NOVEMBER 2026**

# Support for Children and Families

Introduction to Early Help at your setting.

Key Personnel and Job Roles:

Elmley Castle First School

## SAFEGUARDING AT ELMLEY CASTLE

If you have any concerns please contact the designated people with responsibility for safeguarding and child protection in this school.



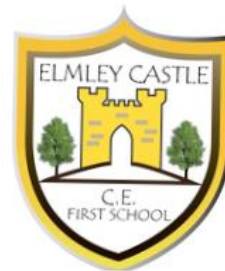
**Miss Harbron**  
Designated Safeguarding  
Lead



**Mrs Hemming**  
Deputy DSL



**Sue Johnston**  
Safeguarding Governor



**Elmley Castle CE First School is committed to the safety and the well-being of ALL children and staff.**

*me, you, us*  
safeguarding is everyone's responsibility

## Our Early Help (support for families) 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 Elmley Castle C of E First School 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, 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 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 have our own **on-site Thrive Practitioner (Mrs Jones)** and a **Family Support Worker (Miss Gamble)** who provide regular support for pupils and families. In addition, the school benefits from a **mentor from an external charity**, offering targeted guidance and mentoring for identified children.

Staff are aware of the range of **in-school support** available, including help with **attendance, behaviour, counselling, and THRIVE**, ensuring a joined-up approach to early intervention.

Early Help and Supporting Families are discussed routinely in DSL meetings and reported termly to the Governing Body.

## Local Services

Evesham Local Services	
<p><b>Starting Well Partnership – Pershore and Evesham Family Hub</b>                      Pershore Medical Practice, Queen Elizabeth Drive, Pershore, WR10 1PX                      07872 503058                      Family Hub every first and third Thursday of the month.  <a href="#">Pershore and Evesham Family Hub</a></p>	<p><b>John Martin’s Charity</b>                      Providing grants for families, individuals, the disabled and anyone who is on a low income or who is in financial difficulty due to a variety of circumstances, including support for school uniform.                      01386 765440  <a href="mailto:enquiries@johnmartins.org.uk">enquiries@johnmartins.org.uk</a> – general enquiries  <a href="mailto:student@johnmartins.org.uk">student@johnmartins.org.uk</a> – student grant enquiries  <a href="http://johnmartins.org">johnmartins.org</a></p>
<p><b>Caring Hands in the Vale</b>                      Food bank in the centre of Evesham providing food parcels, toiletries, bedding, clothing and blankets on a referral basis.                       Diane Bennett 07859 892528 (12 noon to 2pm)  <a href="http://chands.org.uk">chands.org.uk</a>                      Email - <a href="mailto:info@chands.org.uk">info@chands.org.uk</a></p>	<p><b>Rooftop Housing Group</b>                      Supporting the local community to find safe and appropriate homes.                      70, High Street, Evesham, Worcestershire, WR11 4YD                      01386 420800  <a href="#">Rooftop Housing Group</a>                      Email – <a href="mailto:enquiries@rooftopgroup.org">enquiries@rooftopgroup.org</a></p>
<p><b>What’s on in Evesham in the school holidays?</b>  <a href="#">Ready Steady Worcestershire – school holiday food and activities (HAF) – Worcestershire County Council</a></p>	<p><b>Evesham Library</b>                      Oat Street, Evesham, Worcestershire, WR11 4PJ  <a href="#">Evesham Library – Worcestershire County Council</a></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](#)

### 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 \(startingwellworcs.nhs.uk\)](#)

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 Nursing | Starting Well \(startingwellworcs.nhs.uk\)](http://startingwellworcs.nhs.uk)

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.

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

[Social Prescribing :: Onside Advocacy, Worcestershire \(onside-advocacy.org.uk\)](http://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 \(hacw.nhs.uk\)](http://hacw.nhs.uk)

[Home - Kooth](http://kooth.org)

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 \(hacw.nhs.uk\)](http://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 \(papyrus-uk.org\)](http://papyrus-uk.org)

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

[Home | Healthy Minds \(whct.nhs.uk\)](http://whct.nhs.uk)

[Winston's Wish - giving hope to grieving children \(winstonswish.org\)](http://winstonswish.org)

Winstons Wish provide support for children and young people following the death of a sibling, parent, or a person important to a child.

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

[Worcestershire Integrated Sexual Health Service \(WISH\) | Herefordshire and Worcestershire Health and Care NHS Trust \(hacw.nhs.uk\)](http://www.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](http://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 \(sh24.org.uk\)](http://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:

[Anti-Bullying \(worcestershire.gov.uk\)](http://www.worcestershire.gov.uk)

[Helping Children Deal with Bullying & Cyberbullying | NSPCC](http://www.nspcc.org.uk)

<https://www.kidscape.org.uk/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:

- <https://www.thinkuknow.co.uk/parents/>
- [Online safety | Barnardo's \(barnardos.org.uk\)](http://www.barnardos.org.uk)
- <http://educateagainsthate.com/>
- [www.internetmatters.org](http://www.internetmatters.org)
- <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: [Harmony at Home | Worcestershire County Council](#)

CRUSH is an awareness raising and support programme to help young people make safe and healthy relationships. [Children and Young People Services | West Mercia Women's Aid \(westmerciawomensaid.org\)](#)

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

[DCSFtalktoyourchild.pdf \(www.nhs.uk\)](#)

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

**(Please include any information / support you offer in your setting.)**

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

SEND Information, Advice, Support Service [SENDIASS Worcestershire and Herefordshire \(hwsendiass.co.uk\)](#)

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



Parenting support



Health and wellbeing



SEND Local Offer



Housing and finances

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 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.

*To download this booklet, please visit:* [Early Help in Worcestershire - Support for Families](#)

### 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](#)

[Young Carers and Young Adult Carers | Worcestershire County Council](#)

### 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:

**Local Job Centre Plus,**

**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:

[Parenting, health and wellbeing, housing and relationship support | 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: [Parenting groups | Starting Well \(startingwellworcs.nhs.uk\)](http://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 \(home-startsw.org.uk\)](http://home-startsw.org.uk)

### Family Information Service

Do you need advice and support around finding childcare? The following link will provide you with guidance: [Childcare | Worcestershire County Council](#)

### Substance Misuse

[Swanswell - 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. [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: [About Us | YSS](#)

**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:

[What is get safe? | Worcestershire County Council](#)

*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 with further advice and support.*