

## What is Early Help?

If you feel your family needs additional help and that you may benefit from Early Help and support, you can make contact with any of the following staff. All contact will be confidential and will solely focus on helping your family thrive.

Mrs Victoria Gow [head@balderstone.lancs.sch.uk](mailto:head@balderstone.lancs.sch.uk)

Mrs Nicola Draycott [n.draycott@balderstone.lanc.sch.uk](mailto:n.draycott@balderstone.lanc.sch.uk)

### Mental Health support services

<u>Name</u>	<u>Description</u>	<u>Website</u>	<u>Phone Number</u>	<u>Other contact options</u>
<b><u>Mind</u></b>	Offers advice and support for anyone experiencing a mental health problem. Resources on their website, including information on different mental health topics.	<a href="http://www.mind.org.uk">www.mind.org.uk</a>	0300123 3393	
<b><u>Samaritans</u></b>	Free confidential information and advice on drugs for adults, parents and carers.	<a href="http://www.samaritans.org.uk">www.samaritans.org.uk</a>	116 123	Email: Jo@samaritans.org
<b><u>SHOUT</u></b>	Free confidential and anonymous text service for anyone who needs mental health support	<a href="http://www.giveusashout.org">www.giveusashout.org</a>		Text: 85258
<b><u>Kooth</u></b>	A digital mental health support service for children and	<a href="http://www.kooth.com">www.kooth.com</a>		

	young people. Has easy access to online peers and counsellors.			
<b><u>Childline</u></b>	24/7 free confidential service for anyone up to the age of 19 years. Trained counsellors offer support, advice and help. Also resources on the website	<a href="http://www.childline.org.uk">www.childline.org.uk</a>	0800 1111	
<b><u>Stem4</u></b>	A charity which supports mental health in teenagers and young people. It offers resources, information and a library of free mental health apps for young people (self harm, eating disorders, addiction, anxiety, depression)	<a href="http://www.stem4.org.uk">www.stem4.org.uk</a>		

## Local Services to support Mental Health

<b><u>Name</u></b>	<b><u>Description</u></b>	<b><u>Website</u></b>	<b><u>Phone Number</u></b>	<b><u>Other contact options</u></b>
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<b><u>Wellbeing, Mental Health Helpline and Texting Service</u></b>	Provided by Lancashire Care Foundation Trust. Offers help, advice, mental health assessments and referrals. Can also be contacted by anyone looking for advice if they are worried about someone else.	<a href="http://www.lscft.nhs.uk">www.lscft.nhs.uk</a>	0800 915 4640	
<b><u>Lancashire Mind</u></b>	Local service for anyone needing mental health support.	<a href="http://www.lancashiremind.org.uk">www.lancashiremind.org.uk</a>	01257 231660	Email: <a href="mailto:admin@lancashiremind.org">admin@lancashiremind.org</a>

## **National Services to help with the cost of living crisis/financial difficulties**

<b><u>Name</u></b>	<b><u>Description</u></b>	<b><u>Website</u></b>	<b><u>Phone Number</u></b>
<b><u>Stepchange</u></b>	Free debt advice and money support and guidance. Also have information via their website including an online debt advice tool.	<a href="http://www.stepchange.org">www.stepchange.org</a>	0800 138 1111
<b><u>National Debt Advice</u></b>	Free confidential advice to help	<a href="http://www.nationaldebtadvice.uk">www.nationaldebtadvice.uk</a>	0161 757 0060

	people explore all their options in relation to debt and money worries.		
<b><u>Citizens Advice Bureau</u></b>	Online free advice around money worries and living costs. Can support with referrals to local food banks.	<a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a>	
<b><u>Shelter</u></b>	Offer financial, welfare and housing advice.	<a href="http://www.shelter.org.uk">www.shelter.org.uk</a>	0344 515 1831

## **Local services to help if you are facing financial difficulties**

<b><u>Name</u></b>	<b><u>Description</u></b>	<b><u>Website</u></b>	<b><u>Phone Number</u></b>
<b><u>BwD Help Hub</u></b>	Support people in Blackburn with a variety of concerns and worries including finance, access to food and employment/training	<a href="http://www.blackburn.org.uk">www.blackburn.org.uk</a>	01254 588111
<b><u>Rummage Rescuers</u></b>	Can offer assistance for people requiring preloved school uniform and home appliances	<a href="http://www.talktofrank.com">www.talktofrank.com</a>	0300 123660
<b><u>Blackburn Food Bank</u></b>	Provides 3 days of food for people and families needing emergency help. Vouchers are needed to access this service	<a href="http://www.blackburn.foodbank.org.uk">www.blackburn.foodbank.org.uk</a>	01254 672756

	and are available via Citizens Advice, Children's Centres and health visitors.		
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## National Services to help if you are experiencing domestic abuse/coercive control

<u>Name</u>	<u>Description</u>	<u>Website</u>	<u>Phone Number</u>	<u>Other contact options</u>
<b><u>Mankind</u></b>	Support and information for men who are subject to domestic abuse and violence. Will also offer support to family and friends.	<a href="http://www.mankind.org.uk">www.mankind.org.uk</a>	01823 334244	Email: admin@mkcharity.org
<b><u>Refuge</u></b>	24 hour service which offers a variety of services including refuges, advocacy, outreach and a Helpline	<a href="http://www.refuge.org.uk">www.refuge.org.uk</a>	0808 2000 247	Email: helpline@refuge.org.uk
<b><u>Rights of Women</u></b>	Legal support and advice for females on issues such as domestic abuse, contact and housing.	<a href="http://www.rightsofwomen.org.uk">www.rightsofwomen.org.uk</a>	0207 251 6577	
<b><u>National Domestic Abuse Helpline</u></b>	Freephone 24 hour domestic abuse Helpline, run in partnership with Refuge and Women's Aid.	<a href="http://www.nationaldomesticviolencehelpline.org.uk">www.nationaldomesticviolencehelpline.org.uk</a> (can be hidden on the browser)	0808 2000 247	

## Local Services to support with Domestic Abuse

<u>Name</u>	<u>Description</u>	<u>Website</u>	<u>Phone Number</u>	<u>Other contact options</u>
<b><u>Wish Centre</u></b>	Is often the first point of contact for people in Blackburn with Darwen who are experiencing domestic abuse. Fully qualified staff can offer support and options, including access to refuges, legal support, counselling, children's therapeutic services, outreach community services and support for victims of Forced Marriage and Honour Based Violence.	<a href="http://www.thewishcentre.org">www.thewishcentre.org</a>	01254 260465	Email: info@thewishcentre.org
<b><u>Clare's Law (Domestic Violence Disclosure Scheme)</u></b>	This scheme gives any member of the public the right to ask the police if their partner may pose a risk to them. It also allows a member of the public to make an enquiry into the partner of a close friend or relative. Contact Lancashire Police on 101	www.lancashire.police.uk	0300 123660	Text 82111

As a part of our Christian school family, our primary mission is to serve and help one another, just as Jesus taught and loved us. Early Help means providing help for children,

young people and families **as soon as** problems start to emerge or where it is likely that issues will impact negatively on children's outcomes.

Early Help...

- is for children of all ages and not just the very young,
- can be very effective in supporting a child, young person and/or their family to step down from statutory services as well as preventing the escalation of issues.
- is important because there is clear evidence that it results in better outcomes for children.

Lancashire County Council recognises that Early Help is a term that describes much of the everyday work of schools.

<https://www.lancashire.gov.uk/practitioners/supporting-children-and-families/>

## Early Help in Lancashire

The vision of all partner organisations working with children and families in Lancashire is to improve children's lives by working in partnership to raise aspirations, build achievement and protect the most vulnerable.

This is based on the belief that:

- Children, young people and families develop resilience if there are protective factors in place such as: a positive relationship with an adult; good literacy and communication skills; good school attendance; and, parents in or actively seeking/ready for work
- Children's needs are best met when help is offered in a universal setting within a socially mixed group and early on when problems start to emerge
- Children and young people's needs are best met when addressed in the context of the whole family, meaning that parents/carers/siblings' needs are addressed with consent as part of a holistic and integrated Early Help response

Early Help services should **support** and **strengthen** families so that they can **thrive and flourish**.

We follow the **Working Well with Children and Families Guidance**

<https://www.lancshiresafeguarding.org.uk/media/19299/wwwcf-part-1-and-2-final.pdf>

Lancashire CSAP (Children's Safeguarding Assurance Partnership) website:

The CSAP website is full of useful safeguarding and CP information.

## **Your Family's Early Help Assessment and family RADAR has replaced the CAF document.**

Early Help Assessment – Section E – family radar

The Early Help Assessment and Plan features a family radar. The family radar is linked to the cycle of change and will help you to identify which areas of support the family need the most. By completing a family radar, we are trying to get the families you work with to understand at what point of the cycle of change they are at.

### **Early Help Assessment**

On 6 September 2021 the Your Family's Early Help Assessment replaced the Common Assessment Framework (CAF) across Lancashire.

The Early Help Assessment is an intervention with a family to gather, explore and analyse with them information about all aspects of the child or young person (and their family's) life and then to identify areas where change will address support needs and positively impact on their lived experiences.

This is recorded on an Early Help Assessment form which includes the family's Early Help Plan.

The Early Help Assessment is **not** a referral form for professionals to complete to access other services supporting children, young people and families. The Early Help Assessment should be completed by the professional supporting the family to identify the family's unmet needs and develop a plan of support with the family.

Your Family's Early Help Assessment is available to all practitioners and professionals working with children, young people, and their families across Lancashire.

Working alongside families from a holistic, strength-based approach when areas of support are first identified will stop escalation towards crisis and the need for more intensive and specialist intervention.

Through the Early Help Assessment, Plan, and reviews via Team Around the Family meetings the wider partnership of services can provide families with the right support at the right time.

### **Lancashire's Children and Family Wellbeing Service-early help referrals**



Lancashire County Council’s Early Help Offer Lancashire’s Children and Family Wellbeing Service (CFW) offers practical support to children, young people, parents/carers and families.

This support can be provided on a whole range of issues which may be affecting individuals or the family and is offered through a network of centres as well as in the community or in the family home. The main focus of the service is to provide an enhanced level of support which is prioritised towards those groups or individuals who have more complex or intensive needs or who are at risk and particularly where we think that providing early help will make a positive difference.

We want any problems to be identified early and appropriate support be put in place on a basis on mutual respect and sensitivity to the family. Any concerns and referrals are made via early help and by having parental consent for an early help assessment.

**Lancashire Children’s Services Safeguarding Hub (MASH)-the single point of contact to support the child and family.**

We use the Continuum of Need to establish the level of support needed. Please see diagram below:



## **The Role of Schools**

### **Day to Day Support**

Most families, most of the time, can get on with their lives quite happily with little or no outside help. If they need help it is usually provided by universal services, such as schools.

### **Focused Pastoral Support**

All families can have times, however, when difficulties arise and they either may not recognise it or may not know how to start putting things right. Schools play a role in supporting families to address these difficulties through more focused pastoral support, which might include bringing in support via an external agency.

### **Early Help Assessment**

For those children and families whose needs and circumstances make them more vulnerable, or where schools need the support of other agencies to meet the needs of the family, a coordinated multi-agency approach is usually best. In Lancashire this is achieved through undertaking an Early Help Assessment and assigning a Lead Practitioner to work closely with the family to ensure they receive the support they require. Schools should be a key partner in any multi-agency work to support families

The following five commitments are the core elements Balderstone St Leonard's CE Primary school's Early Help Offer.

By implementing these commitments Balderstone St Leonard's CE Primary aims to ensure:

- Pupils, parent/carers and staff are clear on the Early Help support available through the school
- Clarity for partners, supporting improved multi-agency working
- Delivery approaches of Early Help support for more vulnerable families are up to date with local offers
- Commitment to the personal development and well-being strand of the Ofsted Framework
- All pastoral support is done to support the whole child, with the school values: Love of each other, Respect, Care & Compassion, Aspirations and Resilience at the heart of all that we do to help others.

### **How can we help?**

We can offer:

- A listening ear, a safe place to talk and an open-door policy
- Advice and strategies to support your family with challenging behaviour or attendance concerns.
- Access to counselling from professional therapeutic services in school.

- Signposting for clubs to help support mental and physical well-being.
- Support in accessing free school meals.
- Nearly new uniform.
- Support with adult literacy needs.
- Access to local food banks and charities who can support with other household needs such as furniture.
- Advice regarding any SEND concerns that you may have.
- An Early Help Assessment (see below) to identify areas where you may benefit from support.
- Referrals for parenting support such as Triple P.
- Work with other agencies who can provide specialist help – the school nursing team, CAMHS, CANW, EDT.
- Contact details of organisations who can support with housing, financial or mental health concerns.